



God Dwells In Our Heart

Radiant immortal Atman! Beloved and Blessed children of the Divine! The ideals and goals are the only things worth living for and striving after. You are a part, an *amsha* of that great Transcendence. Act in Its living presence – heart within and God overhead. That is life. *Sadhana* is to act in its living presence, and utilising every moment and filling it with radiant Divine Consciousness: “I am That; That I am.”

We are part of God. God is supremely divine. We are also supremely divine. This consciousness must dominate your life. The Divine Spirit is not remote. It is something nearer than the nearest, dearer than the dearest, in fact the very centre of our being. We dwell in the Divine, the Divine dwells in us. Let this truth be the central awareness in our life. Never separated from God, we move about as moving temples of the living spirit abiding within us with the splendour of million suns. You are that timeless Divinity. Make the whole of your life a radiant process of Divinity in dynamic manifestation. Let divinity be the keynote of the New Year all the 365 days of it. Always be aware, “I am Divine. My life must be divine. Divinely shall I live my life.” Live with this aspiration and He who dwells within you with all His splendour will help you to succeed in this noble endeavour.

The great God Mahadev is invoked through a popular verse, “*Hridaya Ravinde Bhavam Bhavani Sahitam Namami* – I bow to the Lord Siva who always dwells in the lotus of the heart with Goddess Parvati.” The abode of Siva is constantly the very centre of your being. “Thou art always, constantly dwelling in the lotus of heart. O God! Grant us this gift that all our days may commence with invoking and awaking the awareness of Thy presence within us.” This is the prayer.

Let there be the awareness that ‘I am Divine. I am a part of God. I am a wave upon the infinite ocean of *Satchidananda*. I am a radiant ray of that Light of lights beyond all darkness.’ “I am in the Light. The Light is within me. I am the Light. *Jyotishaamapi Tajjyotistamasah Paramuchyate | Jnaanam Jneyam Jnaanagamyam Hridi Sarvasya Vishthitam* – That, the light of all lights, is said to be beyond darkness | Knowledge, the knowable and the Goal of the knowledge, seated in the hearts of all.” [Gita 13.17] Live to manifest this truth. Then you will be really living. Let the New Year be to you a year of such light, a year of such luminous consciousness, a year of constant affirmation of your true nature: *Mano Buddhi Ahankara Chitta Ninaham | Chidananda Rupa Shivoham Shivoham*.

God Bless You!

■ Swami Chidananda