

Addresses on Bhakti Yoga

The Preparation

The best definition given of Bhakti-Yoga is perhaps embodied in the verse: "May that love undying which the non-discriminating have for the fleeting objects of the senses never leave this heart of mine — of me who seek after Thee!" We see what a strong love men, who do not know any better, have for sense-objects, for money, dress, their wives, children, friends, and possessions. What a tremendous clinging they have to all these things! So in the above prayer the sage says, "I will have that attachment, that tremendous clinging, only to Thee." This love, when given to God, is called Bhakti. Bhakti is not destructive; it teaches us that no one of the faculties we have has been given in vain, that through them is the natural way to come to liberation. Bhakti does not kill out our tendencies, it does not go against nature, but only gives it a higher and more powerful direction. How naturally we love objects of the senses! We cannot but do so, because they are so real to us. We do not ordinarily see anything real about higher things, but when a man has seen something real beyond the senses, beyond the universe of senses, the idea is that he can have a strong attachment, only it should be transferred to the object beyond the senses, which is God. And when the same kind of love that has before been given to sense-objects is given to God, it is called Bhakti. According to the sage Râmânuja, the following are the preparations for getting that intense love.

The first is Viveka. It is a very curious thing, especially to people of the West. It means, according to Ramanuja, "discrimination of food". Food contains all the energies that go to make up the forces of our body and mind; it has been transferred, and conserved, and given new directions in my body, but my body and mind have nothing essentially different from the food that I ate. Just as the force and matter we find in the material world become body and mind in us, so, essentially, the difference between body and mind and the food we eat is only in manifestation. It being so, that out of the material particles of our food we construct the instrument of thought, and that from the finer forces lodged in these particles we manufacture thought itself, it naturally follows, that both this thought and the instrument will be modified by the food we take. There are certain kinds of food that produce a certain change in the mind; we see it every day. There are other sorts which produce a change in the body, and in the long run have a tremendous effect on the mind. It is a great thing to learn; a good deal of the misery we suffer is occasioned by the food we take. You find that after a heavy and indigestible meal it is very hard to control the mind; it is running, running all the time. There are certain foods which are exciting; if you eat such food, you find

that you cannot control the mind. It is obvious that after drinking a large quantity of wine, or other alcoholic beverage, a man finds that his mind would not be controlled; it runs away from his control.

According to Ramanuja, there are three things in food we must avoid. First, there is Jâti, the nature, or species of the food, that must be considered. All exciting food should be avoided, as meat, for instance; this should not be taken because it is by its very nature impure. We can get it only by taking the life of another. We get pleasure for a moment, and another creature has to give up its life to give us that pleasure. Not only so, but we demoralise other human beings. It would be rather better if every man who eats meat killed the animal himself; but, instead of doing so, society gets a class of persons to do that business for them, for doing which, it hates them. In England no butcher can serve on a jury, the idea being that he is cruel by nature. Who makes him cruel? Society. If we did not eat beef and mutton, there would be no butchers. Eating meat is only allowable for people who do very hard work, and who are not going to be Bhaktas; but if you are going to be Bhaktas, you should avoid meat. Also, all exciting foods, such as onions, garlic, and all evil-smelling food, as "sauerkraut". Any food that has been standing for days, till its condition is changed, any food whose natural juices have been almost dried up any food that is malodorous, should be avoided.

The next thing that is to be considered as regards food is still more intricate to Western minds — it is what is called Âshraya, i.e. the person from whom it comes. This is rather a mysterious theory of the Hindus. The idea is that each man has a certain aura round him, and whatever thing he touches, a part of his character, as it were, his influence, is left on it. It is supposed that a man's character emanates from him, as it were, like a physical force, and whatever he touches is affected by it. So we must take care who touches our food when it is cooked; a wicked or immoral person must not touch it. One who wants to be a Bhakta must not dine with people whom he knows to be very wicked, because their infection will come through the food.

The other form of purity to be observed is Nimitta, or instruments. Dirt and dust must not be in food. Food should not be brought from the market and placed on the table unwashed. We must be careful also about the saliva and other secretions. The lips ought never, for instance, to be touched with the fingers. The mucous membrane is the most delicate part of the body, and all tendencies are conveyed very easily by the saliva. Its contact, therefore, is to be regarded as not only offensive, but dangerous. Again, we must not eat food, half of which has been eaten by someone else. When these things are avoided in food, it becomes pure; pure food brings a pure mind, and in a pure mind is a constant memory of God. Let me tell you the same thing as explained by another commentator, Shankarâchârya, who takes quite another view. This word for food, in Sanskrit, is derived from the root, meaning to gather. Âhâra means "gathered in". What is his explanation? He says, the passage that when food is pure the mind will become pure really means that lest we become subject to the senses we should avoid the

following: First as to attachment; we must not be extremely attached to anything excepting God. See everything, do everything, but be not attached. As soon as extreme attachment comes, a man loses himself, he is no more master of himself, he is a slave. If a woman is tremendously attached to a man, she becomes a slave to that man. There is no use in being a slave. There are higher things in this world than becoming a slave to a human being. Love and do good to everybody, but do not become a slave. In the first place, attachment degenerates us, individually, and in the second place, makes us extremely selfish. Owing to this failing, we want to injure others to do good to those we love. A good many of the wicked deeds done in this world are really done through attachment to certain persons. So all attachment excepting that for good works should be avoided; but love should be given to everybody. Then as to jealousy. There should be no jealousy in regard to objects of the senses; jealousy is the root of all evil, and a most difficult thing to conquer. Next, delusion. We always take one thing for another, and act upon that, with the result that we bring misery upon ourselves. We take the bad for the good. Anything that titillates our nerves for a moment we think; as the highest good, and plunge into it immediately, but find, when it is too late, that it has given us a tremendous blow. Every day, we run into this error, and we often continue in it all our lives. When the senses, without being extremely attached, without jealousy, or without delusion, work in the world, such work or collection of impressions is called pure food, according to Shankaracharya. When pure food is taken, the mind is able to take in objects and think about them without attachment, jealousy or delusion; then the mind becomes pure, and then there is constant memory of God in that mind.

