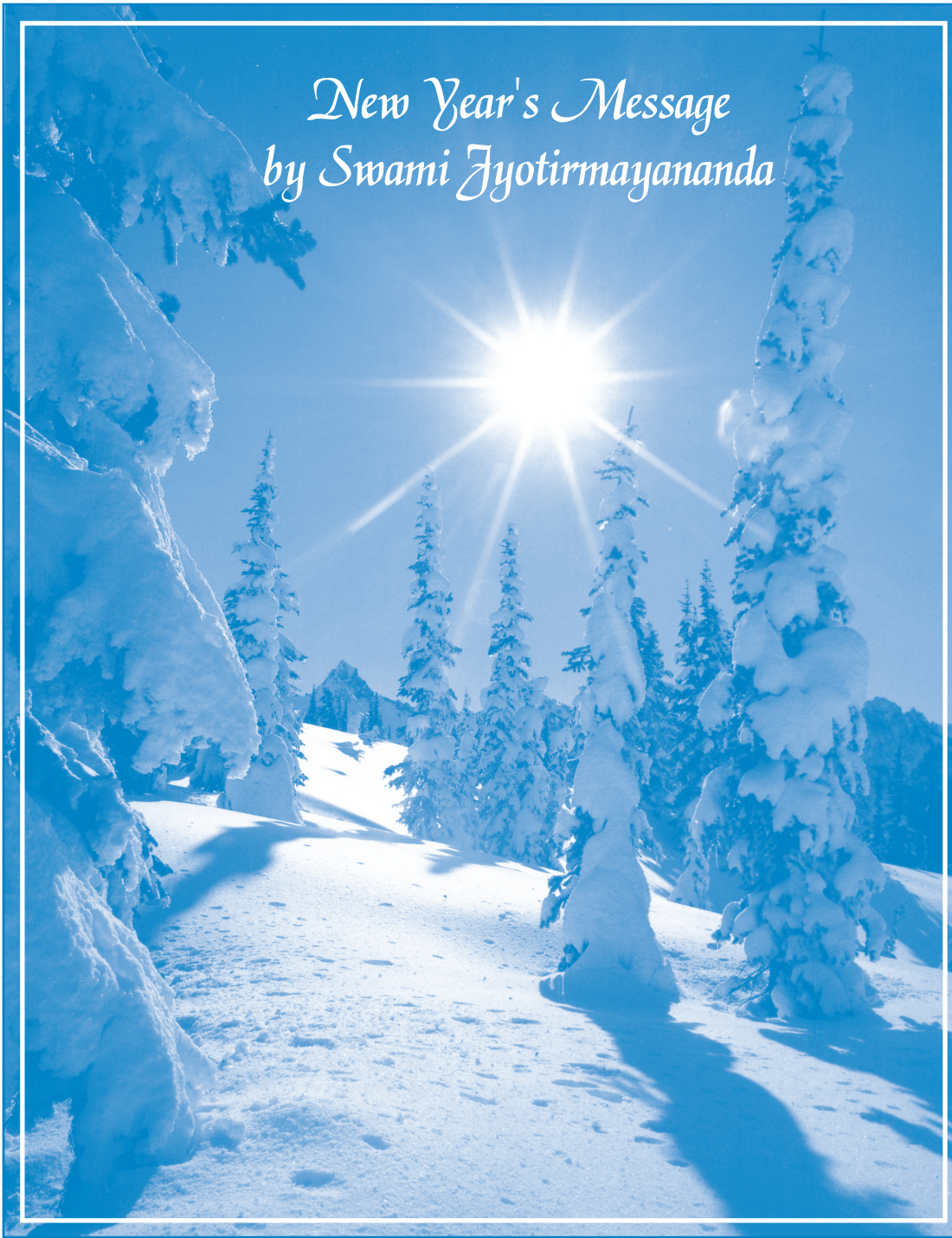


*New Year's Message
by Swami Jyotirmayananda*



Discover New Dimensions of Life

THE innermost Self within you is the same innermost Self that dwells within all beings and objects of the world. You are not this finite personality trapped in the dimensions of time and space. You are the devourer of time and space itself—the Eternal Self.

