

## Seek the Eternal

As human beings we live in a world of dualities, of constant change. We think that some things are stable but ultimately discover that they are not. Everything is changing including our ideas of who we are. Nothing is stable. And yet our hearts long for something that is permanent, somewhere that we can rest.

The scriptures and our *guru-s* tell us that the only place that we can find that is in God. Seek the Eternal. And when we seek the Eternal, often, or at least occasionally, we will have openings and think we have found It. But inevitably those experiences also fade away, and we are left, so to speak, empty-handed. We are further confused because we are told that God is unknowable—from which the mind and speech turn away baffled. How then can we ever find the stability, the peace, that we are seeking?

The scriptures tell us that the Eternal, which is unknowable, reveals Itself in a purified mind. Perhaps we can understand our situation a little better if we could understand that God, who is unknowable, manifests, so to speak, as eternals before It breaks down into dualities. In his book, *Ponder These Truths*, Pūjya Swāmī Chidananda has pointed out a number of entry points into this eternal realm within each one of us. Read his talk “This Moment” where he eloquently describes the significance of this moment, the now, the present moment. The present moment is an eternal. It is always with us.

In other talks, Swāmījī urges us to transcend the three *guṇa-s* and the pairs of opposites. Gurudev asks us to pray for an understanding heart. These are all part of the eternal within us. In his first letter to the Corinthians, the apostle Paul praised love, and in this praise of love he dismissed all spiritual gifts and powers such as prophecy or healing. They belonged to this changing world, but faith, hope, and love last. They are eternals. It is not faith that I have in something else, but pure faith that can never be challenged, hope—an unchanging optimism that we could see in Gurudev’s face, and the love that constantly poured out of him for all beings and all creatures.

That love is within each one of us as part of our eternal realm, or we could call it a non-dual realm. We live in a world of dualities, but within us

is non-duality, the realm of eternal. We could say that God Himself includes both, but what we can know—and we want to enter and be permanently established in—is our eternal state within, which is one but expresses itself as faith, hope, love, the present moment, an understanding heart, the peace within—in an infinite number of ways.

It is one, but many. And each one of those many gives us an entry point into that realm. Seek the Eternal, Swāmījī says. Seek it through any access point, but keep seeking it until ultimately you are established in it.