

We are radiant centres of divinity, therefore our life should be a constant expression or dynamic manifestation of divinity in thought, word and action.

All plenitude is within you. There is nothing that you lack, for you are of God who is all. In Him there is everything and if you know that you are in Him, you have everything.

*Swami Chidananda*  
ॐ

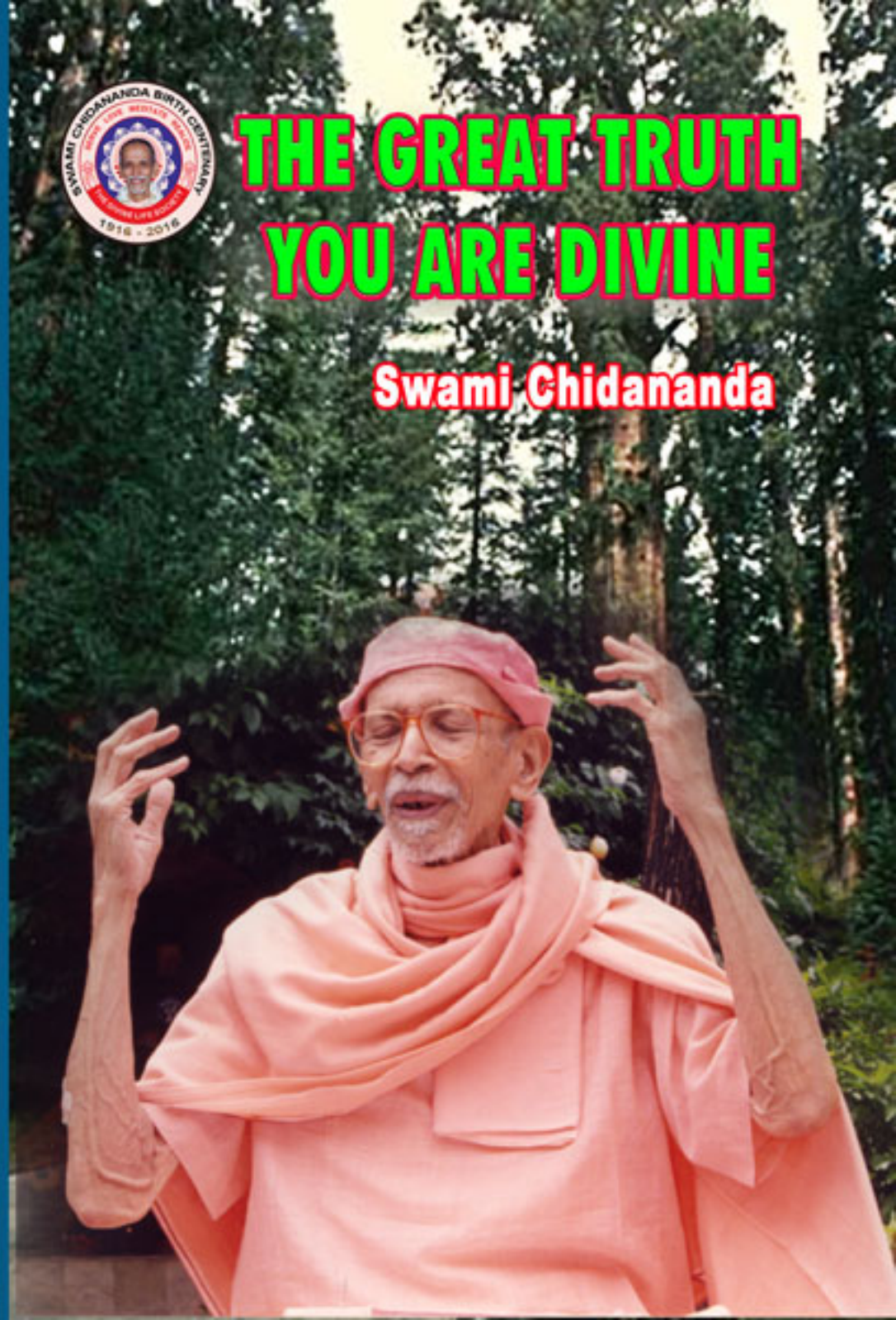


A DIVINE LIFE SOCIETY PUBLICATION



**THE GREAT TRUTH  
YOU ARE DIVINE**

**Swami Chidananda**

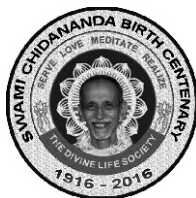


**THE GREAT TRUTH—  
YOU ARE DIVINE**



# **THE GREAT TRUTH— YOU ARE DIVINE**

**Sri Swami Chidananda**



*Published by*

**THE DIVINE LIFE SOCIETY**

P.O. SHIVANANDANAGAR—249 192

Distt. Tehri-Garhwal, Uttarakhand, Himalayas, India

[www.sivanandaonline.org](http://www.sivanandaonline.org), [www.dlshq.org](http://www.dlshq.org)

First Edition: 2015  
[ 2,000 Copies ]

©The Divine Life Trust Society

**Swami Chidananda Birth Centenary Series—50**

FOR FREE DISTRIBUTION

Published by Swami Padmanabhananda for  
The Divine Life Society, Shivanandanagar, and  
printed by him at the Yoga-Vedanta Forest Academy  
Press, P.O. Shivanandanagar, Distt. Tehri-Garhwal,  
Uttarakhand, Himalayas, India  
For online orders and Catalogue visit : [dlsbooks.org](http://dlsbooks.org)

## **PUBLISHERS' NOTE**

24th September 2016 marks the auspicious occasion of Birth Centenary of Worshipful Sri Swami Chidanandaji Maharaj. To commemorate this sacred occasion, the Headquarters Ashram has decided to bring out one hundred booklets comprising illuminating talks of Worshipful Sri Swami Chidanandaji Maharaj for free distribution.

