

The Divine Name

Although it isn't absolutely unique to the Vedic way of life, in the Vedic way of life the repetition of God's name is almost universal. With some devotees it is the only practice. With others, it is a supplement to their preferred yoga. Those for whom it is the single yoga claim that it will do everything. Whatever any other yoga can do, it can do.

Fundamentally, yogas are intended to do one of three things: help us to discover God within, help us to see God without, or help us to recognize the God that is beyond both within and without. Normally, to find the God within, enquiring who we are is recommended. We use the *neti neti* method, negating everything until we come to an unknowable place where we can go no further.

Finding the God without means offering everything to God, including all our activities, until we see that God is present and acting in everything without. He is behind all actions and things and He is within them as well. To worship the God beyond both within and without we can follow Gurudev's words: Surrender everything unto the Lord, place your ego at His feet and be at ease. In other words, we surrender the within, we surrender the without, and finally we surrender the surrenderer until nothing is left.

The advocates of the Divine Name say: Just repeat God's name. Ultimately, as you repeat the Name within, you will become aware of something Unknowable that is aware of that Name. Repeat God's Name and sooner or later the Name itself will reveal God intrinsic in all actions and things in the outer world. Repeat God's name and it will bring you to your knees, recognizing the Lord beyond everything that is known and everything that is unknown.

Thus, in the spiritual life, for it to be truly integral, we must have a way of discovering the Divine within, discovering the Divine without, and laying our ego at the Feet of that which is beyond our understanding altogether. Or, as the advocates of the Divine Name say, Simply repeat God's name. It will do everything for you.