



LET THE DYNAMISM OF YOGA PERVADE YOUR DAILY LIFE

BIRTHDAY MESSAGE BY SWAMI JYOTIRMAYANANDA

Blessed Self in all, Adorations!

Learn to be a dynamic Yogi—a practical Yogi. Sri Swami Sivananda used to say, “An ounce of practice is better than tons of theory.” Therefore, endeavor to bring the teachings of Yoga into your daily life.

You may have read about the glory of mantra, but unless you practice the repetition of mantra with feeling and devotion day by day, you cannot enjoy its benefits. You may be well informed about the technique of meditation and its benefits, but unless you begin to practice it in your daily life, you cannot enjoy mental peace and spiritual advancement.

Do not be like a parrot who is taught to repeat, “*Soham* (I am That),” but when a cat approaches, shrieks out of fear. Many are able to speak of great

things during comfortable circumstances, but when threatened with the slightest form of discomfort, lose their balance of mind, fall a prey to temper, sorrow, or mental depression.

Remember the statement of Lord Krishna in the Gita:

“*Yam labdhwa chaparam labham manyate nadhikam tatah; Yasminsthito na duhkena gurunapi vichalyate*”—“Having Attained that state of Yoga, he thinks there is no gain superior to it; and being established in that state, he is not shaken even when confronting the heaviest forms of sorrow.” (Ch. 6-22)

Balance of mind and unshakable disposition are the tests of spiritual success in one’s life. Therefore, apply yourself to the practice of Yoga in your daily life.

HOW TO BE A YOGI

In order to be a Yogi, you do not need to go to the Himalayas to seek a cave for profound meditation. Yoga is the science of life, and it ought to be practiced in every condition of your life. If you understand the technique of Yoga, you can allow your entire personality to be pervaded by its spirit from morning to night. The following is an outline of some important points in the practice of Yoga in daily life.

ADAPTABILITY

This quality needs to be developed in order to be a successful Karma Yogi. Do not allow the world around you to become a basis of constant pressure for your mind. If you adapt to people with whom you work, to friends and relatives with whom you must move in your daily life, and to the varying circumstances presented by the world, you will conserve a lot of mental energy that can be utilized for higher spiritual practices.

PERSISTENCE

If you do not succeed in spite of your best efforts, do not become discouraged. Persist with patience. In every field of life, persistence holds the key to success. If you do not succeed in the practice of concentration and meditation even after a week's effort, continue to persist. You are bound to succeed. Do not be overcome by worry or grief.

FAITH AND DEVOTION

Be led by the Divine Will within. Develop the glorious art of mystic surrender. Why should you be tense in a world that is intelligently handled by the Divine Will? Develop a deep-rooted faith that the Divine Hand guides you towards the goal of Self-realization. All your adversities and prosperi-

ties are arranged by Nature with the sole purpose of leading you to the state of illumination wherein the veil of ignorance is torn and the Truth of the Self shines like the rising sun, beyond all darkness.

REPETITION OF MANTRA

No matter whatever might be your external circumstances, you must not let a single day pass without the practice of *japa* (repetition of Divine Name) with feeling and devotion. Mantra is like a mystic sugar candy. When you continue to practice it day by day, you will begin to enjoy a mystic sweetness never experienced before. The repetition of Divine Name sets up a spontaneous process of asserting the Divine Presence in one's being. The mind becomes charged with Divine vibrations. The unconscious is mystically influenced, and positive impressions gradually replace its negative ones. Even if you are confused with reference to various disciplines of Yoga, you should not miss *japa*, which not only unfolds the secrets of the highest stages of Yoga but also removes the obstacles from your path.

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SATSANGA

Good association (*satsanga*) is the foundation of all spiritual discipline as well as spiritual advancement. Turn away from evil associations that keep your mind constantly involved in the world of falsehood, passion, violence, and hatred. Rather, let your mind bask in an atmosphere of Divine love and spiritual harmony. Listen to the teachings of the scriptures again and again. Bring yourself under the influence of saints and sages.

When external *satsanga* is not available, create an internal form of *satsanga* by studying spiritual books written by great sages and by diving deep into the wisdom of the scriptures.