It is quite natural for one to say that Shankara's meaning is the best, but I wish to add that one should not neglect Ramanuja's interpretation either. It is only when you take care of the real material food that the rest will come. It is very true that mind is the master, but very few of us are not bound by the senses. We are all controlled by matter; and as long as we are so controlled, we must take material aids; and then, when we have become strong, we can eat or drink anything we like. We have to follow Ramanuja in taking care about food and drink; at the same time we must also take care about our mental food. It is very easy to take care about material food, but mental work must go along with it; then gradually our spiritual self will become stronger and stronger, and the physical self less assertive. Then will food hurt you no more. The great danger is that every man wants to jump at the highest ideal, but jumping is not the way. That ends only in a fall. We are bound down here, and we have to break our chains slowly. This is called Viveka, discrimination.

The next is called Vimoka, freedom from desires. He who wants to love God must get rid of extreme desires, desire nothing except God. This world is good so far as it helps one to go to the higher world. The objects of the senses are good so far as they help us to attain higher objects. We always forget that this world is a means to an end, and not an end itself. If this were the end we should be immortal here in

our physical body; we should never die. But we see people every moment dying around us, and yet, foolishly, we think we shall never die; and from that conviction we come to think that this life is the goal. That is the case with ninety-nine per cent of us. This notion should be given up at once. This world is good so far as it is a means to perfect ourselves; and as soon as it has ceased to be so, it is evil. So wife, husband, children, money and learning, are good so long as they help us forward; but as soon as they cease to do that, they are nothing but evil. If the wife help us to attain God, she is a good wife; so with a husband or a child. If money help a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better.

The next is Abhyâsa, practice. The mind should always go towards God. No other things have any right to withhold it. It should continuously think of God, though this is a very hard task; yet it can be done by persistent practice. What we are now is the result of our past practice. Again, practice makes us what we shall be. So practice the other way; one sort of turning round has brought us this way, turn the other way and get out of it as soon as you can. Thinking of the senses has brought us down here — to cry one moment, to rejoice the next, to be at the mercy of every breeze, slave to everything. This is shameful, and yet we call ourselves spirits. Go the other way, think of God; let the mind not think of any physical or mental enjoyment, but of God alone. When it tries to think of anything else, give it a good blow, so that it may turn round and think of God. As oil poured from one vessel to another falls in an unbroken line, as chimes coming from a distance fall upon the ear as one continuous sound, so should the mind flow towards God in one continuous stream. We should not only impose this practice on the mind, but the senses too should be employed. Instead of hearing foolish things, we must hear about God; instead of talking foolish words, we must talk of God. Instead of reading foolish books, we must read good ones which tell of God.

The greatest aid to this practice of keeping God in memory is, perhaps, music. The Lord says to Nârada, the great teacher of Bhakti, "I do not live in heaven, nor do I live in the heart of the Yogi, but where My devotees sing My praise, there am I". Music has such tremendous power over the human mind; it brings it to concentration in a moment. You will find the dull, ignorant, low, brute-like human beings, who never steady their mind for a moment at other times, when they hear attractive music, immediately become charmed and concentrated. Even the minds of animals, such as dogs, lions, cats, and serpents, become charmed with music. The next is Kriyâ, work — doing good to others. The memory of God will not come to the selfish man. The more we come out and do good to others, the more our hearts will be purified, and God will be in them. According to our scriptures, there are five sorts of work, called the fivefold sacrifice. First, study. A man must study every day something holy and good. Second, worship of God, angels, or saints, as it may be. Third, our duty to our forefathers. Fourth, our duty to human beings. Man has no right to live in a house himself, until he builds for the poor also, or for anybody who needs it. The householder's house should be open to

everybody that is poor and suffering; then he is a real householder. If he builds a house only for himself and his wife to enjoy, he will never be a lover of God. No man has the right to cook food only for himself; it is for others, and he should have what remains. It is a common practice in India that when the seasons produce first comes into the market, such as strawberries or mangoes, a man buys some of them and gives to the poor. Then he eats of them; and it is a very good example to follow in this country. This training will make a man unselfish, and at the same time, be an excellent object-lesson to his wife and children. The Hebrews in olden times used to give the first fruits to God. The first of everything should go to the poor; we have only a right to what remains. The poor are God's representatives; anyone that suffers is His representative. Without giving, he who eats and enjoys eating, enjoys sin. Fifth, our duty to the lower animals. It is diabolical to say that all animals are created for men to be killed and used in any way man likes. It is the devil's gospel, not God's. Think how diabolical it is to cut them up to see whether a nerve quivers or not, in a certain part of the body. I am glad that in our country such things are not countenanced by the Hindus, whatever encouragement they may get from the foreign government they are under. One portion of the food cooked in a household belongs to the animals also. They should be given food every day; there ought to be hospitals in every city in this country for poor, lame, or blind horses, cows, dogs, and cats, where they should be fed and taken care of.

Then there is Kalyâna, purity, which comprises the following: Satya, truthfulness. He who is true, unto him the God of truth comes. Thought, word, and deed should be perfectly true. Next Ârjava, straightforwardness, rectitude. The word means, to be simple, no crookedness in the heart, no double-dealing. Even if it is a little harsh, go straightforward, and not crookedly. Dayâ, pity, compassion. Ahimsâ, not injuring any being by thought, word, or deed. Dâna, charity. There is no higher virtue than charity. The lowest man is he whose hand draws in, in receiving; and he is the highest man whose hand goes out in giving. The hand was made to give always. Give the last bit of bread you have even if you are starving. You will be free in a moment if you starve yourself to death by giving to another. Immediately you will be perfect, you will become God. People who have children are bound already. They cannot give away. They want to enjoy their children, and they must pay for it. Are there not enough children in the world? It is only selfishness which says, "I'll have a child for myself".

