

Leela Kaivalya Vahini

Stream of Divine Cosmic Play

Spiritual exercises like worship, singing hymns of adoration, and meditation are prompted by devotion to higher powers. Controversy about their efficacy should not be indulged in by those who are unaware of the depths and heights to which they can lead. These depths and heights can be gained and judged only through actual practice. The proof lies only in one's personal experience.

The longing for the supersensory spiritual life is aroused in the seeker either by a quest for fundamental principles or by the feeling of a need for lasting joy. Mere longing will not grant success. Spiritual exercise has to be undertaken. It is important also to examine oneself and assess in detail one's aspirations and attitudes before embarking on the process.

Wisdom through meditation becomes authentic

Contemporary religions, which profess to guide seekers in this task, don't infuse confidence in youth. The youth feel that some of these religions have been shaped by conditions of the era in which they emerged. Many have become outdated. Some are specifically linked to regions or states. Some have been imposed and moulded by foreign people. And some strike them as indecent and injurious. Young aspirants for higher life feel they will be ridiculed if they practise these religions. So, instead, they indulge in incessant talk and the turning over of pages of thousands of books! They stay away even from the first step of spiritual discipline as prescribed in any of the many religions. Such are the critics and controversialists who relish the confusion they create.

Far more valuable than the scholarship gathered from a million books is the grain of wisdom gained through a session of meditation. That flash of wisdom (*jnana*), however slight, is a precious acquisition. It is the product of personal spiritual exercise (*sadhana*) and indisputable authentic experience. As one cultivates and develops this grain of wisdom, controversy and criticism will cease. All arguments will be only with one's lower self, until the truth stands revealed. Self-confidence is essential for a person to enter on this path of spiritual practice.

Joy and peace of a spiritual life

A word to those who are overwhelmed by the burden of worldly responsibilities and anxieties and to those who find themselves unable to pray to the Highest, either because they have condemned themselves as undeserving or because they have no faith in the Highest. Enormous is the number of those who live their days in joy. You too were joyful and are so now. But everyone is destined to disappear one day, as generations have already done. Therefore, everyone must desire and adopt every means to attain not only joy but, what is far more valuable, peace of mind and an ideal exemplary life.

Born as a human being, one should not disown the unique nature of humans. One should not forget even for a moment the genuine characteristics of humans. One should never degrade oneself to the level of beasts —or a

level that is far worse and despicable, that of demonic beings (*asuras*). One must firmly resolve not to allow themselves to fall into these depths. Only the spiritual path can arouse and sustain that resolution, that alone can awaken and strengthen such yearning.

It is necessary to emphasise that, in order to successfully confront the problems that arise in one's daily living, one has to possess intelligence and skill, in addition to the qualities of justice, virtue, and spiritual excellence. Both intelligence and skill are essential for progress, as essential as two wings for a bird or two wheels for a cart. The importance of the higher path that leads to the Highest can be realised only by experiencing and understanding the world.

The world is a cosmic play

The world is enchanting, because it is a tantalising appearance, though it is fundamentally untrue. It is a phenomenon that is fading out. When this truth is realised, one becomes aware of the cosmic sport of God and the eternal universal Being.

This state of consciousness cannot be won through the piling of wealth or worldly power or the acquisition of knowledge and skill. It can be won through the purification of one's consciousness in all its facets and the earnestness with which the search is pursued.

During that search, there naturally arise various obstacles, like doubts and dogmas, purposeless arguments, and flimsy fancies. From the coming New Year Festival Day (*Yugadi*), this series, under the name "Divine Cosmic Play' (*Leela Kaivalya Vahini*)" will dissolve all such obstacles and fill you with spiritual bliss (*ananda*). It will lead you to the path of spiritual progress. Meanwhile, await the message.