

All transformation starts from  
self-examination

If you do not wish worldliness to  
come and establish itself in your heart,  
then the only way is to establish God in  
your heart so that the world dare not  
enter.

The greatest, most auspicious and  
blessed relationship is that between a  
devotee and God, a seeker and a saint,  
because that is the one and only  
relationship that liberates.

*Swami Chidananda*  
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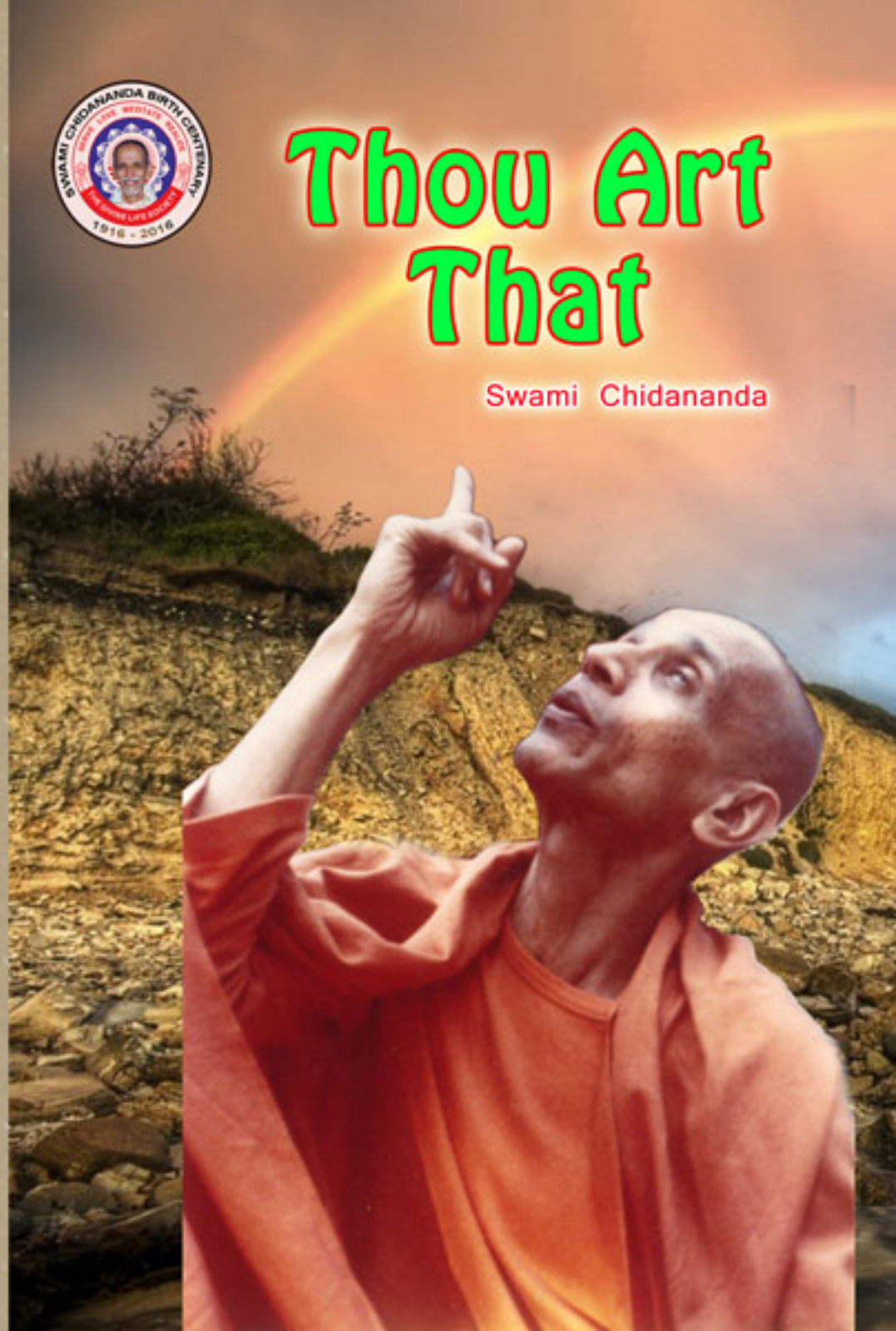