The next is Anavasâda — not desponding, cheerfulness. Despondency is not religion, whatever else it may be. By being pleasant always and smiling, it takes you nearer to God, nearer than any prayer. How can those minds that are gloomy and dull love? If they talk of love, it is false; they want to hurt others. Think of the fanatics; they make the longest faces, and all their religion is to fight against others in word and act. Think of what they have done in the past, and of what they would do now if they were given a free hand. They would deluge the whole world in blood tomorrow if it would bring them power. By worshipping power and

making long faces, they lose every bit of love from their hearts. So the man who always feels miserable will never come to God. It is not religion, it is diabolism to say, "I am so miserable." Every man has his own burden to bear. If you are miserable, try to be happy, try to conquer it.

God is not to be reached by the weak. Never be weak. You must be strong; you have infinite strength within you. How else will you conquer anything? How else will you come to God? At the same time you must avoid excessive merriment, Uddharsha, as it is called. A mind in that state never becomes calm; it becomes fickle. Excessive merriment will always be followed by sorrow. Tears and laughter are near kin. People so often run from one extreme to the other. Let the mind be cheerful, but calm. Never let it run into excesses, because every excess will be followed by a reaction.

These, according to Ramanuja, are the preparations for Bhakti.

Addresses on Bhakti Yoga

The first steps

The philosophers who wrote on Bhakti defined it as extreme love for God. Why a man should love God is the question to be solved; and until we understand that, we shall not be able to grasp the subject at all. There are two entirely different ideals of life. A man of any country who has any religion knows that he is a body and a spirit also. But there is a great deal of difference as to the goal of human life. In Western countries, as a rule, people lay more stress on the body aspect of man; those philosophers who wrote on Bhakti in India laid stress on the spiritual side of man; and this difference seems to be typical of the Oriental and Occidental nations. It is so even in common language. In England, when speaking of death it is said, a man gave up his ghost; in India, a man gave up his body. The one idea is that man *is* a body and *has* a soul; the other that man *is* a soul and *has* a body.

More intricate problems arise out of this. It naturally follows that the ideal which holds that man is a body and has a soul lays all the stress on the body. If you ask why man lives, you will be told it is to enjoy the senses, to enjoy possessions and wealth. He cannot dream of anything beyond even if he is told of it; his idea of a future life would be a continuation of this enjoyment. He is very sorry that it cannot continue all the time here, but he has to depart; and he thinks that somehow or other he will go to some place where the same thing will be renewed. He will have the same enjoyments, the same senses, only heightened and strengthened. He wants to worship God, because God is the means to attain this end. The goal of his

life is enjoyment of sense-objects, and he comes to know there is a Being who can give him a very long lease of these enjoyments, and that is why he worships God. On the other hand the Indian idea is that God is the goal of life; there is nothing beyond God, and the sense-enjoyments are simply something through which we are passing now in the hope of getting better things. Not only so; it would be disastrous and terrible if man had nothing but sense-enjoyments. In our everyday life we find that the less the sense-enjoyments, the higher the life of the man. Look at the dog when he eats. No man ever ate with the same satisfaction. Observe the pig giving grunts of satisfaction as he eats; it is his heaven, and if the greatest archangel came and looked on, the pig would not even notice him. His whole existence is in his eating. No man was ever born who could eat that way. Think of the power of hearing in the lower animals, the power of seeing; all their senses are highly developed. Their enjoyment of the senses is extreme; they become simply mad with delight and pleasure. And the lower the man also, the more delight he finds in the senses. As he gets higher, the goal becomes reason and love. In proportion as these faculties develop, he loses the power of enjoying the senses. For illustration's sake, if we take for granted that a certain amount of power is given to man, and that that can be spent either on the body, or the mind, or the spirit, then all the powers spent on any one of these leaves just so much less to be expended on the others. The ignorant or savage races have much stronger sensual faculties than the civilised races, and this is, in fact, one of the lessons we learn from history that as a nation becomes civilised the nerve organisation becomes finer, and they become physically weaker. Civilise a savage race, and you will find the same thing; another barbarian race comes up and conquers it. It is nearly always the barbarian race that conquers. We see then that if we desire only to have sense-enjoyments all the time, we degrade ourselves to the brute state. A man does not know what he is asking for when he says, he wants to go to a place where his sense-enjoyments will be intensified; that he can only have by going down to the brutes.

So with men desiring a heaven full of sense-pleasures. They are like swine wallowing in the mire of the senses, unable to see anything beyond. This sense-enjoyment is what they want, and the loss of it is the loss of heaven to them. These can never be Bhaktas in the highest sense of the word; they can never be true lovers of God. At the same time, though this lower ideal be followed for a time, it will also in course of time change, each man will find that there is something higher, of which he did not know, and so this clinging to life and to things of the senses will gradually die away. When I was a little boy at school, I had a fight with another schoolfellow about some sweetmeats, and he being the stronger boy snatched them from my hand. I remember the feeling I had; I thought that boy was the most wicked boy ever born, and that as soon as I grew strong enough I would punish him; there was no punishment sufficient for his wickedness. We have both grown up now, and we are fast friends. This world is full of babies to whom eating and drinking, and all these little cakes are everything. They will dream of these

cakes, and their idea of future life is where these cakes will be plentiful. Think of the American Indian who believes that his future life will be in a place which is a very good hunting ground. Each one of us has an idea of a heaven just as we want it to be; but in course of time, as we grow older and see higher things, we catch higher glimpses beyond. But let us not dispense with our ideas of future life in the ordinary way of modern times, by not believing in anything — that is destruction. The agnostic who thus destroys everything is mistaken, the Bhakta sees higher. The agnostic does not want to go to heaven, because he has none; while the Bhakta does not want to go to heaven, because he thinks it is child's play. What he wants is God.

