



Cultivate Virtues

Value your character more than anything on the earth. Be perfectly truthful. Do not let your speech be vulgar and rude. Speech must be clean, polite and joy-giving. Speech is Sarasvati. If She is offended by rudeness and vulgarity, you cannot advance in knowledge. Cast away egoism, pride and selfishness. These three form the blemish upon human character. Ignorance make you proud and egoistic. Greed makes you selfish. They lead to dishonour, unhappiness and failure in life. By leading a simple life and having a cheerful disposition under all circumstances, you can overcome selfishness and egoism. Your life and conduct must be a cause of happiness to other people.

Adopt certain virtues and principles. Periodically make certain resolutions, never leave these principles, never move away from virtue. These principles will be your true friends and helpers. They will assure you progress and ultimately grant you supreme Happiness and success. Maintain a personal diary wherein you make a careful note of your day-to-day conduct, speech and behaviour. This will reveal to you how far you are advancing, and show you your mistakes and where you must correct yourself. Such a diary will be your friend. It will reveal your weakness and teach you humility.

Pray to God and ask Him for inner strength and guidance. God's divine name has immense power. Repeat His name always and remember Him under all situations. Reflect upon the lives of ideal personalities. Draw strength and inspiration from their lives and teachings. Try to mould your life upon their pattern. Always have a great ideal before your mind. Think of it at all the times. This is important, because right thinking is the key to noble living.

As you think, so you will become. Just as, 'what you sow so shall you reap', you will ultimately experience and attain what you constantly think and feel. Inner thoughts lead to outer actions. Repeated actions grow into habits. Such habits become permanent qualities in your very nature. This nature goes to form character. Your future and destiny is the direct result of your character. Thus, your thoughts are the seeds of your destiny. Safeguard your thoughts and feelings. Think nobly and virtuously. You will become a noble man, and make your life fruitful. Thinking of good thoughts, doing noble deeds and growth of grand character will lead to a glorious future. This is the source of ultimate happiness. Live wisely and nobly. Become good and great.

May God Bless You All! May Gurudev Bless You All!

■ *Swami Chidananda*