

## Make God Real

Gurudev said that the goal of life is God-realization. Realize means to make real. Therefore, the goal of our life is to make God real. Many, perhaps most, seekers feel that the way to do this is to have some magnificent experience such as Arjuna had in the 11<sup>th</sup> chapter of the Gītā. But if making God real meant having some great objective experience, then why did Lord Kṛṣṇa have to keep on teaching Arjuna for seven more chapters? And why does the dialogue of the Gītā end when Arjuna simply says that he now understands and that he will do as Lord Kṛṣṇa says?

It seems obvious that making God real is ultimately quite different from having an experience of God. Rather, it means that there is nothing different than God in our experience. Our normal experience is both an internal one and an external one. Internally we call it I. Externally we consider it to be the world. In both cases, it is an object to us. What we have to do is make real to our mind That which knows both our interior and our exterior as objects. They all have to become one.

To do this the scriptures say first to make God real within. Ramaṇa Maharṣi said to enquire Who am I? Find your true I and dissolve your false I in That. Indeed, the recognition is that even now we are the true I. Otherwise, we wouldn't be seeing both our interior and our exterior as objects. We have to recognize that we have always been the true I and train our mind to rest there rather than resting in the numerous false I's that we create as we move through each day. Once we have trained ourselves to abide in our true I—that is always there—then it becomes relatively easy to recognize that same I externally.

What is the best method to train ourselves to rest in our true I? All yogas are designed to do it, but in the final analysis, after we have discovered that we have always been That, there is no better method to keep our mind fixed there than repetition of God's name. Repetition of God's name combines the concentration and subtlety that leads to our true I. When we repeat God's name, it becomes natural for our true I to shine forth in our consciousness. Thus to make God real, especially in these modern times, there is no better practice than the repetition of God's name.