A DIVINE LIFE SOCIETY PUBLICATION



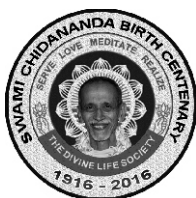
# Thou Art That

Swami Chidananda



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**Sri Swami Chidananda**



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## FOREWORD

24th September 2016 marks the auspicious occasion of Birth Centenary of Worshipful Sri Swami Chidanandaji Maharaj. To commemorate this sacred occasion, the Headquarters Ashram has decided to bring out one hundred booklets comprising illuminating talks of Worshipful Sri Swami Chidanandaji Maharaj for free distribution.

To propagate Sadgurudev Sri Swami Sivanandaji Maharaj's gospel of Divine Life, Worshipful Sri Swamiji Maharaj travelled extensively in India and abroad and showed the path of divine life to countless seekers through his spontaneous and highly inspiring lectures. His lectures, in Sadgurudev's words, are the outpourings of his saintly heart, the revelations of intuitive wisdom.

We are immensely happy to bring out some of his hitherto unpublished lectures in booklet form as our worshipful offering at his holy feet on the blessed occasion of his Birth Centenary. The present booklet **‘Thou Art That’** is a compilation of two Spiritual Talks given at the Kay spiritual center, American University, Washington D.C. on 8th July, 1975 and a teaching given on Sunday 14th August, 1977 in Montreal, Canada.

We express our heartfelt gratitude towards Sita Frankel, Marria Davies, Mary Dean, Carol Dyall, Liliias Folan, Ramapriya, McNerney, Mark Weber, Bill and Melissa

Schnirring and the inmates of the Headquarters Ashram for their loving service in making this printing possible.

May the abundant blessings of the Almighty Lord, Sadgurudev Sri Swami Sivanandaji Maharaj and Worshipful Sri Swami Chidanandaji Maharaj be upon all.

—The Divine Life Society

## **YOUR LIFE ON EARTH: KNOW ITS PURPOSE**

*(Talk given at the Kay spiritual center, American University,  
Washington D.C. on 8th July, 1975)*

Radiant divinities! Immortal soul! May the divine grace of the Lord, benedictions of all men of God, men of spirit, ancient as well as modern, of the Orient as well as the Occident, may their benedictions be upon you.

May God grant you long life, good health, prosperity, success in your undertakings, and also may He graciously grant you the immense inner treasure, the riches of the spirit, firm faith in the Divine Reality and a great devotion to the Divine spirit, Universal Being. And too, may He grant you an earnest aspiration to attain Him, to know Him, to experience the reality, so that your life may progress not only in secular way, in earthly prosperity and well being, but it may also acquire an upward, vertical, spiritual dimension where day by day, by the Grace of God and your own earnest aspiration and efforts, you may move on, ascent towards Divine Consciousness and succeed in attaining the experience of the peace of God, the peace that passeth understanding and perfect Joy of the Spirit, illumination and divine wisdom, by which your life is crowned, and enduring attainment, an ever lasting beatitude and perfection.

That is the humble prayer of this servant of the master, Swami Sivananda, on behalf of each and every one of you

assembled here in the name of Lord, in the spirit of oneness and brotherhood. In kinship, I am here before you to offer my spiritual services by bringing to you a little message and sharing with you a few ideas about life on earth, your mission here.

What is the meaning of your being here in this temporarily embodied condition? If life is to result towards any attainment we have to live it meaningfully. We must be aware what purpose, what deeper significance life holds for us, other than the external biological processes of life. What is the meaning of life? If you asked a medical man or biologist: clinically, a man is said to be alive if his heart is functioning, if he's respiring and if his blood is pulsating through his body. So is there is circulation, respiration, and the other metabolic processes going on in the body, they declare a person to be alive. And if these processes have come to an end, they say: "He's dead". Life according to them is equated to the metabolic processes, the biological function of the various parts of the inner mechanism of the body, heart, lungs...is that life? Evidently that falls far short of your concept of life. That's merely existence, a biological existence.

