



Be Up, Ascend Into Divinity

As we approach the conclusion of the year and auspicious commencement of the New Year, why not make this period a continuous period of introspection and impartial self-examination? Do it without wanting to justify anything you find to be wrong inside you. We should make this period a period of self-study, of self-correction based upon constant daily introspection. Through these processes of self-analysis and self-correction, you will move slowly but steadily into an ever-progressive, ever-better state of spirituality and aspiration, and rendering more spiritual, *dharmic* and divine thoughts, sentiments and attitudes towards others.

Let the coming be a period of steadily improving and enhancing the spiritual and divine quality of not only your subjective feelings, thoughts and sentiments, but also your objective life – in the field of your relationship with other people and with world around you – so that your presence becomes a positive factor. Let the entire year also be a period of consciously and purposefully engaging yourself in positively utilising your sacred power of Goddess Sarasvati as speech or *vak* or *vani*. We must use the sacred power of speech to use noble words giving respect to others, pleasing others. Gurudev said: “Speak little, Speak softly, Speak sweetly”.

This world is pervaded by the Lord. This world is God in manifestation. This world must be realised as “bgbbb – All this is the Lord”. [Gita 7.19] That is the ideal, That is the goal. So, unless you make efforts, unless you do special sadhana to move towards this ideal and goal, how do you expect the Lord to reveal Himself in everything?

Part of God is in each one of us. So we must recognise that with spiritual sympathy and insight, and be nobly considerate towards each and every being. But even inside the sinner the *sarva antaryamin* (inner Ruler of all) is not absent. The spiritual view is to see the *sarva antaryamin* and not the sinner. You must learn the spiritual way of sensitively perceiving the dignity of each and every person, of giving respect and reverence to each and every person.

We have come here to go up, up and up. Spiritual life is an ascent unto Divinity. Do it now. Say to yourself, “I am in the throes of a new birth; I am to be born again. This will be the turning point in my life”.

May God Bless You All!

■ Swami Chidananda