To propagate Sadgurudev Sri Swami Sivanandaji Maharaj's gospel of Divine Life, Worshipful Sri Swamiji Maharaj travelled extensively in India and abroad and showed the path of divine life to countless seekers through his spontaneous and highly inspiring lectures. His lectures, in Sadgurudev's words, are the outpourings of his saintly heart, the revelations of intuitive wisdom.

We are immensely happy to bring out some of his hitherto unpublished lectures in a booklet form as our worshipful offering at his holy feet on the blessed occasion of his Birth Centenary. The present booklet ***The Great Truth—You Are Divine*** is a compilation of his two inspiring talks, one given at the Zotokuin Temple-Hall, Japan and the other at the Toshima Hall, Tokyo, Japan, on 29th and 30th April, 1995.

We express our heartfelt gratitude towards the inmates of the Headquarters Ashram for their loving service in transcribing, editing and compiling these talks.

May the abundant blessings of the Almighty Lord, Sadgurudev Sri Swami Sivanandaji Maharaj and Worshipful Sri Swami Chidanandaji Maharaj be upon all.

—The Divine Life Society

# **THE GREAT TRUTH— YOU ARE DIVINE**

*(Talk given by Param Pujiya  
Sri Swami Chidanandaji Maharaj, at the  
Zotokuin Temple-Hall, Japan,  
on 29th April 1995)*

Worshipful homage unto the Supreme Divine Reality! Worshipful homage to that eternal beginningless and endless Universal Spirit Divine! He is your cosmic source and origin, your invisible inner support and also the ultimate goal and fulfilment of your life. May His divine grace be upon all of you and all the members of your families—now and always!

Loving adorations to Holy Master, revered and beloved Swami Sivananda! It is as his servant and representative that I sit here and try to serve you by sharing a few thoughts and truths. May His glance of grace and His hand of blessings be ever upon you! Be active, be practical, and engage in the work that you have to do with full-heartedness. At the same time be detached and inwardly be ever connected with the Supreme Being, who is your all in all! That is the central teaching of all the scriptures of all the religions of the world. Live in this world to benefit God's



creation, and at the same time keep moving forward in order to fulfil your divine destiny.

The most ancient of all religions that exist upon earth today is the Vedic way of life. It was already being practised dynamically by millions of people when no prophet of God had appeared in human society. All the great living religions of the world are 'prophetic religions'. They all have one exceptional divine personality as the originating point of that particular religion. Among the more ancient of the prophets we have to count Moses, Zoroaster and Buddha, the enlightened one, and then we have the great philosopher who has given us the philosophy of Taoism; later we have Jesus who gave us the living Christianity and Mohammad who gave us Islam. I forgot to mention Mahavir, the prophet who gave us Jainism; he is the contemporary of Buddha. The Sikh religion is not a separate religion; it is a part of the Hindu faith, because the great scripture which is enshrined and adored contains innumerable references to all the Hindu aspects of divinity.

Long before any of them had appeared upon earth, this great Vedic faith was being followed by millions of people in a highly advanced way with a great philosophy of its own and with towering pinnacles of spiritual experience! It was the outcome of the highest spiritual experience of the great seers who paved this way for humanity. The great truth that they discovered through their experience and the great proclamation is that

each individual being is inseparably connected with a glorious Divine Cosmic Being. That Being is of the nature of supreme peace and inexpressible joy! That Supreme Spirit is the Light of lights beyond all darkness! That Being is the Beauty of beauties and sweeter than the sweetest, in one word—unutterable, indescribable Bliss Absolute! This they experienced!

In the light of their experience all the joys and enjoyments of the world put together appeared like a tiny grain of sand before the mighty Himalayas or like a drop of water before the mighty Ocean! What is more, they experienced directly that this Bliss alone is real and eternal! And what is more, they experienced this Bliss to be limitless, endless and infinite! Being infinite, there is nowhere where It is not! That Supreme Bliss, being all-pervading and everywhere present, is here, now, in this hall of Zotokuin monastery! That Bliss pervades every speck of space. It fills every atom of matter. It is within you and without you and everywhere about you, it is the one unchanging Reality. You live, move and have your being in this ever-present Divine Bliss Absolute! This is the great discovery declared by the ancient seers before the Vedic era. This is the greatest and richest part of the global human heritage, because unlike the teachings of the prophetic religions, this was not addressed to any group of people in any geographical location or in

any specific historical period. It is the universal truth proclaimed to all mankind for all times.

This is the discovery of your inseparable connection with that glorious Truth. Each seemingly human individual is a spark of that divinity or a ray of that Supreme Light! You are human in your lesser aspect. But your humanity is based upon your real, divine and eternal nature! Your divinity is primary and fundamental; your humanity is a secondary, lesser aspect of your being. Therefore, they declared to you, “While you are engaged in your obligatory duties of this world, seek the Eternal Reality! Reclaim your eternal relationship with that Supreme Divine Reality.” This inner process is the very heart and life-breath of all religions. The different practices are to bring about this glorious reunion and experience. It could be called the practical inner science of religion.