You are more than that. You think, feel, you are an intelligent being, a rational being. So you may say: "It is sentiment, emotion, fulfillment of desires and enjoying things around you, sensations." You would add all these to your definition of life. "We are more than plant, more than insect or animal. We are human. We must enjoy life in a higher way." This would be the common man's concept of life. Sense experience, desire, fulfilment and towards this man works, acquires the things that are necessary to supply



pleasant sensations and enable him to fulfill the desires of inner psychological being.

But, illumined souls with a greater vision, a deeper vision of you, have seen even beyond the psychological self of man. They declared that he was not only more than breathing, living, metabolic process, but he was even more than the psychological function and activities of feeling, sentiment, emotion, thought, reason, memory, imagination, willing, resolving, determining and purposeful fulfillment of desires of the psychological personality. More than this there is something in man, something higher, something beyond, which in their vision they saw to be superior. For this reason: that the biological, physical being is temporary. It has a beginning and an end. It is subject to decay and ultimate dissolution.

Even so, psychological man has a beginning and an end. It's unstable, unreliable, it's ever-changing. Your thoughts can change. Your opinions can change. Your views and attitudes can change. You may feel towards a person in a particular way at a certain moment, at a certain period. After maybe a couple of years, your feeling might completely alter. You're a totally different person! Your relationship to that person completely alters. It's no longer what it was two years back. So it's changeful. It's not stable, not reliable. There is no uniformity in it. There's no continuity in it. It's subject to constant alteration. And it's all personal experience of each and every one of you.

They saw beyond this changeful psychological level of human personality, something that was ever-stable, permanent, enduring, upon which you can count, you can rely, you can be absolutely sure and certain that depth they



saw the reality of man. He is an Eternal Spirit enfolded or involved in thought and intellectual processes, and temporarily residing in a gross physical receptacle, a body, a cage of flesh and bones, the mind and intellect being his media to express the spirit upon the secular plane, earth plane.

It is this vision, illumined seers, men of God, masters of wisdom, had of man that brought forth the phenomenon of the life spiritual. They declared to man: "Oh man! You are a traveler on this earth plane. You do not belong here in the ultimate analysis. You come from a realm of eternal sunshine. You come from a realm of everlasting life. In you innermost depth you are part of that everlasting substance, the Eternal Essence, the principle that is without beginning, without end. You have no birth, you have no death. You have no change or decay or destruction. For you are a spiritual entity. You have come into this earth plane and find yourself in a temporary state of embodiment. And your mission in life is to make use of the faculties, physical, mental and intellectual with which you are endowed. Utilize them in a right and purposeful way to bring about an awakening of the spiritual awareness, a consciousness of your perfect and eternal being. 'I am in reality that which has no birth and no death, no beginning and no end. I am in reality that which decays not. There is no disease nor old age, nor change nor decay. I am in reality that which is deathless, that which is permanent, everlasting ever-pure, shining with wisdom consciousness - the Light of Lights. I am Peace. I am Bliss. I am wisdom. I am complete and whole. I lack nothing. Therefore, no desires have I, no cravings, for I am complete.'"

It is to rise into this experience of self-awareness which by itself liberates you from all the bondage you have at present come into, to this finite existence, liberates you from all limitations, liberates you from the bonds of desire, liberates you from the shackles of sense cravings and urges, and restores you once again to your native state, pristine state of a totally free consciousness, fearlessness, freedom and an awareness of wholeness. 'I lack nothing. I am complete in myself. I rejoice in myself. I am sufficient in myself. I am Joy. I am Bliss. I am Peace. This is Self-realization or an experience of Self-awareness of your own higher being, your eternal inalienable spiritual nature, which is perfect.

