



## Nididhyasana

Radiant Divinities! Everyone knows that we are parts of God. God has made us in his image and therefore we are divine, we are immortal. Everyone is convinced, "I am Divine." But this intellectual grasp of these great truths fails to penetrate deeper into the consciousness and fails to manifest to produce actual experience of the Truth.

A question was put to me by a sincere seeker: "Swamiji we are absolutely convinced about these things; yet the actual Experience still seems far away. How to bring about this Experience? We are convinced that God is our own, we belong to God wholly and solely, we belong to no one else; we are temporary passers-by here, all the connections are temporary. Our connection with God is the only permanent, eternal, unchanging connection. We know that God is our all-in-all – father, mother, friend, relative, wealth and wisdom. We believe it, but we do not experience this as a living experience. What to do?"

Start practising the conviction in the form of affirming and asserting the truth again and again, dwelling upon it again and again, meditating upon this truth again and again. If any thought that contradicts this emerges, reject it immediately. Add to it deep study of the Goal. Absorb it, think of it constantly and then meditate upon it. Yajnavalkya tells us what has to be done in order that conviction gradually starts developing into a feeling: "*Atma Va Are Drastavyah Srotavyo Mantavyo Nididhyasitavyah* – Verily the self should be seen (realised), heard, reflected on and meditated upon." [Bri. Up. 4.5.6] First of all, you experience it as a feeling. That means it has started to approach closer to your consciousness. And then this *Bhav* (feeling), if it is brought into your life and made to penetrate your vision, then gradually this *Bhav* begins to ripen into *Anubhava* (experience).

So, it is the result of a continuous, unceasing abhyasa, practice of affirming the truth, asserting it, reflecting upon it, meditating upon it, and rejecting anything contrary to it. Thus that which is only a conviction on the level of intellect becomes Experience deep within your innermost centre of consciousness. That is the beginning of Liberation. This should be practised: "God is my Father, I am the Child of God."

God bless you to practise your conviction, strengthen it, make it ever deeper and rejecting all that is contrary!

May your efforts be crowned with the success, with God-Experience.

God Bless You All !

■ *Swami Chidananda*