

Acknowledge, Trust, and Express God

Pūjya Swāmī Chidānandajī has frequently told us that although the great saints, sages, and *avatar*-s are no longer present with us in the body, they are very much present and alive in their teachings. He has often said that as far as he is concerned, Gurudev's teachings, especially his *Twenty Important Spiritual Instructions*, *Sādhana Tattva*, and *Universal Prayer* are Gurudev to him. However, just as it is not enough to say that the Gītā is Lord Kṛṣṇa without studying the Gītā and relating it to our own experience, so we must constantly think about Gurudev's teachings and be able to express them in our own words by relating them to our own experience.

One of Gurudev's fundamental teachings is integral yoga—yoga, as he expressed it—of the head, heart, and hand. We could add that with our head we are meant to acknowledge God. We may worship God, talk about God, think about God, but do we really acknowledge that God *is*, that He *is* the reality, or somehow do we keep thinking and studying and worshipping and not come to terms with the fact that what we are worshipping truly is the only reality?

Therefore, with our mind we must study the scriptures, we must meditate, have experiences perhaps, whatever is required so that we become convinced that God is real. However, it is not enough to acknowledge God, we have to bet our life on Him. We have to truly trust God, not in some theoretical way, not in some tentative way, but in a way that is real. In other words, when the crunch comes, or even if it doesn't come, we're constantly betting our life on the fact that God is the reality. And finally, we must go further than acknowledging and trusting the Reality, the oneness of all things, it must be our expression in daily life. With our hand, with our tongue, with our whole being, we must express God.

Actually in true integral yoga we will acknowledge God not only with our mind, but with our heart and actions. We will trust Him, not only with our heart, but with our mind and our actions. We will also express God with our heart and mind as well as through our actions. So, one way of describing integral yoga is acknowledging God with our mind, trusting him with our heart, and expressing Him with our hand, but we could also say that with all three—head, heart, and hand—we should acknowledge God, trust God, and express God.