



What do we mean by destiny? The term should bring thoughtful reflection. Some people are enchanted by the word, some people are frightened by it. To a poor person the prospective destiny of being a millionaire is wonderful. However, to a healthy man, the words, “You are destined to break your legs,” are miserable.

When a positive destiny is presented, you want it to be true. When it is negative, you do not want the destiny fulfilled. So the concept of destiny with which the human mind struggles must be reflected upon.

Is there destiny in human existence and what is its nature? And if there is such a thing as destiny, who can foretell it? Palmists, astrologers, prophets? Can they tell you your exact destiny?

Ordinarily, destiny brings to mind how much money you are going to make, what satisfaction you will have in life—fame, prosperity, recognition from society. Although all these form a concept of destiny that seems important to your mind, if you think deeply, that is not your destiny at all.

Destiny is not so ordinary as pointing to a silvery cloud today that must disperse tomorrow. Destiny is not a picture of a transient moment. Suppose someone says you are going to be very rich. How long will that prosperity last? Every happening is only a transient development, a temporary occurrence. Kings and monarchs, mighty leaders and dictators have come and gone. That is not the destiny you are looking for. If not, what is the ultimate human destiny?

From a practical point of view, your life has been fashioned to allow the maximum unfoldment of your human potential. You have every right to experience all your possibilities and unfold all the latent capacities that are hidden within yourself. This is your destiny in the realm of practical reality. However, to understand destiny from a more philosophical and Yogic point of view, it

is necessary to grasp the mysterious nature of the world in which your destiny unfolds.

Things of the world are not as they seem. Is something as familiar and commonplace as the blue sky really as it appears to be? Science tells you, “No.” Are the twinkling stars what they seem to be? Again, science says, “No.” We live in a world interpreted by the well-known limitations of our senses, the complex nature of our nervous system, and the intensely mysterious functioning of our mind.

In dream, although you are not in contact with the objects of the world, from your consciousness evolves time, space, pleasure, and pain. When you wake up, that world and its conditions vanish.

Back in the waking world, again different experiences unravel—pleasure, pain, gain and loss. Today when you encounter an adverse condition, you feel, “I am a failure and my life is dark.” But as time passes that dark moment vanishes and you again experience joy, perspective, and hope. Countless such dark and joyous moments have come and gone.

Since the mind is limited and is itself a puzzle to be solved, it is reasonable to assume that the study of the mind through the mind is never perfect. When we feel we are the most accurate and successful in this endeavor, we find ourselves fooled.

When we feel things are dark and dreary, we do not know what glorious light lies

ahead. The limited mind cannot completely understand spiritual reality. Nevertheless, that reality exists. As you continue your process of reflection, your mind is destined to realize this.

The Stupendous Unity of Existence

The world is a unified existence—an existence without separation. There cannot be a separation between one human being and another, or a person of today and Sages of the past. There cannot be a separation between man and the surging oceans or the towering mountains. There cannot be a separation between human beings and the stars that twinkle in the heavens. The world’s panoramic beauty forms part and parcel of a sublime Consciousness—a Consciousness so glorious that it includes all, unifies all and exists as a non-dual, stupendous unity.

Science continues to explore the perspective that although things seem to be separate, there is an underlying unity of energy. People hanker to experience this. An entire travel industry feeds off this great hunger people have to become one with the world that stretches before them and not remain confined to their own limited reality. The human soul craves to escape a boring imprisonment built by the mind.

That craving must be guided and properly directed. Here lies the study of Yoga. Since

you are not simply an individual but cosmic, you have every right to discover that awareness and feel that unity with the entire universe.

An awareness of this unity grows in the normal course of evolution, but it grows in a vicious circle. You become sensitive to some things and eventually become attached to them. When you are attached to something, you hate whatever threatens to deprive you of what you love. Now your love is throttled by that hatred.

Ultimately your tender sensitivity is completely choked by a tremendous wall of selfishness the human mind creates in its endeavor to secure the unsecurable. Therefore, the goal of Yoga is to properly commune with universal life, to universalize oneself with right understanding through a course of evolution and a positive process of personality integration. That is the real destiny of Man.