That is the great mission in life of every individual soul that has acquired this human status. Beings in a lesser level of consciousness, an animal, plant, they have not this ability for they have not this awakened reasoning and thinking power. Man alone can question: "Who am I? Why am I here? From whence am I here? And what am I here for?" this ability to question – Whence? Whither? Wherefore? Why? This is unique to that soul in the human status only, not to any other form of life. And that human being justifies his human status who puts these deep question to himself.

This faculty for intellect has as its highest function this inner philosophical inquiry. "What is life? What is the relationship between me and this external universe?" inquire into the real nature of this life on earth. Inquire into the real nature of things that surround us, so that we may know what the real value is, if there's any. Not just be attracted by them blindly, drawn towards them, enslaved by them, held in thralldom by the external glitter and attraction of passing

things. But to question, use reason, which has made you man, the thinking being, the rational animal.

If reason is not put to this use of inner analysis and philosophical inquiry, then man does not justify his human status. Though he has acquired the form of man, a vertical being with two legs, a biped, yet he fails to be man in fact.

Make use of your faculty of inner reason and intellect to try to unravel the mystery of creation, mystery of this life, mystery of your own Self, because a great, great many of us go through life in blindness and ignorance. We have managed to acquire through our mind, intellect, observation about things around us, about this external world of phenomena, of processes that we find going on in nature, in plants, in animals, in fish, in fowl, in minerals, in chemical elements. But, in the midst of this vast store of information which the ordinary education gives through books, through tapes, through lecture classes, through our own observation, there persists a nucleus of darkness, a nucleus of essential ignorance to our own nature.

Man is not aware of who he is in reality, why he is here, what is his true Inner Reality. He goes, surrounded by this plethora of apparent knowledge but lacking in essential wisdom, in spiritual darkness, self-forgetfulness, non awareness of one's own true being. And if life were to pass in this same condition and he is to exit out of life in that state of spiritual darkness, Alas! The highest purpose of life, the supreme purpose for which he has come to fulfil, which God has endowed him with, this wonderful faculty of feeling thinking and reasoning, it would be unattained. He would go still a bound creature, in ignorance, in darkness, in a state of spiritual slumber.

Those who have gone before us have plunged into this inner research, investigating the answer to these questions and they have done a great deal of work for you and me, so that we don't have to start from scratch, we don't have to do all the spade work. They have given us the fruit of their labours and in this sense, modern man, man in this twentieth century, is one of the most fortunate generations in human history. For in this, on the eve of the fourth quarter of the twentieth century, we stand, inheritors of a wonderful heritage of spiritual wisdom.

During recent generation, two or three centuries past, the world has produced such great, phenomenal personalities endowed with God-realization, divine experience, spiritual wisdom and they have left us, therefore, as one of the most fortunate and richest generations that has ever filtered out through human history. For we are the direct heirs, we are rich in this heritage of this common, universal wealth that past generations have evolved and left for us.

If man were not to avail himself of this wonderful treasure of divine wisdom, we cannot blame the past generations. We have to squarely lay the blame upon ourselves. God gave us everything and yet we have not the wisdom to utilize it and attain the highest state.

Some home truths that these inquiries have given to us – The first is, that no matter how uncertain life on earth may be, especially in this twentieth century in this nuclear space age, (we don't seem to know what's there waiting for us tomorrow), there is one absolute certainty about which there is no argument, there is no debate, there is no difference of opinion, there cannot be two views. That absolute certainty is that one day we all have to go! One day we have to leave this

earth plane. We are not going to be here continuously, because life is short, time is fleeting, body is perishing. It had a beginning in time and it has an end in time. Well, you may say: "You are just uttering a truism. Everyone knows that. So what?" Yes, everyone knows it, but no one does anything about it.

If you are always living in this awareness of this certainty of 'one day I have to go,' would you ever neglect to do what's to be done? Would you ever postpone, procrastinate, just ignore? Would you ever neglect to do what you have to do? – Your duties, secular and more than that, spiritual? Would you postpone working to fulfil the most important mission in life to know yourself? To wake and unfold the spiritual awareness without which life would be empty, barren of content, only be a surface life of sensation and a little bit of chaotic restless thought and desire, leaving you in a whirl, unsatisfied, discontent without a sense of fulfillment.