As we meet in this Zotokuin monastery I pray to the Almighty, to Holy Master Sivananda and to all the great saints and Masters that they may bless you and grant that even while you are engaged in your worldly duties, you will give your attention and be engaged in the even more important duty of moving towards that great experience which is your birth right! If your life is very successful only upon the field of worldly activities and you completely neglect, forget and ignore your spiritual activity, then your success is a failure. It will be like taking very great care of

your money purse and losing all the money inside it. No matter how beautiful the jeweller's velvet-box is, it is not for the box that one goes into the shop, but for what is inside, what is precious. If on the outer surface you are most successful, but you have neglected your spiritual life, then you have not lived. Physically, psychologically and mentally you might have lived a very vigorous active life, but you, the real person, the spiritual identity of yours, is in a deep state of sleep—not yet awakened! Therefore, when you yourself are sleeping and some lesser aspect of your being is very active and feeling successful, then that is a counterfeit type of life; it is not authentic and genuine. A counterfeit note looks exactly like the real currency note, but those who can recognise it, what value will they give? They will say, "No value!" Is it not the same with our life? If the most valuable thing is totally forgotten and lying unused, is our life not a counterfeit?

The ancient seers did not want that you should lose this most precious gift called life. They had great love for all creation and for all humanity, and due to their realisation they were identified with all existence. And therefore they said, "To lose this wonderful chance, this golden opportunity, there is no greater loss!" They called it in Sanskrit language 'Mahati-Vinashti'. Therefore, they called out, "Uttishthata jagrata prapya varan nibodhata" – "Arise, awake, having

reached the wise, be enlightened!” (Katha Up. 1-3-14)

That ringing call which they gave tens of thousands of years ago in the Upanishadic age is sounding even today, calling all human beings to attain the great and glorious divine destiny.

In the possibility of this great attainment lies the importance of your human status. No other form of life has this unique ability to think, to feel, to reason, to analyse, the ability to investigate and discriminate—it is unique to us. That is why the pinnacle point to which we can rise has no limit, and this fact gives real meaning and value to an otherwise meaningless life!

Come to think of life! What is there in this earth life? There is birth and death, old age and disease, fighting and quarrelling, loving and hating and violence and crime! Wherever you look, you see pain and suffering and the people trying to avoid this, but it is part of life! You cannot avoid! Heat is very uncomfortable in summer; cold is very uncomfortable in winter, and hunger is very uncomfortable! Life is not very satisfactory. After having experienced life, no one is willing to give it a certificate, praising it and saying, “You are wonderful!” All human beings all over the world are constantly engaged in trying to avoid pain, suffering and discomfort and trying to get some comfort and happiness; but no one has fully succeeded in achieving this condition.

Men of wisdom who have realised and known about this world said, “Even if you go on trying for hundreds of years, you will never be able to get it, because this world is imperfect! It is made of this stuff.” But what makes this life wonderful in spite of all these imperfections and defects is the fact that it is a golden ladder to immortality and peace, if it is properly understood and utilised. If you ask, “Swami! Living as we do in 1995 in Dainippon, and in this modern world, is such an achievement possible?”—then Swami has to say, “100% percent absolutely possible!” For who is Swami to contradict what so many great souls have said: “If you fulfill the conditions and move in the right direction, it is not only absolutely possible, but it is why you have been sent here!” And if you ask, “How is it possible in these changed modern times of technology?”—I will tell you! It is surely possible, because, even though the world has changed, your entire environment has become totally transformed, everything might have changed—but you have not changed! You are the same spark of divinity! You are the same 24 carat gold; what the individual was a million years ago or 10,000 years ago, that the individual is even today. The individual is a spark of divinity, a spark of that Light of lights, a wave upon that Ocean and an inseparable part of that Being who is worshipped in all the different places of worship in this world today. The full potential for this realisation, for this divine experience is within you already; it is the most important part of you. Just

as there is the potential for the evolution of a diamond under the earth or the potential of oil, fuel and petrochemicals that make the whole world run, deep under the desert of the Middle East.

Within you is hidden God! Within you is immortal soul! Within you is fountain of joy! Within you is Ocean of bliss and peace! This is you! What you really are, I cannot describe, because human language cannot express it! Be what you are! You are always what you are; it requires no effort. This experience is now inherent in you, but in a dormant or latent form. It is like a closed bud. You must give it all the conditions so that it may blossom forth into a fully-blossomed flower - a flower with 1000 beautiful petals because it is not of this earth! And this process is called Yoga or spiritual Sadhana.

From the most ancient past beyond human history, down the centuries, there have always been people who have fulfilled the conditions, made the necessary effort and attained divine perfection. In that land of the Vedas and the Upanishads this has been the order of the day. India has been the land of Self-realised people, but it is not the monopoly of India. Illumined beings have appeared in all countries, all over the world. Mainly in the Orient there have always been illumined people, especially in China and Japan; but many of them were not recognised, and unfortunately many are forgotten! You have a

rich background of spiritual experience. Therefore, be up and doing; live your life, and make use of this life also to attain that supreme state!

“With things existing around us in such a way, it seems too difficult; it seems to be impossible!” This is the excuse given by people who really don’t want it. If you really want it from the innermost depth of your heart, nothing will stop you attaining That! You are not the first person to say that it is impossible. Long, long ago, when a great teacher told his disciple, “This is how you must practice and attain that state of illumination,” he replied, “My God! It is impossible!” The teacher was a wise teacher. He did not directly contradict the student. He appeared to agree with him. He said, “Yes! Yes! You are right. But your saying that it is impossible is not right. It is very, very difficult, but it is possible!” And I would like to tell you what he told him, because I don’t want to say, “I will tell you...” I say, “I will tell you what He told!”