Become a center of *satsanga* for others. Wherever you are, try to promote an atmosphere of harmony and let conversations drift towards the highest values of life that one must aspire for. Instead of idle gossip, let your tongue sing the praises of God. Instead of radiating vibrations of insecurity, sorrow and grief, strive to radiate joy, courage, strength, and understanding.

BEWARE OF EXTREMES

It is easier to practice extreme forms of *sad-hana*, but more difficult to maintain a moderate form of discipline over a longer duration of time. It is easier to keep quiet for hours and days together than to speak measured words and to hold your tongue during provocative circumstances. Aim at converting your daily life into a dynamic process of spiritual evolution, and bring about a happy rhythmic pattern of practicing various Yogic disciplines every day.

BE AN INTEGRAL YOGI

In your daily life, try to bring a blend of selfless action, devotion, meditation, and spiritual inquiry. Let the four main Yogas (Karma, Bhakti, Raja,

and Jnana) be practiced in your daily life. As you integrate these four important elements in your daily life, you will begin to understand that the world exists for leading you on to Self-realization. And every condition of life is conducive to your spiritual progress, if you develop a right attitude towards it.

Practice a little meditation early in the morning followed by the study of an elevating scripture. Maintain an internal stream of peace while performing your duties during the day. Practice Karma Yoga (selfless service of humanity) according to your capacity. Even a few words that lighten the burden of life in others, or a smiling face that nurtures joy constitutes a dynamic form of Karma Yoga.

Practice the repetition of mantra for at least half an hour every day. And while performing your duties and engaged in various works, continue to direct the mind to the sweetness of Divine Name as much as possible.

Also find time during the day for the practice of spiritual inquiry. Let the flame of spiritual inquiry burn serenely deep within your heart. Guided by the teachings of Guru and scriptures, try to reflect within yourself, “Who am I? What is the purpose of my life? How am I to be free from the cycles of birth and death?”

While you practice various Yogas in daily life, you should not ignore the health of the body. *Asanas*, *pranayamas*, and various exercises of Hatha Yoga are to be practiced in your daily life in order to maintain a higher level of health.

Your food must be *satwic* and balanced. You must have a keen insight into the laws of health and should be able to adjust your diet in accordance with the need of your body.

You must not ignore the realities of the body, but rather understand that physical health is the basis for the accomplishment of the four purposes of life: *dharma* (ethical value), *artha* (material value), *kama* (vital value), and *moksha* (spiritual value). Of these four, *moksha*, or Liberation, is the highest.

You must become a psychologist as well as a doctor for yourself to a very great extent. In turn, you are bound to share your knowledge with others, leading them to higher levels of health and harmony.

ELEVATION OF CULTURE

By becoming a Yogi in the true sense and by promoting the art of Yogic living, you will be elevating the level of culture in humanity. There is no service so practical and dynamic to the world as the service rendered in raising the level of the physical, mental, and moral health of humanity.

The practice of Yoga does not conflict with any religion; rather it makes one intensely religious. It gives an insight into the art of devotion, prayer, and spiritual inquiry — the ingredients of true religion. It enables you to control your mind and senses and to develop a highly integrated personality.

If there were Yogis to be found in every state or in every part of the world, the manifold problems of society would vanish in a short time. The world would move towards peace and harmony. Yogis can induce a change in the educational system so that men and women become more aware of the art of controlling the mind and senses and living a life of spiritual meaning and Divine fulfillment.

Therefore become a Yogi, and instead of belonging to the world of mortals, become related to Buddha and Christ, to Krishna and Rama, and witness the triumph of love over hate, the triumph of light over darkness, and the triumph of Spirit over matter! May God bless you abundantly!



FROM SWAMIJI'S KITCHEN

Mango Yogurt

Sugar: 1/2 Cup or to taste

**Cardamom Powder: 1/4 tsp
or to taste**

Sour Cream: 6 oz

Cottage Cheese: 6 oz

Yogurt: 16 oz

Mango Puree, filtered: 3/4 - 1 cup

Mix cardamom and sugar in a mixing bowl.

Add sour cream and mix until sugar dissolves and mixture is pudding-like.

Add yogurt and mix well.

Add cottage cheese and mix.

Puree mango in a blender and then strain using large strainer and round bottom ladle.

Stir strained mango into yogurt mixture. Chill and serve cold.

Enjoy, while meditating on the beautiful mango grove and luscious mangoes at Swamiji's ashram!