



## Life Is Short, Utilise It To Attain That

Bhagavad Gita start by telling this terrible truth: “*Jaatasya Hi Dhruvo Mrityur* – For everyone born, departure from here is a certainty”. [Gita 2.27] Therefore, whatever we have to achieve, we have to achieve in this life itself. When you depart from here, you will have no name, no form, no body and no human personality. No time consciousness. You go beyond all that. In that state, you are a centre of spiritual consciousness. This is called Atman and It is a part of the cosmic, spiritual Universal soul. That is your real identity. God is divine, and you are an *amsha*, a part of that Divine Being. So you are also divine. Divinity is your essential reality. It has neither birth, nor death, neither name nor form, neither time nor space. It has neither pain nor suffering, neither grief nor sorrow, neither bondage nor Liberation. It is beyond all these. It is a state of peace and joy. It is a state of Bliss. There is no other experience. There is no weeping and waiting, no fighting and quarrelling. All these pertain to your physical and psychological levels. But the Spirit is beyond them. It transcends them.

It is important, therefore, that you try to become aware of your real identity, your inner Being. From that awareness only, you can unfold your Divine identity. In that dimension, you are *Sat-chid-ananda*. You are the luminous Consciousness. You are the Existence and you are conscious of your Existence. That state of being is pure Bliss. It is pure Peace and Joy. You are free and fearless. That is to be realised. That is to be contemplated. That is the greatest goal of your life. You are entering the spiritual life to participate in that Experience. You must start reflecting upon your real identity. You should try to do *vichara* and *Viveka*. Enquire: “I was not a human individual before I was born. When I will have to leave this body, I will be no more having this human personality. Then, who am I”?

Soon you will be convinced in what our seers have said: “You are not this body, nor this mind. You are the immortal Atman. You are the shining centre of Existence-Consciousness-Bliss, of peace and joy. You are full of purity, love, compassion, full of harmony and unity, full of light. You are “*Jyotishaamapi Tajjyotistamasah* – That, the Light of lights”. [Gita 13.17] Life is short, time is fleeting. The human life is very valuable, very precious gift of God. You should utilise it properly and try to attain That.

May God Bless You All!

■ *Swami Chidananda*