How many of us are really making use of this awareness? That 'one day I must go,' therefore I must be up and doing, not only upon the outer path of human relationship and earthly duties, but also upon the inner path of my own spiritual mission, my highest unfoldment, the Supreme good, knowing which everything becomes known, attaining which all these are added unto you. How many of us are earnest? In how many of us, this awareness of inevitable—call it death—having to journey forth from here, is goading us to be dynamic in our spiritual life? We know, but we do nothing about it.

Therefore, the great masters of wisdom, Saints and Sages, remind us constantly: "Oh man! With every sunrise and every sunset one day of your life is lost! By so much you

span of life has become shortened, so much less time you have to do whatever you have to do. Therefore, arise! Awake! Do not postpone. Be up and doing. Be active upon the spiritual life.”

The second great truth is that you are a citizen of two worlds simultaneously. When you took birth and came into this world as an embodied being, the very fact of your having acquired this physical body, brought you into a relational pattern with a number of persons. Someone was father, someone was brother, someone was mother, someone sister, someone uncle, someone grandfather, grandmother—relationship with things, people. And all of life is an expansion of this relationship. But then you should not forget. It is the body that is related to people around you in this physical world. But to whom are you related? Whence did you come? Are you not related to some source, some invisible origin, root of your being, from which has come forth your spiritual reality?

You, in the innermost depth of your being, are the imperishable dweller in this perishable body, this ever-pure and ever-peaceful Reality behind this impure and restless mind. You are the infinite, changeless, spiritual Reality beyond the perishable, the finite and the changeful body, mind and intellect. You are the imperishable, ever-pure, ever-peaceful, limitless spiritual Essence.

In this depth and dimension of your being you are not of this phenomenon. You are uncreated. You are not a created phenomenon. You are not a process. You are complete in yourself. And in the level of life, in that plane of consciousness, you are not an earth creature. You belong to a spiritual realm which is your true abode, your everlasting

dwelling place, where there is only Existence, Consciousness and Bliss absolute. Where there is Sat, Chit and Ananda, Being, consciousness and Bliss. That is peace. That is Perfection. That is Wholeness. You are related even while this body dwells on this earth plane, even while the body functions in this created world of processes and phenomena, yet at the same time you live, move and have your being in the Divine. Only, you have lost your awareness.

Here and now you dwell in the Universal Spirit! You live in that Divine Essence which pervades all existence, which is within, without, envelops you, pervades the whole earth and interpenetrates your innermost being.

You can escape from everything, but you cannot escape from the Spirit. You cannot escape from the Reality. For it is here. That's the Truth! Become aware that I, 'I dwell in God, I breathe God, I breathe the Divine, I live in the divine, I move in the Divine Principle within me. The awareness of Being.'

Therefore, simultaneously, you are also a citizen of that spiritual realm, the Divine Kingdom, the Kingdom of God, the Kingdom of Heaven. Right now at this moment! It is not something to be attained at a distance in time, some remote future. And the awakening into awareness of this fact is the second great truth one has to cherish in one's mind.

Great masters of wisdom have revealed to us the science of relating ourselves in the most ideal way to both these universes so that our life may be a thing of beauty. Life may be an ever progressive process which ends in the dazzling light of Christ-consciousness, the dazzling light of Self-Realization. Call it Nirvana, call it Satori, call it Liberation, call it Brahmajnana, wisdom, Illumination. It is a great thing which leaves no regrets, brings supreme satisfaction and fulfils your



life, where your life becomes totally successful; you fulfill the purpose of your very being.

They gave two ideals to develop your relationship between these two universes, on the threshold of which, in the middle of which each individual human soul stands. There, the vast mysterious, untapped, spiritual realm, which is your true realm, your true of being, and here, the temporary realm of material objects and beings, through which you but pass for a while and bid adieu. Two great ideals — how can you relate yourself so that this relationship may not become an obstacle in fulfilling that relationship? It may not stand in the way.

