Channels Of Enriching The Mind

Radiant immortal Atman! Blessed children of the Divine! Beloved seekers! You are wisely seeking eternal, immortal That which is not affected by time, because, you have enquired, you have observed life and the people who pursue happiness in the outside world. You have reflected deeply, and discriminated between mere sensation and true happiness. And you have found that the world has nothing to give except complications, restlessness and the loss of one's peace of mind and happiness. You cannot get happiness unless you are at peace.

Our scriptures are filled with the descriptions of what the world is like, what is its worth, its true nature. It is “anityam, asukham, dukhalayam, asashvityam – evanescent, without happiness, an abode of sorrow, impermanent.” One yielding to a desire, one disobeying of a divine law which was meant for their welfare, caused the first man and the first woman to be evicted from the ideal setting, a wonderful, perfect state of affairs. This one lesson which is the foundation of Judaism, Christianity and Islam is a lasting sign of what life will do to you if you become slave to desire and disobey the great laws which have been made for your welfare.

Our actions depend on the contents of our mind. Positive thoughts manifest as positive actions, negative thoughts as negative actions. Whatever has been taken into mind, believed in or held are propelling forces that make people do things. All of you were in meditation. Each one must know the content of one’s mind at that time. What was the content? The content can only be what you have put into it, allowed it to enter in. It cannot be anything else. You have to learn by studying by being aware of the content of your mind during meditation.

And to help one in a positive way, to make the mind rich with the right type of elevating, uplifting, purifying, sublime, noble thoughts and ideas, they made this provision of daily spiritual study and attentive listening in daily satsanga. Then, these powerful transforming thoughts become the fresh new contents of mind. All great teachers have laid the greatest importance on spiritual study and satsanga, for they are the channels of enriching our mind with the right type of sublime and noble, elevating and transforming thoughts.

May God Bless You All!

Swami Chidananda