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 abhiman ego. “I am able to this by your supreme mercy and grace.” “Naham Karta Hari Karta Tat Puja Karmachakilam – 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