

Spiritual Instructions

Just as seeds grow with the aid of sunshine and rain, in the same way, the seeds of spiritual aspiration grow in the atmosphere of dedication and Divine love.

Learn to relax your body and mind. The understanding that the world is a Divine Plan, that every development has the Divine Hand behind it, enables you to develop mental repose in all conditions.

Develop Divine Love. Adore the Supreme Self in the shrine of your heart through devout meditation. All forms of human love are refractions of the deep-rooted need of Divine Love.

Human sentiments of love are fulfilled when the Divinity is recognized behind the mask of human personality. It is the Divinity who is loved through different passing forms. Love of God should become the underlying basis of all spiritual movement.

Just as vessels of food are daily cleaned with detergent, so too the body must be regularly purified by the practice of Hatha Yoga exercises of asanas and pranayamas, and by an intelligent system of diet and observation of the laws of health.

The secrets of physical health and vitality lie in the mind. Therefore, while the body is being attended to, the mind should not be ignored. You should not wait for the body to become perfect in order to take up the mental practices of meditation and reflection.

Continue to purify your mind in spite of the limitations of the body and its conditions. As inner fulfillment is progressively acquired, and creative horizons of the soul are encompassed, the physical body will begin to vibrate with an increased supply of prana (vital force). The maladies that were acute and chronic will now fade from your view, as if they did not exist.

Continue to move on the path of spiritual movement without lingering on the psychological problems of the mind. The vices that seem so strong and deep rooted will drop out of your existence as you continue to assert your inner Divine nature, and express it through your thought, word and action.

No matter how limited your devotion to God may be, no matter how defective your meditation on the truth, every effort that you put forth towards the recognition of the Divinity within will enable you to overcome great miseries in the future. You will be mysteriously led to the understanding of the deeper secrets of life. You will become victorious in the battle of life.

By Swami Jyotirmayananda