

The Christmas Spirit

The Bible tells us that, in Jesus, God was entering the world to reconcile the world to Himself. How do we experience that reconciliation, that oneness? Speaking in Vedic terms, some say it is through *nirvikalpa samādhi* where the whole world disappears and consciousness alone remains—One without a second. Others say it is to become a *jīvan-mukta* where *samsāra* has dropped away and One alone is. There is not even the capacity to think of a second; we function in this world as that One alone.

Lord Kṛṣṇa told Arjuna to be *guṇātīta*, to transcend the three *guṇa*-s and the pairs of opposites, and Gurudev prayed for an understanding heart. It is a perspective within us where we are aware of the play of the three *guṇa*-s and the pairs of opposites. We are aware of the play of *avidyā māyā* and *vidyā māyā*. Therefore, we are free of it and feel our oneness with all things.