What can be a higher end than God? God Himself is the highest goal of man; see Him, enjoy Him. We can never conceive anything higher, because God is perfection. We cannot conceive of any higher enjoyment than that of love, but this word love has different meanings. It does not mean the ordinary selfish love of the world; it is blasphemy to call that love. The love for our children and our wives is mere animal love; that love which is perfectly unselfish is the only love, and that is of God. It is a very difficult thing to attain to. We are passing through all these different loves — love of children, father, mother, and so forth. We slowly exercise the faculty of love; but in the majority of cases we never learn anything from it, we become bound to one step, to one person. In some cases men come out of this bondage. Men are ever running after wives and wealth and fame in this world; sometimes they are hit very hard on the head, and they find out what this world really is. No one in this world can really love anything but God. Man finds out that human love is all hollow. Men cannot love though they talk of it. The wife says she loves her husband and kisses him; but as soon as he dies, the first thing she thinks about is the bank account, and what she shall do the next day. The husband loves the wife; but when she becomes sick and loses her beauty, or becomes haggard, or makes a mistake, he ceases to care for her. All the love of the world is hypocrisy and hollowness.

A finite subject cannot love, nor a finite object be loved. When the object of the love of a man is dying every moment, and his mind also is constantly changing as he grows, what eternal love can you expect to find in the world? There cannot be any real love but in God: why then all these loves? These are mere stages. There is a power behind impelling us forward, we do not know where to seek for the real object, but this love is sending us forward in search of it. Again and again we find out our mistake. We grasp something, and find it slips through our fingers, and then we grasp something else. Thus on and on we go, till at last comes light; we come to God, the only One who loves. His love knows no change and is ever ready to take us in. How long would any of you bear with me if I injured you? He in whose mind is no anger, hatred, or envy, who never loses his balance, dies, or is born, who is he but God? But the path to God is long and difficult, and very few people attain Him. We are all babies struggling. Millions of people make a trade of religion. A few men in a century attain to that love of God, and the whole

country becomes blessed and hallowed. When a son of God appears, a whole country becomes blessed. It is true that few such are born in any one century in the whole world, but all should strive to attain that love of God. Who knows but you or I may be the next to attain? Let us struggle therefore.

We say that a wife loves her husband. She thinks that her whole soul is absorbed in him: a baby comes and half of it goes out to the baby, or more. She herself will feel that the same love of husband does not exist now. So with the father. We always find that when more intense objects of love come to us, the previous love slowly vanishes. Children at school think that some of their schoolfellows are the dearest beings that they have in life, or their fathers or mothers are so; then comes the husband or wife, and immediately the old feeling disappears, and the new love becomes uppermost. One star arises, another bigger one comes, and then a still bigger one, and at last the sun comes, and all the lesser lights vanish. That sun is God. The stars are the smaller loves. When that Sun bursts upon him, a man becomes mad what Emerson calls "a God-intoxicated man". Man becomes transfigured into God, everything is merged in that one ocean of love. Ordinary love is mere animal attraction. Otherwise why is the distinction between the sexes? If one kneels before an image, it is dreadful idolatry; but if one kneels before husband or wife, it is quite permissible!

The world presents to us manifold stages of love. We have first to clear the ground. Upon our view of life the whole theory of love will rest. To think that this world is the aim and end of life is brutal and degenerating. Any man who starts in life with that idea degenerates himself. He will never rise higher, he will never catch this glimpse from behind, he will always be a slave to the senses. He will struggle for the dollar that will get him a few cakes to eat. Better die than live that life. Slaves of this world, slaves of the senses, let us rouse ourselves; there is something higher than this sense-life. Do you think that man, the Infinite Spirit was born to be a slave to his eyes, his nose, and his ears? There is an Infinite, Omniscient Spirit behind that can do everything, break every bond; and that Spirit we are, and we get that power through love. This is the ideal we must remember. We cannot, of course, get it in a day. We may fancy that we have it, but it is a fancy after all; it is a long, long way off. We must take man where he stands, and help him upwards. Man stands in materialism; you and I are materialists. Our talking about God and Spirit is good; but it is simply the vogue in our society to talk thus: we have learnt it parrot-like and repeat it. So we have to take ourselves where we are as materialists, and must take the help of matter and go on slowly until we become real spiritualists, and feel ourselves spirits, understand the spirit, and find that this world which we call the infinite is but a gross external form of that world which is behind.

But something besides that is necessary. You read in the Sermon on the Mount, "Ask, and it shall be given (to) you; seek, and ye shall find; knock, and it shall be opened unto you." The difficulty is, who seeks, who wants? We all say we know God. One man writes a book to disprove God, another to prove Him. One man

thinks it his duty to prove Him all his life; another, to disprove Him, and he goes about to teach man there is no God. What is the use of writing a book either to prove or disprove God? What does it matter to most people whether there is a God or not? The majority of men work just like a machine with no thought of God and feeling no need of Him. Then one day comes Death and says, "Come." The man says, "Wait a little, I want a little more time. I want to see my son grow a little bigger." But Death says, "Come at once." So it goes on. So goes poor John. What shall we say to poor John? He never found anything in which God was the highest; perhaps he was a pig in the past, and he is much better as a man. But there are some who get a little awakening. Some misery comes, someone whom we love most dies, that upon which we had bent our whole soul, that for which we had cheated the whole world and perhaps our own brother, that vanishes, and a blow comes to us. Perhaps a voice comes in our soul and asks, "What after this?" Sometimes death comes without a blow, but such cases are few. Most of us, when anything slips through our fingers, say, "What next?" How we cling to the senses! You have heard of a drowning man clutching at a straw; a man will clutch at a straw first, and when it fails, he will say someone must help him. Still people must, as the English phrase goes, "sow their wild oats", before they can rise to higher things.

