



RAMĀ ŚAKTI MISSION

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By daily practice of spiritual disciplines, Sadhana, the spiritual power that is dormant in oneself, should be awakened. For this awakening of spirituality, the support of the Sadguru, in the form of initiation, inspiration, guidance and grace, is required.

An ideal life, patterned on spiritual disciplines, is distinguished by truth, dharma, shanty (peace) and prem (love). If these four are absent in a Sadhaka, the indication is that he has not cultivated even a grain of spirituality in him. Such a person's efforts and activities, whatever is their form, are futile and meaningless. There is a divine flame glowing in every one. This flame should be fused into the infinite Light of God. Therein is the fulfillment of spiritual aspiration, the very culmination of all spiritual endeavours.

The truth indicated by the terms such as Atma, Atma Rama, God, Chosen Deity, is the same nondual Paramatman. He is in the cavity of one's heart. His nature is love. Though God thus shines in all as the deepest self, the jivas are not conscious of His presence or their affinity to Him. From this primeval ignorance was born the mind, which is said to be the cause of man's bondage as well as liberation.

How can mind be the cause, both for bondage and freedom? When the mind is attached to the world, it causes bondage; when it is detached from the world and united with God, it liberates man. So man is as his mind is. It is up to you to choose bondage or freedom. If you resolve to be free, if you direct your entire mind and heart to God, you can definitely attain the goal of life., namely, liberation.

There is bondage when the mind desires anything, grieves over anything, gets elated by anything, entertains the dual ideas of acceptance and rejection, and when it is agitated by anger. To get over these binding factors, the mind must be fixed unwaveringly on God.

Vasanas are the dirt accumulated in the chittha. All vasanas cling to the ego-personality. Hence to get rid of vasanas, one should direct one's efforts in getting rid of ego itself. The Sadhaka should achieve purification by surrendering all his activities, physical, verbal and mental, to God. The idea 'I did this, my own skill has this been accomplished' should go.

As one brushes and cleans the vessels daily, so should a spiritual aspirant cleanse his chittha by sadvichara (right thinking) and sanmarganishta (steadfastness in virtuous conduct). Abhyasa, includes practice of God-remembrance and meditation, watchfulness and withdrawing of mind as and when it slips into the vishayas, and cultivation of positive sattwic qualities.

The field for you to function, the position you have in life, the honour that is attendant on you, all these have come from the bounty of God's gifts. Remember this truth always. God is the truth indicated and extolled by the Vedas. By Veda is meant, not a book, not a collection of words; it signifies knowledge which is beginningless and endless, infinite, the truths revealed to the purest insights of the meditating sages.

The great secret of the Vedas has been whispered into your ears by Divine Mother in the form of spiritual initiation. Reflect on this truth deeply. Remember it constantly. It is your own mental world, manasic-prapancha, that obstructs your vision of Truth. The omnipotent God, who is the author of creation, preservation and dissolution of this Universe, must manifest Himself in you in



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the form of Viveka-Pralaya, the deluge of Discrimination, and should bring about the dissolution of your manasic- prapancha. Then only you will be able to see the whole world as Brahmachaitanya itself.

The sages of yore, by developing their yoga shakti, not only attained the supersensuous knowledge, but also the experience of the Boundless Consciousness, Brahman. The same power is in you too, for are you not the Rishis, are you not the Tapaswis, are you not the great-souled ones, are you not the beloved children of Divine Mother? Beloved children, aspire and endeavour for self-purification and for attainment of this supreme end of life.

Detect your shortcomings and set your heart only on God. God is Truth. Veda is the pramana for Truth. For you, children, Personal God, the Saguna Brahman Himself, has become the Aadhaar, for you have seen Her, the Divine Mother of the Universe in Her Avataric splendor. She has become your Guru and has given you asylum at Her Lotus Feet. Cling on to Her in fervent devotion and tread the path of discipline shown by Her.

Your body should become a dharmakshetra (field of duty and dharma), tyagakshetra (field of sacrifice) and yogakshetra (field of yoga). It should never become a bhogakshetra (field of enjoyment). Let it be a vessel in which the naivedya, the consecrated food for the Lord is prepared. Let it be an instrument in the Hand of God, a flower that is offered in worship at the altar of God. Let all your actions be dedicated to Him. To be dedicated to God and thus to be united with Him, is the greatest dharma. There is no spiritual radiance greater than this dharma. There is no attainment in this world greater than ecstatic and supreme love for God.

Ghee is the essence of milk. Ghee pervades milk. By looking into the milk, you cannot see ghee. Similarly, Atman is the essence of your personality. Atman is Existence-Knowledge-Bliss Absolute. In every one there is the spontaneous awareness of existence, 'I am'. The basis of this undeniable 'I am' is the Atman. Just as there is a process by which milk is transformed into ghee, so too there is a process by which chittha is transformed into chaithanya. This process is called the Quest, or Sadhana in the form of shravana, manana, nididhyasa, Samadhi etc.

Love and Blessings.