

Vanquish Your Weaknesses

By Swami Jyotirmayananda

As a human being you have within yourself a fount of inexhaustible strength and joy, because you are essentially the supreme Self. But due to wrong ways of thinking and seeing, you acquire various weaknesses that do not allow you to develop your own inner potentiality.

An iceberg has a greater part beneath the water and a very small part above the water. Similarly, the greater part of human strengths and capacities is hidden in the unconscious in a latent state. Only a small portion is revealed in day-to-day life. This is the cause of all one's weaknesses and miseries.

Therefore, it is important to remember always that you are the architect of your destiny. As you think, so you become.

Find your weaknesses. Egoism, hypocrisy, jealousy, greed, lack of mental concentration, lack of inner strength to overcome the temptations of the senses, bad associations and evil habits—these are the general weaknesses that you must endeavor to remove in order to awaken within yourself the glorious vistas of spiritual unfoldment.

Remember this saying: “You sow a thought and reap an action. You sow an action and reap a habit. You sow a habit and reap a trait. You sow a trait and reap a character. And you sow a character and reap a destiny.” Change your way of thinking, and you will change your destiny.

Swami Sivananda once told an interesting parable. A saint asked a woodcutter, “Why do you cut wood?” The woodcutter replied, “I cut wood to maintain myself and to obtain food.” “And why do you eat food?” “Well, if I do not eat food, how can I cut wood?”

Similarly, the lives of the majority of people are bound up in a vicious circle. One eats to live, and lives to eat. One lives to enjoy the pleasures of the senses, and allows one's life itself to be wasted over trifles.

You are born to break this vicious circle. Do not think, “I have so much impurity in me that it would take many, many years and births to attain God-realization and perfection.” Resolve to attain perfection even in this birth. You will be able to do it.

A person with a small flashlight in his hand thinks, “This flashlight illumines only four yards of the road. How am I to go four miles with the help of this lamp? That is foolish. If he continues his march, the flashlight will illumine the path ahead as he goes along.

Even so, however feeble your will may be, if you take recourse to good association, study elevating scriptures, practice selfless service of humanity, and enquire, “Who am I?” you will be able to remove the weaknesses of your heart.

You are a fountain of strength. Be positive. Vibrate with power and confidence. You have within you the cosmic fount of truth, beauty and auspiciousness.

You are not this mortal personality. You are the immortal Soul.

Even while the waves surge in the ocean, you must plunge in it to refresh yourself. You need not wait for all the waves to subside. In the same way, even while pleasure and pain surge in day-to-day life through the various ripples of worldly conditions, you must turn your vision to the Self to enjoy endless bliss.