They said: “Relate yourself as a giver. Seek through every thought, word and deed to see in what way you can bring something to enrich life while you pass through it. Never think in terms of ‘what can I get? What can I acquire? What can I hold and keep and accumulate?’ but go like a master. ‘God has given me this wonderful opportunity, this golden chance while I move through life; in what way can I enrich life around me? In what way can I serve others? In what way can I help a fellow human being? In what way can I benefit those around me? In what way can I beautify, enrich it?’ try to make people happy. Go in terms rising above self, thinking not in terms of this little self and what it can get.”

If in this way you are able to rise above self, forget self and try to make life a thing of beauty, a thing of self-offering, giving, making people happy, bringing peace to people, then you set into motion a mysterious Great law of the universe. You shall never lack. You shall have abundance of life from the Divine. The moment an individual soul ceases to think of himself or herself and starts thinking in terms of how he can

enrich life around him, the Universal Consciousness starts thinking about this being. Day and night the Universal Consciousness will start providing all the needs of this soul this is a law. This is an experienced fact to which all the great ones have been witness. And they have left this experience of theirs for our guidance.

Become great. Become noble. Become magnanimous, large-hearted. Think in terms of giving, never in terms of grabbing or getting. Let not the mind think small, think petty, think mean. But let it think in a noble way, sublime way, large-hearted way, and I assure you, I promise you that you'll never lack in any way whatsoever. Everything that is needed for your life here will be supplied to the minutest detail, and no mistake. The Divine takes all the responsibility of that soul which ceases to think of itself and gives of itself for the good of all, the benefit of God's creation, God's great family.

And the second principle: this is the ideal way of relating yourself to the world around you, so that your life becomes spiritualized, it becomes part of the evolutionary process; it becomes a supplement to the inner spiritual unfoldment. Far from being an obstacle, outer life becomes a help, a complementary process in terms of the great Spiritual Reality with which your relationship is more lasting, more real, more fundamental, which is forever.

The only thing to which you're really related is the Universal Consciousness, the Father in heaven, the Almighty Being, the Cosmic Soul. Towards it, the ideal relationship is of seeking and experiencing, entering into it. The relationship can only be brought out in this earth analogy: "Be as a river unto the ocean." Seek ever to flow towards the ocean, to find the ocean and enter into the ocean, lose yourself in the ocean.


Let your spirit be a restless river, ever questing, ever flowing onward, ever flowing ocean-ward, moving toward the ocean. Let all your life be brought together and let it be turned into one concerted flow towards the Divine. Let your life be one great love for the Divine, one great seeking, one great hunger and thirsting for the Divine.

“I shall in this very body before life ends attain the Divine and thus crown my life with the Supreme Fulfillment.” This should be your aspiration. This should be your determination. Live in order to attain divine Consciousness. Live to aspire and rise into a state of God-experience. That is the only way you can relate yourself. To love and to aspire. To realize and enter into your destiny. Forever become established in that state of consciousness. May your life be endowed with these two ideal movements towards the universe around you, beings and things, the life around you, a spirit of love and giving. And let your inner life be active and dynamic and progressive. Keep pace with the outer exterior life and let it ever move upward and Godward and become crowned with that Supreme Experience by which alone man fulfils his divine destiny.

For you are Divine. You are Pure Spirit and your life is in truth spiritual! The external physical and mental aspects of life are only temporary additives. They are not the essential and real part of your life. They are only the surface aspects of your life. Whereas deep down your real life is spiritual if anything at all.

And if not spiritual, it is nothing at all.

God Bless you!

*Swami Bhidana*  
  
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## 2. THOU ART THAT

*(A teaching given on Sunday 14th August, 1977  
in Montreal, Canada)*

We dwell this moment upon the ancient prayer of the Vedas—

*“Asato ma sat gamaya  
Tamaso ma jyotir gamaya  
Mrityor ma amritam gamaya.”*

Lead us unto the Reality, lead us unto the Light, lead us unto everlasting Life - where the Reality is identified with the everlasting Life, is identified with the eternal Light of lights. And this forms a basic concept, the central concept in the genius of spiritual India. The concept of life being a reaching upwards towards Light. Life on earth being a seeking of light, seeking after light, a moving towards light. And this light symbolizes all that is positive, all that is auspicious, all that is blessed. The eternal affirmation as opposed to the eternal negation.

