



## ***PROCRASTINATION – Satsang with Vishrant***

*Seeker: I just wanted to ask about just feeling split because part of me wants to be really healthy and another part of me wants to be quite destructive. I felt like a few years ago when I had a small child and stuff I was content with who I was and felt quite whole, but as she's separated from me I'm just me again and I feel split and find it hard to make decisions and I feel like I see two sides to everything.*

**Vishrant:** So, if you closely examine what made you happy when you had the child it was probably that you were loving the child and that love made you feel content. If we have something that we can love and can feel that love, the love gives us a sense of nourishment and wholeness. When we miss that, if it's taken away for whatever reason, if it's not self-generating, then we feel alone and separate and we start feeling a certain pain and we want to fix it, and we look to anything that can change how we feel. And we can say that that's destructive behaviour. But really we're seeking that beauty again.

*Seeker: It's not till I get a bit of anger or intensity behind me that I can make a solid decision but when it's not here I feel I can't make any decisions.*

**Vishrant:** Well that's the positive aspect of anger. It helps us make decisions and it helps us move to action. People see anger as an enemy as well; it's not necessarily the enemy. It's a tool for change. Imagine a society without any anger it would be petty apathetic. Anger is a powerful tool that helps us move things. It's just the when it's abused it gets out of hand. However, some people also sit on a fence, which is a bit dangerous, and they do a procrastinating game instead of just waiting for the information to lean them one way or the other. They play the mind against the mind. 'Should I do this? Here are all the good points, yeah I'll go that way,' then all of a sudden the other side says 'but here are all the good points for this other side' and you're playing in your head now. You're playing devil's advocate inside yourself, instead of having a nice life. You're living in your head angsty, playing this side against that side. That's called procrastination, and that hurts you. Life offers us so many things; quite often it offers us pain. Life can be very painful. It can offer us decisions that we need to make and we can move to action and change what is or we can choose to accept it. But if we don't move, if we don't move to action and we don't accept it, what we are going to do is procrastinate it. Procrastination changes nothing and it just hurts us. A nice way to live, a habit to develop is to either change things or move to action....or we can procrastinate.

*Seeker: I've been going through so many changes. I'm still holding onto past things.*

**Vishrant:** Life's such an adventure, it is like jumping out of a parachute and we can really really live, but as soon as we try and make it safe for ourselves, we kill ourselves and we kind of deaden our future. The safer we make our future the deader

it gets...the more boxed in. When we were little kids we were just in wonderment and we had no protection. Because of that we could live in the moment. But as adults, people get older and older and try to put everything in boxes and they try and make it so safe that they kill it all. And here we have an opportunity of going; 'no lets step into the unknown and go into wonderment again' and living in the moment. But it takes courage, doesn't it? Because the fear says 'put yourself in a box and make it safe.' What are we here for? Life can be such an adventure if we step out of our fears and go 'Yes!'

*Seeker: I don't have much patience either. I just want answers, now that's my problem.*

**Vishrant:** I don't have much patience either. It's like that in waiting for something, we're killing this moment, and we're destroying this moment because we've got some sort of future projection going on. Very much for 'life - be in it', that's why we're here.

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