



Visvanatha Abides Within

Worshipful homage to the eternal Divine Reality manifested as Lord Visvanatha in the Visvanatha Mandir. May His blessings enable you to realise God within your body temple. This body is a living and moving temple of the Eternal Being. The Lord is seated within you as your innermost real Self. Until one has renounced attributing a sense of reality to the unreal apparent self as one's true identity through assiduous practice, constant affirmation, and ceaseless, active daily discrimination, it is hard to perceive the presence of the Divine Reality within.

Visvanatha is within you. “*Sada Vasantam Hridayaravinde Bhavam Bhavani Sahitam Namami*” – I bow to Lord Siva together with His cosmic primal Power, ever abiding within my heart. Visvanatha abides within you as your innermost Self. “I am the indweller, O Arjuna, in all bodies.” This body has been declared to be the abode of God, and you are verily one with that indwelling Reality. You don't perceive it because there is much that needs to be removed – that which is unworthy of His presence within.

Perceive Him as your indwelling Reality. Perceive this body as His living and moving temple, and offer adorations to Him seated in your body temple through meditation, prayer, silent *japa*, serene inner contemplation. Clean out all that is stale and not fit for Him from the inner centre where He abides. Fill yourself with the *bhava* of sacredness knowing Him as no other than your own true identity.

Gurudev gave us the path to God-realisation by saying, “Purify, meditate, realise.” That is why Shankaracharya said, “Remove the *mala* (dirt) first, then the *vikshepa*, then the *avarana*.” Fasting, prayer, taking vows, austerity and penance are all cleansing processes upon different levels. Worship Him in this living temple by removing the accumulated impurities within it. Feel His presence within. See Him in all names and forms.

That the worship of the God within you does not require any time or space or preconditions. Always, at all times, under all conditions, without any restriction, you can constantly be an adorer and worshipper of the Divine wherever you are. Because wherever you are, He is there. He is the imperishable Reality enshrined within the unreal body. To live in that awareness is to be always in a temple, always in a sacred Presence. “O adorable Presence, bless us that we may be aware of Thy presence here and now. That is all we ask of Thee!”

May God Bless You All!

■ Swami Chidananda