



Choose Your Life

For each and every individual, life and the outcome of life is a matter of continuous choice. You are what you choose to become. Nothing is forced upon you. Nothing is imposed. There is no external force. You are the source of all force, all power.

There is a constant flow of thoughts within the human psyche. They either take the channel of the auspicious or the channel of inauspicious. It is for the awake and alert individual to keep watch and to be immediately aware of the direction the thought-flow is taking. If it is in the right direction, it should be encouraged. If it is in the wrong direction, it should be immediately checked, and be made to flow in the right direction. You must make use of this power of choice, and *detach* your mind from the pretty pursuits and the fleeting objects of this world, and attach it to the lotus feet of the Supreme. Gurudev Swami Sivanandaji reiterated this truth in his own unique manner, saying: “Detach, Attach. This is Sadhana.” Herein lies the key to a progressive spiritual life and the surety of attaining the Goal.

At the conclusion of the Gita, Lord Krishna declares to Arjuna: “*Yathecchasi Tatha Kuru* | Now, it is up to you what you will choose. Whether to follow and do as I say or whether to follow your own desire.” [Gita 18.63] The individual has freedom of choice. He can weigh pros and cons. He can anticipate consequences by reflection.

The *jivatma* suffers more through ignorance and folly than through any wickedness or evil. Ignorance and folly can heap upon the individual endless suffering. Therefore, one has to guard oneself through awareness, reflection and through the company of wise people. This is why *satsanga* has been lauded so much as one of the gates of Liberation. The company of elevating, inspiring books is also helpful in the process of gradually progressing towards wisdom. One needs to be simple at heart, humble and prepared to learn.

As you think, so you become. Life ultimately depends upon what you choose. We create for ourselves our future. Your choice decides what your life ultimately culminates in. This is to be known clearly and constantly borne in mind. With this awareness choose rightly, act spiritually, live wisely, and crown yourself with blessedness. May you with this wisdom, alert awareness and active discrimination steadily move towards God!

God Bless You All !

■ *Swami Chidananda*