



Lead Me From Darkness To Light

Adorable Presence Divine, worshipful homage to Thee! We who are inseparable parts of Thy eternal, infinite existence, one with you in essential nature, have forgotten our eternal relationship with Thee who art our adi, Madhya and antah (beginning, middle and end), who art our all in all. Through this forgetfulness, we have alienated ourselves from Thee and thus find ourselves in a state deprived of the Bliss, Peace and Light that is our birthright. We have deprived ourselves of this self-experience, and we are living in a spurious, false, counterfeit experience filled with love and hate, anxiety and tension, anger and jealousy. It is a *kritrim-avastha*, *visham-avastha* – an unnatural state, an abnormal state. It is not *sahaj* (natural) to us.

In the calm hours of this silent morning, in the spiritual presence of our beloved and worshipful Holy Master Guru Bhagavan Swami Sivanandaji, we offer adorations and homage to Your feet. From the bottom of our hearts, we pray this separation, this alienation, this wandering away from Thee, may end. May this forgetfulness, this slumber of non-awareness of our own *svarupa*, of our eternal relationship with You come to an end by Thy grace! May we be restored to our eternal inner divine oneness with Thee who art the only reality Then alone will sorrow give place to joy, restlessness and agitation give place to peace, delusion give place to knowledge and wisdom, and insufficient, partial existence give place to *purnatva*, that is Brahmanhood.

We pray: “*Asato Ma Sad Gamaya, Tamaso Ma Jyotir Gamaya, Mrtyor Mamrtam Gamaya* – Take me from evil to good, take me from Darkness to Light, take me from Death to Immortality.” [Brih. Up. 1.3.28] Put an end to this separation for Thou hast clearly stated: “*Tam Vidyad Duhkha-Samyoga-Viyogam Yoga-Samjnitam* – The cessation of union with pain is Yoga.” [Gita 6.23] All pain and suffering, and tapatraya cease with Yoga. No longer there is weeping and wailing; there is Bliss, Joy. Grant us the gift of that Yoga. Thou who art *Narayana* hast also uttered the call to *nara* Arjuna, the representative man: “*Tasmad Yogi Bhavarjuna* – Therefore, be thou a yogi, O Arjuna.” [Gita 6.46]

May God Bless You All!

■ *Swami Chidananda*

Liberation is for the ignorant Jiva who is sunk in the mire of Samsara, who is identifying himself with the body, wife, son, etc. When the Jiva has realised through meditation that he is identical with the Supreme Brahman, then there is no necessity for the struggle for Liberation to continue further. Till the individual soul attains that state of oneness, he is immersed in ignorance.

■ *Swami Sivananda*