The eternal negation is conceived of as the non-awareness of the Reality. This non-awareness is darkness, for it is the prolific source of all pain, sorrow and suffering, all the restlessness, the lack of peace. It is ‘Ajnana’ or the primal spiritual darkness or ignorance, nescience. And the one and only way to liberate oneself from Ajnana is the attainment of illumination or ‘Jnana’. Even as the one and only

way of overcoming darkness is to bring in the light. There is no other way. There is only one way the rational way. To bring in the light.

For darkness is nothing but the negation of light, the absence of light. Even so, ignorance, bondage, Samsara (worldliness) is nothing but the negation of the Eternal Reality which is wisdom-consciousness, Jnana, which is the great Light of lights, the light of wisdom, luminous wisdom-consciousness.

So, even the spiritual life is in fact a continuous process every moment, every day, at each step, of trying to walk in the light - breaking away from darkness and stepping out into the Light.

The little ego is darkness. The recognition of the Universal Ego is Light. 'I am that I AM'. The great 'I AM' - that is Light. Selfishness, the product of ego, is darkness. Broad heart, oceanic heart, universal heart - that is light. Anger, ill-will, hostility, anything that is the product of selfishness is also, therefore, an extension of this darkness. It is a creeper of Maya. Therefore, to be joyful, to be cheerful, ever-serene, forgiving, absence of anger, absence of ill-will, absence of hatred, absence of repulsion, looking at the universe and looking at all the creatures with the eye of God, the divine eye, and seeing the good, seeing the inner light hidden by the Outer covering of name and form; seeing the presence of the Spirit within the enfolding mixture of gross matter, that is the way of living in the light - Doing all things in the light of Atman, where you see the universe as a visible witness to the Divine, a visible proof of God, or the Spirit, the Universal Being.

And thus, if one begins to practice this ‘walking in the light’, being in the light, and doing all things in the light of Reality, then the outer world, instead of becoming a thick veil that shuts you off from the vision of Reality, instead of becoming a veil that hides the Reality from you, separates, keeps you away from it, becomes actually the window through which you can view the Divine.

When each little thing begins to reveal the Divine, each little object, each little name and form stands there glorifying God, proclaiming the presence of God, the greatness, the grandeur, the glory of God - “Here I am, the handiwork of the Maker: Therefore, I live to proclaim His presence, His Reality.” Thus, the world around you, every object, every little thing becomes to you a token, a proof of the Great Being, the Great Reality.

It is no more a dark veil that hides, but it is a transparent window that reveals. So world becomes to us a revealer of God. Everything great and small—a flower, a dewdrop on the tip of a leaf, a passing cloud, a flying bird, the laughter of children, sunshine, the sunset and the sunrise, green grass, man, woman, child, young, old, objects animate, inanimate - all things that come to us through the avenue of the five senses of seeing, hearing, tasting, touching, smelling, come to us saying: “Here is God!” proclaiming: “Here, I come to tell You of the presence of the Maker. “I am”, therefore, one who has made me, “He is.”

So, by this viewing the entire Universe in the light of the Spirit, everything becomes to us a positive reminder of the Reality which is its source and origin, which is its support. But the fascination of the name and the form, the colour and the

sound, is such that mind is conditioned to completely become totally lost in this fascination. So that the viewer is no longer aware of the silver screen, but is only aware of the flitting shadows that are being projected from this mind movie camera upon this screen, not realizing that every moment, every split second it is the screen that makes possible the entire show, without which even for the split second no show would be possible. It would be lost in space.

So He is the substratum, He is the invisible support. And thus if we view the universe in the light of the Spirit, the universe becomes the revealer of God, not the hider of God. Universe itself becomes the window for the vision of the Divine and not a closed door shutting out the light of the Divine.

