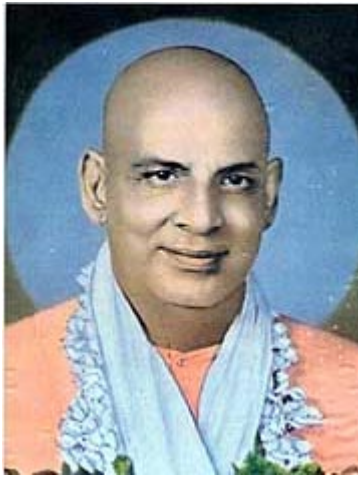


SUCCESS IN LIFE

A Young Person's Guide

Consisting of the Teachings of

SRI SWAMI CHIDANANDA



Sri Swami Sivananda
Founder of
The Divine Life Society



**SERVE, LOVE, GIVE,
PURIFY, MEDITATE,
REALIZE**
So Says
Sri Swami Sivananda



Sri Swami Chidananda

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A LETTER FROM SWAMIJI

My Dear Child,

You are a teenager now. Remember that you are a Divine Child of God no matter what age or stage you are in. Therefore, at all times be Divine in your thoughts, words, and actions. Be Strong. Be Fearless in Truth. Have a firm Courage to be yourself. Do not be weak and wish to imitate others but be spiritually strong and bold and do not be afraid to differ from the crowd if you think that is the right thing to do.

To flow with the stream is easy but to swim against the current needs guts. That's what being Divine means, namely, having the guts to remain what you are without being dragged into being what every A, B....Z is nowadays. Independent and original! That's what this Swami wants to find in you at all times, in all conditions, under all circumstances, in all crowds. Head and shoulders high above the rest. But with no snobbery or superiority. Just simply, with humility; but with strength.

You will get respect. You will help others that way because you will show a new way, a way out of the mess which teenagers are in since the past 25 years. God bless you and may you shine as a Light.

Be an excellent student. Be an understanding son or daughter. An Ideal Human Individual be. Also a true Lover of all that is Good, Virtuous, and Beautiful.

Live simply but think nobly. Feel Divinity and act Ideally. Be perfect in small things and little acts day by day. Try to make each single day full of Truth, Selflessness, Nobility, and Purity. Life will be grand and glorious then because your life is made up of single days one after another. Take thought of your day!

Swami Chidananda

HOW TO LEAD A SUCCESSFUL LIFE

Please try to understand the correct implication of the term “successful life”. When you talk of success with reference to life, it does not merely mean succeeding in everything that you undertake or do; it does not merely mean succeeding in fulfilling all wants or getting whatever you desire; it does not just mean acquiring a name or attaining a position or imitating fashionable ways and appearing modern or up-to-date.

The essence of true success is what you make of yourself. It is the conduct of life that you develop, it is the character that you cultivate, and it is the type of person you become. This is the central meaning of successful living. Such successful life is one that succeeds in producing an ideal individual. Your success is not measured in terms of what all you obtain but in terms of what you become, how you live, and what actions you do. Upon this point reflect well and attain great happiness.

Are you committed to something very definite, very clear, very unmistakable? Ask yourself this question. Keep on asking until you are clear, until you are absolutely certain about your answer to this question. For according to your commitment, that will be your life.

God’s plan for you is the ultimate experience of the divine perfection which is your innermost reality, which is your true Self. Let life become this process of fulfilling God’s plan for you. You will bless your own immediate environment, your nation and the entire world.

THE FOUR STAGES OF LIFE

In our grand Indian culture they conceived of life in four stages: the preliminary stage, the development stage, the flowering or blossoming stage, and the culminating, fruitful stage. The satisfactory growth of the latter three stages truly depends upon the management of the first stage.

THE STUDENT STAGE

The supreme value of the student period is incalculable. Student life is the most precious life. The way in which you utilize this period will decide the nature of the coming years that lie ahead of you. Your happiness, your success, your honour and your good name all depend upon the way in which you live now. In this present period, my dear student, you are preparing your future. Remember this.

I wish you to be great. The world has put its faith in you. Your elders keep their hope upon you. Now is the time for you to wisely mould your life, your character, your physical health, your entire nature in any way in which you make up your mind to do so. And you must do this now.

It is like the laying of the foundation for an important building you wish to construct. If this building is something very important to you, then just think how much more important its proper foundation becomes in your view. The strong and continued existence of the building depends certainly upon the foundation. This is the stage you are now in.

Let your preparations be wise, correct, and of such a kind that will lead to your true welfare, supreme good, and lasting happiness. You should acquire knowledge of subjects not only like History, Geography, Mathematics, etc., but also about human nature, the science of self-control, the art of developing a pure mind, the duties of men and women, and the proper relationship between you, the world and God.

Thus, the first 25 years of human life should be dedicated to acquiring good health, perfect character, self-control, and all that is necessary for you to know in order to live life righteously, to be financially independent via some trade or profession, and to thus attain lasting satisfaction and happiness. I shall mention briefly about the second, third and fourth stages and then take up the important question of how you can manage your present stage in a most beneficial way.

THE SECOND STAGE: MARRIED LIFE

Having already created a firm and ideal foundation, the student enters into the second stage of life, the householder's life. One is not merely entering into a physical partnership with another physical creature, is not entering into a social relationship with another family, but is entering into a spiritual partnership with another soul in order to fulfill a mutually shared divine destiny. So that the relationship between husband and wife is essentially a spiritual partnership between two souls. Your spouse is to you everything: companion, friend, consoler, helper and partner in this great spiritual adventure. Such is the ideal and total concept of this relationship.

With such an understanding, the home becomes not only a place for living the normal worldly existence, but a place of worship and devotion. Daily worship, helping those in need, and honouring the guest (especially the chance visitor who happens to be at your door at the time of food) become primary duties of householders.

Another aspect of the householder's duty is to evolve between themselves reciprocally a certain ideal behaviour of mutual love, honouring each other's individual freedom. Such an atmosphere becomes the ideal ground for nurturing the new generation. They find that between their parents exists a beautiful relationship of harmony, love, mutual respect and tolerance, which creates an ideal atmosphere for their growth. Through their personal relationship the parents place before the children an exemplary way of conducting themselves which becomes the first educational process of the child. Home is, therefore, the nursery of the nation, nursery of the world. Providing an ideal setting and an ideal atmosphere for the generation of tomorrow is an important duty of the married couple.

THIRD STAGE: RETIREMENT

Having fulfilled the duties of raising children, making them adults capable of standing on their own feet, a new stage of life comes into being. Up till now you were entirely preoccupied with your family and your profession, providing for your parents, wife, children and other dependents. To a certain extent, it was a self-centred life, although one practiced selflessness for the sake of the children and family. But now one must give way to the new generation.

Having retired, with a little more leisure on your hands, and with a vast reservoir of professional experience and expertise, one has the time to become a true selfless servant of the society, to become altruists and philanthropists. This is also the time for husband and wife, together, to enter more into the inner life, study, meditation, prayer, pilgrimage. We must realize that a time comes when we have to say “Good-bye”. We have to prepare for that last journey.