It is your destiny to enjoy a grand, spiritual feast—a feast in which you devour duality and all barriers laid down by geography, nature and the human mind. Here your soul, without obstruction, communes with all that is.

It is your destiny to understand, “I am the Self, the Dynamic Unity that underlies all, not just the body, mind and senses.” This Self is all that is good in your life, all that promotes sensitivity and creativity, the supreme fulfillment of all your urges and desires. This positive, dynamic sublimation of selfish desires continues as life unites itself with the whole cosmos. It contrasts with the passive abandonment, frustration and suppression of desires that is typically experienced by many spiritual seekers.

This perspective is very important in Yogic discipline and is the true destiny of Man. This destiny is not to be rich today, only to be reduced to poverty tomorrow; not a destiny to be victorious today and defeated tomorrow. Rather, it is a destiny of ultimate victory over matter. Once attained, there is a complete and everlasting victory of the soul over matter and light over darkness.

This is Man’s destiny. You, yourself, are predestined for this and no less. No matter what you do to get out of this course set before you to Self-Realization, no matter how you try to deviate from your deeper reality, you cannot do so. Circumstances will buffet you in such a way that you must release yourself from the clutches of your mind and limited understanding. Your life is beyond your ego and its concepts.

You Are Not Confined to a Whirlwind of Duality

Do you, like so many others, view yourself as a wave looking at the ocean, seeing other waves and finding yourself in a whirlwind of multiplicity and unknown factors? Most people hold this mistaken and limited attitude.

Most begin from the erroneous concept, “I am this physical body.” Therefore, you ask others, “How do I look today?” They respond that you look wonderful. You then notice that you don’t feel wonderful. There is this constant attachment and identification with what you are not—the physical body.

The body is only your instrument. It may look wonderful, but you may be mentally or emotionally miserable. Your psychological personality again is not your deeper being. Psychologically you may be normal and strong. Mentally you may have a great memory. Yet that doesn’t satisfy your soul. This limited and erroneous approach to life is the basis of the predominant thinking in society today.

So many people live life with a very incorrect understanding: “Since I am this body, certain biological, hereditary factors have been transmitted to me. Therefore, I cannot do anything about my condition. If I am lazy and dull, my parents are to blame. If I am frustrated and angry, my parents did not

love me enough or this wretched society did not help me and provide a proper environment for my development.” Starting from such an erroneous basis, the mind creates a thousand excuses for its frustrations and disappointments.

Your essential Self is not controlled by your circumstances or hereditary factors. You are not this physical body, mind, or senses. Look at yourself as the ocean would look at a wave. Feel, “I am the ocean.” Impress upon your mind a sense of universality: “I am universal. I am free from mental tensions, free from mental prejudices and circumstances in my life. I am That which witnesses the experiences of waking, dream and deep sleep and remains untouched. I am That which sees childhood, youth and old age, yet remains unaffected. I am That which will not be satisfied with wealth. Only when I have consumed and assimilated the entire universe will I be satisfied.”

That is the grand, spiritual feast—a feast in which you devour duality, differences and all barriers laid down by geography, nature, society, and the human mind. Here the soul, without obstruction, communes with all that is.

Unless that destiny is attained, you cannot be supremely happy. That is called Self-realization. It is not a mere postulation of Yoga, but a vivid, solid experience expressed by great Sages.

In recent past, when doctors pleaded with Ramakrishna Paramahansa to sustain his life, he replied, “My life flows through thousands of bodies. Why should I maintain and perpetuate this empty drum?...I who live through thousands!” The attachment to this limited body vanishes the moment you realize you are universal. The idea “I will be finished by death” vanishes when you gain the perspective “I am universal.”

Discover Your Real Destiny through Vibrant Spiritual Practice

Your mind develops certain concepts and then visualizes your destiny. It conceives what you should be and then projects from consciousness a set of realities. What you think you are is the creation of your own self through your mind. And since your mind is limitless in potential, you can create anything out of the vast universe. If you decide to be a god, so you shall be. If you decide to be as you are, so you shall.

