



## The Paradox of Self-Realisation

Radiant Immortal Atman! You are mumukshus yearning for Liberation. Know this truth: God-realisation is not the product of karma, nor the result of a certain process of exertion; but it is the nitya-prapta avastha (ever attained state). Nevertheless, to realise this as one's own personal Experience, tremendous effort is necessary, action is called for and that action is sadhana. One thing all Gurus insist upon is that "To obtain Self-Realisation you should act, act, act, do ceaseless sadhana, ceaseless endeavour".

Our Revered Sri Swami Brahmanandaji Maharaj wrote a treatise "Revelation of the Ever-Revealed". If it is ever revealed wherein comes effort? The Absolute is the causeless cause of all things. It is beginningless, endless, unlimited. It cannot be result of something. Also, you cannot become something, which you eternally are, which you have never been not at any time in the eternity.

Is it paradoxical? There is no paradox. The fact is God-Realisation is impossible without earnest, sustained, continuous effort or sadhana. Sadhana is necessary to remove all that stands between you and that ever present Experience, to remove the covering of ignorance that hides it from being experienced. A poor person sitting in a hut is told: "All your poverty can vanish, for there is a buried treasure twelve feet beneath where you are sitting". But will it make any difference to his poverty if he is merely sitting over it? No. He will have to start digging; he has to exert. He is the same poor man until he digs and penetrates the twelve feet of earth. Exertion alone could bring him into living contact with what already existed in all its fullness.

Tulasidas says: "You can create a blaze of fire from a block of ice, you can squeeze dry sand and make oil drip out of it; but this is sure, without sadhana, without worship, you can never cross the ocean of samsara". Gurudev sang: "Do real sadhana, my dear children". Therefore what is indispensable to remove all that is intervening within and without is exertion, exertion, exertion, sadhana, sadhana, sadhana. Every act of sadhana is valuable if it is done with humility in a spirit of dedication and surrender, with a spirit of being only an instrument through whom God is gracious enough to get these things done.

God Bless You All !

■ *Swami Chidananda*