



## **When Skills Meet Demand, by Ram Dass**

For surfers it is the moment when they come into equilibrium with the incredible force of the wave. For skiers it is when the balance is perfect. When our skills fit the demand perfectly, then there is no anxiety. Then we have proved ourselves. There is nothing left to do. In that moment our awareness expands. These moments bring a sense of rightness, of total perfection, of being at-one-ment, of clarity, of feeling intimately involved with everything around you, of being free of the tension self-conscious thought brings. But you mistakenly identify the moment with the vehicle. You cling to these situations; you keep going back to them to recreate those moments. But you needn't cling to the situations that have triggered them in the past. These moments of flow can happen anywhere, anytime. Throughout life, each of us has had many of these moments. They are ephemeral. But such moments are the essence of meditation. What concerns us are the practices that increase these meditative moments in your life, until ultimately your entire life is meditation-in-action. Then all of your acts are part of the flow of the universe. Why meditate? To live in the moment. To dwell in the harmony of things. To awaken. --Ram Dass

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