

The Real Purpose of Spiritual Experiences and Insights

Many years ago there was a French lady living in the Āśram. She was of an exceptionally mystical nature and was constantly having spectacular spiritual experiences. One day, Pūjya Swāmī Chidānandajī said to her: “Spiritual experiences are all right as long as you learn something from them.” Then in his book *Ponder These Truths*, Pūjya Swāmījī asks the question, “How soon after you have had a spiritual insight, either through reading a book or listening to a teacher, should you put it into practice?” He answered, “Immediately you have had an insight, it should be put into practice.”

Strangely enough, many of us, as seekers, keep our spiritual life in one compartment of our life. We do our duty spiritually, but then, when we do our other duties, our secular duties, our spiritual knowledge isn't necessarily applied to our life. Nevertheless, as Pūjya Swāmījī said, the whole purpose of spiritual experiences or insights is that they are meant to be applied to our lives, not sometime in the future, but right now.

What is it that all spiritual practices are pointing to, that all insights are pointing to? One thing alone. That God alone is. We are not meant to keep this spiritual knowledge for the future, but rather to apply it to this moment. God answers all problems, but we have to apply that truth to the problems.

Thus, when we repeat God's name, it is not just a spiritual practice, it is not just a bridge to the transcendental, but the scriptures declare that the Name and God are One. Thus the Name is meant to be applied to our moment by moment life as a constant reminder that whatever we are dealing with is the Divine. Whether it is in our outer world or our inner world, whether it is of a *sāttvic*, *rājasic*, or *tāmasic* nature, it is God alone.

Therefore, spiritual experiences, spiritual insights, are meant to affect our day-by-day life. That is their whole purpose and that is what makes them effective and life-changing.