



## Make Your Life Spiritual

Worshipful homage to the Absolute Being, the eternal and infinite Reality that is here and now! Today is the day when our friend, the old year, graciously steps aside giving place to the entry of its successor, the New Year gifted by God. Holy Master used to say, "This is a day of stocktaking." It is a day for casting a bird's eye view in retrospect – the plus and minus, wisdom and folly, correctness and error. It is the process that can help us as good individuals.

Our endeavour should be that we are an enriching contribution to our contemporary social scene. "By my being in society today what do I bring to the society? Am I a factor that due to my soft-spoken, friendly, kindly, smiling, helpful good nature I make everyone happy?" Thus making yourself an asset to your contemporary scene, you yourself go onwards in trying to make yourself an ideal human being, which is one of the indispensable *sadhanas* of the spiritual life. We may progress in concentration and meditation, in *japa*, in prayerfulness, God-remembrance and devotion, in the depth of our philosophical understanding.

But we must see clearly that simultaneously our human culture must also accompany them. We cannot afford to forget that as we evolve in our spiritual dimension, we have to also simultaneously evolve upon our human dimension. Spirituality must make us into good persons, ideal human individuals. Spirituality must make us benefactors of our own society, a centre of blessedness and of help to others, a centre of harmony, a centre of everything that contributes to human welfare. To 'Love your Neighbour as Yourself' means to love all, to love every human individual.

Thus, simultaneously with your concentration and meditation, with your progressive devotion and prayer, with your selfless service and with your advancing knowledge of Vedanta, a constant, unceasing, progressive evolution of your human nature has to accompany and keep pace with it.

May God bless you! May you commence your stocktaking and prepare yourself to say goodbye to the old year and do all that is needful to make a perfect entry into the New Year! Make your entry into the New Year a foresighted and creative one.

God Bless You!

■ *Swami Chidananda*