Always Be Positive

One of the favourite sayings of Gurudev, which he wrote in his writings as well as quoted in his divine talks was, “Never despair. Never despair. Nil desperandum.” A poet once said, “Hope spring in the human breast. Heart within, God overhead.” Another poet said, “Tell me not in mournful numbers life is but an empty dream.” You have come here to strive and attain. Strive on. Do Purushartha. Be strong. Be determined and plod on. If thus you do Purushartha, you will get help from God. That is the one meaning of “Heart within and God overhead.” Do exertion and then help will come from God.

There are two ways of approaching life. One is diffidence, lack of confidence, negativity: “I don’t think I can do it. It is too difficult.” Another way is: “I can. I will try my best.” I can’t is not rational. It is irrational. And if after trying your very best, you do not succeed in attaining the objective, I can assure you, you have not failed. Success may not be ours. But you have succeeded. You have fulfilled a human being’s duty.

God is all that is positive, all that is auspicious, good and beautiful. There is no negativity in God. And you are made in His image. You have potential for all that is positive only. You have potential for all that is positive and positive only. You should not believe your divine nature. At every step, in all things, your life should prove your divine nature. It behoves you to always take a positive attitude towards life, and never a negative approach, to always have positive view of things, and to move forward in your daily life. Then your heart is in a state that the poet implied when he said, “Heart within and God overhead.”

It is for such a heart that we should pray to the Lord: “I have full trust that You will be my leader, that Your grace will be my guiding force and a leading light in my life day by day. With your help, O Lord, all things are possible for me. So, with Your help, there is nothing that I cannot do. And I will take Your help for granted, because You are grace. You are love and compassion. You are never ready to bestow Your grace upon all sincere seeking sadhakas. Being certain of this, I shall strive, having full trust that You will help where help is needed.”

Hope is a divine quality. Determination is a divine quality. It is a manifestation of Shakti. Therefore, it is our duty to ourselves and to God to always keep our interior in a positive state. It is our duty to always take a positive approach towards life, and to always move forward. The wise sadhaka always takes the positive approach, which is the right approach. This is the right attitude and this you must adopt. This will help you to succeed in your life.

God Bless You!

Swami Chidananda