Bhakti is a religion. Religion is not for the many, that is impossible. A sort of kneedrill, standing up and sitting down, may be suited for the many; but religion is for the few. There are in every country only a few hundreds who can be, and will be religious. The others cannot be religious, because they will not be awakened, and they do not want to be. The chief thing is to *want* God. We want everything except God, because our ordinary wants are supplied by the external world; it is only when our necessities have gone beyond the external world that we want a supply from the internal, from God. So long as our needs are confined within the narrow limits of this physical universe, we cannot have any need for God; it is only when we have become satiated with everything here that we look beyond for a supply. It is only when the need is there that the demand will come. Have done with this child's play of the world as soon as you can, and then you will feel the necessity of something beyond the world, and the first step in religion will come.

There is a form of religion which is fashionable. My friend has much furniture in her parlour; it is the fashion to have a Japanese vase, so she must have one even if it costs a thousand dollars. In the same way she will have a little religion and join a church. Bhakti is not for such. That is not *want*. Want is that without which we cannot live. We want breath, we want food, we want clothes; without them we cannot live. When a man loves a woman in this world, there are times when he feels that without her he cannot live, although that is a mistake. When a husband dies, the wife thinks she cannot live without him; but she lives all the same. This is the secret of necessity: it is that without which we cannot live; either it must come to us or we die. When the time comes that we feel the same about God, or in other words, we want something beyond this world, something above all material

forces, then we may become Bhaktas. What are our little lives when for a moment the cloud passes away, and we get one glimpse from beyond, and for that moment all these lower desires seem like a drop in the ocean? Then the soul grows, and feels the want of God, and must have Him.

The first step is: *What* do we want? Let us ask ourselves this question every day, do we want God? You may read all the books in the universe, but this love is not to be had by the power of speech, not by the highest intellect, not by the study of various sciences. He who desires God will get Love, unto him God gives Himself. Love is always mutual, reflective. You may hate me, and if I want to love you, you repulse me. But if I persist, in a month or a year you are bound to love me. It is a wellknown psychological phenomenon. As the loving wife thinks of her departed husband, with the same love we must desire the Lord, and then we will find God, and all books and the various sciences would not be able to teach us anything. By reading books we become parrots; no one becomes learned by reading books. If a man reads but one word of love, he indeed becomes learned. So we want first to get that desire.

Let us ask ourselves each day, "Do we want Gods" When we begin to talk religion, and especially when we take a high position and begin to teach others, we must ask ourselves the same question. I find many times that I don't want God, I want bread more. I may go mad if I don't get a piece of bread; many ladies will go mad if they don't get a diamond pin, but they do not have the same desire for God; they do not know the only Reality that is in the universe. There is a proverb in our language — If I want to be a hunter, I'll hunt the rhinoceros; if I want to be a robber, I'll rob the king's treasury. What is the use of robbing beggars or hunting ants? So if you want to love, love God. Who cares for these things of the world? This world is utterly false; all the great teachers of the world found that out; there is no way out of it but through God. He is the goal of our life; all ideas that the world is the goal of life are pernicious. This world and this body have their own value, a secondary value, as a means to an end; but the world should not be the end. Unfortunately, too often we make the world the end and God the means. We find people going to church and saying, "God, give me such and such; God, heal my disease." They want nice healthy bodies; and because they hear that someone will do this work for them, they go and pray to Him. It is better to be an atheist than to have such an idea of religion. As I have told you, this Bhakti is the highest ideal; I don't know whether we shall reach it or not in millions of years to come, but we must make it our highest ideal, make our senses aim at the highest. If we cannot get to the end, we shall at least come nearer to it. We have slowly to work through the world and the senses to reach God.

Addresses on Bhakti Yoga

The teacher of spirituality

Every soul is destined to be perfect, and every being, in the end, will attain to that state. Whatever we are now is the result of whatever we have been or thought in the past; and whatever we shall be in the future will be the result of what we do or think now. But this does not preclude our receiving help from outside; the possibilities of the soul are always quickened by some help from outside, so much so that in the vast majority of cases in the world, help from outside is almost absolutely necessary. Quickening influence comes from outside, and that works upon our own potentialities; and then the growth begins, spiritual life comes, and man becomes holy and perfect in the end. This quickening impulse which comes from outside cannot be received from books; the soul can receive impulse only from another soul, and from nothing else. We may study books all our lives, we may become very intellectual, but in the end we find we have not developed at all spiritually. It does not follow that a high order of intellectual development always shows an equivalent development of the spiritual side of man; on the other hand, we find cases almost every day where the intellect has become very highly developed at the expense of the spirit.

Now in intellectual development we can get much help from books, but in spiritual development, almost nothing. In studying books, sometimes we are deluded into thinking that we are being spiritually helped; but if we analyse ourselves, we shall find that only our intellect has been helped, and not the spirit. That is the reason why almost everyone of us can *speak* most wonderfully on spiritual subjects, but when the time of action comes, we find ourselves so woefully deficient. It is because books cannot give us that impulse from outside. To quicken the spirit, that impulse must come from another soul.

That soul from which this impulse comes is called the Guru, the teacher; and the soul to which the impulse is conveyed is called the disciple, the student. In order to convey this impulse, in the first place, the soul from which it comes must possess the power of transmitting it, as it were, to another; and in the second place, the object to which it is transmitted must be fit to receive it. The seed must be a living seed, and the field must be ready ploughed; and when both these conditions are fulfilled, a wonderful growth of religion takes place. "The speaker of religion must be wonderful, so must the hearer be"; and when both of these are really wonderful, extraordinary, then alone will splendid spiritual growth come, and not otherwise. These are the real teachers, and these are the real students. Besides these, the others are playing with spirituality — just having a little intellectual

struggle, just satisfying a little curiosity — but are standing only on the outward fringe of the horizon of religion. There is some value in that; real thirst for religion may thus be awakened; all comes in course of time. It is a mysterious law of nature that as soon as the field is ready the seed *must* come, as soon as the soul *wants* religion, the transmitter of religious force *must* come. "The seeking sinner meeteth the seeking Saviour." When the power that attracts in the receiving soul is full and ripe, the power which answers to that attraction must come.