There is a Chinese proverb, a saying, “The journey of a thousand miles begins with a single step.” But you must not stop taking that step, and if you keep on taking the step, one day you will be at your destination. You all know the fable of the race between a rabbit and the tortoise. And in English they say, “Slow and steady wins the race.” The secret of success is perseverance—never to let go of the effort! Keep on the effort with sincerity



and earnestness. Now, what is that effort to be kept on?

I can tell you a much nearer example. You have been invited for a big dinner. The table is filled with food. But will you eat everything at once? The biggest feast also is one mouthful at a time. So when day dawns and you wake up from sleep, God has given you the gift of one wonderful day. As you fill the day with so many types of activity, also fill it with spiritual activity! What is the central principle of this spiritual activity? Never to lose touch with the Cosmic Being, and in dealings with others always be inwardly connected with the Cosmic Being! This central principle of spiritual life has been declared to us in various ways: “Remember Me and engage in this strife of life, because you are battling with so many obstacles, difficulties and problems day after day! Okay! Engage in the battle of life, but always remember Me; keep your mind and heart centred in Me!” In another place it is said, “Be centred in Me; Inwardly be closely connected with Me, and engage in all your activities!”

We have forests full of towering trees seemingly touching the skies; we stand in awe before these great trees! But what is the secret of their strength and of their towering height? These towering trees are able to stand in their magnificent way because under the earth, invisible to us, they are always in contact with the source of nourishment and growth. They have a

constant, living connection with the source of life. Like this be rooted in the Cosmic Spirit, and let there be an inner link and relationship with That Being while you engage in the outer duties of life.

The lights are illuminating this hall because they are connected with the source of electricity. As long as that connection is there, they convert night into day. If that connection is removed, we will be in darkness, and the microphones cannot work. I went to the washroom before I came to this hall. I opened the tap, and immediately the water came. I took it for granted—all of us take it for granted—but we never realise that if the connection between the tap and the source of water is removed, nothing will come! So is our spiritual life: a product of a constant connection and an inner relationship with the Supreme Spirit. We are involved in this world through our body, mind, intellect, emotions and sentiments. Make use of these very faculties to become livingly involved with the Supreme Reality also. Keep a constant, unbroken undercurrent of God-remembrance. As you have friendship, relation, love and attachment to things of the world, have the same devotion and love for the Supreme Reality. Here in this world, you have relationships with particular persons: father, mother, friend and relative; but That Being is all these put together in one. That Being is to you father, mother, friend, relative, sister, brother, well-wisher, helper—everything! Therefore He is

to you the perfect concept of all that is good, beneficial and all that can protect you and provide your total welfare. Being related to That Being is our highest good, it is our supreme welfare; and That Being is immanent in this world. All the religions and all the Scriptures of the world affirm the Omnipresence of the deity. We literally live in That Supreme Being! Your life and all your activities are done in His presence. Knowing it brings about a feeling of worship and reverence in all your activities. It may be in your place of work, in your home, in the kitchen, in the garden, and while you are moving about in society or in shopping centres—anywhere! Whatever is being done, is being done in that all-pervasive Divine Presence. That Presence is subtle, and it is invisible.

We are all sitting in this hall, occupying space; because space is present in this hall, we are able to occupy this space. But has anyone seen space or touched space? Can you take so many kilos of space and put it in your house? Space is everywhere. Yet none of us has ever seen it, but we believe in its existence. Let us even come closer! We are all living; how come we are all living and are not dead? We are alive because we are breathing! From the date of birth we have been keeping alive due to breathing. But has anyone of you seen the air that you breathe? You cannot touch it, smell it, feel it, but you know that it is there. Two ordinary elements like air and space

are so subtle that even though being constantly in their presence you can only know they are there. Much more subtle is That Being, the all-pervading Reality, and our whole life is in Him. Knowing it, brings a feeling of reverence into all activities, and knowing that you're living in the presence of that Most High, you offer all your activities as worship and adoration at His altar. Then every action becomes a Yogic activity.

Anything that puts you into contact with the Divine Reality is Yoga. When you live and act in such a way your entire life is Yogic activity. And the level of your physical life is raised to a higher level of spirituality. In the morning before you enter into the earthly activities and in the evening after you have finished your duties, keep some time when you do the same process in a more intense and internal way. Retire to a quiet corner and sit still and relaxed, let go from your mind all tension and pressure and agitation, and repeat, "Om! Om! Om! Om Shantih, Om Shantih!" Still the thoughts, subdue the restlessness of the mind, withdraw the mind and direct it to the innermost centre of your being; withdraw the outgoing mind, gather all its rays and focus it upon the great Reality. It is the normal thought process of your mind, but made very intense, concentrated and one-pointed. The restless, scattered, outgoing mind is a net in which you are caught and bound, and it raises many problems. But the same mind, when it is indrawn, subdued and focused upon the Reality, becomes your

liberator! It not only becomes a solver of all your problems, it once for all takes you beyond all problems and liberates you. The powers of your intellect which you are now giving to matters here and solving problems etc, give it for pondering intricate mysteries of life: “From where have I come? Why am I here? What is the way to my ultimate destination?” Ponder these, make use of your intelligence in order to ponder the why, wherefore, whence and whither of your own self. Thus, the four-fold powers with which we have been endowed—the physical power of action, the mental power of thought and feeling, the power of the intellect and your sentiments and emotions - change their direction, and utilise them in order to move towards the supreme Divine Reality. Make them the means of your liberation from this present unsatisfactory state of limited life. The outer world has a connection, a right and control over your outer life of activity. But this inner, subjective, personal life is your own; the world has no right to interfere; it is something between you and That Being.

