



Awaken Into Your Real Nature

When man listens, God speaks. When man empties himself, God fills his entire being. When God enters man and fills man's entire being, man is no more man, but becomes the Light itself. When this happens man arises from dualities and emerges into Reality Consciousness – from the darkness of the slumber of a self-forgetting ignorance into the fullest knowledge-awareness of one's real essential divine nature. That eternal, imperishable, indestructible Divinity is your reality. You are beyond death, being unborn. The Divine Teacher says: "*Ajo Nityah Shasvato Yam Purano Na Hanyate Hanyamane Sarire* – Thou art the ancient, unborn, eternal, permanent Spirit, beyond time. Nothing changes when the body is killed. You are That which nothing can affect, or alter, what to say of destroy?" [Gita 2.20] Thus when you awaken and death becomes to you a meaningless myth, then only you are truly yourself, you live in the light of your Divinity.

The manifestations of the Cosmic Power, the Divine Mother are of dual nature, *Vidya maya*, liberating knowledge, and *Avidya maya*, which puts you in slumber of non-awareness. It is for the discriminating mind to see the difference between the two. It does not come easily. Non-discrimination is the nature for the unregenerate and unpurified mind. For countless births, it has been in a state of spontaneously running after appearances, shadows. Because of preponderance of rajas, the movement of mind is senseward. Therefore is the necessity to guide the mind, discipline it, educate it and channelise it in the right direction by an awakened intelligence. Thus the need is of an awakened intelligence. Knowledge becomes of real value to us when we begin to apply that knowledge in our own life. Spirituality needs to absorb the spirit of the scientist, who not only discovers something but also proclaims it to the world and says, "Here it is. Make use of it."

The highest discovery of a scientist of the spiritual realm was "Tat-Tvam-Asi, or Thou art That." Thou art a part of the great whole. A part is what the whole is. It is always identical and of the same nature as the whole out of which it has its being. Be what you are. Let your life be what it ought to be – a manifestation of your Divinity. Spirituality is a practical science. Religion is an applied affair, something to live by wisely. Then it becomes your saviour. May God's divine grace be upon you all! May we bring God into our everyday life!

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*