But there are great dangers in the way. There is the danger to the receiving soul of mistaking its momentary emotion for real religious yearning. We find that in ourselves. Many times in our lives, somebody dies whom we loved; we receive a blow; for a moment we think that this world is slipping between our fingers, and that we want something higher, and that we are going to be religious. In a few days that wave passes away, and we are left stranded where we were. We oftentimes mistake such impulses for real thirst after religion, but so long as these momentary emotions are thus mistaken, that continuous, real want of the soul will not come, and we shall not find the "transmitter".

So when we complain that we have not got the truth, and that we want it so much, instead of complaining, our first duty ought to be to look into our own souls and find whether we *really* want it. In the vast majority of cases we shall find that we are not fit; we do not want; there was no thirst after the spiritual.

There are still more difficulties for the "transmitter". There are many who, though immersed in ignorance, yet, in the pride of their hearts, think they know everything, and not only do not stop there, but offer to take others on their shoulders, and thus "the blind leading the blind, they both fall into the ditch". The world is full of these; everyone wants to be a teacher, every beggar wants to make a gift of a million dollars. Just as the latter is ridiculous, so are these teachers.

How are we to know a teacher then? In the first place, the sun requires no torch to make it visible. We do not light a candle to see the sun. When the sun rises, we instinctively become aware of its rising; and when a teacher of men comes to help us, the soul will instinctively know that it has found the truth. Truth stands on its own evidences; it does not require any other testimony to attest it; it is self-effulgent. It penetrates into the inmost recesses of our nature, and the whole universe stands up and says, "This is Truth." These are the very great teachers, but we can get help from the lesser ones also; and as we ourselves are not always sufficiently intuitive to be certain of our judgment of the man from whom we receive, there ought to be certain tests. There are certain conditions necessary in the taught, and also in the teacher.

The conditions necessary in the taught are purity, a real thirst after knowledge, and perseverance. No impure soul can be religious; that is the one great condition; purity in every way is absolutely necessary. The other condition is a real thirst after knowledge. Who *wants*? That is the question. We get whatever we want — that is an old, old law. He who wants, gets. To want religion is a very difficult thing, not so easy as we generally think. Then we always forget that religion does

not consist in hearing talks, or in reading books, but it is a continuous struggle, a grappling with our own nature, a continuous fight till the victory is achieved. It is not a question of one or two days, of years, or of lives, but it may be hundreds of lifetimes, and we must be ready for that. It may come immediately, or it may not come in hundreds of lifetimes; and we must be ready for that. The student who sets out with such a spirit finds success.

In the teacher we must first see that he knows the secret of the scriptures. The whole world reads scriptures — Bibles, Vedas, Korans, and others; but they are only words, external arrangement, syntax, the etymology, the philology, the dry bones of religion. The teacher may be able to find what is the age of any book, but words are only the external forms in which things come. Those who deal too much in words and let the mind run always in the force of words lose the spirit. So the teacher must be able to know the *spirit* of the scriptures. The network of words is like a huge forest in which the human mind loses itself and finds no way out. The various methods of joining words, the various methods of speaking a beautiful language, the various methods of explaining the *dicta* of the scriptures, are only for the enjoyment of the learned. They do not attain perfection; they are simply desirous to show their learning, so that the world may praise them and see that they are learned men. You will find that no one of the great teachers of the world went into these various explanations of texts; on their part there is no attempt at "text-torturing", no saying, "This word means this, and this is the philological connection between this and that word." You study all the great teachers the world has produced, and you will see that no one of them goes that way. Yet they taught, while others, who have nothing to teach, will take up a word and write a three-volume book on its origin and use. As my Master used to say, what would you think of men who went into a mango orchard and busied themselves in counting the leaves and examining the colour of the leaves, the size of the twigs, the number of branches, and so forth, while only one of them had the sense to begin to eat the mangoes? So leave this counting of leaves and twigs and this note-taking to others. That work has its own value in its proper place, but not here in the spiritual realm. Men never become spiritual through such work; you have never once seen a strong spiritual man among these "leaf-counters". Religion is the highest aim of man, the highest glory, but it does not require "leaf-counting". If you want to be a Christian, it is not necessary to know whether Christ was born in Jerusalem or Bethlehem or just the exact date on which he pronounced the Sermon on the Mount; you only require to *feel* the Sermon on the Mount. It is not necessary to read two thousand words on when it was delivered. All that is for the enjoyment of the learned. Let them have it; say amen to that. Let *us* eat the mangoes.

The second condition necessary in the teacher is that he must be sinless. The question was once asked me in England by a friend, "Why should we look to the personality of a teacher? We have only to judge of what he says, and take that up." Not so. If a man wants to teach me something of dynamics or chemistry or any other physical science, he may be of any character; he can still teach dynamics or

any other science. For the knowledge that the physical sciences require is simply intellectual and depends on intellectual strength; a man can have in such a case a gigantic intellectual power without the least development of his soul. But in the spiritual sciences it is impossible from first to last that there can be any spiritual light in that soul which is impure. What can such a soul teach? It knows nothing. Spiritual truth is purity. "Blessed are the pure in heart, for they shall see God". In that one sentence is the gist of all religions. If you have learnt that, all that has been said in the past and all that it is possible to say in the future, you have known; you need not look into anything else, for you have all that is necessary in that one sentence; it could save the world, were all the other scriptures lost. A vision of God, a glimpse of the beyond never comes until the soul is pure. Therefore in the teacher of spirituality, purity is the one thing indispensable; we must see *first* what he *is*, and *then* what he *says*. Not so with intellectual teachers; there we care more for what he says than what he is. With the teacher of religion we must first and foremost see what he is, and then alone comes the value of the words, because he is the transmitter. What will he transmit, if he has not flat spiritual power in him? To give a simile: If a heater is hot, it can convey heat vibrations, but if not, it is impossible to do so. Even so is the case with the mental vibrations of the religious teacher which he conveys to the mind of the taught. It is a question of transference, and not of stimulating only our intellectual faculties. Some power, real and tangible, goes out from the teacher and begins to grow in the mind of the taught. Therefore the necessary condition is that the teacher must be true.

