

Why Can I Not Have It All?

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Question: Why does Vedanta state so categorically that you can't have your cake and eat it?

Sundari: Because the apparent reality is a duality. You only ever get half of anything: half upside, half downside.

If you examine your own experience, you will see that there are gains and losses, no matter what you do in *samsara*.

This bears out in the most fundamental principles of physics:

1. The First Law of Thermodynamics states that energy cannot be created = you can't win.
2. The Second Law of Thermodynamics states that you cannot have a perpetual motion machine, as no matter how efficient the device, it will lose energy and wind down = whatever you do, the body dies, i.e. you can't break even.
3. The Third Law of Thermodynamics states that there will always be some residual warmth, i.e. you cannot get rid of energy = you can't get out of the game – the *vasanas* will keep you stuck in it.

This is depressing news for the person identified with being a person! But if the person is happy with half, then it is possible to be relatively happy as a *samsari*. To the degree that the person is dissatisfied with half, they will be unhappy – which of course is most people!

Conclusion: the only way to be fully happy is to know that YOU are the cake; the sweet stuff comes from you. When you know this, it does not bother you how much of the cake you get to eat – or even if you get any cake at all – because you are already fully satisfied. There is nothing to gain and nothing to lose.

You are happy with everything the way it is because it is all you.