THE FOURTH STAGE: RENUNCIATION

At this time of life the only duty is to gather together one’s mind and place it upon the Supreme Being. That is the fourth quarter of life, the sun-set period of one’s life, when all your relationships and connections are now coming to a close. At this time, your entire mind should be fixed upon the Eternal, no more on the passing world. You have fulfilled all your duties, and now you have to depart. The river is reaching the Ocean, and a time will come when it has to merge into the Ocean.

Here one’s mind has become calm, steady and pure. One’s heart is desireless and free from all cravings. One is established in perfect self-restraint and virtue. This ideal state is the fruit of right living. Here, one automatically becomes absorbed in the contemplation of the Supreme and moves toward God-experience. He or she reaps the harvest of a rich inner spiritual life, supreme peace and bliss, obtaining that ultimate objective for which one has taken birth.

That is the goal to be reached. But now you are just beginning. What must you do? How must you live? How should you manage a student life satisfactorily? There are Twelve Keys to successfully managing a student’s life.

TWELVE KEYS TO HAPPINESS AND SUCCESS

1. DEVELOP A CLEAR CUT AIM

First, you must form a correct conception of how you wish to develop and perfect yourself. You must cultivate a clear-cut idea of what you want to become. This will give you a definite and clear-cut aim in life. Without such an aim, your life cannot move forward powerfully and progressively. You will be pulled in different directions and your mind will be distracted and much energy will be wasted. You can avoid all of these if you have a well-defined aim or a set of a few definite objectives. Then there is no confusion in your way. You know-what you wish to attain and in which direction to proceed. Therefore, you also understand what is right and what is wrong, what is desirable and what is undesirable, what is to be accepted and what is to be rejected in moving towards your aim of life. Such definiteness gives you great inner strength. It develops will-power. It makes you a positive personality. There will be no more negative trends in your life.

2. DRAW UP A WISE PROGRAMME

The second important thing is to draw for yourself a wise programme of life to help you to develop along the desired lines and to gradually attain the aim of life. Such a programme will provide a plan of action in meeting with all problems that face the young student, the growing youth, to deal with all situations that arise in your life, to meet and overcome temptations with firm mind and to surmount obstacles with boldness and self-confidence. The power to do this exists within you already in its latent state. It has to be unfolded and activated. A proper understanding of your own mind, its behaviour and habits, and the law that governs the inner activity of the mind become very, very helpful in living this wonderful and interesting period of your life.

3. GUARD YOUR HEALTH

Now we come to the factors upon which depends the proper working out of your programme of life. Health is the key factor. Without health you can do nothing. Without health you can succeed neither in studies, nor in character-building, nor in sports and social activities, nor in home-life. Health is a matter of careful living. It is got not only from things you eat and drink, but it is also obtained from your wise and careful avoiding of such things that are not good for your health. Eat for your health. Eat for your strength and not for your taste. Eat to live and to serve. Do not live to eat. Eat simple food. Go to bed early and get up early. Acquire healthy habits. Do regular exercise daily. Be moderate in eating and drinking. Chew your food thoroughly. Do not overeat. Do not eat without hunger. Avoid things that do not agree with you.

4. CONSERVE YOUR ENERGY

Then you must conserve your energy. Never waste your energy in useless pursuits. Too much talking and gossiping, aimless wandering, habit of worrying, losing your temper frequently—all these drain away your energy. Give up, all habits that are likely to have an adverse effect on health. Smoking and illegal drugs are a curse upon students. Be established in perfect Brahmacharya (purity).

Abstain from sexual activity. Preserve health, conserve energy, develop physical and mental strength and thus lay the foundation of a successful life.

5. VALUE CHARACTER

Value character more than anything else on the earth. Be perfectly truthful. Do not, let your speech be vulgar or rude. Speech must be clean, polite, and joy-giving. Cast away egoism, pride and selfishness. These three form the blemish upon human character. They arise out of ignorance and greed. Ignorance makes you proud and egoistic. Greed makes you selfish. They lead to dishonour and unhappiness and failure in life.

By leading a simple life and having a cheerful disposition under all circumstances, you can overcome selfishness and egoism. Your life and conduct must be the cause of happiness in other people.

6. ADOPT VIRTUES

Adopt certain virtues and principles and stick to them in all your activities of life. Never leave these principles. Never move away from virtue. These principles will be your true friends and helpers. They will assure your progress and ultimately grant you supreme happiness and success. Periodically make certain simple resolutions to practice those virtues. Maintain a personal diary wherein you make a careful note of your day-to-day conduct, speech, and behaviour. This will reveal to you how far you are advancing and show you your mistakes and where you must correct yourself. Such a diary will be your friend. It will reveal your weakness and teach you humility.

7. PRAY TO GOD

Pray to God and ask Him for inner strength and guidance. God's Divine Name has immense power. Repeat His Name always and remember him under all situations.

Remember God constantly with love in your heart. Have absolute faith in your inseparable relationship with Him. Cultivate constant remembrance of God by seeing His invisible presence in and through all things in this universe around you. God is not some remote reality far away from you. But God is here and now. He is all pervading Reality, the ever present Divine Spirit pervading this entire universe. And also He is your innermost self. He is

closer to you than your very breath. Never forget this. Even when you are engaged in your daily activity, begin to feel the presence of God.

8. REFLECT UPON IDEAL PERSONALITIES

Reflect upon the lives of ideal personalities. Draw strength and inspiration from their lives and teachings. Try to mould your life upon their pattern. Always have a great ideal before your mind. Think of it at all times-morning, noon, evening, and night. Develop it into the constant background of your thought. Then your mind will never be idle or vacant. This is important because right thinking is the key to noble living.

9. BE KIND

Out of your life there must flow out ceaseless love, kindness, and compassion. Never hurt anyone. Never hurt even the least one of God's creatures either by thought, word, or action. Even in dreams you should never think of harming or hurting any creature. This sublime principle of non-injury, harmlessness, is given a very great place in the eternal Vedic way of life. Be a centre of help, be a centre of benefit, be a centre of happiness and peace to all. Never injure, never hurt, never harm any living creature.

10. BE ABSOLUTELY TRUTHFUL

You must be rooted in absolute truthfulness. Even at the cost of your life, never utter falsehood. Never be dishonest in any of your dealings with anyone in this world. Be a person of integrity, of verity. Become established in truthfulness in thought, word, and deed. Truth is God. One who practices truthfulness rigidly will attain God. God is present in this human world as the sublime principle of truthfulness.

11. SERVE OTHERS

The vexing problems of this modern world, its clashes and conflicts, its greed and exploitation, its hatred and hostilities, its mad craze for selfish acquisition will never cease or be relieved until and unless there is a change of outlook in man towards his neighbours and towards his life around him. Man makes life what it is. And life around man is but a reflection of what he is. The only rational and lasting solution to the afflictions that beset the organized society of civilized men is a reinstating of the spirit of selfless giving into its rightful place in your life. The more you give of yourself, the greater will be your conquest over sorrows and sufferings and your ascent into peace and bliss.

12. THINK NOBLY

As you think, so you will become, just as you reap what you sow. In the same way, you will ultimately experience and attain what you constantly think and feel. Your inner thoughts lead to outer action. Repeated actions grow into habits. Such habits become permanent qualities

in your very nature. This nature goes to form your character. Your future and your destiny is the direct result of your character. Understand this very well. Carefully bear this in your mind. Think and act with this knowledge. Your inner thoughts are the seeds of your ultimate destiny. Safeguard your thoughts and feelings. Think nobly and virtuously. You will become a noble man or woman. You will attain greatness and make your life fruitful. More than all the books that you read and study, more than all your lessons and examinations, more important than everything in life is the cultivation of virtue. This is the source of ultimate happiness. Become good and great.

