

A Life Undivided

Pūjya Swāmī Chidānandajī once said that Gurudev’s byword was Divinity. Everything is Divine. And day after day, when he came here in the morning, Pūjya Swāmījī constantly gave us the message, You are Divine, in as many ways as he could. We hear the same message not only from Gurudev and Pūjya Swāmījī, but from other saints and the scriptures, and perhaps we have experiences, but still it doesn’t seem to be the fact here and now. We don’t feel the oneness within ourselves or with others.

They say that the reason is because of desires or because of *rāga-dveṣa*, likes and dislikes. So it has been suggested that we should sit quietly and imagine that we don’t have a desire in the world, that everything is perfect. Therefore, we have no likes and dislikes. What happens to our interior if we do that? No desires, no likes, no dislikes?

We are there, conscious, but a like or dislike or a desire cannot arise in our consciousness. We seem to find a stillness, and oddly enough, when the likes and dislikes subside, when the desires subside, while we are still there, that troublesome ego also seems to have subsided. And if we ask ourselves, what about other people who do the same thing? They are there in their meditation the same as we are in ours. Is it really a different person present? Or when we drop our likes and dislikes and we drop our desires and the ego subsides, don’t we feel that it is like deep sleep? We can’t question that our deep sleep is the same as everyone else’s, and we can’t imagine that the peace and identity we find when there are no desires being different for anyone else.

Pūjya Swāmī Chidānandajī used to constantly talk about the here and now God. The here and now God is the true identity of all of us. It is who we are, even if we disturb it with likes and dislikes, desires and ego. But to be aware of this truth about our own being, Gurudev said, “Kill that little I.” Kill those desires and likes and dislikes that the ego arises from. Immortal Self you are. Kill this little I. Die to live. Lead the Divine Life—a life undivided.