The purpose of a Satsang like this is precisely to make you aware that this is an important dimension of your life; you must get busy and start being progressive. It is to give you a fresh impetus to your spiritual awareness and prompt and inspire you to go further—that is its importance and value. Sat is Reality and Sanga is sitting in its company - that means, to sit in the proximity of the great Reality. And Satsang says:

“Do not postpone this inner task of your personal life! Do It Now! Life is limited; time flies away.” Therefore, the wise person does not delay or postpone! Every day must be a day of secular activity as well as spiritual Sadhana.

This is the sharing and serving in the name of the Master Swami Sivananda. And I thank the Supreme Being for giving me this opportunity of spending this evening with all of you noble souls, devotees of the Lord, devotees of the good life, and offering this little service. And my special thanks for all those people who taken great pains and put much effort in order to make today’s evening possible. And I thank all of you for having given of your valuable time, for your divine presence and your patient hearing. But no matter how happy I am, I cannot prolong this Satsang because all of you have to go to different places. God bless you all! You are all already blessed, otherwise you would not be here! May He ceaselessly shower His grace and blessings upon you. And may you all, every day, move onwards and Godward, so that your life will be crowned with that supreme attainment which is your birthright. You have the fullest potential for it, and while you are engaged in this glorious journey, make people happy, make all beings happy as much as you can. Let your life be a centre of benefit, goodness, helpfulness and service, and may in this be your own happiness. Thank you and God bless you!

*Hari Om Tat Sat!*

## **THE GREAT LAW**

*(Talk given by Param Pujya Sri Swami Chidanandaji  
Maharaj, in Toshima Hall, Tokyo, Japan, on  
30th April, 1995)*

Worshipful homage to that One Supreme Eternal Reality, the beginningless, endless, all-pervading, imperishable Divine Spirit—to that Being our reverential and worshipful homage at this moment! May the divine grace of that Supreme Being be upon all of you who are gathered together here in this very beautiful Toshima Hall! May the grace of the Universal Spirit Divine grant you long life and good health! May It bless you with prosperity and success in all your undertakings! May It grant you progress and evolution upon all the fields of your activity! May you be blessed with a cheerful heart and a peace-filled mind! May your innermost being always be bright with everything that is positive, creative and constructive! In that deeper area of your life which is behind and beyond your mind, let there be always satisfaction, joy and light. May there never be the darkness of dejection or pessimism. While I pray to the Supreme Being to grant you such an interior, I also urge all of you to heartily cooperate with the Cosmic Being and try to keep yourself in a state of joy and peace and optimism within. It is very necessary for the

human spirit to respond to the blessings of God, to recognise one's blessings and to cooperate in furthering the blessings already received.

This is a world of duality and of opposites, and no perfection is to be found in it. The fullest joy can only be found in the all-perfect Divine Being. Knowing this, we have to accept life as it comes; we have to say "Yes" to life and make the very best. If you take a positive view of your life and consider for how many things you have to give thanks to God, then, by thus counting your blessings, you will have no time to either grumble or complain; all the time will be taken up in saying, "thank you" to the Supreme Being. We compare ourselves with those who have something which we do not have, and unnecessarily we make ourselves unhappy. If you compare yourself with millions of others who do not have what you have, then you will understand how fortunate you are! Through such a right view, you will have a cheerful heart and a peace-filled mind - an interior full of brightness and joy!

I pay my loving adorations to Revered and Beloved Holy Master Swami Sivananda. May His glance of grace be upon you always! May His hand of benedictions be upon you and all the members of your families! May His blessings grant you the gift of a divine life! This is the best and the highest gift that a human individual can receive, and it is the most needed gift at this time in human history! Because at this time peace, welfare,



happiness and a serene living - all this is threatened and destroyed due to undivine forces prevailing all over the world. The quality of the Divine, 'God-substance', is present in all creatures and especially in all human beings. If this fact is recognised and this truth is known, and if you try to unfold and manifest that 'God-substance' or divine principle, then life would indeed be a place worth living and a thing of joy.

Divinity means infinite love and compassion. Divinity means highest purity and holiness. Divinity means harmony, unity and oneness. Divinity means serenity, peace and equipoise, equanimity. Divinity means absolutely selfless love for all existence. Such spiritual love irresistibly manifests itself in acts of motiveless and selfless service unto all beings. Where there is love, service is inevitable. These are qualities that flow directly from the Cosmic Divine Spirit upon this earth. To make yourself a recipient of this beautiful divine quality is a great blessing! To relate yourself to that Cosmic Being and open a channel for the inflow of that divinity is the one thing necessary to elevate human life. The art and science of real life is to be in this world physically, but at the same time to dwell in God spiritually here and now. You have a direct access to the Supreme Being, for you are an inseparable part of That Supreme Being. To open yourself to the inflow of the Divine is a natural thing for you to

do—the most natural thing! To do this and become filled with the light and the goodness of the Divine and express it in day-to-day life is to become a real blessing to mankind. This is what the world needs—such beings, who have connected themselves with the Supreme and received His perfection, and they share it with the rest of mankind.

I am not here to give any lecture. I come on behalf of all the great spiritual masters of India, and I come especially on behalf of our Holy Master Swami Sivananda, and with the intention of conveying to you their awakening and life-transforming message. My purpose is to awaken you to the higher purpose of your seemingly ordinary life.