HOW TO CHOOSE A PROFESSION

In deciding upon a profession, you must now take a new look at the professions and reconsider what professional activity really implies. It constitutes your service and your contribution to the welfare and progress of the entire society in which you are living.

Professional life is self-giving, is giving of oneself for the service of and benefit and happiness of all beings. Its income bringing aspect is secondary and not primary. This must be clearly understood. It must be subordinated to the basic ideals of self-giving and service. Otherwise man is not a man. He is but a beast in human form, a wolf in sheep's clothing.

As long as you have a body, you have to work hard for your livelihood. You have to struggle hard to provide yourself with the necessities of physical existence—food, clothing, shelter, medical aid. But your efforts to earn your livelihood should not be immoral, unethical or unrighteous. Right conduct should be the basis of your professional or business activities. Ply a trade, do a business, be a farmer, be a doctor, it will not come in the way of your attaining supreme success in life provided you ever adhere to right conduct.

Similarly, your social life should not become mere frivolity, dissipation, extravagant entertainment and a waste of time, energy and money in meaningless status keeping. Social life has to be constructive, creative, ennobled by fellow-feeling, compassion and the spirit of sharing. It must be gainful in terms of increased happiness, welfare and benefit to all beings amidst whom Providence has placed you.

Be helpful to your brothers and sisters. Desire to serve your own neighbour. Desire to serve the society, nation, all creatures, even plants and insects. Desire to be serviceful to all. And do not forget that great being who gives us life itself—our Mother Earth. Without pure water and clear air, thick forests and fertile pastures, life on Earth cannot continue in a healthy manner. Already so many species have become extinct due to greed and selfishness. This will be our fate also unless great effort is put forth to turn the tides. Let your time be spent in these worthwhile pursuits.

STRENGTH

By Rabindranath Tagore

This is my prayer to Thee, my Lord:

Strike, strike at the root of penury in my heart.

Give me the strength lightly to bear my joys and sorrows.

Give me the strength to make my love fruitful in service.

Give me the strength never to disown the poor or bend my knees before insolent might.

Give me the strength to raise my mind high above daily trifles.

And give me the strength to surrender my strength to Thy will with love.

LAW OF PROSPERITY

The secret of prosperity, of course, would be to live within your income, to spend less than what you earn, *and not go into debt*. That would be the greatest wisdom in a nutshell! If you have not got the cash, then don't purchase items—go without them.

Yet, there are certain laws of prosperity which stem from eternal spiritual truths. If you begin to feel and think lack (want), you experience lack. If you assert your abundance, then, as the shadow follows the person, abundance follows you.

Desire is poverty. Desire is a feeling of inadequacy. When you begin to desire, you are a beggar already. A millionaire who is always wanting to make another million is really a beggar. A porter who is getting, say, four dollars a day and says, "That is quite enough for me" is greater than a millionaire. For he has not that nagging feeling of lack and the beggarly attitude of desire.

To this end, contentment is the true secret of affirming your abundance. Whatever comes, feel full. Once you have contentment, there is nothing that can make you unhappy. If you don't have contentment, nothing can make you happy. The moment desire arises, just reject it. Then you will begin to experience that the desired object comes by itself to you. This is an eternal law.

So, the inner secret of prosperity is to affirm your plentitude, your abundance. The moment you start affirming it, you will find conditions changing, **for your conditions are the product of your own thoughts**. The vital factor that goes to make up all your life is your thoughts. They are as tangible and substantial as bricks that piles up to become a great mansion. They can build your whole life. They can create any condition in your life.

Therefore, the secret of prosperity is to affirm your true abundant nature. After all, you are the master of the whole creation, for you are heir to the One who is Master of everything. In truth, you lack nothing. All plentitude, all abundance is our real Self. Your true nature is

plenitude. The more you begin to affirm this fact with perfect confidence, not as a thing to be, but as a fact that is, prosperity is yours.

This is a law which has been proved in the life of all those who have discovered and applied it. The more you desire, the more does your want increase. The more you assert your abundance, the more abundance follows you. Let this theorem be in your mind. Let it be in your heart.

This is a favourite poem of Swamiji:

DON'T QUIT

(Author Unknown)

*When things go wrong as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.*

*Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up though the pace seems slow
You may succeed with another blow.*

*Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit-
It's when things seem worst that you must not quit.*

PURITY OF CONDUCT

The one great problem of modern society is the sexual behaviour of the people. This is going from bad to Worse over the past several decades. The minds of people are filled with sexual thoughts. The whole world is under a tremendous sexual intoxication. It is all fashion, restaurants, hotels, dinners, dances, cinema and rock and roll. Their life ends in eating, drinking and sleeping, that is all.

Those who have had some contact with Western society know what aberrations are going on in this field. We know of divorces without limit, a thing which society looked upon with great outrage in the Victorian era. People then were scandalized if a man left his wife and went off with another woman or if a woman left her husband for another man. It was a shame! Now, it is the order of the day. Not only the adults but especially the children suffer living amid such instability.

Know for certain that following the current trend of behaviour results in a definite drain upon the vitality. It retards normal mental and physical progress. This is why so many of today's youth who follow modern ways suffer from anemia, bad memory, and debility. They cannot master the difficult subjects of science, medicine and engineering that provide well paying jobs.

If you wish to succeed in life, you must conserve your energy. Because, if energy is sufficiently conserved, you can put it to any use that you want, you can attain anything that you wish to attain. But if you are bankrupt in energy, all attainment becomes difficult. It becomes a long drawn-out struggle.

Energy is frittered away in a dozen different directions: too much talking, too much worry, too much wanting; fits of temper—anger, fighting, quarrelling, arguing; overeating; negative thoughts of hatred, envy and jealousy; all health-killing habits like smoking, drugs, and drinking—all these things drain away your energy. And the greatest drain is from all these activities associated with sexual pursuits. The senses and mind should be controlled so that your energy is not wasted.

The sex energy is the most concentrated of human biological energies. It is the quintessence of energies. It is the quintessence of all that we eat and assimilate, in the same way that honey is the very quintessence of flowers. Hundreds of bees bringing nectar from thousands of flowers, by some miracle of biochemistry, produce honey. In the same way, the sex energy is the most rarified and perfectly pure form of human physical energy.

If that sex energy is wisely conserved, it becomes available for higher intellectual pursuits, research, invention, meditation. For example, if you want to become a brilliant scholar with a wonderful memory, conserved sex energy comes to your aid. If you want to become a brilliant surgeon or a great master musician, the conserved sex energy comes to your aid. Therefore, the wise conservation of this vital energy is given a very important priority so that your other efforts will be successful.

What is it that you want out of life? What great desire dominates your life? Do you wish to become the greatest musical genius in this world? Or do you want to become the fastest Olympic runner or greatest weightlifter in the world? For those with such an overwhelming ambition, all other problems recede into the background. But if you do not have such an all-consuming ambition, then everything becomes a problem, and sex also becomes a problem. If you think, “Let me satisfy this desire first, then I will have a little peace and can attend to my other goals”, you are greatly deluded. Satisfaction of desire will only have one result. It will intensify that desire. Desire is not subdued by satisfying it, but by directing it into a higher channel.

