



Foundation Of Spiritual Life

Worshipful homage unto the universal Presence Divine – the one, unchanging amidst vanishing names and forms! May Divine grace flow from it! May we open ourselves to that Divine grace by our lives and our deeds! May Gurudev's glance of grace open up the intuition in your heart and make it perceive the basic realities of the life spiritual!

God is an ocean of grace. Grace is synonymous with God. Grace is ever present, abundant and unconditional. It is by the way in which we live our life that we either open ourselves to His grace, or refuse the entry of grace to work in our life. There is no question of grace descending down upon us, or our trying to reach out to it. For, at no moment it is denied, neither it is absent nor unavailable. What we have to realise is that at the commencement of the spiritual life, a change is initiated in each aspirant's life. But, unfortunately, the change is not kept up; after some time it is reversed. One goes back to square one without realising it.

The wise spiritual aspirant discerns by keen enquiry, discrimination and wisdom. He maintains the fundamental and foundational values throughout his spiritual life; and this leads to success and Attainment. There are certain things that constitute the very essence of the spiritual life. They have to be at the basis of the spiritual life all the time, from start to finish. There are things in the spiritual life, which are both fundamental and foundational that the real seeking soul cannot afford to be without. And if these values are safeguarded, preserved and kept intact throughout, then we are never cut off from grace. It always actively works, it supports sustains us by every manner and means, it becomes our constant ally, our constant helper. For, we fulfil all the requirements of our spiritual life by making it open the channel for the inflow of Divine grace.

Reflect over the spiritual life and thus discern the difference between the variable values of the life spiritual, and the invariable values. Wisely keep intact these basic values, and you will never regret it. You will always be the recipient of Divine grace. Be blessed. May we all bless ourselves in this manner! May Divine grace grant you the supreme blessedness of God-realisation, Liberation, Bliss, Peace and Illumination!

God Bless You All!

■ *Swami Chidananda*