

महिन्याचा विचार

The Rationale Behind Prayer

God, not only being transcendental, but also being immanent, not only being immanent but also being a specific indwelling divine principle within each and every body, why is there so much difficulty in attaining that which is nearer to us than anything else in all the universe?

Even if the most proximate thing is by your side, if you turn your head the other way and look in the opposite direction, you will not be able to see it. That is the trouble. That is the problem. There is nothing wrong with God, nothing wrong with His immanence, nothing wrong with His immediacy. What is wrong is that our gaze is elsewhere. So everything is wrong with the direction we have decided to turn our gaze to.

Therefore, all the saints and mystics have prayed, “O Lord, bless me and grant that I may constantly remember You. Let my mind be constantly thinking of You. Let my entire being look only in Your direction, and may I have no eyes for anything else, no ears for anything else. Having ears, let me hear nothing except Your name, Your description, Your glories, Your praise—from saints, scriptures, teachers, mystics, yogis. Having eyes, let me see nothing except things pertaining to You, things that will help me to move towards You. Having a mind, let it think of nothing, but think only of You.

In this way, through all our faculties, let us become only God-oriented. Let all our faculties move only in His direction. Let us make up our mind, our entire being, to refuse to focus upon anything else except the supreme, ultimate, almighty, universal Spirit Divine, our ultimate goal supreme. This then is the way.

Therefore, we pray to the Supreme Being every morning to bless us that we may have the ability and strength to so do. We pray to Him. This leads us into another quandary, another difficulty, another paradox. All religions, all scriptures, all prophets have declared that God is omniscient. Does He not know our predicament? When He is omniscient and He thus knows our situation, why should we pray? Does He not know? Can He not set it right?

A baby knows nothing; it cannot express itself. But the mother, through her love and care, intuitively grasps, “Oh, something is wrong with baby’s tummy. It’s feeling discomfort; therefore it is crying.” God is more than father and mother. He is everything to us, ten times more than any earthly mother that Brahma has ever created. That being so, where is the need to bring anything to His notice, as though He doesn’t know it? Does He need to be told? He is the eye of our eye, ear of our ear, heart of our heart, mind of our mind. So what is the purpose of prayer, the meaning of prayer? This is the paradox and question that faces us when we say, “Prayer can overcome all things.”

A cloth gets soiled. We wish to make it clean, white and shining once again. So we put it in a bucket of hot water and add soap powder. We clean it. The water is not in need of the cloth, nor is the soap. They can serve many other purposes, yet we bring them together. Why? Because the cloth is in need of water, it is in need of soap. Therefore, it goes into the proximity, into an active, dynamic contact with the water and soap. And it comes out clean, white, completely free from all dirt. It is restored to its original purity.

That is the logic behind prayer. Not because the Lord needs to be told, not because He does not know. He knows everything. It is because the one who prays is benefited, is blessed by the contact he creates through prayer. Prayer has gained an essential place in the context of the mystical aspects of all the living religions of the world. They all emphasis prayer. Not because we are telling Him something that He does not know, that He has to be told, but because the very act of telling Him elevates us, sanctifies us, blesses us. Therefore it is that we pray.

Even so, let us pray to revered and beloved Holy Master that by his blessings we will be enabled to constantly keep ourselves in a state of continuous contact and communion with the Supreme Being, for that is the greatest good of man. In that lies the highest welfare of the human individual. In that lies the fulfillment and

success of the pilgrim soul upon earth, success in ultimately completing this journey of life by reaching the destination—not having to come back again to repeat this journey, but making it the final journey.

- Swami Shivananda

YOGA IS SPIRITUAL LIFE

The outer form of spiritual life takes various appearances like Japa, Meditation, svadhtyaya, Asana-Pranayama etc But a sadhak knows that within him there is something divine, not of this world and he tends to be active in that dimension. This is called spiritual life where one's interior is gathered and focused upon the Supreme Being.

Giving the entire being to that one great Reality, transcending all unreal names and forms is the quintessence of the purpose of Yoga.

Spiritual life means Yoga. Spiritual life means detaching your being from the passing things of the world and attaching it to that Great Being. And this requires changing the nature of mind.

Swami Chidananda

(Abstracted from Anatomy of life spiritual book)

दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- * जून महिन्याचा सत्संग दि. १६ जून रोजी श्री. राजेंद्र गदाले यांच्या निवासस्थानी झाला. दिव्य जीवन संघाचे परमपूजनीय अध्यक्ष, स्वामी विमलानंद सरस्वती यांनी ९ जून रोजी सकाळी ११ च्या सुमारास हृषिकेश येथे महासमाधी घेतली. सत्संगामध्ये त्यांना श्रद्धांजली वाहण्यात आली.
- * “दिव्य जीवन” या मासिक पत्रिकेचा जून अंक परिवारातील सदस्यांना वितरीत करण्यात आला.

पुणे शाखेचा पत्ता

श्री.नितीन देशपांडे

‘ईशावास्य’ प्लॉट नं. ४९/सायंतारा,

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पुणे ४११०६८, मो.नं. ९८५०९३१४१७

बुक पोस्ट

प्रति	

दिव्य जीवन

वर्ष १४/अंक ७

जुलै २०१९



माहितीसाठी -

* दि. १४ जुलै २०१९ रोजी गीता धर्म मंडळ, सदाशिव पेठ, पुणे ३० येथे सायंकाळी ५.३० वाजता सौ. सीमा जमदग्नी यांचे स्वामी शिवानंद स्मृती व्याख्यानमालेत व्याख्यान आयोजित करण्यात आलेले आहे. तरी कृपया सर्वांनी अवश्य यावे.

* आंतरशालेय राज्यस्तरीय निबंध स्पर्धेचे माहितीपत्रक शाळांना पाठविण्यात आले आहे. इ. ८ वी ते १० वींतील विद्यार्थ्यांनी दि.२५ जुलैपर्यंत निबंध पाठवायचे आहेत. अधिक माहितीसाठी संपर्क: ९८५०९३१४१७