Having come into this world, you have to act and keep busy in order to make a living; people do it in ever so many ways, but fundamentally they are all engaged in supporting themselves. It is something one has to do—one cannot avoid! The way and the manner in which you do it may be an individual choice. But making a living in this world should not be mistaken to be life; life is something totally different and far more important! It means to make use of your presence here on earth in such a wise way, that you attain your own highest blessedness.

Today we shall consider the human being and the Law that governs the life of this human being, and how best we can make use of this Law to

make our life a success; how best we can utilise this Law to attain our highest good and supreme welfare, ours as well as that of all others.

We just now saw that each individual has got direct access to the supreme Cosmic Spirit. And if one takes advantage and makes use of this direct access and opens up the channel for the inflow of Divinity within, one's life becomes a great blessing and benediction to all living beings and all fellow human beings. When this is the central truth and when this possibility is there, why then do human beings not do so all over this world and make this world a little heaven? Why is this world filled with so much evil, sorrow, destruction, violence, hatred, and so much of complications and problems? Why is there so much suffering, fear and hatred all over the globe? Why? When this possibility is there, why should this be the condition of the human world today? Why don't we connect ourselves with the Divine and thus make ourselves a channel for the inflow of His divinity and become channels for the expression of His perfection, of His love and compassion, everywhere, each moment of our life? How to understand this paradoxical situation of the human individual? To answer this question you must get some idea of what the human individual is, what all of us are.

We are a mysterious composition of three distinct ingredients. One is self-evident: we have a human nature. And the second is what was said a

few moments ago: we have a ‘God-substance’, the divine nature of God. Unfortunately, there is a third ingredient, that is a gross, unrefined nature of the animal, of the brute: all that is negative, all that is of the nature of darkness—that is the third ingredient that goes to make up the human personality. If there were only two ingredients, the human and the divine nature, there would be not such a problem; with some effort and the right direction we could connect with the divine nature. But the third negative gross element is so close, so much part of our physical and psychological being, that its downward pull is constantly exerted upon the human nature. Whereas the sublime, uplifting and elevating pull of the higher divine nature is rarely felt; it seems to be remote. The powerful pull of the downward gross nature, the beast nature, human beings have to tackle every day. It is always felt as an obstacle on the way; always it confronts us, and we have to deal with it. So there is this inward pull, this tension between the gross lower nature and our weak human nature; and we are not told how to develop our resources, our inner strength to resist it, and how to develop it to such an extent that we may be able to overcome it ultimately. This discipline, this science, this training is rarely imparted. Even more deplorable is that a vast majority of human beings don’t even know that this confrontation, this tug-of-war, exists, and they willingly submit to the pull of the lower nature, thinking that they will find some satisfaction and happiness. They

don't know of themselves as distinct and different from it—they are identified with their lower nature. Due to identification with this lesser nature and due to ignorance, weakness of will and a tendency to succumb to the attraction of pleasant experiences, the human individual becomes enslaved by the lesser nature. To rise up from this condition and to assert one's superiority over this gross nature is the beginning of the upward ascent of the human spirit towards its divine origin.

We are not doing it, because we are not taught to do it, either at home, in the schools and places of education. In society indulgence in unnecessary habits like smoking, drinking, gambling and pursuit of pleasure are encouraged by vested interests, because they are able to enrich themselves due to the weaknesses of the human individual, and the whole society has become oriented towards this pursuit of superficial pleasures and is completely caught in this net. If we observe human life in general, what do we find? We find that the higher divine principle, 'God-substance', is completely neglected and slumbering, and the lowest nature is very vigorous, active and asserting itself; the poor human nature, due to weakness and not having developed its higher powers, which are inherent in the mind, and due to a tendency towards pleasure has given itself over to the

aggressive lesser nature. This is what we find in the world today.

It is precisely to give us positive support and help in this situation that all the great religious systems and all the Scriptures have given certain rules for living and conducting ourselves. They have explained to us certain Laws that prevail in our life, so that by putting ourselves in the right relationship with these Laws, by observing the rules, we may save ourselves from a great deal of harm, and we may be able to successfully give a positive upward push. But unfortunately due to a wrong attitude towards these benign Laws and rules, and due to the spirit of independence or ego, one says, "I shall not be bound by any of these old rules and regulations. I am a highly advanced modern individual. I am rational. Why should I observe these old regulations?" That becomes the attitude of modern man. But it is the height of irrationality and pseudo-intellectualism. These universal Laws regulating human conduct have not been given to curtail our independence, they are not being imposed, but their idea is to help and give support in all situations.

Everywhere in life there are rules and regulations and laws governing day-to-day human conduct. In every Government Department there is a certain manual for regulating the activity of the employees; no one would dream of ignoring or breaking these rules; they are quite content to observe them correctly.

Education institutions, schools and colleges, they have their own rules and regulations for the students. Every hospital or medical centre has strict rules and regulations on how to get admission, what the patients should do, what all forms they should fill and sign. Even in a department store or supermarket a customer has to do his purchasing only according to a certain system. One cannot go and come through any way, it is all co-related. When you go out into the streets, you have to observe specific traffic rules. There is a law governing this entire activity and which lays down the consequences if one breaks the rule! You don't ever think that it is an invasion upon your independence; you are perfectly ready to observe all these rules and regulations. Also a highly educated, rich and independent lady, driving an automobile, will never think of going on the wrong side of the road.

