



## Living Divine Life

Divine Life proclaims that the goal of life is God-realisation. Even living as you are, leading your normal life of domestic set up, you can attain this supreme goal and become forever blessed. The four great practices, which beloved and Holy Master Gurudev Swami Sivanandaji proclaimed as pillars of Divine Life are:

**Selfless Service:** Selfless service is the foundation of Divine Life. Purify your heart and rid it of the dross and impurity of selfishness by plunging into absolutely dedicated motiveless, desire-less, selfless service. Be a *maha paropakari*. Ever be eager to serve all – to serve the sick, the poor, the suffering and sorrowful. Encourage those who are in despair. Feel yourself to be blessed, if you get an opportunity of serving, helping and benefiting any creature. Thus, one's heart becomes purified. In such a pure heart, there arises devotion of God.

**Devotion:** Devotion and worship bring about an upward and Godward ascent in your life. Engage yourself in worshipping the Supreme, who is the very innermost core of your consciousness. God is not some supra-mundane remote Reality, far away; but God is here and now. He is the ever-present Divine Spirit pervading the entire Universe. He is closer to you than your very breath. Never forget this. And engage in prayer and worship every day with a heart filled with love for Him. This process of daily worshipping and praying to the Lord has the power to gradually steady the restless mind and overcome its fickle nature.

**Daily Meditation:** As devotion and prayerfulness intensifies itself, the mind attains a state of concentration and you enter into a state of regular daily meditation. Regular daily meditation brings about steadiness and a feeling of abidance in God. You begin to feel the presence of God in your heart even when you are engaged in your daily activities. It creates a steady, unbroken under-current of God-awareness.

**Discrimination and Spiritual Enquiry:** When you become aware of the presence of God at all times, everywhere, it brings about a new spiritual quality in your thoughts, words and activities. It uplifts and elevates your life to a new standard of purity, compassion, kindness and holiness. Thus you become a transformed being with spiritual emotions and lofty thoughts. Having entered into this state, your intellect becomes purified. And within it, dawns the power of spiritual enquiry, and discrimination between the Eternal Reality and non-eternal passing appearance, *atman* and the *anatman*.

May God Bless You All!

■ Swami Chidananda