



Understand Your Life

In our ceaseless outward-oriented activities, which we think is life, we never stop to ponder what is life. We do not pause for a while to take time to step out of life's stream, to stand on the banks and observe life from that point. The banks do not change; the waters change constantly. Even for a single second you are not standing before the same river. The river that was before you one second ago is not there now. Even so with life, you are also ever changing. If you step out, stand on the bank and observe life, you may get a better understanding about it and its flow. You must stop for a while and ponder life.

On the last day of July 1963, we offered a grand worship to Gurudev upon his *shodashi punyatithi*. From the 1st August 1963, our life was different than what it was before 14th July 1963. How did we face that new life? What was our state of mind at that time? There was a great difference. We realised that we had to be self-reliant, that we were the architects of our own fate; we were the moulders of our own future. In the light of Gurudev's teachings and example to us, we had to get busy doing that work and carving out a glorious future in a spiritual way. Because it was not a future in time, it was a future in terms of our spiritual evolution.

Every year that day is observed by offering a grand worship. We try to relive that momentous moment. But then, after the event passes, does it leave us cold and as we were before? Or does it leave us with something else within us? That is the thing to be considered. If we find that there is no fresh awakening, that no new aspiration comes into us, then it has become only a mechanical routine having all the outer frills but empty of contents inside. It has just become automatic, repetitive; it takes us no further, no higher. The very purpose of the day has been lost. The very intention with which our ancients conceived of such recurring annual traditions would not be fulfilled.

May you understand it! May you understand the intention and purpose of such an annual observance! May you understand its significance to you and your life! May you understand life! That is the one thing needful to live effectively, to live life fruitfully – the understanding of life and the living of it in that way.

May Sadguru Bhagavan bless you with such a deep understanding of your life and yourself in it!

May God Bless You All!

■ Swami Chidananda