



Practice Of Virtues

The principle of the righteousness takes to the root of the happiness of all people. Let your life be guided by the principles of truth, purity, compassion, kindness and universal love. Your house will be a heaven of blessedness if you practise these principles. The regular observance will sustain you in your constant quest after the Truth within, and will bring deeper inner awareness.

One is drawing nearer to the realisation of God, if one is fulfilling the truth. But if one's life is characterised by falsehood, one cannot have God, one cannot have happiness. For he is cutting himself away from the Source of all blessedness. Peace and happiness cannot come into the life of the individual who contradicts truth. Righteousness consists in being true to your inner real nature which is Divine.

Compassion love for all, and kindness to all creatures are the practice of truth. These constitute your real nature. Have, therefore, compassionate regard for your kith and kin, parents and children, brothers and sisters, friends and neighbours. Without this practice in your life, spiritual blessedness cannot come. Harsh speech, a sharp tongue, flashes of anger and annoyance that wound the feelings of other should never be allowed. Happiness comes by increasing the joy in the lives of others. It comes to those who are centres of love, kindness and compassion, and who never entertain even remotely the thought of hurting the least of God's creatures. Living a life of usefulness and service unto others, you maintain your integrity.

Both the thoughts and the motives should always be noble, sublime and pure. As right action must be followed in the external life; so also, in the mental life right thinking must prevail. Thoughts that trail after the pull of the senses are wrong. Thoughts that follow the principles of righteousness are right. Therefore, think thoughts of goodness, purity, selflessness. Forget about: "What shall I get?" Think instead: "Out of me, what good can come to all people? In what way can I add happiness to others? In what way can I lessen the sorrow of others?"

Greed is a fire which blazes more and more fiercely, if it is fed. The contented person is always alert and recognises the greedy thought and stamps it out of his mind. If he receives objects, he is happy and if he does not receive any, he is happy. Do not covet that which does not rightfully belongs to you.

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

■ *Swami Chidananda*