



Daily Sadhana

Even in the midst of activities, keep up the current of God awareness. Try to see the presence of God wherever you go, because he is the all-pervading Reality. Let there be actual spiritual life in you: study of spiritual books or scriptures, daily meditation, repetition of the Divine Name. Read the scriptures without fail every day. It will inspire you and fill your heart and mind with life-transforming spiritual ideas. Try to bring about a transformation in your psychological being first by trying to erase the world awareness from your mind, and evoke within it spiritual awareness through daily study. During your secular life keep up a golden thread of God remembrance, God awareness. Be connected by an unbroken stream of spiritual awareness, even while you are functioning in your daily life, in your office.

Make your life totally spiritual through regular sadhana. Let life become the process of fulfilling God's plan for you, which is the ultimate Experience of the divine perfection, your true Self. The fact remains that you are an eternal immortal, divine Spirit. This fact is never effaced. It is the one reality. Therefore, be aware of that reality, live from this standpoint of truth. Base your consciousness upon this reality about yourself, and then give your hands, feet and mind, as much as necessary to the business of this world.

Every day, morning and evening, sit silent, drop the world from your consciousness, and be aware of your Self and the Divine Being. Calm the mind. Keep the body straight, breathe rhythmically, and raise your consciousness by the repetition of the solemn *pranava nada* (sound of Om), which is the symbol of the Universal Consciousness. Thus upon the awareness of *pranava* enter into an awareness of the Divine, and stay in that awareness. There is nothing – there is no time, no space. There is only vast, limitless ocean of Existence-Consciousness-Bliss absolute (Sat-Chit-Ananda). And feel, "I am a part of that infinite ocean of Bliss, peace and luminosity. Feel yourself as the all perfect, imperishable, ever blissful, ever peaceful, Consciousness.

Let us be optimistic in action, not only in feeling and wishing. Let us contribute towards the possibility of a better future for mankind by bringing into the life stream of human thought and feeling, a spiritual quality through our own dynamic spiritual living. Beloved friends in the Spirit, spiritual life is the most pressing, urgent and indispensable need of humanity today.

God Bless You!

■ Swami Chidananda