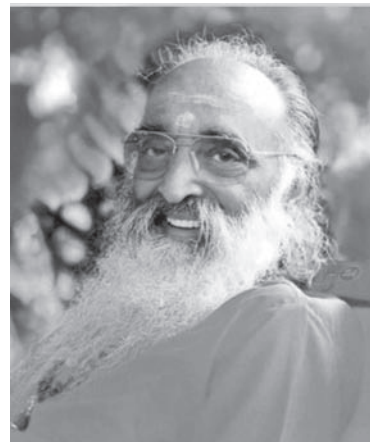


## WORDS OF WISDOM

## *From Swamy Chinmayananda (Courtesy to Chinmaya Mission Trust)\**

### **Surrender**

Surrender your anxieties at the feet of the Lord or the Teacher. When you are surrendering unto Him, surrender all your roles. You are no longer a father, daughter, son, mother, businessman, nor a professional. Renounce every attitude that you have taken in your relationship with the world of objects, emotions, and thoughts, through your equipment of body, mind, and intellect. At such a moment, you are nothing. You, the created, are turning toward your Creator. He and you are alone. It is a private interview. When you are thus dead to all other relationships, all worries and responsibilities drop away from you. Only you and the Divine exist. Your mind is flooded in joy because you are turning toward your Beloved. 'I have an appointment with God' - think of it that way. 'I am turning toward my own source. I am temporarily leaving behind all the fields of pain and imperfection' (Swamiji expects one to return peaceful and energised to continue one's karma i.e, duties in service of nature and society - the creator and creations).



Swami Chinmayananda  
(08 May 1916 – 03 Aug 1993)

### **Learn to Forgive Oneself**

Self-love is necessary, rather unavoidable. As long as self-depreciation is practised as a badge of humility and spirituality, we will find it difficult to reach the higher climbs of contemplation. To despise ourselves is to exhibit a gross lack of appreciation of our

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\* *Swamy Chinmayananda (1916-1993) is globally hailed for spreading the message of Vedanta. He gave practical spiritual insight to millions to overcome challenges of life and to succeed by synergetic action of mind, intellect and body. Chinmaya Mission is now a worldwide organisation spreading his message of wisdom to lead a successful life in harmony with nature, God and society, with enlightened spirituality and dedication to work. The above quotes are adopted from the book 'Read Daily Live Fully' published by 'ChinmayaPrakashan, Central Chinmaya Mission Trust, ISBN No.978-81-7597-706-8. It is a collection of Swamiji's orations, articles, letters and books. Those who would like to learn more of his teachings it is highly recommended to read this book.*

source, the Lord. It is to accuse our Creator of inadequacy and incompetence. How can an individual, who doubts his own love and goodness, even be spiritual? Despising our faults is different from blaming ourselves for having the faults. It is natural to make mistakes. Consider yourself as your own child. Children will be mischievous and will make mistakes. But parents will laugh them away. Proper self-love is having the faith in the goodness in ourselves. A sense of guilt only brings in the same sin again and again into our mind. Don't just ask for forgiveness; forgive yourself. Holding onto guilt is still focussing on the ego. The Lord cannot forgive us as long as we are feeling guilty and bringing up the same idea again and again in our mind. If we accept and acknowledge the mistake, it is forgiven. Once surrendered to Him forget and forgive yourself. It is so simple, if the surrender is total and complete.

### **We Go Within**

Within us is a region unaffected by the tumultuous uproar of our daily lives. It remains ever a clam seat of poise and serenity just like the depth of an ocean. Many great men in the world recognised this region and named it differently. Mahatma Gandhi called this 'inner voice'. All those who have discovered it have unanimously declared that diving into its peace and clam invigorates one's mind and soothes tense nerves. According to our philosophy, this is the seat of one's intuition and an occasional plunge therein gives poise to one's personality, and adds a glowing dexterity to one's actions. Take leave of all the anxieties and fears of daily life, and let the mind glide over to pleasant thoughts which bring harmony and peace and with detachment re-evaluate the world and its objects. It is to this re-evaluation that one should turn all one's attention when faced with problems, crucial or casual.



**‘Ego’ is a small three letter word  
which can destroy  
a big twelve letter word called  
relationship.**