Practise Awareness of God

A Hindi bhajan says: “Listen, O man, I am by your side. I am not somewhere for you to search and find. Until and unless you practise My presence, all your search is in vain. You put Me far away, while the fact is that there is nothing more immediate, more close, more near to you than Me.” The truth Lord Krishna uttered for everyone’s benefit for all times is: “Aham atmaa gudakesha sarvabhoottaaashayaasthitah, Aham adishcha madhyam cha bhootaanaamanta eva cha – I am the Self, O Arjuna, seated in the hearts of all beings; I am the beginning, the middle and also the end of all beings” [Gita 10-20]

How many of you try to practise this truth? How many live in this fact and base your thoughts, words and actions upon this fact, guided by the light of this awareness? Remembrance of God is life; forgetfulness of God is death. Remembrance of God is to live spiritually, to live in dharma. Dharma departs the moment the awareness of God departs. The basis of dharma is the truth of the immediacy of God, the here-and-now-ness of God. Therefore, if God is forgotten, dharma departs. If God is remembered, immediately dharma is there. You cannot separate your highest welfare and supreme good from God and dharma. Dharma and God constitute the one and only way to your highest good, your supreme blessedness, your eternal welfare. Dharma is the supreme good. Dharma is your greatest treasure and friend, well-wisher. Dharma is the greatest guarantee to ensure that your spiritual striving will not be in vain. It shall yield fruit of immortality, everlasting Bliss and Peace.

You must keenly and eagerly long to make your entire life righteousness-oriented, day by day, each moment, in each thought, word and deed. Then your life will move in the direction of God–realisation. Your life will move towards God through the very living of your life in a dharmic and righteous manner.

Be aware of God – that He is now and here – and dharma will spontaneously be your way of life. Your life will be the good life, the divine life. This is the truth. Ponder this truth, accept dharma into your life and live with awareness. Choose dharma for your life, and God will choose you to make His own. He will confer upon you the highest blessedness.

May God Bless You All!

Swami Chidananda