



## Three Ideals Of Life

These three great tasks of human life should be your ideals:

- 1. On the subjective level to become an ideal human being:** First and foremost, on the subjective level become an ideal human being. All the positive as well as negative qualities are within us; many weaknesses as well as favourable qualities are within us. Make use of all your knowledge to reform yourself. Whatever is not good, whatever is negative, whatever is imperfect must be eliminated gradually, so that you can shine with all that is positive and virtuous, so that you can become an ideal human being, and you will have the satisfaction that you have not wasted this gift of God. You will move forward continuously. Many people will be benefited by your good nature.
- 2. On the outer level to become a *propakari*:** Our ancient ideal is to do maximum good to maximum number of people to the extent you can, in as many way as you can, as long as you can, in all the circumstances, in all the places. Become a centre of good to the world around you. Constantly make yourself a centre of 'Being good and Doing good'. This body is given to you for doing good to others. Become a benefactor of all life with utmost humility, without slightest egoism. The fellow human beings, animals, plants, the whole world must be benefited through your life. This is an integrated way of life. It is known as *propakara*. We should live in such a way that we become of some use to all life around us.
- 3. On the inner level to attain spiritual Realisation:** The first two ideals are pertaining to this world. But you belong to a higher spiritual dimension. Your human personality is temporary. You have come here to know your real Self, to know your spiritual nature. Make your life a continuous process of connecting yourself with the Superior Being, a continuous process of spiritual ascent. Make use of this human birth in such a way that you can leave this body shining with wisdom, shining with the light of great Experience, the Self-Realisation. You practise a rich inner spiritual life of prayer, *japa*, *swadhyaya* and meditation. But all these you have to do silently, secretly, in your private life. No one should know about it. Do not make propaganda of it, and continue to live your life as before. This inner secret transformation should be known only to God. As far as possible, never divulge your spiritual practices, your spiritual treasure to anyone. Then only you will get maximum benefit out of it.

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

■ Swami Chidananda