



Be Filled With Atma-Chintan

Every Morning we are drawn together here in a spirit of devotion for enriching our life through an hour of prayer and silent meditation. Thus we add to our spiritual wealth, we move forward on the spiritual path, we elevate ourselves into higher and higher levels of spiritual consciousness to crown our lives with the ultimate blessedness of God-experience. Every such gathering, every such moment is our real life. It is when we thus spend our time in the company of fellow-seekers, when we spend our time in united prayerfulness and attempt to move our hearts and mind in the direction of God and then alone we live.

Today is the auspicious day of *arambha* (mental initiation of an action), of making a new beginning. Today is the right moment, supremely auspicious Vijay Dasami to make your mind that this shall be my life, this shall be my ideal, and I shall strive to attain that great ideal with my every breath. Once the resolution is taken and we give a definite direction to our life, then all is well; all the Gods come to your aid. They will support your onward and Godward movement. This is called Sadhana.

As you think, so you become. Whatever you hold continuously in your mind that is going to be your destiny. Have you diligently cultivated a permanent background of thought, so that the mind is always abiding in that state - that thought? Sit, introspect. Observe yourself and see what the inner state is, what is the inner content of the mind. For this is the real essence of steady unhampered spiritual progress. A sublime, serene, sacred background of thought is your asset; you may always be centred in that, abide in that.

All *svadhyaya*, *satsanga*, *shravana*, all prayer and *samkirtana* is to bring about an inner state, which is filled with Divinity, *Brahma-chintan*, **Atma-chintan**. This indeed is the great transforming power that can make the human being into Divinity, a man into God, a sadhaka into a liberated being. There should be but one vibration – the vibration of the Divine thought, the vibration of God. Our entire human potential should be channelized in that one direction – that I may live, move and have my being in God, the glorious Divine Reality that shines within the core of my heart. To abide in God is the ultimate highest objective of all spiritual life, all *sadhana*, all striving. Then your inner content is nothing but *Satchidananda*. Towards that inner state of God-consciousness may all your energies and activities be directed! May you commence upon this inner journey with determination and purposefulness upon this day of a new beginning.

God Bless You All!

■ Swami Chidananda