Therefore, the right way of solving this problem is to rise above it, so that it becomes something not so important to you. If you want to attain victory over the clamour of the senses, you must arouse within yourself a great fire of higher aspiration. Then, what happens? In order to attain that upon which your heart is set, you give yourself so totally to it, that you have no time for other things. You are too busy pursuing your goal. Great scientists, for example, do not have this problem, because they are all the time completely absorbed in their scientific research. They do not pay much attention to food or clothing or bathing or anything. Why? Because they are so interested in something else.

After all, what is the hallmark of culture? It is the ability to control oneself. What is the difference between an uncivilized person and a civilized person? A civilized person has gained mastery over his lower nature. When asked “What do you think of Western Civilization?”, Mahatma Gandhi is reported to have replied, “I think it would be a good idea!”

The thing is this, at all moments two ways always present themselves before you: one way appears pleasant and very attractive; the other way elevates you, ennobles you, and leads you to your highest welfare. A normal human being is pulled toward that which appears pleasant and attractive, and becomes a victim to his own sensual cravings. That is the way of degeneration and bondage. But one who has self-control moves toward that which is really for his betterment. It may be difficult. But discrimination tells you that that which is difficult will ultimately lead toward your own highest welfare.

For these reasons, in the context of Indian culture, total restraint of the sex energy was thus advised for the three stages of life: the student stage, the retired stage of the elderly person, and the monastic stage of the last part of your life. And even in the householder stage, moderation and a restrained use of the sexual energy for the purpose of procreation was recommended.

The sexual energy was seen as something divine, something sacred. And its function in the scheme of things of the Creator is reproduction of the human species. Moderation and fidelity to one’s married partner were prescribed. The married person was not to cast any impure look at another. For the married man, there was only one woman in the whole universe, his lawfully wedded wife. He was to cast no lustful, passionate eye upon any other woman. All other women were to be like mothers to him. And for the chaste wife, there was only one man in the whole universe—her husband whom she regarded with reverence.

Such ideals are not old-fashioned, are not out-moded. On the contrary, they are more relevant and more important today than ever before in human history because humanity, through neglect of the ethical dimension has come to the brink of social disintegration. The disease of misconduct is so great that this ethical practice is the one specific and the prime need of humankind today.

Therefore, whatever you engage in doing should be that which ought to be done, should be that which is right, which is pure, which is moral and ethical. You should not do anything which contradicts the law of ethics and morality. Why? Because, in morality only lies your highest good, your highest welfare. If your thoughts, words and actions are moral and righteous, there will be happiness. Otherwise, you will reap the harvest of bitter experiences because of a law that pervades this universe, the law of Karma. This law states: "As you sow, so shall you reap." If you ignore this law and your actions are not proper, what happens? You create your own miseries.

Therefore, having in mind the highest welfare of the individual, the greatest happiness for the individual, our ancients put Ethics as the foremost value. And they said, "This is the way." And it is to be noted that this advice, the great value of right conduct, was proclaimed as the goal of all human individuals born in this world. It was not directed at any particular section of mankind, not for the people populated on this Indian subcontinent only, not just for Hindus. It was for the entire mankind. The Supreme Law is that happiness follows in the wake of right conduct. This applies to everyone.

I SHALL EVER TRY

By Rabindranath Tagore

Life of my life; I shall ever try to keep my body pure, knowing that thy living touch is upon all my limbs.

I shall ever try to keep all untruths out from my thoughts, knowing that thou art that truth which has kindled the light of reason in my mind.

I shall every try to drive all evils away from my heart and keep my love in flower, knowing that thou hast thy seat in the innermost shrine of my heart.

And it shall be my endeavour to reveal thee in my actions, knowing it is thy power gives me strength to act.

YOU ARE VERY SPECIAL, NEVER DESPAIR

You are unique, distinct and unique. In the eyes of God, you are something special. No one can replace you in the role that you fulfill in God's creation at any given place and at any point in time. You are most necessary and indispensable for that particular set-up in that particular time-space context. Therefore, rejoice and be grateful to the Lord that He has given a role for you to perform.

How well you perform your given role is irrelevant. God expects each one to do only what one is capable of doing at any point in time. God does not expect an ant to haul a great timber as the elephant does in the forest. Nor does God expect the elephant to fly in the air gracefully as parrots and doves and many other birds of flight who wend their way in the open space. He expects birds to fly and He loves them for what they do. He expects elephants to fulfill their role, giving dignity to the forest and doing incredible jobs of strength. He expects man to be man. And each one in his own sphere can fulfill a task and gladden the heart of the Maker and contribute something to His plan on earth. To be aware of this truth is to be worry free.

Things are as they should be. The Lord is in heaven and all is well on earth. This is the firm belief of those who have faith in the infinite love of God, who have trust in the infinite goodness of God, and who are sure that in God's heart they have a special and unique place. This place is ever kept reserved for them and no one can take it away from them because God's infinite heart is large enough to hold the entire cosmos and everything within it.

The peace of God pervades the entire earth. The peace of God pervades everywhere, without and within. The peace of God is the one great truth underlying all things, ever-present, ever-accessible and available, ever-full and inexhaustible. Try to live in the light of this truth, and the heart and mind will be at ease.

Never compare and contrast, because there is no comparing and contrasting among unique things. Every little fledgling hatched from an egg is unique to its parents. So is each being unique in itself, for God is the parent of all.

Therefore, rejoice that you are special to God in His infinite love. Rejoice that you have your own special place and role to perform in this creation of God. And rejoice that His love is immediately available to you. For He is not a remote reality, but He is the indwelling Reality, nearer to you than anything else on earth. And rejoice that within you is the peace of God as your own Self. You are God's peace and you have a duty to perform, that is, to spread this peace which you are to one and all.

Live to spread this peace!

WHERE TO FIND HAPPINESS

Everywhere in this universe, in one respect man's condition is the same. No matter how vastly different he may be in the outer appearance of his life, different countries, different races, different cultures, different languages, different ways of living, eating, dressing, etc., he may be completely different in all of these aspects, but there is one thing that is the same to all human individuals. And it is this factor that binds them into a global unity. If analyzed, it will be discovered that all humanity is engaged ceaselessly, day after day, from the cradle to the grave, only in trying to avoid painful experiences and in trying to attain that which gives them happiness.

Yet, beloved seeker, let me ask you this one very important question. Since the time of creation, is there one single individual who has been born onto this earth who can stand up boldly and declare, "In my life I have never experienced any sorrow or pain or suffering whatsoever. My whole life has been a life full of joy, full of happiness, full of bliss". You will find that there is not even one single individual on earth who has not had at some time or another some type of pain or suffering or grief or sorrow.

This is a world of pain and sorrow. With a few minutes thoughtful reflection you will see that this is so. Many painful experiences are brought about by natural forces beyond our control—floods, earthquakes, tidal waves, cyclones, fires, famines. Then there is suffering brought about by other forms of life—germs, microbes, bacteria, viruses, insects, reptiles, animals. But by far the greatest source of suffering is caused by man himself. It is suffering that is self-created, that arises within our own psychological self due to desire and attachment for worldly objects—love and hate, anger and passion, fear, worry, tension, anxiety, jealousy, envy, greed, frustration, disappointment, disillusionment, the sorrow of separation, bereavement, and all other varieties of restlessness of mind due to our multitude of desires.

