



Life Is A Mission

You have entered into a new phase after the nine days of worship of the Divine Mother and the celebration of the victory of Light over Darkness, of the Divine over Undivine. The hallmark of an awakened and enlightened individual is that there is recognition that life is meant for moving towards and attaining the Supreme Goal. Life is an upward ascent, a spiritual evolution. One has to constantly ask oneself, “Am I engaged in the upward movement of the Spirit towards regaining the state of perfection that is its natural state? With what objective, to what end, for what purpose am I living?” Repeated questioning gradually makes your objective clear-cut. In the course of time, you become established in a firm conviction.

It is very easy to say, “Life is meant for God-realisation.” But you have to live in this world amongst people and things undergoing various experiences. How should you live your life while involved in this ever-changing process day after day? Here is the immediacy. Later on we can think of Brahma-jnana. Gurudev said: “Speak little, speak softly, speak sweetly. Be kind. Be compassionate.” Let kindness be your motto. A compassionate person is charitable and loving. He tries to tolerate. He forgives and forgets. He tries to understand with sympathy. He does not sit in immediate judgement. He does not give immediately a verdict, or label things and persons. He tries to argue in favour of the underdog. Thus living day after day, we become doers of good.

St. Francis of Assisi has also given us a grand formula: “O Lord, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; for it is in giving that we receive.” This is life sublime, not wanting to receive but wanting to give, give give! “Whatever I want that others should do towards me, let me do that to others, let me start the process myself.”

If we gather these lofty insights from the great ones, who have not only shown us the path through their words but also by their personal example, and begin to apply them, to live in their light, then we become an ideal human individual, we become a source of good and benefit to others, we become kind, compassionate, understanding, tolerant, helpful. What you are meant to do, do it.

May God Bless You All!

■ **Swami Chidananda**

“Purify conduct and character through self-restraint, chastity, purity of feelings for all people and over-all control of the base aspects of your being.”

■ **Swami Sivananda**