Now I will tell you why I am going into so much detail about this particular aspect of the Law. I want to make you aware of a specific principle behind all these laws that regulate our conduct in any big city like Tokyo. When this lady behind the steering-wheel of an automobile is adhering to the correct side of the road and is observing all the rules and regulations, is she doing this because she is thinking of the Police Department, the Magistrate in a Court or the money she will have to pay if she is fined? All these things may have some indirect connection with

her sticking to the right way of driving her vehicle; but these things are not in the mind of the lady. She knows that in a fast traffic, if she makes a mistake, there is going to be a collision; she may kill some other driver, or she may become crippled for life or lose her life. It is this consideration, the danger of breaking the law and coming to grievous injury that is weighing foremost in her mind. That is why one is sticking to the correct side of the road and observing all the traffic rules while moving along the highway.

This brings us to the most important point: the main purpose of this law is to save you from harm; save others from harm through you, protect you and guarantee your safety and welfare. You may try to analyse the rules and regulations prevailing in any department of life, you will find that ultimately the main objective of all these rules is to ensure the welfare and the protection of the people who live according to these rules. Therefore, they are benign, beneficial and positive in their purpose towards those to whom these laws are given.

There is one great Law that prevails in the life of the human individual. It is the Law of action and reaction. It is the Law of cause and effect. It is just like sowing a seed and reaping the fruits of the seed. 'Action and reaction are equal and opposite'. Whatever is the nature of the action, the reaction tends to have the same nature; and whatever direction the action has taken, when it



has been initiated by some agent, the reaction will take the opposite direction and come back upon the agent. It is like throwing a rubber ball against a wall, it will rebound to the thrower. 'Cause and effect' - bringing into being a certain cause, then its effect will follow as the wheels of a cart follow the steps of the animal that draws the cart. It will follow without fail. As the sun rises in the east and sets in the west, as the wheels of the cart follow the footsteps of the oxen that draws it, reaction follows the action; the effect follows the cause.

What is the relevance of this Law? What is the use of this Law? What is the relation with the present human situation? What is the meaning and significance of this Law? This Law is a Cosmic Law—not the law of any human government or authority or organisation. We found out that any law that prevails in a human system is aimed at our welfare and good, and it is not in order to punish us or make us suffer; but by breaking the law, we bring upon ourselves great suffering.

When human law is formulated and created with such benign consideration, with such a sympathetic view, do you think that the Cosmic Law of the all-perfect Spirit can be a Law just to bring about punishment or retribution to the human family on earth? Never! Never! Never! It is impossible to think of such a fantastic idea! However, it is a wonder that the vast majority of beings who have heard of this Law only think of it in a negative manner; they think that it is a Law of

retribution or punishment for offences committed here. It is due to a lack of evolution and proper understanding that they only perceive a negative reason for its existence; they are not able to understand its real positive purpose and significance. This Law is the greatest single act of Supreme Grace, Supreme Divine Justice and the Supreme Divine Desire for your highest good and supreme welfare. This Law gives you the freedom, the ability, the power to attain and achieve whatever you wish to attain and achieve! This Law gives to you the ability to fulfil any aspiration that your heart is filled with. It is a golden key given by the Divine to the human being. It is a golden key given by the Universal Spirit to the individual spirit, by which to open the portals to highest blessedness and supreme welfare.

But let us pause for a little while. There is something about this golden key which we have to understand fully, if we are to benefit by it. Let us look for a moment at the potential and the scope of 'man on earth'. This golden gift of life that God has given to man has opened up a field for us; it has thrown before us innumerable opportunities. But then the harvest will depend upon what the person chooses to sow in that field. "As you sow, so shall you reap!" The field is our psychological inner being, and this body also is a field. According to the type of activity we engage in through this body will be the result that comes upon this body—strength or weakness, health or

ill-health. The development or destruction depends upon what type of actions we engage in through this body: through the eyes, the ears, the nose, the tongue and all the parts of our body. In this we are our own best friend or we are our own enemy. We can lift our life to highest heights or put it into degradation. This is even more so in the field of our inner being: our mind, emotions, sentiments and in the way our intellect works. If you make use of your psyche in a purely human way, you reap benefits only pertaining to this level of your life. But if you become dynamic and active upon the higher spiritual and divine level, you rise up on the scale of evolution and attain the heights of divine perfection. Fire is a power! The heat of it can support millions and billions of lives; but it can bring about destruction of life. It is the way in which you relate to any power and how you utilise it; it depends upon the way in which you think your thoughts. If you sow the seeds of a sweet fruit, it gives you a harvest of sweet fruits. If you sow a seed of a bitter fruit, it gives you a harvest of a bitter fruit. If you sow the seeds of a very thorny plant, it brings about a great deal of discomfort and suffering. If you sow the seed of a poisonous fruit, it produces fruit that brings death! The field is the same. What it produces depends upon what you sow in it. Therefore, be always alert and awake and careful what you sow, for that will be produced due to this Law. Be wise and choose well the seeds in the form of thought, of intention, of desire in your mind.

There are three ways of relating yourself to whatever has been given to you, and three ways of utilising whatever has been given. There is an unwise way; there is a sublime, noble, lofty way; and there is an ugly, dark and degraded way. If you are unwise and fail to utilise whatever has been given to you, it becomes an unfortunate waste; it produces nothing for you. If it is used in the wrong way, you become the enemy of man and the destroyer of the welfare of beings. This is the opposite pole of spirituality or divinity or goodness. It is like the North Pole and the South Pole—nowhere near each other! It is the contradiction of the Divine Law which is the Law of Love and living for the welfare of God's creatures. It is the rejection and the contradiction of the divinity of our own real nature. If you are living in accordance with the Cosmic Law, all is well!

