

## You Are Most Blessed - Swami Omkarananda

### Beloved of the Infinite, Know Thyself

You are infinitely more than everything you can know, feel, touch, own, use, possess, enjoy, wonder at. For, if there were not that real You, that Consciousness within you, with which you know things, experience things, enjoy things, wonder at things, you would be nothing. A stone does not know. A tree does not enjoy. A river does not wonder at. The animal does not ask for, create and possess great things. Therefore, your Consciousness is everything. If you have it, you have everything. If you really know it, you know everything. If you experience it truly, you will experience everything. Infinite Love, Light, Peace, Joy, Beauty, Goodness, are its attributes. Know thyself! There is unlimited Perfection within you. The more you express the best, the most excellent of your qualities, the more they grow, and the more of the Truth finds its self-expression through your outer personality.

### The Inextinguishable Fire in You

Like fire in a piece of flint, like butter in milk, like juice in an apple, like salt in the seawater, God is in everything present. It requires the sharpness of illuminated intelligence and intuitive eye, to discern His Presence.

Man is that flint. Though it is buried in the waters of worldliness for seventy years, the fire of God within it is, in no way, touched, or affected, or destroyed. Lift it out of the waters of worldliness, and strike it against the iron-rod of wisdom and devotion, the fire of the divine Consciousness emerges.

Whatever rambling and long-winding courses the rivers might take, their ultimate destiny is the sea. Whatever ways of the life men may choose and prefer, their ultimate destiny is God.

### You are the Salt of the Earth

Of all creatures, great and small, man alone displays the hunger for undying Delight, Peace, Beauty, Immortality, divine Perfection. Behind and above the conscious, the subconscious and the unconscious reaches of the human mind, there is the divine Dimension of the Consciousness. From it arise, now and then, here and there, all great immortal Personalities.

Again, can the plant or the animal exercise discrimination, express devotion and commune with God? Certainly not. You alone can.

Express the savour of the salt you are, by manifesting with greater enthusiasm the divine excellences of your inner nature. Let not even a single minute of your precious life be wasted. Let each minute take you closer and closer to things excellent, great, noble,

grand. Find new peace from new thoughts, new joy from new views, new strength from new and better resolves. Glory to you!

### Seek the Infinite

Heat is so wonderful, in winter; but, more of heat can scorch and kill us. Cool air is so bracing, but more of it can freeze us to death. Milk is so tasty, but too much of it can cause diarrhoea. Possessions are so comforting, but too many of them can be a source of distraction and restlessness.

Of anything in the world, one cannot have beyond certain limits. The good things of the world, when had too much, turn out to be bad and dangerous. Whereas, you can never have too much of Truth, Love, Beauty, Peace, Joy, Perfection, God. Seek, therefore, God. Know and experience the Infinite.

### Truth

Question: Perhaps there is no other term, that is generally employed with such looseness and vagueness, as 'Truth'. What is your special spiritual conception of its connotation?

Answer: To the spiritual aspirant, Truth is more than truth-speaking. Truth is God or the Absolute. It is Truth that triumphs, not untruth. Truth is right, untruth is wrong. That which elevates one, and takes one nearer to God is right, that which brings one down, and takes one away from God, is wrong. God is the indivisible unity of conscious existence. Control over passions constitutes the essence of Truth. Self-denial, or refraining from greedy indulgence, is Truth. Truth is eternal life and existence, untruth is change, decay and death. Love is Truth, hatred is untruth. There is no greater sin than hatred and battle. Relative truths are valid only so long as they do not contradict absolute Truth, which is eternal in the highest sense.

### Cultivate Virtues

Real and universal moral excellences are emanations of the all-luminous Nature of God resident in the inner Being of Man. Virtues are dynamic, self-expressions, on the plane of inter-personal relationship, of the Being of God that dwells in the heart of humanity.

Purity, patience, humility, self-sacrifice, self-reliance, fearlessness, kindness, compassion, love, sincerity, self-control, generosity, are some of the fundamental virtues. If they are assiduously cultivated by man, they transport him from the morass of ignorance, discordances, ugliness and unhappiness, to the paradise of pure Joy, Harmony, Peace and Light. They exalt and enrich the worldly life with persisting satisfactions and delight of the Infinite.

### The Honey Within You

A young man is full of honey in his dealings with a bosom-friend who has just arrived from a foreign land, after long separation. A girl who has just married the boy of her choice and her love, is full of honey in relation to him. A mother who has two little sons, is full of honey with regard to her children. From where do they get that honey? It is in their nature. It was not made manifest and used until they found their respective objects of love.

There is honey in each of us. We never care to use it. Instead we are constantly driven to express crudeness and discourtesies that are so unnatural to us.

Men of God-consciousness are full of universal Love: all beings are to their heart as dear, as the beloved boy is to the loving girl, as the children are to the mother.

They are true children of God, even as you are going to be one, as you grow more and evolve to a higher stage.

They demonstrate to us, that Honey or Sweetness is a characteristic of the divine Consciousness within us. The life of Men of God-consciousness is full of the inner Honey.

Beloved of God, Retain and Develop Your Nature

You are a fragrant flower of beauty. Don't withdraw your fragrance because there are no saints around to smell you. You are a bright candle. Don't stop shining because the house you are in, is of a poor man. You are a delightful sun. Don't stop shining because the evil persons would enjoy basking in you, as much as the good ones. You are so good. Don't take the wrong side because the policeman is not watching you. You are so brave. Don't abandon your effort because you have not yet succeeded, and have not yet been admired.

