

THE IMPORTANCE OF SPIRITUAL PRACTICE

The Atman, our Supreme Self, our own blissful Being,

It is here, this very moment, in its spotless Glory.

It does not need to be achieved,

It is already here, resplendent in Its spotless Glory.

It does not need to be created,

It is already here, resplendent in Its spotless Glory.

It does not need to be reached, by some means, or some effort,

It is already here, resplendent in Its full Glory.

However...

Its glorious presence is covered by the thick clouds

of desires for things other than That.

Clouds made fat by fears of losing, or failing to achieve what we desire.

Clouds made even darker by the presence of anger and infatuation...

all of them offsprings of desire...

...for something other than That.

These are the main obstacles that stand in the way,

between the little human that we think we are

and the Supreme Self that we truly are.

Turning our eyes towards God, our own Supreme Self,
praying to Him, meditating on Him, repeating His Holy Name,

loving Him, serving Him, offering ourselves to Him;

this we call spiritual practice.

And it is the means to remove all impediments,

from the little human that we think we are,

to the Supreme Self that we truly are.

By having no desire for something other than Truth,

The clouds of ignorance cannot come into being,
Cannot take form, cannot be maintained, cannot remain.
That is why, O Beloved, that spiritual practice is necessary.

That is why, O Beloved, that all great Saints pray,
that all of us may turn our eyes towards our own Supreme Self,
pray to Him, meditate on Him, repeat His Holy Name,
love Him, serve Him, offer ourselves to Him.

Awaken That
Awaken in That
Awaken as That.