



Four Transforming Factors

Radiant Divinities! Beloved sadhakas and seekers! Let us consider four valuable means of making your life sublime. They will keep your life moving towards the grand Divine Destiny.

- 1. Shabda-Brahman:** The power, which can awaken, enlighten, illumine and bring about Self-realisation, is the power of Shabda-Brahman, the Divine Name. The first primal expression of Brahman took place as the mystical cosmic sound vibration, *adya-spandana*, in the form of mysterious, divine cosmic sound Om – the Name of that nameless One. Therefore, let the Name be your constant companion. Let it be a propelling force and factor to take you towards God.
- 2. Remembrance of God:** Remembrance of God through mind is the second great force, a dynamic unfailing factor. When the tongue is uttering the Name, the mind is to remember the Supreme Being. Remembrance has power of keeping our consciousness centred upon the grand Reality.
- 3. Bhav:** The feeling that you bring into your every thought, word and action is the third factor. Your *bhav* is your treasure. It is your domain, your monopoly, your inner kingdom where you have total say. If you have the sincerity, earnestness, wisdom, let this inner kingdom of *bhav* decide whether your life is mundane and prosaic, or lofty and spiritual, sublime and Godly.
- 4. Vision:** What is the vision with which you behold this world? Again and again our scriptures reiterate the great vision, the great truth: “The world is indwelt by the Divine, pervaded by the Divine.” What should be our vision? What should be our *Bhav*? It should be: “Everything is sublime and spiritual. Every act of mine – physical, verbal, mental, sentimental – should verily be divine.” Read again and again Gurudev’s sublime composition “Song of Immanence of Rama.” Ponder its implications to you.

These four powerful, transforming forces can enhance your spiritual life and make it fully God-oriented, take you towards the supreme Goal. These forces will help you to overcome everything, conquer Maya, overcome life itself here and now. They will transform you and take you irresistibly to God-consciousness.

God Bless You!

■ Swami Chidananda