



Transform Your Actions Into Divine Worship

Sri Swami Sivanandaji Maharaj has prescribed mental Sadhana for those people, who are constantly forced to be in worldly atmosphere and who do not get time. Close your eyes for a minute or two, once in every two hours, and think of God and His various divine qualities during your work. Repeat mentally any mantra. Let your *japa*, *kirtan*, meditation, all be mental. The mental repetition can be carried on throughout your hours of work unceasingly.

First, have *sattvik* imagination. Then, you can cultivate *sattvik bhav*. Feel all along that the body is a moving temple of God. Your office is a big temple of *Vrindavan*. Every activity – walking, eating, breathing, seeing, hearing, reading etc. – are offerings unto the Lord. Once, through constant repetition *kalpana* (imagination) becomes *bhavana* then your whole *Sadhana* will move along without a hitch.

There are three points, which I would like to mention:

1. **Transforming of all actions into Divine worship:** Before you begin any action, imagine and try to feel that it is a grand worship of the Lord, who is manifest in the *Virat svarupa* in everything.
2. **Negation of doership:** As you go on doing the work, every now and then, try to feel that you are a mere instrument and it is the omnipresent power of the Lord that is working through you. Develop complete negation of the idea of doership, and perform action without any motive and as offerings unto the Lord.
3. **Surrendering:** When you finish the karma (action), do so as offering to the Lord. Let your last action be a whole-hearted *arpanam* (offering) “*Krishna Arpanam Astu*”.

Thus everything will become worship of the Lord; and every action will be transformed into Divine worship through putting emphasis on *bhavana*. *Bhav* is the one basis to which man has to cling in the present age. The whole life will thus become a continuous worship of the Lord. By shifting thus the emphasis from the physical to mental, the life become incessant *Sadhana* in all that you are doing, in all the circumstances God may place you. You will begin to feel constantly the presence of the Lord everywhere.

God Bless You All!

■ Swami Chidananda