

## Speaking of Nothing

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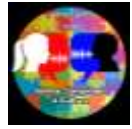
Whenever I feel, there is nothing in the world that I can write about, I write about that. Nothing as subject is always interesting - no matter from which perspective you look at it.

When you see nothingness from the point of view of spirituality, it makes you the knower of the truth, it makes you the one that transcends all boundaries of shapes and structures, thoughts and emotion - everything. Not being any particular thing actually makes you everything that you can or cannot see or experience in this big fat world. As mentioned in the Ashtavakra Geeta, *“That which has form is not real. Only the formless is permanent. Once this is known, you will not return to illusion.”*

If we look at nothing from the point of view of numbers or mathematics, this really becomes interesting. According to math, when you have nothing in hand, you always come down to zero. But that happens when you calculate. When you snatch one thing from someone or calculate percentages to understand one's worth...in numbers. But once you start to count, the numbers continue to grow towards infinite, it just doesn't stop anywhere! Then how can we think of zero as nothing and 1 as a beginning, where the counting never actually stops? How can one be nothing when something is always there?

When we speak of words, nothing means vacuum, it aspires to be a place where feelings and emotions are not jumping around to prove their points. The inner sense or state of nothing can both be positive and/or negative. One can feel nothing when s/he has lost everything that person has ever loved, when s/he has actually become too numb to feel anything. On the other hand, one can also feel nothing when s/he is happy for real, not just from outside or to show the world, but from the deep inside. Nothing may also come from a stability in life, from peace, when one has no fear of loss, loneliness, or any disturbance whatsoever.

Speaking of words, I am not keeping the phenomena of thoughts-emotion-feelings estranged from the whole point. The reason behind not mentioning them specifically is



that words are not different from them; words are the foundation of them. If we can understand and control words, we can understand and control all of them.

People always thrive by snatching, buying and collecting things in their room, their mind, and their brain in the form of a word. Be it a physical object, be it a subtly imagined thought – we store everything inside and cannot get rid of it. The information of different shapes and sizes, colors and biases, keep crawling inside our head constantly and poisons us with a feeling of being incomplete. The more we store, the more we bend and beg to the lord for fulfilling our needs that will never ever stop.

If we look closely within, we are actually pretty scared of the word nothing, like we are scared of darkness – not because it is evil in nature, but because we do not understand and experience it completely. With the pressure of daily chores, routine oppressions and tireless torrent of uncontrolled emotions – whenever the day and life seems to be ‘way too much to live’, we search for an escape and hope to find a relief from these all. But the moment we start living that escape, no matter how beautiful it is, the nothing starts haunting us. Because our interpretation of nothing has only remained as a ‘minus from the objects that we experience through our senses’. And everything we know as to be our identity, that are completely attached and stitched with the things we acquired – no matter how gross or subtle those things are.

The problem is, we believe, we are nothing without the objects we acquire. But, as a matter of fact, we are the nothing we strive for – the fulfillment we want to achieve and peace we want to experience. It is not separate from us. We do not have to acquire it from the pile of thoughts or ocean of achievements/failures. Nothing stays, always, in the form of life.

Whoa! Who thought that we would have such a rollercoaster ride taking 'nothing' in hand! Chao!