Everyone thinks happiness is to be found in objects and experiences. Everyone thinks, "If I could only attain certain objects, if I could only possess them, if I could experience them, I will get happiness." In spite of countless disappointments and disillusionments, man never learns. There is not an iota of happiness in earthly objects. No object is perfect. They do not have in them the power or ability to give you lasting happiness or joy because they are finite and they are imperfect. Otherwise, they must be able to give a homogeneous state of happiness to all beings at all times under all conditions. But what do you actually see?

If you like milk and you take a glass full of sweetened milk flavoured with spices, the first glass may give you satisfaction. And if you are pressed upon to take another glass, the second glass may give satisfaction, but it is not the same degree of happiness or pleasure as was the first glass. And if your stomach is already full with two glasses of milk, if you try to take a third glass of milk, it becomes unpleasant, it becomes undesirable. And if it is forced upon you, a fourth glass of milk produces nausea and you will have to throw it up. Where then is real happiness?

If milk had in it the power of giving happiness, it must be able to grant you this happiness at all times, under all conditions. It cannot change its nature. Such examples show that all experiences derived from the contact of senses with their respective sense-objects ultimately are experiences that end in disappointment.

Therefore, the great world teacher, Lord Krishna had this very important insight to impart to us when he said: “O Arjuna, all these experiences brought about by the contact of one or other of the five senses with their respective sense objects, these experiences are ultimately the source of sorrow. There is no real happiness in these sense contacts and sense experiences. They are but mere momentary sensations afterwards giving you pain.”

A wise person realizing the real nature of earthly objects, that they are impermanent, fleeting, empty of content, that they cannot give happiness, such a person never stoops to revelling in these petty objects of this materialistic world.

Yet lasting happiness must lie somewhere, otherwise the Creator would not have put this inner urge within each human soul. Somewhere there must be a source of eternal and unchanging happiness attaining which all desires become at once totally fulfilled. Is there an experience which grants at once total satisfaction and eternal bliss, which takes one forever beyond all sorrow, pain and suffering? This is an important question. It was to the resolution of this riddle of life that the ancient sages and seers of India devoted their entire lives. Relentlessly they pursued this quest until they ultimately achieved an experience of inexpressible joy that took them forever beyond all sorrow, pain and suffering.

These sages, being filled with universal love for all beings, did not want to keep this experience to themselves. Therefore, they declared to all: “O mortals, striving and struggling upon this earth plane, weeping, wailing, buffeted by the vicissitudes of life here, we have come upon a great discovery. There is something beyond these appearances, these vanishing names and forms that go to make up this universe. There is something beyond which forms the very source and support of all these objects of the phenomenal world. Why do you search in vain for happiness outside. Come, come, happiness resides within. Stop your wanderings amidst this desert of empty earthly objects, amidst this jungle of sensuality, and turn your gaze within. Dive within. Happiness is within. God is within you. Meditate upon the Reality within.”

They had discovered a Supreme Reality attaining which one goes beyond all relative experience, all duality, and enters into a blessed state of Bliss Absolute, a state beyond all sorrow. To attain that state in which even the heaviest sorrow is powerless to shake one is the birthright of each and every individual soul.

*If Wealth is lost,
nothing is lost.*

*If Health is lost,
something is lost.*

*If Character is lost,
everything is lost.*

THE PURPOSE OF LIFE

This life here upon earth has a great meaning and significance. Without knowing the significance, you cannot live this life in a correct and proper way. It is most necessary to know the great aim, purpose, and goal of this your earthly life. Otherwise, instead of moving towards this true goal, your life will lose its correct direction and become side-tracked in running after small and petty aims and purposes. This will only result in misery, restlessness, and deep disappointment. There is no greater loss than such a fate.

Man is born for the living of divine life here and the attainment of sublime, higher, spiritual experiences. This is a grand, divine plan for each and every one in the human family. You are indeed divine. You are not merely the body and intellect. You are different from the perishable body of flesh and bones and from the mind and intellect which are finite and changeable. You are unchangeable, infinite, immortal Atman (the divine soul). You are only dreaming this agitated dream of being a little, weak, imperfect, human individual afflicted by egoism and selfishness, by desires and cravings, by fears and anxieties, by love and hate, and numerous other painful conditions.

O Beloved Child, when will you wake up from this deep sleep of ignorance? Come, come, wake up now. Recognize your true identity and enter into a life of joy, peace, and wisdom which is your essential nature. To attain your essential nature is the central purpose of your life. Therefore, live wisely. Attain this goal and make your life a true success.

GOD IS LOVE

How precious each soul is to God is brought out through the parable of the lost sheep. There was a certain man who had one hundred sheep. One day, one of his sheep fails to return home. Notwithstanding the fact that he has got ninety-nine sheep safely and securely put back into the pen, this man will take a lantern and go out looking for the lost sheep in the darkness of the night amid the howling wind and inclement weather. Even though ninety-nine are there, what does it matter? He will go after the one that is more precious to him than the ninety-nine he has got, the one lost sheep. So over hill and dale, up mountain crag and heights he will climb and endanger himself, risking his life, in order to find the sheep and bring it back.

Such is the love of God, the Divine Love. This one lost sheep is as precious to Him as the ninety-nine other sheep which He has already got. Such is the love, the spontaneous love, the Father has for each of you.

The Father is always gracious. No matter what a stinker you have been. No matter what depths of degradation you have fallen in, you may have eaten with the swine. It doesn't matter. All that is nothing in the eyes of the Father. Such is the parable of the prodigal son. When the son willfully went away, the Father was so sad. He was pining for the son more than the son knew. When the son returned, there were open arms. Always a welcome is waiting for you, and

the best robe, the choicest robe. “Go, put my choicest robe upon my dear son who has returned. Let everyone rejoice.” There is no parable that brings out the relationship between the individual and God more appropriately and wonderfully than the parable of the prodigal son.

This is the relationship between God and the individual soul. That is infinite love. And no barrier can stand between you and He, only you must start moving towards Him. Ask of His Grace, and immediately you shall have it in abundance. In His sight all are precious. As Jesus proclaimed: “Come unto Me all that are weary and heavy-laden; I will give thee shelter.” God is love. If you have devotion to Him, all other considerations are swept away. He doesn’t care. He only sees your heart.

MANY NAMES—ONE GOD

God is All Love. He is the Ocean of Compassion, the Ocean of Forgiveness, the Ocean of Kindness. He is the only Reality. He is the basis, source and origin of all religions. He is the goal of all religions. Even though called by different names, as Brahman, Atman, Jehovah, Father in Heaven, or Allah, yet that Supreme Cosmic Reality is One and Non-Dual. It is that Reality which is worshipped in all places of worship: Hindu temple, Jewish synagogue, Christian church, Islamic mosque. It is the One Being glorified in all the scriptures of the world.

For before creation was created, to whom did God belong? Before there was any creation at all, when there was neither sun, moon, stars, planets, space, time, world, what to say of human beings, then what was His name? Who was there to give Him a name? What were the words that uttered any prayers to Him? Who was there to pray? Why do we fight over names? What folly! Before there was any creation at all, the one absolute transcendental Being alone existed, the one universal Reality that ever has existed, ever exists, and ever shall exist.

