



Be Thankful to God

Be thankful for the blessings of human embodiment, which can enable you to attain Self-realization, and thus, end the process of birth and death.

Be thankful for the gift of intellect, mind, senses and the body, for by the right use of these, you can scale the heights of devotion and wisdom, becoming immersed in the Divine Self.

Be thankful for the conditions of prosperity and success, because these are gifts from God beckoning you towards the enfolding of the virtues of humility and righteousness. When a tree is laden with fruits, it bows down in humility. But, if a person endowed with prosperity does not express humility in their personality, they are sinking in a world of delusion.

Be thankful to God for the conditions of adversity as well. Adversity enables you to discover the fountain of spiritual energy within yourself. It is an eye-opener. It deepens your insight into the subtle facts of spiritual life. In reality, the very notion that you are confronting an adversity is erroneous; you need to discover the mysterious workings of the Divine Hand behind apparent adversities. When you do so, you will deeply know that the Divine Intention in you is not to lead you to pain and misery, but bring about the cessation of pain and endow you with immense spiritual bliss.

Be thankful for the life you are gifted with. During this life, you can explore the regions of the heart, climb the mountains of intuitive vision, dive deep into the ocean of Divine love, and discover the precious pearls of Divine virtues. What could be more adventurous and heroic than this?

Be thankful to God for leading you into the battlefield of the mind, wherein the forces of darkness as well as the forces of light are ever engaged in battle. Sometimes the battle becomes intense; sometimes it fades into a state of apparent peace. However, you must continue to fight with the firm faith that you are bound to attain victory in the form of Self-realization.

You give best thanks to God when you turn your present life into the last embodiment in this mortal world. You do so by following the path of Yoga until the Self is realized. Then you are not born again.

You give best thanks to God when you discover that you are essentially Divine. It is the Divinity Who has enacted the drama of this world-process. It is He who has entered into this world as the director, the actor and the audience of this world-drama. Play your part well, and while doing so; discover the fact that you are essentially the Divine Director of this great show. Thus, root out all forms of suffering, and be immersed in peace and bliss.

By Swami Jyotirmayananda