

Want Nothing

For nearly 20 years now, whenever he is in the Āśram, Pūjya Swāmī Chidānandajī has come here in the morning to give us a message for our spiritual uplift. And if we wanted to ask what has been the essence of that message, we can answer it simply in the words, you are Divine. And then, of course, Swāmījī wants us to realize that truth, and further, to live our lives to express it.

Why should we realize that truth and live our lives to express it? Because realizing the truth that we are divine will make us truly happy. And when we express it in our daily life, we will spontaneously and naturally, without effort, make others happy as well. And so sometimes Swāmījī will just give the message: “Be happy and make others happy.”

But in hearing this teaching, as seekers we should be aware of a cautionary note. Sometimes we can be a little too eager for our own good, which means that in wanting to follow the instructions of the *guru* we can bypass something that is foundational and fundamental. “Be happy and make others happy” is so much better than being negative and being a negative influence on those around us, but it is meant to be based ultimately on the fact that we are divine.

Another example: God is truth. So tell the truth, and if we tell the truth it will build our character. And especially if we are honest with ourselves and what we are, it not only builds our character, but it straightens out our thinking and allows us to function in a much more effective way in this world. But ultimately telling the truth to others and being honest with ourselves is meant to be based upon the ultimate truth of our being that we are divine.

In other words, we must be cautious. Practicing these great virtues like being happy and making others happy, telling the truth, non-injury and self-restraint are all of great benefit to us, but they are not to be based upon *our* ideas of being happy, making others happy, telling the truth or self-restraint. They are meant to be based upon the realization that we are divine. And the happiness of the Divine is something we can only know when we have realized it. The truth of the Divine is something we can only know when we have realized it.

Therefore, the essential thing in the spiritual life is to realize the truth that we are Divine. And Swāmījī has given us a very brief aphorism as to how we can realize the Divine, realize the truth of our being. During his recent visit to the

Āśram, in a most powerful way he kept repeating the formula to us: “Want nothing. Want nothing. Want nothing.”

God wants nothing. He has everything. Not knowing our Divinity we feel incomplete and full of desires. The secret to happiness and making others happy, the secret to everything is knowing our Divinity, and the way—whether we call it letting it go or surrender or trust—is to WANT NOTHING.