

## The Custard apple theory

This story narrates you about a true conversation which took place with my colleagues. We were sitting in our workplace and one of my colleagues offered me custard apple. I ate and suddenly everyone started laughing. The reason behind it was that I ate the green part of custard which was meant to be discarded. They start talking on it and laughed saying, “You don’t even know to eat a custard apple”? When this question came up, I suddenly realised that it is true I have never ate one. They still laughed giving an expression that it is not possible for a human being that he haven’t eaten a custard apple yet.

After this incident a lot of times I can hear them remembering the event and make a joke of it. This incident are jotted down in this article to point out what I learned. Our mind always see what it has seen beyond that it always is either in assumption mode based on past data or in an imaginative mode which is again a construction of past. The article is a complete understanding of both sides and not a biased opinion.

Things which I learned and which I share are:

**Mind is limited-** The statement mind is limited will make many feel that it’s a very absurd judgement but if we observe keenly our lives, mind is a collection of inputs taken till the present moment and it just processes it. Can you ever know something which you haven’t experience through your senses? You will get the answer of the question only when you enquire but obviously even if you can know something; it’s obviously not so easy. In my case I never ate a custard apple and hence didn’t know. I ate it like an apple to be precise HAHAA. My colleague had eaten the fruit a lot and hence had a perception that the fruit is very common and hence developed a notion that its silly of me to eat that fruit in such a way.

**Your experience in material world need not be the same of other:** No colleague entertained the possibility that may be the person has never eaten it. This is for obvious reason is that they are judging a situation from the screen of their own experience. I learnt and always practice to make a statement in my life is that my experience in material world (a world where the 5 senses gain experience) need not be same as the other person.

**Try to correct rather than criticize:** Whenever we see a problem or something wrong our basic instinct is to criticize. It’s true even for me till I became aware of this thing. The colleagues laughed and criticize but to be honest few of them showed me true way of eating custard apple.

**Acceptance:** The base of living a matured life and to be more precise to live a life is acceptance. When all laughed

This helped me to figure out the whole situation and people about their internal state and finally to let go off the situation without hurting yourself and others. This is the biggest learning for all and my practice. The most important part of this practice is that sometimes you fail to accept and react but to be honest at that time itself you must accept the situation of you not accepting. Acceptance starts from you. Acceptance doesn’t mean let people do with you what they want. It’s accepting the situation at that moment. This makes you free from your own emotional turbulence and let you take an action which is responsive. The custard apple incident was just a fun where my colleagues were teasing me so I accepted it as a joke. Though I am always not in this state but still try to practice and that is what we can do.

**Maturity means your level of understanding:** No one likes to be judged or criticised. Whenever you feel you haven’t done anything and people are talking about you, you may feel bad about it but sometimes letting those comments pass and practicing peace can be a great thing to do. This is what spirituality is or about. Rising above the disturbance created within your mind. Commonly this is termed as transcendence. If you start this practice the criticism will be a practicing moment or tool for you to deal with mental disturbance or self-demotivating thoughts. People on the outer level may feel that you’re deceiving yourself but you will know how powerful you will feel. You are completely aware of what is happening outside and inside. You may feel that you are doing a mistake of forgiving people who don’t deserve to be forgiven but to be honest you are forgiving yourself first and bringing peace within you and then you are having freedom to answer them with more balanced mind or ignore knowing the fact that everyone who judge are not bad or good, it’s just that they are acting in what they know. You are also one of them and knowing this fact deeply makes you more matured.

With these lessons I can conclude that every experience is learning. This was a very small experience in my life though not so important but made me learn a lot and made me write this article. I extend my gratitude to all my colleagues who were involved in it for this experience and ensure them that this article is written with clear awareness and not out of any hatred. Even I am as imperfect as you all are.

**In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves..... Buddha**

**Submitted by: Prof. Kushal Suvarna**