



Spiritualise All Activity

Sadhana is the hallmark of a *sadhaka*, *yoga-abhyasa* of a *yogi*, prayer, worship and devotion of a devotee. The hallmark of the *dhyana-yogi* is discipline, self-control, ceaseless effort to ingather the mind and to check its wandering and to focus it towards the great ideal. The hallmark of a *karma-yogi* is engaging in one's duties and activities worshipfully, remembering the Divine Being throughout the activity, and offering the activity at the feet of the ever-present Supreme Reality.

Thus, in the ultimate context, all spiritual life, all yoga, all sadhana is the devout engaging in the right and appropriate kind of spiritual activity by the seeker. The Lord says in the Gita that whether you wish it or not, the cosmic Nature with its outgoing tendency of the mind will compel you to engage in numerous various activities. When this is inevitable, why not be wise and spiritualise activity? Why not be wise and make it a means of connecting yourself with the Divine?

Such wisdom in action is called *Yoga*. “*Yogah Karmasu Kaushalam* – Skill in action lies in (the practice of this) *Yoga*.” [Gita 2.50] If I have to engage in action, let me be wise. Let me have inner awareness, so that my activity is done with an attitude that makes it a means of moving towards God.

Arjuna responded by “*Karishye Vachanam Tava* – Thy will be done; and let me have the insight and the power to engage in action for the due fulfilment of Thy will”. [Gita 18.73] Even so, the disciple should engage in spiritual *sadhana*, but without a sense of *abhimana* ego. “I am able to this by your supreme mercy and grace.” “*Naham Karta Hari Karta Tat Puja Karmachaklam* – I am not the doer, Lord Hari is the doer. All work is Thy worship.” Thus acting, the actor becomes not merely a *karma-yogi* he also becomes a *jnana-yogi*. He desires to elevate his activity to such sublime heights because of his desire, great love for attaining the Lord. There is *bhakti*. When *bhakti* and *jnana* becomes the moving forces infilling all activity, it is filled with *vairagya*, dispassion. It is a liberating activity, a God-oriented activity – activity at the centre of which there is wakefulness. The inner *svarupa* of activity is purely spiritual.

May your life be such confluence of *bhakti*, *jnana* and *yoga* and may all your activity be a *sadhana* for God-realisation! May it be God-oriented, and thus helping you to connect yourself with God at every step, at every moment! May your entire life be a divine life!

May God Bless You All!

■ Swami Chidananda