



INSPIRATION is a spiritual urge that expresses itself during moments of mental serenity and placidity. It beckons one to an elevated state of consciousness.

Insight, inspiration and intuition are three stages of spiritual unfoldment. At the stage of insight, one is able to discover a higher possibility within oneself. At the stage of inspiration, one is, as it were, on a higher level viewing life from a high summit. And at the stage of intuition, the windows of the soul are opened to the transcendental expansion of the Self.

In common parlance, people consider the moment of inspiration as an accidental development in life. They do not realize that it is possible to promote inspiration and maintain it through a precise, scientific approach. During moments of inspiration, the burden of life seems to lift, the clouds of the mind clear, and there emerges the light of spiritual understanding from within one's Self.

The sensitivity of the senses is intensely enhanced during the state of inspiration. What was so difficult to comprehend becomes easy. What was a great stumbling block is easily tossed from one's path. Without inspiration, however, life lingers under the heavy burden of lethargy and boredom.

INSPIRATION does not come as a chance development. It arises through the fructification of good karmas from the past. When karmas based upon kindness, compassion, generosity and selflessness bear their results, one's inner consciousness expands. As a result of this, inspiration dawns like a gust of cooling breeze on a hot summer's day or a gentle shower in spring.

Behold how Nature seems to be inspired when the clouds gather in the sky with soft rumbling sounds, and the breeze, laden with life-giving moisture, awakens the buds to bloom. The sky, which was so uninterest-

ing a short while ago, is now filled with dynamism. Lightning flashes with the peel of thunder and torrential rains pour, linking the earth with the heavens.

In the same way, when good karmas fructify, clouds of virtue gather in the firmament of the heart, rumbling with the sweet sounds of Divine expectation. The atmosphere of the mind becomes redolent with the breeze of Divine grace and the buds of inner potentialities bloom. Meanwhile, in the midst of the lightning flashes of bliss and the roars of deafening wisdom, there descends the outpourings of Divine energy in one's life.

LEARN TO commune with Nature in her varied colors and moods. You will discover the secret of inspiration within your heart. The key to the fountain-source of inspiration lies within you. Therefore, do not become dependent on outer conditions to become inspired.

There isn't a day when you cannot see something unique in the beauteous spectacle of the sunrise, a message of aspiration on the breeze during the dawn, or a spiritual fascination in the moon sailing in the expansion of the blue in the midst of silvery clouds.

When your mind is constantly preoccupied with egoistic problems, you are unable to discover an inspiring beauty in nature. But with a mind free from the burden of egoistic involvement, you can find every moment inspiring and every development a source of inspiration.

MUCH more inspiring than physical nature, however, is your own inner nature. It is inspiring, indeed, to behold mountain summits covered in snow during the golden hours of the morning, or a green valley lit up with moonlight during the serene hours

of the night. Yet, how much more inspiring is it to discover the glorious heights of spirituality in the lives of sages and saints? Can the wisdom of Buddha be compared to the inert peaks of the Himalayas? Can the life of Christ be compared to the lifeless, surging ocean?

Human life is capable of witnessing a greater spectacle of mystic expansion than nature can ever present in her finest acts of performance. So, though you derive inspiration from the scenes and sights of nature, do not ignore the need to discover the secret source of inspiration deep within your heart. Rather, the objective presentations of nature must serve the purpose of awakening your inner perception of the beauty of life. If inspiration from nature does not help you to turn to your inner source, it has failed in its message.

THEREFORE, it is important, when inspired, to not simply indulge in the joys of inspiration, but also to work upon the message of inspiration. Every experience of inspiration must become a basis for a creative movement in life. If you feel joyous but are unable to communicate it through some expression in your life, whether it be poetry, elevating writing, painting, music or an act of goodwill to mankind, then you have wasted that moment of inspiration.

During the time of inspiration, you develop clarity of thinking. New ideas and feelings flow in your heart. If you do not work upon them then and there, they will be forgotten. It is therefore important to derive vision and strength in the hours of inspiration in order to erect a mansion wherein the soul can witness its glorious perfection.

