



Know That You Are Divine

Beloved children of the Divinity! Radiant Rays of the eternal Light Divine! No matter what state of unfoldment you find yourself in, essentially, inwardly, in truth and in fact you are Existence-Consciousness-Bliss, even at this moment. Nothing can rob you of That. In your essential nature you are That. You are eternally linked with that infinite ocean of Joy, Bliss and Wisdom. If you realise That, your whole life blossoms forth into a radiance of love, bliss, happiness, peace and serenity. Every day try to make it a point of being conscious of what you really are. Make yourself God-centred. Become one with the Existence Principle, which is even in a blade of grass, a speck of dust, a wisp of cloud, and every mode and expression of life.

When you are one with all, how could you hurt others? How could you bring yourself to hate or to be angry? This is the view and the vision that man, both as an individual and as collective humanity, needs today. Make this aspiration: "I will not feel myself as the body or as the senses. I will not feel myself as the imperfect intellect full of desire and delusion. I will not feel myself as the real I (Self), and true **am** (the eternal pure Existence)." If you make this your determination, Light will enter your whole life. When you know that you are that pure Existence-Consciousness, and also when you simultaneously know that you are not that which is constantly agitating you, then you become totally devoid of all the defects and imperfections of the lower perishable aspect of your being. All pain, sorrow, fear, grief, suffering is the fate of the body. To experience grief, delusion, jealousy, passion, desire, joy, sorrow, fear and affection is the fate of the mind. When you know yourself as distinct and different from these two, then how can you allow these that characterise the lower aspects of your being to affect you? You are without pain, suffering, sorrow, delusion; you are without likes and dislikes, without all those blemishes which characterise the mind and the intellect. Your true nature is Existence-Consciousness-Bliss.

Verily, you are all the children of the Divine. You are eternally one with Him, who is all-perfect, all-pure. You have come here to live like gods, talk like gods, act like gods. Know that you are Divine. Grow day by day into greater realisation of that joyful Awareness. The Divine Life is the sole task of your mortal existence. From divinity has your being brought. In Divinity let your life be led. Eternal Divinity is your ultimate destination. Know Thyself and be Divine! Let your life be filled with supreme Fulfillment.

■ *Swami Chidananda*