Thus indeed is the heart of the Veda and Vedanta, which says: "In the water is the Being, is the Reality, in the earth is the Reality, in the air and sky is the Reality, in the fire is the Reality. Whatever is seen or heard, in that the Reality exists, permeating, interpenetrating, saturating it, inside and outside, and filling it. The entire universe is enveloped by the presence of the Divine. Whatever is, was, or shall be is the Divine."

In this way all these great utterances of the great, ancient, timeless eternal Vedic wisdom proclaim this great fact, this great truth, of the ever-presence of the Divine; that we are indeed living in the perennial light of the Divine. And yet, because we have closed our eye of intuition, closed the inner eye, this luminous presence is denied to us, even as the physical light would be denied to a person who is standing in the midday sun if he tightly closes his eyes. He will have



darkness before him. Even so, they say, open up the spiritual vision and behold and know that you are verily living, moving and having your being in the Light of lights, that is Atman, the Great Spirit Universal, the great Light of lights.

This is the birthright of the human soul, for he is the child of God, and what belongs to the Father is verily the birthright of the child, the son. It's his natural birthright. Something which you are born to attain. Therefore it is the great Master Jesus of the middle-east said: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." He did not say, it is something very difficult, very hard, not meant for you, for which you have got to struggle greatly. He said: No. You are not having it because you are not asking for it. You are not finding it because you are not seeking for it enough. You are not knocking hard enough. So, it is not open. Therefore, he says it is the most natural things for you to do.

Let us therefore live in the Light. Let us hearken to this ancient call from the Veda and Vedanta. The heart of the Vedic wisdom says "Behold, Oh man! Where are you seeing? Where are looking for God? Here it is in front of you! God has revealed Himself through His handiwork. Everything small and great exists to proclaim the Reality of the Great Maker; who is in it. God created the world and entered into it. Therefore He is in it. He is its Reality. He is the essence of all things. He is the support without which things cannot exist. He is the very essence of all things. Therefore, see all things in the light of the Spirit and ever dwell in God. Behold Him with this inner light. Therefore be ever, abide ever in Him, for He abides ever in you.

This is the message of this holy day, set apart for Surya Narayana, set apart for the Great Light of the physical Universe which makes life possible here. The glorious solar light which is the source of life, light and energy for the universe in which we are citizens, in which we live, which is our universe upon the outer physical plane.

Today is the day of light. It is Sunday, or Ravivaar, or Adityavaar. All mean the same thing. Aditya is sun, Ravi is sun. Most befitting it is that in a great part of the western world Sunday has been set apart as a special day of God-consciousness, special day of God-thought, special day of communion with God, special day of prayer and worship and adoration and glorifying of the Supreme Spirit, who is the Light of our life, in whom we dwell, in whose light we are ever based, if we can only know it.

We do not dwell in the darkness. We ever are in the glorious shower of His Light. Therefore the prayer: "Lead us from darkness unto Light" is only a prayer that means: make us aware that we are in the Light. Make us aware that we live in this great shower of Light, always and always. Make us aware of it. Let us know it. Reveal to us this fact.

Let us live in the light, walk in the light, know that the light is in us, that we are in that light, and in the ultimate experience we are verily That Light.

Hari Om Tat Sat.

Thank you, thank you, thank you.

Oh Thou Light of lights, who illuminates the innermost hearts of all beings, shining there as the eternal Sat-Chit-Ananda consciousness - Existence, Consciousness, Bliss Absolute - we thank Thee for this hour you have shined upon us, and thus shining brought us into this Light of Awareness, Light of your Presence. May we ever breathe that Light. May we ever rejoice in that Light. May we ever dwell in that Light. May we ever move towards that Light. May we ever be the adorers and worshippers and devotees of that Light. May our life be a light unto ourselves and a radiance of that Light unto all the world we live in, to all life around us.

Om

God Bless you!

Swami Chidananda (signature)



Swami Chidananda

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