

A Simple *Sādhana*

Although there have probably been more talks given, and more books written, on the subject of religion and spirituality than on any other topic, finally they can be reduced to one simple statement: Brahman alone is without a second. And Gurudev told us that our task is to make real that truth — that God alone is—to realize it. To make it real, we have to make it real both in our inner world and our outer world. So many books and so many talks tell us how to do this, but can we make it simple?

What is the key to finding God within? It is to let go of the world without, including the world of our thoughts. It is to just be. It is to find that existence-consciousness-bliss. And while there are many methods recommended, there is no better one than repetition of God's name. Repetition of God's name, but with an inner spirit of letting go of the world and being open to that which the mind can never grasp.

But we also live a life in this world. And how do we make real the fact that One alone is in this world? All the virtues that we are taught are simply an expression in this world of the truth that One alone is. When we practice non-injury, we do it because One alone is. When we practice truth, it is because there is no other. And when we practice self-restraint and purity, it is because we have respect for our own Self in other bodies.

Thus the fundamental simple truth of all the books and all the talks is that God alone is. We can discover, make real that truth, by letting go of the world and being open to the truth. In this journey we take the assistance of God's name and we practice the virtues. Therefore the great complexity of the spiritual and religious world can be reduced to the truth that God alone is, the practice of virtues, and the repetition of His name.