



Be Persistent in Abhyasa

Radiant immortal Atman! Beloved and blessed children of the Divine! Come out of the cage of your little egoistical selfish personality. Renounce and sacrifice this selfish personality at the altar of humanity. Diligently continue to negate the ego, negate the self. It does not come in a day, but it comes if you are persistent. Where there is no 'I', no 'my', no 'mine', there is ideal *Karma Yoga*. It becomes *Upasana* (worship). And you can be established in a state where even though acting, you are no more acting. Karma cannot bind you, because you are acting without sense of doership. The feeling 'I am doing' is replaced by 'He is getting done through me'. The sense of doership is removed, and thus it becomes a sublime activity. Then it is God's will that will manifest itself through you.

Fixity indicates a certain attitude, a state that you have achieved in your interior. You have become strong, firm and unshakable within. Fixity involves a certain inner state you have reached after much diligence and struggle. Whereas, the expression tenacity indicates an attitude of firm resolution not to give up, no matter what obstacles, setbacks, disappointments or discouragements come. The attitude, 'I will not leave my *abhyasa*, pursuit, I will not give up until and unless I get complete success' is called tenacity. Having taken up something good, never to abandon it, and to be determined to come victorious – this attitude is called tenacity. Obstinacy is a negative *tamasic* quality. Tenacity is a positive *sattvic* quality of never to swerve from your purpose, from your determination. There should be in the heart of the *sadhaka* the determined adherence to his ideals. And one must be established in an inner state, which is unassailable, not affected by anything.

That is the thing needful in your spiritual life. Fixity of principles, and tenacity – never to be deterred by anything – lead to success. Lord Krishna says: "If you are persistent in your *abhyasa*, you will attain Me." Never leave your *abhyasa*. Persistent *abhyasa* is the secret of success and attainment. A seemingly impossible thing becomes possible in the face of sheer persistent, regular, unflinching, unbroken *abhyasa*. It overcomes all hurdles and reaches the goal. The *sadhaka* should seek to develop this type of nature. May you through such unbroken *sadhana* enter into that Supreme State which is beyond sorrow and suffering, which is peace and joy! That is your birthright. May God shower His grace upon you. May the grace of the Supreme Lord be upon your spiritual life.

God Bless You All.

■ Swami Chidananda