It was only when man came into being in the course of the strange, mysterious progression of human history that languages arose. In different parts of the earth, different ways of expressing thoughts through articulate speech evolved. Different terminologies to express the same thing developed.

Consider how many totally different names there are for the one element that you drink in order to slake your thirst. In another country, if you ask for water in your language, they may not know what you want. Yet, water is the same, thirst is the same. You call God one thing, he calls God by another name, but that does not multiply God, that does not make God many. There is only one non-dual Supreme Universal Spirit. God is the Great Spirit. Call Him Allah, call Him Ahura Mazda, call Him Almighty Father in Heaven, call Him what you will, It is the Great Spirit.

And all religions say that you are related to God. This is one of the basic concepts in all religions. In Islam they say, “there is the Light of Allah in man.” In the Bhagavad Gita, Lord Krishna says, “I am the Soul seated in the hearts of all beings.” Christianity and Judaism say that God created man in His own image and breathed His spirit into him. Therefore, the spirit of God

indwells man as the innermost reality in him. The essence of living a successful life is the awakening of the sleeping and slumbering divinity within you, and doing all one can to bring about its fullest unfoldment. This is real life.

GREAT SPIRIT

By Yellow Lark of the Sioux

O great spirit, whose voice I hear in the winds, and whose breath gives life to all the world, hear me.

I come before you, one of your many children. I am small and weak. I need your strength and wisdom.

Let me walk in beauty and make my eyes ever behold the red and purple sunset.

Make my hands respect the things you have made, my ears sharp to hear your voice.

Make me wise, so that I may know the things you have taught my people, the lesson you have hidden in every leaf and rock.

I seek strength not to be superior to my brothers, but to be able to fight my greatest enemy—myself.

Make me ever ready to come to you with clean hands and straight eyes, so when life fades as a fading sunset, my spirit may come to you without shame.

THE ESSENCE OF ALL RELIGIONS

God's plan for us was not just endowing us with a comfortable material life. Then we would only be well fed, well clothed, well housed, academically-degreed animals capable only of functioning upon the animal level.

What is it that distinguishes human beings? The ability to be compassionate, the ability to feel for the joys and sufferings of others, the ability to wish to ameliorate the sorrows and troubles of others. Animals, instinct bound, are able to live for themselves. Human beings are the unique creatures, the unique animal in God's creation, who can think of others, who can try to live for others. Living for oneself every bird and beast can do.

If, while you live for yourself, you also start living for others, wanting to make others happy, then you become human, because this is the essence of humanness. Understanding that what is unpleasant and painful to you is unpleasant and painful to others also, live in such a way

that you do not give such experience to others. Knowing also that those things which give you joy and happiness, must similarly give joy and happiness to others, engage yourself in doing such things that bring about these similar experiences to others.

What is religion but fulfilling the will of God in our daily lives as it has been expressed in the wisdom teachings of all the great scriptures of the world, as it has been expressed in the lives of all the saints, sages, seers, messiahs, prophets and messengers which He has been sending from time to time to remind us of His will. Fulfilling the will of God in our daily lives is the soul of religion. Otherwise, if religion is a thing to be confined to some time of the week in some place in our city and no more than that, then our world has no hope of any improvement. It is only when true religion fills us from the top of our heads to the tip of our toe nails and becomes part and parcel of the living of our lives, then alone this world can be a place where to live would be a joy, to live would be to love.

ONENESS

There is something within each of us, within each being, each creature, that is the same in all. This innermost essence knits all existence into a mystical oneness in which all differences are transcended and dissolved. It is when you are activated in the depth of your being that you get the blessing of this oneness.

This oneness goes beyond the barriers of creed or dogma or theology of any sect or cult. It is the deepest innermost essence of each individual spirit. It is this inner stirring within the heart of the individual that is the eternal religion, that is the one great power that pervades the whole world, which immediately makes one kin with all that exists.

It makes a human being kin, not only with another human being, but even with a blade of grass, or a flower, or a little beetle, or a bee, or even with the wild beast of the jungle. You feel kinship with all nature through this power. It is the power of God's love.

And the power of God's love stirs, not in the human brain or the human intellect, but in the human heart. It is this power that makes one give up one's life for the life of another, to do anything for the benefit of another. No sacrifice is too great. A sacrifice is not even looked upon as sacrifice. "I lose nothing. I gain if my brother is the gainer, because my brother is my own self. Everyone is my own self, my own reflection." For ultimately, that is the supreme commandment of all the Great Ones: to love one another.

At this moment in time, at the close of the 20th century, let us all make up our minds that whosoever is with us, whosoever is in front of us, is my neighbour, my brother, my sister. Let us relate ourselves to one another by expressing His love and in this way strive to overcome the clash and conflict, hatred and violence that is so prevalent nowadays. That the brotherhood and harmony of all living being may prevail.

YOU ARE DIVINE

You are a Child of God. You are Divine. You are essentially an eternal and imperishable divine spirit. You are immortal Atman (the divine soul within.)

You are not this perishable cage of flesh and bones. You are not merely this restless and impure mind filled with selfishness, anger, hatred, passion, greed, cravings, etc. Neither are you this limited and finite intellect which is many a time prone to error and fails you at the time of need in solving our problems. But beyond body, senses, mind, and intellect, you shine resplendent as an eternal and immortal spirit.

Satchidananda (Existence-Consciousness-Bliss Absolute) is your real nature. You are an eternal part of the Supreme Universal Spirit whom we refer to as God. He is a Cosmic Being, the eternal source and origin of your very existence. You are inseparably connected with Him in the inner dimension of your real nature, your spiritual nature which is in fact your true identity.

You are in truth a Child of God. You are not of the earth. You come from a dimension which is beyond this phenomenal existence. Somehow or other you have got caught in this temporary state of embodiment and encasement and limitation of mind full of selfishness, opinions, fears, and worries. But this is not natural. You must put an end to this.

You are a Child of God. You are Divine.

THE GREAT SADHANA

Worshipful Homage!

To the eternal, all-pervading Supreme Reality
Beginningless and endless
Within and without
Above and below and all around.

To that Divine Consciousness
Dormant in the stone and mineral,
Breathing, barely sentient, in plants and grosses,
Dynamic, active, mobile in animals,
But gloriously aware in you, the highest manifestation, as purposeful, rational
intelligence,

To that Divine Perfection we bow.

May Its grace transform you,
Its pure divinity shine through you

As all that is sublime, auspicious, beautiful and true.
And thus fulfill God's plan.

This is Gurudev's wish for each and every one of you.

MYSTICAL MOMENTS

Somehow or the other these universal souls come. They are the real cosmopolitans. They proclaim the great oneness and brotherhood of all living beings.

Over the course of human history, many a time their teaching is stifled, is overcome by dry philosophy and dogma. Yet, in spite of that, it never dies. It is like the grass that is covered over with snow in the winter. Each long winter you think the grass is no longer there. But come spring and the thaw sets in and the sun slimes again and the snow clears, God knows, sometimes even from within a layer of snow, this green shoot thrusts itself out and is seen. How amazing is this vitality. It never dies. So too with the teachings of the saints. From time to time, during the course of history, always these mystical moments keep cropping up.