Learn the art of meditating upon the Self. When your mind is withdrawn from the objects of the world, you will be able to

behold the grandeur of inner life. You will receive inspiration from the perceptions of Divine Presence that will drive you into ecstasies of joy. However, your joy must become a basis for service of God in humanity. An experience of joy arises from a moment of selflessness and therefore must promote an existence unburdened by selfishness.

LOVE OF God is the fountain-source of unending inspiration. In day-to-day life, wherever one finds a condition of harmony and understanding, one feels inspired. Love is like gentle rain. Harmony is like the soft breeze. Understanding is like the warmth of the sun. In the midst of these, inspiration blooms, as it were, from

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a bud latent in one's heart. As a person develops the awareness of spiritual love that transcends the limitations of selfishness, greed and passion, they discover a perennial stream of inspiration flowing deep within themselves.

Divine Rama, Krishna, Buddha, Jesus and compassionate sages and saints are all examples of the highest type of inspired personalities. The Gita, Upanishads, Psalms, Sermon on the Mount, the many elevating passages of the Bible and uplifting teachings in all religions of the world are the works of great inspiration. An aspirant must draw inspiration from these inspired writings.

A work of inspiration is of immortal value. It has a message for everyone at every level of development. The Gita is one of the greatest works of spiritual inspiration. Its message is as bright as the morning sun, untarnished by time, unhampered by passing centuries and bringing numerous changes in human lives.

Sublime writings of great poets, musical compositions of great composers, masterpieces of paintings do not lose their value with time. Rather, they continue to grow brighter and more enchanting.

The ancient scriptures were written as expressions of spiritual inspiration. Therefore, a text from the scriptures can be interpreted in various ways. Read and re-read many times, each brings a new meaning to discover, a new vision to experience.

An intellectual work, lacking inspiration, presents a dreary and tiresome perspective of life. It cannot become an uplifting force for humanity. That is why so many philosophical works of great intellectuals have only academic value. People cannot find inspiration and deeper fulfillment in them.

THE FOLLOWING points are important to develop and promote inspiration in one's life:

- * Take recourse to *satsanga* (good association). Associate with inspiring personalities. Study inspiring literature.

- * Be an inspiration to yourself by leading a life of balance and rhythm. If you fill your subconscious with the impressions of prayer, *japa*, meditation, and elevated sentiments of joy and cosmic love, you will be a constant inspiration to yourself.

- * Tune yourself with nature. Learn to observe the beauty of nature and the movements of your mind by spending some hours alone to yourself. Do not fill your time of aloneness with a depressing feeling of loneliness. Be alone for awhile, but not lonely. Discover the joys of delving deep into your own heart and soul.

- * Derive inspiration from the negative conditions in life. A hero in battle is inspired when the fighting is tense. A sailor is roused to the challenge of a rough sea. So, too, a *sadhaka* (aspirant) is inspired when the conditions of life are challenging and tumultuous. During these hours you can discover the mysterious hand of God operating through your life.

- * Be self-effacing in your spiritual movement. Learn the art of surrendering yourself to God. You will be able to inspire yourself at any time you wish.

- * Free yourself from outer dependence and attachments by outgrowing them through spiritual advancement. You will draw inspiration from your soul at all times.

- * Never be miserly in acts of goodness and kindness to others. By developing a sensitive mind and melting heart, you can allow the music of the soul to flow through your

personality in a stream of inspiration. A cruel heart and egoistic mind clogs the flute of human personality and the music of the soul is impeded.

- * Tread the path of Yoga. Scale the heights of meditation and samadhi. Ascend the ladder of wisdom. Great vistas of consciousness await your spiritual movement. The treasures of heaven await your advancement. Live a life of perennial inspiration by keeping in view the goal of life that you are destined to realize.

You are a child of God. The kingdom of God is your inheritance. With this understanding and realization, be like a molten river of golden inspiration. Be inspired and move on to the goal of Self-realization!

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