



The Gita Yoga – An Outer Vision

“*Samam Sarveshu Bhooteshu Tishthantam Parameshwaram* – He sees, who sees the Supreme Lord existing equally in all beings, the Unperishing within the perishing.” [Gita 13.28] This is the outer Yoga of the Gita, which beholds the One as the common factor in many.

In a hundred different things made of cotton, the common factor is cotton only. In a hundred different gold ornaments, the common factor is gold and gold only. In a hundred pots and bowls in a potter’s shop, the common factor is clay only. Even so, in a million different things, the common factor is the God-principle or Atman only. The great sage Yajnavalkya tells his wife Maiteryi: “*Idam Sarvam Yad Ayam Atma* – O ye, know all this is no other than the great Reality, the Cosmic Being. All this is nothing but the Atman.” [Brih. Up. 4.5.7]

This is the Gita Yoga, the Gita vision, the Gita *abhyasa*. This is one thing needful if you want to constantly keep an unbroken undercurrent of God-remembrance, God thought, God-perception – seeing one amidst many, seeing God in and through all things in the world. Thus the meditative state is able to continue even in the active state. The inner spiritual life and the *sadhanas* are meant to bring about a transformation of our consciousness and awareness from one state to another state, which is far higher and superior, precious, incomparable in its worth, unparalleled in its uniqueness. It is inner alchemy.

Lord Krishna put the crucial question to Arjuna after imparting a great deal of knowledge: “Will you actually be what I want you to be, and will you do what I want you to do?” Arjuna’s answer comes in the affirmative: “Yes I shall. I will be what You want me to be And I shall do what You want me to do.” [Gita 18.63 18.73] This is an eternal pointer to all seekers of Knowledge. Give effect to it in the form of practical spiritual life. Spirituality is an applied science.

Let us therefore make up our mind that henceforth our one aim and objective will be to transform theory into practice, to transform all that we have known from knowing into *being* and *doing*. May the supreme Almighty Being and Holy Master help us in this indispensable process, which is vital and essential to success in this great journey whose goal is Liberation!

May the God within you grace you to perceive His presence within and to live in His presence! May the indwelling Divine bless you.

God Bless You!

■ Swami Chidananda