If fear begins to torment your mind and becomes real within your unconscious, your whole personality will form around the dark fumes of fear. On the other hand, if joy develops on the basis of integration and philosophical insight, your personality changes accordingly.

There is no limit to your progress if a more profound understanding of the soul can

be kept in view. Therefore, through Yoga, continue to impress upon your mind the Universality of the soul, and begin to enjoy various meditative exercises on that Universality.

For example, focusing your mind between your eyebrows or at your heart center, develop the mental affirmation: “I am universal.” Feel yourself breathing in cosmic life, pulsating with the universe. You may wish to visualize images that nurture a feeling of expansion. For example, as you meditate upon the vastness of the blue sky, your physical body relaxes. You leave behind the cares of your body. The moment your mind is interested in something vast, rewarding and fulfilling, you are no longer trapped in the body and its realities.

If you allowed yourself relief from your physical body a short while every day, your physical body would take care of itself. Nature would



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flow into your body with abundant vitality. However, you are constantly hampering Nature's process. It is like a great poet who spontaneously knows how to write, but has a person behind him nagging, "Now, take the pen in your hand and write this word." The poet's entire creativity is constantly interrupted by the constant nagging.

Much in the same way, the body's flow of vitality is interrupted by the constant worrying of the mind: "Have I taken my vitamins? Have I rested enough today? Did I sleep well last night?" This will not allow vitality to flow freely through your personality, and that becomes the cause of great illness and sickness.

Though you are not the physical body, your body must be honored as the foundation for advanced spiritual practices. Thus, Yogic practice promotes a high degree of health and vitality in your physical body. Do not sustain the erroneous notion that your body is miserably dependent on so many factors of the world. Learn to behold your own existence with a free mind, a mind ready to understand its endless potential.

Through Yoga, you remove worry and prejudice from the mind, not only toward your body, but also towards all developments in your life. With the patient removal of these impediments towards real achievement and

success, your mind becomes free to breathe in the expansion of the Cosmic Mind.

Human beings who have not yet realized their essential Divine nature are like jet plane passengers who insist on carrying their baggage on their head. Doubting that the plane can carry all that it must, they take the weight on themselves and feel they are supporting the plane—instead of vice versa. Through Yogic practice, you allow your mind to unite with the Cosmic Mind, and in so doing, you joyously learn how to throw away all your egoistic burdens!

Your mind shifts gears from a selfish sense of contraction to a selfless expansion. Gradually your intellect shifts from the sphere of reasoning and mathematical calculation to the inspiration of intuition. That is the process of personality integration.

As you adjust your life through Yoga to a higher, more profound standpoint, you begin to see yourself not as a wave sees the ocean, but as the ocean sees the wave. You begin to see yourself from a perspective that is cosmic, universal, timeless and unafected. That is the destiny of man. Playing a bold prophet, I predict that to be your ultimate destiny. No matter what you do to turn away from it, you will not succeed. In fact, I challenge all the realities of the world to counter it!

To an ocean wave, you can say, "One day you will progress toward becoming the ocean!" The fact is, it has been the ocean all the while. The notion that it has been a wave is not true. No progress was necessary. Equally wrong is the idea that you are a limited personality, controlled by a thousand factors.

There is a humorous illustration of the concept of progress. A man facing east rides on a horse that faces west. He kicks the horse, the horse gallops with great speed, and he considers this wonderful progress.

Where is the horse blindly leading you? There lies the art of adjustment. To where will you be led? What will be your destiny? Should your destiny be led by concepts of your limited mind—a little wealth, a little recognition? Should the mind continue to limit itself to three days—yesterday, today and tomorrow?

Or should the mind be engrossed in a universal perspective—a perspective of infinite joy and relaxation, a perspective of completely controlling the waves of thoughts and realizing the Ocean of Existence? Ride the horse of your life with your face directed towards this destination. That is true progress. That is the end of all sorrow. That is Self-Realization. That is the Destiny of Man.

May you attain that Divine Destiny, even in this life!