

AHA MOMENT

By Tamaso Lonsdale

My big Aha Moment came in Pune in 1978 when I was a very new sannyasin .

I was dancing ecstatically in Music Group one night when I became very aware that my son and a friend were sitting watching me. I immediately began putting all my energy into the dance, feeling that they would be admiring me and thinking how wonderful to see such an old woman dancing like this. How proud my son would be that his mother had become a sannyasin.

Suddenly it hit! What an ego trip this was! I saw that everything I did, and had done in my whole life, was just an ego trip. A wave of self-loathing swept over me. I had to run away. I couldn't bear to talk to anyone or look anyone in the face. I went home to bed but couldn't sleep. All night long I was consumed with guilt. What a sham I had always been. What a show-off!

The next morning I still couldn't face anyone. I went to my son's little bamboo hut, knowing that he would be at Discourse and then at work. I stayed there all day hating myself. I was in the depths of despair and did not want to go on living like this. Couldn't I try to be different? How could I possibly change and become "real"? No answer came. I avoided everyone and went back home to bed again for another restless night.

When I woke up in the morning I knew that I had to hear Bhagwan's voice. Still not able to face any friends, I crept into Discourse. Then came my answer.

Somebody asked the question: "I always agree with everything you say so how come I am not changing?"

Bhagwan spoke a lot about agreement but also said: "*You* cannot change. All you can do is *allow* change to happen."

That was it! I could only allow change to happen. And it did! "Slowly, slowly catchee monkey!" But over the years many changes have come. Changes in my behaviour, my domestic situation, my lifestyle and outlook on life.

And what of the ego trips? Of course they are still there but now I see them for what they are. Just writing this piece is an ego trip in itself but I'm not feeling guilty about it. I can

laugh at it now. Silly old ego! Always wanting to be seen. Look at me! Listen to me!
Read about me! Aren't I great?

What a joke!

Bio

Tamaso has been writing most of her life. She was first published at the age of nine in the Sunbeams children's section of the Sydney Sun and also read her stories on 2GB and 2SM radio stations' children's programs.

She is the author of nine teenage novelettes for 'reluctant readers', four books on Australian birds, several published short stories and poems and has self-published one book Skye's the Limit, a story about a young girl's fight to save a rainforest.

She has recently completed the third novel in trilogy form. The first book, Brothers? Uncles! Sister? Aunt! was published in 2002. The second book The Missus was published in 2010 and the third Beyond Darkness in 2012.

Also in 2012, a book of short stories Out of My Mind was published.

Tamaso has lived in Nimbin northern NSW for twenty years, during which time she has been a volunteer worker at Nimbin News Magazine and presented a Writers' Program on NIM-FM. Community radio. She now edits the literary magazine Beyond the Rainbow.

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