



## Ascent To The Divine

If you define yoga in the simplest term, it is the steady movement of the individual soul towards the Supreme Soul. Yoga is a steady ascent to the Divine. Yoga is not 'knowing', but it is for 'being' and 'doing'. It is moving towards the Eternal. Beloved Atman! Live your life in such a way that all the movements and activities of your life may constitute an upward and Godward process culminating in the fullest unfoldment of your Divine Consciousness.

Yoga transforms one's lower nature into the Divine nature. Yoga means ascending into purity. The destiny of the human being is evolution and we all are progressing towards ultimate perfection, since we are all meant to realise once again the innate Divinity. However, the normal course of human evolution is very very slow, requiring many lives. The technique evolved to rapidly go through this process of achieving fulfilment and perfection is named "Yoga". Yoga means an intensification of evolution within a single life span, or perhaps even within just a few years.

Within you is the divine Essence, which is your true nature. You are not merely this body-mind complex, the body is only a dwelling-house and the mind is only an instrument through which you think and express yourself. The intellect is an instrument to ponder over the purpose of life. Beyond these three, you remain an eternal Spirit with Divinity inherent in you.

Yoga is attaining this Divinity, bliss and blessedness through union with the Supreme Universal Spirit. Yoga is God-experience. Yoga is the attainment of spiritual union with the Divine Source of your being. The ultimate cause of all sorrow is that we have forgotten our eternal link with the perennial source of infinite Joy, of never-ending Happiness. Bliss is in the Eternal Reality. That alone is the source of true happiness. It is the union with the Divine, which brings about a severance or a dissociation of man's union with pain, sorrow, suffering and miseries of mundane life. Yoga is the ultimate way to succeed in this universal quest of man for liberating oneself from all sorrow, pain and suffering, and entering into a state of absolute Bliss and blessedness. And this can be brought about only by once again restoring our lost link with Brahman, whom we refer to as God.

God Bless You!

■ *Swami Chidananda*