The third condition is motive. We should see that he does not teach with any ulterior motive, for name, or fame, or anything else, but simply for love, pure love for you. When spiritual forces are transmitted from the teacher to the taught, they can only be conveyed through the medium of love; there is no other medium that can convey them. Any other motive, such as gain or name, would immediately destroy the conveying medium; therefore all must be done through love. One who has known God can alone be a teacher. When you see that in the teacher these conditions are fulfilled, you are safe; if they are not fulfilled, it is unwise to accept him. There is a great risk, if he cannot convey goodness, of his conveying wickedness sometimes. This must be guarded against; therefore it naturally follows that we cannot be taught by anybody and everybody.

The preaching of sermons by brooks and stones may be true as a poetical figure but no one can preach a single grain of truth until he has it in himself. To whom do the brooks preach sermons? To that human soul only whose lotus of life has already opened. When the heart has been opened, it can receive teaching from the brooks or the stones — it can get some religious teaching from all these; but the unopened heart will see nothing but brooks and rolling stones. A blind man may come to a museum, but he comes and goes only; if he is to see, his eyes must first be opened. This eye-opener of religion is the teacher. With the teacher, therefore, our relationship is that of ancestor and descendant; the teacher is the spiritual

ancestor, and the disciple is the spiritual descendant. It is all very well to talk of liberty and independence, but without humility, submission, veneration, and faith, there will not be any religion. It is a significant fact that where this relation still exists between the teacher and the taught, there alone gigantic spiritual souls grow; but in those who have thrown it off religion is made into a diversion. In nations and churches where this relation between teacher and taught is not maintained spirituality is almost an unknown quantity. It never comes without that feeling; there is no one to transmit and no one to be transmitted to, because they are all independent. Of whom can they learn? And if they come to learn, they come to *buy* learning. Give me a dollar's worth of religion; cannot I pay a dollar for it? Religion cannot be got that way!

There is nothing higher and holier than the knowledge which comes to the soul transmitted by a spiritual teacher. If a man has become a perfect Yogi it comes by itself, but it cannot be got in books. You may go and knock your head against the four corners of the world, seek in the Himalayas, the Alps, the Caucasus, the Desert of Gobi or Sahara, or the bottom of the sea, but it will not come until you find a teacher. Find the teacher, serve him as a child, open your heart to his influence, see in him God manifested. Our attention should be fixed on the teacher as the highest manifestation of God; and as the power of attention concentrates there, the picture of the teacher as man will melt away; the frame will vanish, and the real God will be left there. Those that come to truth with such a spirit of veneration and love — for them the Lord of truth speaks the most wonderful words. "Take thy shoes from off thy feet, for the place whereon thou standest is holy ground". Wherever His name is spoken, that place is holy. How much more so is a man who speaks His name, and with what veneration ought we to approach a man out of whom come spiritual truths! This is the spirit in which we are to be taught. Such teachers are few in number, no doubt, in this world, but the world is never altogether without them. The moment it is absolutely bereft of these, it will cease to be, it will become a hideous hell and will just drop. These teachers are the fair flowers of human life and keep the world going; it is the strength that is manifested from these hearts of life that keeps the bounds of society intact.

Beyond these is another set of teachers, the Christs of the world. These Teachers of all teachers represent God Himself in the form of man. They are much higher; they can transmit spirituality with a touch, with a wish, which makes even the lowest and most degraded characters saints in one second. Do you not read of how they used to do these things? They are not the teachers about whom I was speaking; they are the Teachers of all teachers, the greatest manifestations of God to man; we cannot see God except through them. We cannot help worshipping them, and they are the only beings we are bound to worship.

No man bath "seen" God but as He is manifested in the Son. We cannot see God. If we try to see Him, we make a hideous caricature of God. There is an Indian story that an ignorant man was asked to make an image of the God Shiva, and after days of struggle he made an image of a monkey. So whenever we attempt to

make an image of God, we make a caricature of Him, because we cannot understand Him as anything higher than man so long as we are men. The time will come when we transcend our human nature and know Him as He is; but so long as we are men we must worship Him in man. Talk as we may, try as we may, we cannot see God except as a man. We may deliver great intellectual speeches, become very great rationalists, and prove that these tales of God as all nonsense, but let us come to practical common sense. What is behind this remarkable intellect? Zero, nothing, simply so much froth. When next you hear a man delivering great intellectual lectures against this worship of God, get hold of him and ask him what is his idea of God, what he means by "omnipotence", and "omniscience", and "omnipresent love", and so forth, beyond the spelling of the words. He means nothing, he cannot formulate an idea, he is no better than the man in the street who has not read a single book. That man in the street, however, is quiet and does not disturb the world, while the other man's arguments cause disturbance. He has no actual perception, and both are on the same plane. Religion is realisation, and you must make the sharpest distinction between talk and realisation. What you perceive in your soul is realisation. Man has no idea of the Spirit, he has to think of it with the forms he has before him. He has to think of the blue skies, or the expansive fields, or the sea, or something huge. How else can you think of God? So what are you doing in reality? You are talking of omnipresence, and thinking of the sea. Is God the sea? A little more common sense is required. Nothing is so uncommon as common sense, the world is too full of talk. A truce to all this frothy argument of the world. We are by our present constitution limited and bound to see God as man. If the buffaloes want to worship God, they will see Him as a huge buffalo. If a fish wants to worship God, it will have to think of Him as a big fish. You and I, the buffalo, the fish, each represents so many different vessels. All these go to the sea to be filled with water according to the shape of each vessel. In each of these vessels is nothing but water. So with God. When men see Him, they see Him as man, and the animals as animal — each according to his ideal. That is the only way you can see Him; you have to worship Him as man, because there is no other way out of it. Two classes of men do not worship God as man — the human brute who has no religion, and the Paramahansa (highest Yogi) who has gone beyond humanity, who has thrown off his mind and body and gone beyond the limits of nature. All nature has become his Self. He has neither mind nor body, and can worship God as God, as can a Jesus or a Buddha. They did not worship God as man. The other extreme is the human brute. You know how two extremes look alike. Similar is the case with the extreme of ignorance and the other extreme of knowledge; neither of these worships anybody. The extremely ignorant do not worship God, not being developed enough to feel the need for so doing. Those that have attained the highest knowledge also do not worship God — having realised and become one with God. God never worships God. Between these two poles of existence, if anyone tells you he is not going to worship God as man, take care of him. He is an