Let your personality become so harmonized that the vision of the Eternal Self sweeps over your entire being and all that surrounds you. In that ideal state of Self-realization, the hidden stream of peace that has always been present flows into the ocean of Eternal Life. You are liberated and no longer a slave to ignorance.

Your subconscious mind is now permeated with auspicious impressions. Your conscious mind has intense focus and concentration. Your intellect has become intuitive, and your illusory ego has surrendered itself to the Divinity within. Because you perceive the Self within all life, you are able to withdraw your senses from sense-objects at will. Your external activities reveal an unusual charm and grace. You become a source of strength, hope, faith, and joy to the world.

Following are some vital spiritual points to achieve this goal:

Bring Rhythm and Harmony in Your Daily Life: Maintain a vision of integrating all aspects of your personality. Avoid swinging to extremes. Incorporate a synthesis of loving service, creative activity, serene moments of relaxation, sound sleep, healthy entertainment, refreshing physical exercises for the body, profound concentration and meditation for the mind, prayer and devotion for the heart, and spiritual enquiry for discovering the infinite glory of the innermost Self.

Conserve Your Mental and Physical Energy: Avoid dissipating your mental energy by indulging in jealousy, hatred, animosity, worries, anxieties, and multiple distractions that cause the mind to become debilitated.

Thus, you will find abundant energy and sufficient time at your disposal to pursue the path to God. For mental development, learn the art of concentration and meditation daily for half an hour to an hour. As a result, waves of fearlessness, peace, harmony, and joy radiate. With a healthy diet and the practice of Hatha Yoga *asanas* (poses) and *pranayam* (breathing exercises), you develop a healthy nervous system and become physically fit. All these will enhance your spiritual movement.

Do Not Be Satisfied with Limited Perfection: Continue to cultivate the spiritual virtues of humility, non-violence, compassion, truthfulness, self-control, balance of mind, and the intuitive perception of the inner Self. A greedy man is not satisfied with a limited amount of wealth, and continues to accumulate more and more. Similarly, an aspirant should continue to acquire more and more of the wealth of Divine virtues.

Feel the Presence of Divinity Within: Discover yourself as a wave in the ocean of Divine Existence — as the ocean of God Himself. Allow the feeling of Divine Presence to unfold within. Feel the refreshing breeze of Divinity sweeping down from the celestial mountain heights into the green valley of your entire personality. Perform every action with the perception that it is the Divine Will operating



through you. Invoke God in every undertaking and leave expectations for their fruits in the hands of Divinity. Increasing mental repose and spiritual surrender will flourish.

Find Fulfillment in Spiritual Love:

Develop the vision of loving the Divine Presence within yourself, as well as within all your family, friends, and acquaintances. Perceive the Divine glory behind the fleeting masks of human personalities. As you discover new dimensions of love and your feeling becomes profound, your desires for shallow pleasures of the world will be drowned in the experience of infinite sweetness.

Be a Hero in the Battle of Life:

No matter how difficult the conditions of life may be, do not be defeated. Understand with certainty that you are like the vast blue sky — ultimately unaffected by all conditions in life. Storms may rage, thunder may crack, lightning may strike, tornadoes may whirl, volcanoes may explode skyward—but the sky remains unaffected, without a scratch. All of these conditions disperse revealing the clear blue firmament. Negative conditions — as well as positive ones — are passing clouds. Maintain your mental peace by reflecting on the immutability of the Self. Enquire into “Who am I?” while fulfilling your responsibilities in your day-to-day life with increasing dispassion.

Remember the Fundamental Purpose of Life:

While in the midst of multiple activities of day-to-day life, maintain your focus on the underlying purpose of your existence — discovering the Infinite Self. All relationships, all activities, all circumstances in your life — are not ends in themselves. They are merely tran-

sitory developments in your journey to the Self. If this vision is maintained throughout your day, you will not drown in the waters of illusion; you will experience peace in the midst of turmoil. Just as mountain peaks hold their heads high above the clouds and are illuminated by the light of the sun, similarly, you must hold your inner being above the turmoil of daily life in order to experience the eternal Light of the Self.

May the Lord bless you with health, long life, peace, prosperity, success and Divine Realization during the New Year!

*Let the vision
of the Eternal Self
sweep over your
entire being and all that
surrounds you.*

