

## What God's Name Can Do for Us

There are numerous yogas and yoga paths that we can follow in the Vedic way of life. But one yoga seems to complement them all. Whatever path we are following, in addition we are likely to repeat God's name.

There are some who claim that repetition of God's name is the only yoga that we require, that God's name can do everything for us. They will point out that even from a community point of view, *kīrtan* finds a place in bringing the community together. If you want to go within to meditate, the easiest way to slip into meditation is the repetition of God's name. Pūjya Swāmī Chidānandajī said, God's name is the link between this world and the transcendental.

If we want to enquire into the nature of the Self, of the transcendental, repetition of God's name can be the path. Repetition of God's name will also reveal to us the immanent God. If we are having some concerns in the outer world, repetition of God's name will bring God into the situation and we will experience peace.

But then, even if we find God within, even if we can see God without through our own path or with the help of God's name, the most important thing is still left out. That is our identification with the body and mind. Because no matter how much we have found God within, no matter how much we see God without, there is still a separate I that is seeing it. And as the scriptures declare that One alone is—without a second—our *sādhana* is not complete as long as there is still ourselves and God. They must become One.

But where is this I that has to drop away and oneness takes its place? It is not way inside in some high realm. Nor is it an object to us. It is the most intimate thing to us where we are right now and as we go through our daily life. Therefore, the greatest benefit of repeating God's name is not as an aid to take us somewhere else—into meditation or enquiry—but to repeat it right where we are, right in our mind, right where our I is.

The I means separation. God's name means oneness. And ultimately, if our mind is paying attention to God's name, its significance will dawn upon us. We will realize that we've always been that oneness and that the ego is, finally, an unnecessary addition to that oneness. Therefore, God's

name can reveal God outwardly. It can reveal God inwardly. But most important, it will reveal who we really are right where we are.