In whichever race, clime or time they appear, these great minds have ever thought alike. They have borne irrefutable testimony to the essential underlying unity of all humanity. Their exceptional character encourages, inspires, and unerringly guide the masses. By their achievements they indicate the heights that are attainable by right effort. They show what hidden potencies human being contain and what high destiny lies ahead.

For in their vision they see in you an immortal spark of the divine. They say that you are part of a Universal Essence, an eternal Cosmic Reality that is beginningless and endless, that is eternal and permanent. You have not come here merely to live, grow, eat, drink, enjoy some little sense enjoyment, laugh a little, weep a little, and then one day pass away without leaving any sign of yourself. This is merely physical existence. The realization of your true identity, of your immortality, of your essential divinity, that may be held to be your divine destiny.

This great ideal was proclaimed as the goal of all human individuals. For these illumined saints and seers say: "O man, striving and struggling in this earth plane of phenomenal existence, we proclaim to you a great discovery. We have attained an experience which has liberated us from all sorrow, pain and suffering and which has filled us with supreme bliss. We wish that you also share this wonderful experience. Come and listen. What we have attained you can also attain. We have come face to face with that radiant Cosmic Being beholding whom the mortal becomes immortal."

It is that Eternal Reality alone that can give you true happiness. And that Eternal Reality is not only a Cosmic Principle, it is the innermost centre of your being. You are part of that Eternal Reality. Deep within you lies this bliss as your own Self. Never for a moment is that

bliss apart from you. Never for a moment is that bliss absent. It is the ever present truth of your being.

You cannot know it through the senses because the senses are outgoing. You cannot know it through the intellect. Be silent. Stop thinking, and take your mind within. Know that you are immortal bliss. Become aware of that Radiant Being who, in silence, thunderously proclaims “I-am”. Know thyself and be bold, fearless and free.

A SIMPLE MEDITATION

Every day, morning and evening, sit silently. Drop the world from your consciousness. Calm the Mind. Keep the body straight. Breathe naturally and rhythmically. And raise your consciousness by recitation of a favourite prayer or repetition of the Divine Name, if you want. Whatever Name your religion has to indicate the Supreme Being, repeat that Name. All Names imply the same thing: total perfection, infinite perfection, eternal life, unfathomable peace, infinite bliss, all purity, all truth, all light.

In this way, connect yourself with the Divine. Whatever religion you belong to, you are a child of God. God is the Universal Spirit. Because you are a child of God, you are also divine. Feel your divinity. Feel your spiritual nature. Feel yourself all perfect, imperishable, ever blissful, ever peaceful. And try to remain in that state of awareness for as long as you can.

If the mind wanders here and there, ignore its wanderings and bring it back gently. Focus it back into the awareness of your real nature. Be in that awareness. Feel yourself bodiless, mindless, without name and form, without birth, without death, timeless.

Enter into an awareness of the Divine and stay in that awareness. There is nothing. There is no time, no space. There is only a vast, timeless ocean of existence, consciousness and bliss. Become one with it saying, “I am a part of that infinite ocean of bliss, peace and luminosity.” Do this practice.

COMMITMENT

Thus, everything has been placed before you—the possibilities, the risks, the dangers. They say: “Forewarned is forearmed.” All the scriptures tell us of all the dangers upon the path and warn of the pitfalls and risks to the human questing soul. Lord Krishna Himself says it in the Bhagavad Gita: “Triple is the gate of this hell, destructive of the self—lust, anger and greed. Therefore, one should abandon these three.” And in the eighteenth chapter, He tells us: “Now I have told you everything that is to be known. I have given you all the facts, without reservation. Now it is for you to decide. It is up to you.”

Therefore, deeply dive within yourself and be clear as to what you are committed to. What are you living for? For what are you prepared to face anything? What are you even prepared to die for? That is the acid test.

Are you committed to something very definite, very clear, very unmistakable? Ask yourself this question. Keep on asking until you are clear, until you are absolutely certain about your answer to this question. For according to your commitment, that will be your life.

We have to start somewhere. What does Gurudev Swami Sivananda have to say about our commitment? First, be committed to a life where we put service before self. “Not I, but all Your creation, O Lord, and Yourself too.” As Gurudev has said, “God first, world next, yourself last.” Because, getting caught in the net of selfishness will nullify all spiritual aspiration. In that blindness, we will not at all see what we are doing. And there we will get stuck. There is no more dangerous pitfall than selfishness.

Ask, “What can I do for others? In what way can I be helpful, in what way can I benefit other people with whom I am living, with whom God has put me, be they young or old, healthy or ailing? In what way can I be useful? In what way can I help to benefit this planet Earth which is our Great Mother and gives us life? How can I help to preserve her beauty and resources and rectify the callousness of modern man?” Selflessness and a spirit of service is one principle and objective to which we may be committed in our day-to-day living.

Then, commit yourself to devotion to God and daily worship. Commit yourself to discipline, self-control, control of the senses, conquest of the desires of the mind, and unflinching daily meditation upon the Supreme.

Lastly, but not leastly, be committed to discrimination, asking: “Who am I? What is this world? Am I this perishable cage of flesh and bones? Am I this nonsense of a mind that is ever bothering me, ever making me restless creating complication? Am I this unreliable intellect? No! As scriptures say, “Neither am I the mind, nor the intellect, nor egoism, nor mind-stuff. I am Consciousness-Bliss, part of God.” Thus, through discrimination between the real and unreal, through self analysis and investigation, attain Self-realization.

So, therefore, commit yourself to all of these as part of your day-to-day living. And commit yourself to the triple principles of non-injury, truthfulness, and purity of conduct and character. Cherish these three great principles: compassion and kindness to all creatures; self-control and purity in thought, word and deed; and truthfulness. “Let even death overtake me, but I will not leave these three principles.” In this way, pledge yourself to abide by these great principles. Then there is no power on earth that can stop you from attaining the highest, the Supreme Good, that can stop you from becoming a perfect gem, a rare and unique phenomenon in this world able to bless your own times and benefit your contemporary human society. May God bless you in this noble endeavour.

NATIONAL CODE OF CONDUCT FOR THE CITIZENS OF INDIA

1. **Patriotism:** Our Motherland should be our first and highest consideration. Welfare of the nation is our own welfare. Therefore, let us willingly be ready to offer up even our own life for our country. Let us inculcate in our children and members of our family love for our country, the spirit of patriotism and service to our country and our fellow citizens.
2. **Duty:** Our first and foremost duty is to God and to Righteousness. Leading a righteous life is the best and most valuable service of our Nation.
3. **Character:** Character is the greatest wealth. A pure, incorruptible citizen is the greatest asset of our Nation. This is vital and indispensable. Therefore, good character is to be given top priority value; upon this depends our nation's welfare and its future stability.
4. **Health:** Health is the basis of success. Health is wealth. Next to character, it is the greatest national asset. As citizens, building up character and safeguarding health, should be our primary duty to the Nation.
5. **Virtue:** Let us join hand and eradicate the evils of gambling, liquor-drinking, drug-taking, tobacco-smoking and betel-chewing. Let us eradicate the evils of bribery, corruption, selfishness, immorality, dishonesty and misconduct. Disloyalty to our Nation is crime and unpardonable sin.
6. **Public Property:** O Citizen! We are custodian of public property. Let us not spoil, misuse, steal or destroy National property. Let us preserve it with love and care. Let us keep our country neat and clean. This is your sacred duty.
7. **One Family:** All our citizen are brethren. Let us feel this fraternity. Let us all love each other and one another and be united because, we are one family.
8. **Religion:** We must have equal reverence for all religions, creeds and faiths. Let us love as our own brother the followers of our faiths. Let us treat others as we wish to be treated by them.
9. **Non-violence:** At all cost avoid every type of violence and hatred for, this is a blot on the fair name of the Nation. It is soul-killing and cause great harm to our country's welfare and development. It is totally opposed to our Nation's ideal.
10. **Economy:** Let us adopt simple living and high thinking. Let us not be extravagant. Let us avoid waste. Let us practise frugality. Let us share what we have with our less fortunate fellow citizens. This is National virtue that our India needs today.
11. **Law:** Let us respect the rule of law and uphold social justice. In this lies the guarantee of our welfare and orderly progress towards better India.

