



Connect Yourself With God

The essence of spiritual life is proximity to Reality. The nearer you draw to the supreme Reality, who is your source, support and goal, the greater is your ability to resist the outward pull of Prakriti's (Nature's) great universal show. When due to *Maya's* power, everything attracts, deludes and tries to turn us away from the ideal, the closer we keep to God, the safer we are from the powerful attraction of *Maya*. The Lord has shown us the way of overcoming the powerful attraction of objects thus: "*Mam Eva Ye Prapadyante Mayam Etam Taranti Te* – those who take refuge in Me alone, cross over the illusion." [Gita 7.14]

Gurudev said, "Detach and Attach". Detach yourself from the things of this outer world, and attach yourself to the Reality, to God. "Detach, Attach" – that is the thing to be done. Connecting yourself with God constitutes Yoga. You cannot connect yourself unless you draw closer. Upanishad has the power to take you into closer proximity with the great Reality. *Upasana* means keeping close to the deity, seating yourself in the proximity of the deity. Drawing closer to God step by step, stage by stage, is the essence of the spiritual ascent.

Keep close to Him in as many ways as possible, in all manners. In that lies your Liberation, your highest blessedness. Connect yourself in toto.

1. Let your body be directed towards actions that are done as His adorations. Then you become connected to God physically.
2. In the midst of action, remember Him. Thus through your mind you keep close to God.
3. Try to see His presence by discriminating – seeing the Essence and eliminating the name and form. Thus you keep close to Him through your logic, rationality and intellect.
4. Make God the object of your love, adorations, devotion and friendship. Thus you keep close contact with Him through your emotion, sentiment heart.

And, **Do it Now!** Rejoice that God has given you a New Year, a blank book, in which you can write whatever you want. You can write in letters of gold. Will you smudge it with all manner of blackness? Will you leave it blank due to inaction? Fill it with letters of gold and become your own greatest well-wisher and friend. Become wise, become a real yogi, become a real *bhakta*! Thus connect yourself with God. Be it so!

May God Bless You All!

■ Swami Chidananda