



Be Established In The Self

Radiant immortal Atman! Beloved and blessed children of the Divine! The central objective, the supreme goal of life as conceived by the Vedic vision was that man has not come here to weep and wail, suffer and die; he has come here not for death but for immortality, not for sorrow but for supreme Bliss, not for struggle and restlessness but for Supreme Peace, eternal satisfaction, *nitya-tripti*. This was their great declaration based upon their own personal transcendental Experience, *Atmanubhava*, *Aparokshanubhuti*. Declaring this, they called the individual soul upon this journey to this goal, to wake up. "Wake up and stop not until the great destination is reached. "*Uttishtha Jagrat Prapya Varanni Bodhayat - Arise, Awake, having reached the wise, be enlightened.*" [Katha. Up. 1-3-14] Down the centuries, successive generations of saints and sages have called upon humanity not to lose sight of the goal and to ever aspire after it, attain it and become blessed. "It is your birthright. Come, come. Why do you unnecessarily prolong your bondage? Why do you delay this great Experience, which is awaiting you, and for which you are meant?" This is the global human heritage, thanks to the supreme state of Beatitude attained by our *Upanishadic* sages and seers. What is essential to life and most important, is movement towards this great Goal of Perfection. We are born as human beings, but we have come here to deport from life as all-perfect Divine beings.

Prakriti is ever actively manifesting in the form of *sattva*, *rajas* and *tamas*. Mind is a part and parcel of *Prakriti*. Secondly, the reason for swinging between these pairs of opposites is that the individual spiritual aspirant does not know the right way of becoming well established in the goal, which is possible only if one has firm, absolute faith, total unshakable conviction, *shraddha* and *vishvas*. "*Shraddhavan Labhate Jnanam - One who has total trust in God attains the Supreme Illumination, the Wisdom which liberates.*" [Gita 4-39] Your spiritual striving will become fruitful only if you have diligently cultivated trust in God, faith in yourself, faith in the efficacy of your sadhana, faith in the great Goal, faith in your Guru and the words of Guru.

"*Nistraigunyo Bhavarjuna - Be above the three attributes, go beyond the opposites.*" [Gita 2-45] That state of being beyond the pairs of opposites is your real state. The need is to stop being what you are not, not to be self-forgetful, but to be always aware of your essential nature. Then you can become established in the supernal state of Bliss and Peace.

God Bless You All!

■ Swami Chidananda