

Spiritual Instructions

You are not a personality of a few years. You are an everlasting spirit. In fact, you are the Eternal Atman.

You travel through the world-process. The experiences of pleasure and pain, gain and loss, meeting with loved ones and parting from them—all these are shifting scenes on your path. Nothing belongs to you. Therefore, learn the art of detachment.

You are God playing the part of a human being. The drama will unravel many pathetic and joyous situations in life. But you are always the detached witness of the roles that you play. Do not become involved in the passing show of the world-process.

You are not a slave of the senses and mind. You are not a puppet of strange destiny. You are the master of your circumstances. You are the creator of your conditions. You are the Reality that underlies all names and forms. Therefore, do not torment your mind over the fleeting conditions of the world.

Why do you grieve over yourself? You are the Immortal Atman. Nothing can be added to your fullness; nothing can be taken away from your inner perfection. How can the sky be enriched by clouds? How can it be impoverished when the clouds dissolve?

The world is a long dream. Wake up from this dream of the world-process through intuitional realization. All that you desire, all that you endeavor to gain, all that you struggle to maintain and perfect in your life will be in vain if you do not recognize the central purpose of your life.

Do you grieve for others? They are spirits governed by their own inner karmas. They too are essentially the Divine Self. Instead of grieving over their apparent conditions of adversity, try to impart the knowledge of the Self to them. Try to elevate their minds by your thoughts, words and actions. This is indeed true religion. This is the essence of the doctrine of doing good to others.

To whom do you belong? As an individual you seem to belong to a family, to a group of human beings, to a society, to a nation, to the world. But in fact, you belong to no one. You are not an individual personality. You are the Self—sustaining all names and forms. How can the ocean belong to a wave, or to a group of waves?

As an incarnating soul you had many fathers, mothers, wives, husbands, sons, daughters, friends, and enemies. You encountered many problems in every embodiment. You have had moments of joy and times of suffering; you laughed and you cried. And even this present setup of relationships will melt into nothingness. Therefore, direct your mind to the Eternal Self that remains immutable in the midst of the relentless changes of the world-process.

Do not grieve. Be up and doing. Become a Yogi. Devote yourself to the project of integrating your personality by following the path of Integral Yoga.

Your own Self is the embodiment of love. Why are you enchanted by the glittering reflections of the sun in the dewdrops when the sun of the Self shines in the depths of your heart? Discover that sweetness of Divine love that intoxicates the mind, melts the ego, dissolves the veil of ignorance, and unites the soul with the Divine Self.

By Swami Jyotirmayananda