



Sadhana Of Divine Life

The way of Divine Life of service, worship, meditation and God-realisation, leads to inner spiritual unfoldment and God-experience, and grants you supreme Bliss, Peace and Illumination. If you wish to enter into this spiritual way of Divine Life in your conduct and character and your day to day life in secular world, three principles form the very foundation and basis. They are indispensable pre-requisites for the practice of the *Sadhana* of Divine Life.

Ahimsa or Kindness and Compassion: The first principle is kindness and compassion towards all creatures. You must be cosmic benefactor. Ceaseless love, kindness and compassion must flow out of your life. Never hurt even the least of God's creatures by thought, word or action. Even in dream, you should not think of harming or hurting any creature. This sublime principle of non-injury or harmlessness has been given a very great place in the eternal *vedic* way of life that proclaims "AAAAAAAAAAAAAAAA – non-injury is the highest religion." Be a centre of help, benefit, happiness and peace to all. Never injure, never hurt, and never harm any living creature.

Satyam or Truthfulness: Be rooted in absolute truthfulness. Never utter falsehood, never practices deceit, and never be dishonest in any of your dealings with anyone in this world. Be a man of integrity in thought, word and deed. Truth is God. One who practices truthfulness rigidity will attain God, and will become established in God. God is present in this world as the sublime principle of truthfulness.

Brahamcharya or Purity of Conduct and Character: Third and most importantly, cultivate purity of conduct and character, self-control, chastity, purity of vision, purity of feeling towards all beings, *Brahamcharya*, and overall control over the base carnal passions that exist in the lower physical aspect of your being.

Thus, *Brahamcharya* or self-control and purity of thought, word and deed, a sublime character and conduct, ethical living, *satyam* or absolute truthfulness in all dealings, and above all, *ahimsa* or kindness and compassion towards all creatures are the basis and foundation of Divine Life. Ever keep in mind the great goal, remember God constantly with love in your heart and have absolute faith in our inseparable relationship with the Supreme Divine Being. Cultivate constant remembrance of God by seeing His invisible presence in and through all things in this universe around you. The Lord is present as the immanent principle in all creation.

May God Bless You All!

■ *Swami Chidananda*