



## Cultivate Peace

Radiant Divinities! Beloved Atman! Cultivate the habit of peace and serenity, which is a covetable possession and a positive force to take you towards your supreme Goal. Cultivate *shanti* (peace and serenity) in your mind and heart, for it is a prerequisite for the inward process of bringing the mind to rest upon the Divine. “*Ashaantasya Kutah Sukham* – How can happiness come to one who is not at peace?” [Gita 2.66]

The supreme Reality, Atman, Brahman is immeasurable, profound, boundless, indescribable peace. The Reality pervades everywhere, which means that peace fills all existence. That peace dwells within you permanently, for the supreme Reality dwells in the core of your own heart.

Yet countless millions of people have no peace; they are restless, agitated. Why this contradiction? “*Tesham Shantih Shashvati Netaresham* – Peace is to such persons who take the path that leads to the knowledge of the Supreme, not to others.” [Katha. Up. 2.2.13] We do not know what is good for us, and so, we persist in folly. It is in this context that the great value of satsanga, swadhyaya and sad-vichara – making use of our intellect in the right direction, in right enquiry – have been spoken about as companions of peace.

How to find peace? Contentment brings peace. Renunciation brings you peace. Renunciation of ego brings you peace. Wisdom, vichara (enquiry), viveka (discrimination) bring you peace. Swadhyaya and satsanga can give you all – viveka, vichara, contentment. It can awaken within you the light of higher understanding.

The peace is not felt because our stream of thoughts is constantly directed outwards towards things other than That, which is within us. When thought current is ever moving towards this and that, naturally it loses awareness of That which is the source of all. Therefore, it is necessary to turn the mind within, *Ashanta-manas* (a restless mind) is a barrier to the attainment of Enlightenment. *Shama* (control of mind), *dama* (inner serenity and control of the senses) and self-possession are necessary for inner *shanti*. Prayer also puts you directly into contact with that great peace. We must keep on moving in the right direction ever, ever moving onwards every moment of our life with peace within. May His blessings speed you onwards in your quest for that perennial, profound, immeasurable great Peace that is your innermost being!

God Bless you!

■ *Swami Chidananda*