Now I want to tell you something about the symbol OM. Om means Peace, Light, Purity – Ananda, Bliss; it is the Light of supreme perfection and knowledge! Om is the highest state of divine consciousness. And that highest state of divine consciousness is infinite love and compassion and infinite of all that is positive, auspicious and blessed. Om stands for eternal life! Om stands for liberation! From our human point of view Om stands for love, goodwill and friendship. Ultimately Om can only be experienced and realised in the deepest depths of

meditation! But if you want to understand and know what it is upon your mental and intellectual level, Swami Sivanandaji, my Holy Master, has written a book called ‘Philosophy and Meditation on Om.’ This small book will give you a good knowledge of what Om stands for.

There are a number of Upanishads in Vedanta; they are small Sanskrit compositions giving records of highest spiritual truths. Of these Upanishads ten are the most important ones. From the Sadhana point of view, from the ultimate experience point of view, the first short Upanishad is the most important, the ‘Isavasya Upanishad’. From the practical spiritual life and Sadhana point of view the third Upanishad is the most important, the ‘Kathopanishad.’ But from the point of view of Vedanta and of the philosophical exposition of the nature of the Ultimate Reality and your real divine nature the sixth is the most important, and this Upanishad is called ‘Mandukya Upanishad’. It is regarded by all Vedantins and Jnana Yogis as the most important of all the Upanishads. It is a deep, penetrating analytical study and exposition of what Om really implies, what it constitutes. The great world teacher Jagadguru Adi Sankaracharya who lived 1200 years ago has written a big commentary upon this important Mandukya Upanishad.

He said, “You are unwise to allow this precious gift of human life to be wasted away by not utilising it in a good way. If you are fortunate

enough to have been awakened by the wisdom teachings of some good teachers, then you know its precious value and put it to the highest use, and thus make your life blessed.” You have to choose wisely. Resolutely reject the pull of the lower nature and take a determined stand: “I shall only put myself in the hands of the Divine within me, and shall follow its directions and thus make my life sublime.” This choice should be taken every day. At each dawn when the sun rises and you greet the new day, you must take this determined stand, freshly and newly. You have to renew this stand every day. In this only lies your own highest good and supreme welfare.

Long before Japan invented the quartz crystal watch, we had to wind up our watch every day. If we did not turn the key, the watch slowed down and stopped! Unfortunately, your mechanism does not work upon quartz crystal. Every day it has to be freshly wound up! Each day is a divine gift for you. Each morning you are reborn, and you commence a new life each morning! This is the secret of making each day a golden day and go a step higher, Godward, towards perfection and blessedness. Do you not cook and eat your food every day, a fresh breakfast, then fresh lunch and dinner? When you are prepared to do this for the physical body which one day will go anyway, how much more ready and willing must you be to do it for your real nature. Therefore be up and doing upon this glorious path. Neither be unwise and

waste your life nor degrade yourself, but be divine, as you really are. Have a noble aspiration!

Therefore, my beloved friends, my beloved spiritual seekers upon the path! Know that the key, whether it is silver or gold, can open a door, but it can also close it. If you open the door, you step out into the sunshine and upon the highway to blessedness! If you turn it in the wrong way, you close the door, and you are imprisoned by your own action. We do not have to worry either about God or devil. We don't have to fear either God or devil. We have to fear and have to be concerned about our own actions. Knowing this Law but ignoring it, we engage in wrong actions, either mentally, verbally or physically, and we create our own bondage and our own trap. The Law is unfailing. But if you engage in the right type of actions, mentally, verbally and physically, then the Law becomes your greatest friend. The Law guarantees and ensures that through this very earth life you will attain the highest state of liberation, peace, bliss and divine perfection.

This Law of Karma makes you the master of your own life. This Law of Karma gives to you the ability to be the creator of your own future. You can make and fashion your future in whatever way you wish. You need not worry about past Karma; it does not play a major role in your present life. But you have to pay full attention upon your present Karma, the action you are engaged in now, today. The present makes your

future; this moment is the all-important moment. Today is the only real and important day in your life! Yesterday does not matter, and tomorrow is only an imagination, a mental concept. There is no tomorrow. What you have is only today, because when you wake up, you don't wake up to a tomorrow; you wake up to a today! Live today, and live today divinely. Be selfless, filled with the spirit of service to all beings. Be a centre of healing, consolation and blessing to all. Be a centre of help, service and benefit to all! Today, with devotion and prayer, connect yourself to the supreme divine source of your being. This is the most important thing in your private inner life; all other things stand secondary to it. The top priority is this inner contact with God. Control your senses, subdue the mind, and train it to become one-pointed, focusing upon the Great Reality. The more you keep contact and connect yourself with Reality, the more you will become like that Reality. And in your daily life keep an active intellectual discrimination that will give the right direction and make you take the right step each moment. In this way, live each day wisely and divinely. Let your life become pervaded by a divine quality. Let the whole life be given a spiritual direction. Do it now! Do not postpone!

Guru Nanak, the first Guru of the 10 gurus of the Sikhs said, "Eh! This human being is a creature of half a breath." Because what guarantee is there, that when you have exhaled



you will be alive to breathe in again? What guarantee is there? And when you have inhaled and you get a heart-attack and die, the breath will never come out again. No one can guarantee that your breathing will be complete, when suddenly the call comes from the Being who sent you here. This is to tell you the importance of living each day, each moment, in a spiritual way and in a divine manner. God has given you everything. You are supremely blessed! You are most fortunate! Make use of this blessedness and good fortune, and starting now may your golden vacation lead you to a glorious future! God bless you all!

*Hari Om Tat Sat!*