12. **Ahimsa:** Non-injury is our highest virtue (Ahimsa Paramo Dharmah). Compassion is a divine quality. Protection of animals is our sacred duty. This is India's special teaching. Let us be compassionate towards all creatures. Thus be a true Indian. Try to become an embodiment of kindness compassion and goodness in your every day life.
13. **Ecology:** Man and Nature are inseparable. Man and his natural environment are inter-related and mutually interdependent. Everything in Nature contributes to our protection and nourishment. Let us, therefore, protect our natural environment. Helping in maintaining the ecological balance is our duty. It is indispensable for our safe living and highest welfare. Polluting of public places and polluting of air and water of the country is a national crime. We must make amends of our past lapses.
14. **Unity:** The more united the people of a country, the greater is their ability to withstand all obstacles and dangers. United we stand, divided we fall. This is particularly true about today's India. Therefore, let us live in close harmony and loving goodwill with all our countrymen. Love of our country means love of our countrymen. This is the most invaluable service a Citizen of India, can offer to our Motherland.
15. **Education:** The process of education should incorporate within it the imparting of the basic knowledge of India's great culture, its lofty ideals and noble values and principles of living. Our education has to be oriented for enriching and enhancing the quality of life of our youth and students.

**THUS, SHINE AS A TRUE CITIZEN AND SERVE YOUR COUNTRY BEST, BY
THE VERY MANNER OF YOUR LIFE AND CONDUCT.**

SRI SWAMI CHIDANANDAJI MAHARAJ A BIOGRAPHY

Swami Chidananda is truly one of the great spiritual teachers of the twentieth century. He is the President of the Divine Life Society which was founded by his great Master, Gurudev Sri Swami Sivananda Maharaj.

Swamiji was born on September 24, 1916, into an orthodox Brahmin family in Mangalore, South India. He was named Sridhar Rao and was the second of five children and the eldest son. His father, Srinivasa Rao, was very wealthy and owned several villages, extensive lands, and palatial buildings. His mother, Sarojini, was noted for her kindness.

As a small boy, Sridhar was greatly influenced by stories from the great epic literature of India, the Ramayana and the Mahabharata. These stories told of the lives and exploits of Rama and Krishna. Living a noble life became an ideal which he cherished.

An uncle owned a movie theater in a nearby town. When the children in the household were too noisy, they were taken to the cinema. There they saw many famous movies made in America: Tarzan, Charlie Chaplin, King Kong. Sridhar saw so much about America on film—architecture, customs, styles of dress—that he felt quite at home there when he arrived many years later.

In school Sridhar was an excellent student. He always tried to set a good example to the other students, and his warm and cheerful personality made him many friends among students and teachers alike.

In 1934 he was admitted to Loyola College, in Madras. At this Catholic college he was able to study first-hand the teachings of Jesus Christ concerning compassion and service to mankind. To him, the Bible was the living word of God, just as living and real as the teachings in the great works of Hindu culture. He was able to see the similarities between the teachings of Lord Jesus and the teachings of Lord Krishna. In 1938 he emerged with a Bachelor of Arts degree.

During this time, service to lepers became his ideal. He persuaded his father to set aside some land as a village for the lepers. He looked after them with great kindness and helped them set up workshops for weaving and other crafts from which they could earn a living.

Drawn to the spiritual life, Sridhar applied for permission to join Swami Sivananda's Divine Life Society Ashram. Swami Sivananda was a great and saintly teacher famous worldwide for translating the ancient scriptures into English so that people in the western countries could read them. The Ashram was located on the banks of the Ganges in Rishikesh, in the foot-hills of India's holy Himalayas. In 1943, at the age of 27 years, he joined the Ashram. In those days, the Ashram did not have any running water or electricity. There were not even steps on which to go up and down the steep river banks. It was very cold in the winter, and the young monks had to walk bare-foot over gravel roads covered with very sharp stones because there was not enough money to buy shoes. In peak summer, it was as hot as a sauna. Like that they practiced austerities.

On arrival, he was asked to serve in the dispensary. Soon he became known as the man with the healing hand. His growing reputation attracted a rush of patients to the Sivananda Charitable Dispensary. Patients from the neighbourhood, suffering from the worst kinds of diseases, came to seek his help. It did not matter whether they were rich or poor. To him the patient was none other than the Lord Himself, and Sridhar served each patient with a tender love and compassion. Nothing would keep him from bringing comfort to the suffering no matter the urgency of other engagements. This included his continuing care for the lepers which earned him appointment to the Leper Welfare Association of the District.

When the Yoga Vedanta Forest University was established in 1948, Gurudev appointed him Vice-Chancellor and Professor of Raja Yoga. Towards the end of 1948, Gurudev nominated him as the General Secretary of the Divine Life Society. The great responsibility of the Organization of the Society now fell on his shoulders. On Guru Purnima day, July 10, 1949,

Sridhar was initiated into the holy order of Sannyasa by Swami Sivanandaji Maharaj. He was given the name “Swami Chidananda” the meaning of which connotes one “whose happiness is in Pure Consciousness”.

In addition to his regular tours in India, since 1959 Swamiji has undertaken many world tours. He has covered almost all the countries in both hemispheres visiting Divine Life Society Branches and offering spiritual advice to all the devotees and seekers within the fold of Gurudev’s Mission. In August, 1963, he was elected to succeed Sri Gurudev as President of the Divine Life Society.

His intrinsically good and loving nature has brought immense solace in the lives of hundreds and thousands. Over the past decades Swamiji has been a tireless apostle for the ideals of spiritual life and selfless service to all kind. All those who have come in contact with him have been deeply impressed by his spiritual power, all-embracing love, and profound humility.

Our loving adorations to revered and beloved Holy Master Swami Chidananda who has given to us the gift of these teachings. May all the readers be blessed with Peace and Joy, Victory and Success now and for always.

THE PRAYER OF SAINT FRANCIS OF ASSISI

*“O Lord, make me an instrument of Thy Peace!
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is discord, harmony;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light, and
Where there is sorrow, joy.*

*Oh Divine Master, grant that I may not
so much seek to be consoled as to console;
to be understood as to understand; to be loved
as to love; for it is in giving that we receive;
It is in pardoning that we are pardoned;
and it is in dying that we are born to Eternal Life.”*

THE UNIVERSAL PRAYER

By Sri Swami Sivananda

*O Adorable Lord of Mercy and Love !
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.*

*Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptation and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.*

*Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.*