Live in Light Divine

1. Love cannot be forced, or bought; it has to be inspired by our loving nature.
2. Respect cannot be demanded, it has to be earned.
3. Rights and privileges cannot be had, they have to ensue from the duties well-accomplished.
4. Take care of your thoughts; your actions will take care of themselves.

Cause and Effect

Give love to others, love returns to you in abundance. Give peace to others, peace returns to you in abundance. Give respect to others, respect returns to you in abundance. Give understanding and forgiveness to others, understanding and forgiveness return to you in

abundance. Serve and sacrifice; all the mankind will serve and sacrifice many things for you.

Blessed are those that are conscious of God; thrice blessed are those that are so completely dissolved in their love for God, that God's own Consciousness radiantly expresses Itself through their intelligence, through the expressions of their heart, their actions and their works.

All are God's Children

Say not: 'How to help the sinners?', but say: 'How to express our love and our usefulness to the less blessed children of God?'

First of all, know that there are no sinners on earth. There are only those who have made more mistakes than ourselves, and that is no reason why we should feel in any way better than them. Every being deserves utmost respect. God's children are not sinners. It is not condemnation, but love and understanding that people need. It is not instruction, but your own example in nobility and goodness that people require urgently. Do not deliver sermons to the 'sinners', but show them by your own life what Love is, what Goodness is, what Faith is, what Purity is, what God is. Do not dislike anyone who seems to be worldly, but show that one, that peace comes from within, that joy is of the Consciousness within, that power is of the Knowledge and Wisdom, and that Life has no real rest and fulfillment anywhere, except in God-experience.

Plato, Love and God

Gifted with genius, governed by titanic idealistic fire, born into a poetic temper, artistic by nature, Plato was a passionate worshipper of the Wisdom that is Socrates. An ardent lover of Beauty that is the Good, a mystic by education and discipline, a stoic by experience and choice, and a philosopher only by the pressures of circumstances and professional leanings, Plato defines Love as the hunger of the human soul for divine Beauty, and he explains Beauty as Wisdom, as Virtue, as Honour and Courage, as Justice and Faith, and above all, as Truth that leads us directly to God.

Results of Higher Love

In the self-sustaining ecstasies of intensive and all-embracing Love, we obtain exceptional powers, exercise unusual energies, forgive everything, transform all, pour upon everyone the healing radiations, do works of lasting good and value to ourselves and to others.

Exercises in Meditation

Meditate on Peace and become Peace. Meditate on Love and become Love. Meditate on Strength and become Strength. Meditate on Happiness and become Happiness. Meditate on Sweetness and become Sweetness.

## How to Attain Supernormal Powers on Daily Life?

Your will-power is developed, and the soul-force increases, with every temptation you resist, every wrong thought you reject, every harsh feeling you transform, every desire you sublimate. Every little act of self-control increases your will-power. Every craving and emotion uplifted and transformed by Wisdom or by Love, or by spiritual aspiration and activity, adds to your soul-force. Difficulties when endured and mastered silently, calmly, without a complaint, with dignity, enrich the spiritual power of your inner personality.

Life is a grand art. Gently master all that is weak in yourself. Reject, as beneath your dignity, the easy but the wrong, and accept bravely the difficult but the right. Displace the lower pleasures by the higher, and the higher by the delights of the divine Nature and Consciousness. Substitute the negative by the positive. Rule all impulses by reason, and give them a direction that will result in adding strength to you, and in bringing you most beneficent results.

## Your Contribution to Human Evolution

Contribute to the powers of Goodness on earth, to the powers of Love and Knowledge, to every kind of harmony, joy and welfare which are already on earth. Become cosmic, universal personalities, who are free of all limitations in attitude, feelings and experience. Claim your right to the Infinite and lead your life with the aid of the wisdom of the all-governing Consciousness of the imperishable Divinity.

Be a wise person whose joy is in his wisdom, whose happiness is in his understanding, and whose success is in his patience and perseverance.

Be a wise person whose world of wealth, peace, power, prosperity and joy is in the Godhead he loves and lives in, the Godhead he knows, sees and experiences in himself, in others, in all beings, everywhere.

## Create Your Own Inner Inspiring Mental Atmosphere

However bad be the outer environments, you can always live in the most wonderful subjective environments you can create for yourself. If you lack the company of the great, the noble, the good, and the inspiring, read a few classical works of treat and immortal thoughts, and live subjectively in that environment, unconcerned with what the outer world is. If you have no beautiful surroundings and attractive environs, you can entertain beautiful thoughts and attractive feelings, and live from them. You can carry with you your own inner mental atmosphere, wherever you go, and find the world as wonderful as the world within you. If the world around you is composed of bad people and dark forces, they have no power over you, so long as your mind and heart are attached to that which is divine, and that which is called God, the Infinite, all-triumphing Power and Perfection.

## You Are a Blessing and a Joy to the World

Blessed is your vision to which the grounds, whereon you stand, are sacred, your view that is charitable and sweet, your attitude that is noble and spiritual, your heart that releases constantly cosmic feelings, your eyes that see the divine Presence everywhere.

Deeply loved by God, greatly blessed by the immortal saints, befriended by the angels, constantly in touch with the Powers of Goodness and Truth, live your life fully, graciously, and with a rare peace, freedom, joy, in this difficult world of limitations.

Enrich the earth by the treasures of the divine Consciousness you are in tune with.

– Swami Omkarananda