



Make this a perfect day

Radiant immortal Atman! This day is a new day. It has not been before and it shall not come once again. Ponder the uniqueness of this day. It is a part of God. God is timeless Eternity, and a day is a little unit in this timelessness measured by man's limited consciousness, and bound by the 'now and then' (time) and 'here and there' (space) dimensions. Today is a gift of God. Take it with both hands with a devout *bhav*. Apply every bit of your energy – intellectual, mental, emotional, and physical – in making it a perfect day. Live the day with calm determination to fulfil all your ideals and principles. Be dynamically vigorous in the process of evolving.

Make this day into an ascending ladder to ever-higher heights. Wisely live this day. Go through it in such a way that at sundown you have enriched yourself by the way, in which you have lived your life, have made use of the opportunities that have come your way, have responded loftily to the call of duty, and have reacted ideally to things, events and beings around you. Enter each day in a spiritual manner and fill it with everything that is spiritual and divine. This is the key to blessedness. This is a sure way to perfection. This is the secret of unfolding progress and certain attainment.

Go through the day calmly, serenely, without hast or hurry, with a calm determination: "I am going to make the highest and best use of each and every moment of this day. I shall thus progress slowly towards the Goal. I shall make my day a golden day, a divine day of an upward ascent of the spirit towards perfection and Divine-consciousness. Each moment of the day will be a manifestation of all that is sublime in everything that I do, see, hear, touch, taste, smell, think, feel and act. I shall make this a perfect day. There is no tomorrow."

A mystic once said "Live each day as though it were your last day on earth." If today is the last day given to you, how valuable you will consider it! How much you would fill it with all that is the highest, best, noblest, sublime, perfect!" Live the day with this spirit. "Let me become full of God-quality. Let me be a centre of joy; let me manifest joy, bliss, peace, luminous wisdom, *chaitanya* (consciousness), knowledge. Let me be a witness to the eternity of God's existence here and now. May I make it a day to express God in every way."

"Let *Sat-Chid-Ananda*, shantih (peace) shine forth in my thought word and deed."

■ *Swami Chidananda*