irresponsible talker, he is mistaken; his religion is for frothy thinkers, it is intellectual nonsense.

Therefore it is absolutely necessary to worship God as man, and blessed are those races which have such a "God-man" to worship. Christians have such a God-man in Christ; therefore cling close to Christ; never give up Christ. That is the natural way to see God; see God in man. All our ideas of God are concentrated there. The great limitation Christians have is that they do not heed other manifestations of God besides Christ. He was a manifestation of God; so was Buddha; so were some others, and there will be hundreds of others. Do not limit God anywhere. Pay all the reverence that you think is due to God, to Christ; that is the only worship we can have. God cannot be worshipped; He is the immanent Being of the universe. It is only to His manifestation as man that we can pray. It would be a very good plan, when Christians pray, to say, "in the name of Christ". It would be wise to stop praying to God, and only pray to Christ. God understands human failings and becomes a man to do good to humanity. "Whenever virtue subsides and immorality prevails, then I come to help mankind", says Krishna. He also says, "Fools, not knowing that I, the Omnipotent and Omnipresent God of the universe, have taken this human form, deride Me and think that cannot be." Their minds have been clouded with demoniacal ignorance, so they cannot see in Him the Lord of the universe. These great Incarnations of God are to be worshipped. Not only so, they alone can be worshipped; and on the days of their birth, and on the days when they went out of this world, we ought to pay more particular reverence to them. In worshipping Christ I would rather worship Him just as He desires; on the day of His birth I would rather worship Him by fasting than by feasting — by praying. When these are thought of, these great ones, they manifest themselves in our souls, and they make us like unto them. Our whole nature changes, and we become like them.

But you must not mix up Christ or Buddha with hobgoblins flying through the air and all that sort of nonsense. Sacrilege! Christ coming into a spiritualistic seance to dance! I have seen that presence in this country. It is not in that way that these manifestations of God come. The very touch of one of them will be manifest upon a man; when Christ *touches*, the whole soul of man will change, that man will be transfigured just as He was. His whole life will be spiritualised; from every pore of his body spiritual power will emanate. What were the great powers of Christ in miracles and healing, in one of his character? They were low, vulgar things that He could not help doing because He was among vulgar beings. Where was this miracle-making done? Among the Jews; and the Jews did not take Him. Where was it not done? In Europe. The miracle-making went to the Jews, who rejected Christ, and the Sermon on the Mount to Europe, which accepted Him. The human spirit took on what was true and rejected what was spurious. The great strength of Christ is not in His miracles or His healing. Any fool could do those things. Fools can heal others, devils can heal others. I have seen horrible demoniacal men do wonderful miracles. They seem to manufacture fruits out of the earth. I have

known fools and diabolical men tell the past, present, and future. I have seen fools heal at a glance, by the will, the most horrible diseases. These are powers, truly, but often demoniacal powers. The other is the spiritual power of Christ which will live and always has lived — an almighty, gigantic love, and the words of truth which He preached. The action of healing men at a glance is forgotten, but His saying, "Blessed are the pure in heart", that lives today. These words are a gigantic magazine of power — inexhaustible. So long as the human mind lasts, so long as the name of God is not forgotten, these words will roll on and on and never cease to be. These are the powers Jesus taught, and the powers He had. The power of purity; it is a definite power. So in worshipping Christ, in praying to Him, we must always remember what we are seeking. Not those foolish things of miraculous display, but the wonderful powers of the Spirit, which make man free, give him control over the whole of nature, take from him the badge of slavery, and show God unto him.

Addresses on Bhakti Yoga

The need of symbols

Bhakti is divided into two portions. One is called Vaidhi, formal or ceremonial; the other portion is called Mukhyâ, supreme. The word Bhakti covers all the ground between the lowest form of worship and the highest form of life. All the worship that you have seen in any country in the world, or in any religion, is regulated by love. There is a good deal that is simple ceremony; there is also a good deal which, though not ceremony, is still not love, but a lower state. Yet these ceremonies are necessary. The external part of Bhakti is absolutely necessary to help the soul onward. Man makes a great mistake when he thinks that he can at once jump to the highest state. If a baby thinks he is going to be an old man in a day, he is mistaken; and I hope you will always bear in mind this one ideal, that religion is neither in books, nor in intellectual consent, nor in reasoning. Reason, theories, documents, doctrines, books, religious ceremonies, are all *helps* to religion: religion itself consists in *realisation*. We all say, "There is a God." Have you seen God? That is the question. You hear a man say, "There is God in heaven." You ask him if he has seen Him, and if he says he has, you would laugh at him and say he is a maniac. With most people religion is a sort of intellectual assent and goes no further than a document. I would not call it religion. It is better to be an atheist than to have that sort of religion. Religion does not depend on our intellectual assent or dissent. You say there is a soul. Have you seen the soul?

How is it we all have souls and do not see them? You have to answer the question and find out the way to see the soul. If not, it is useless to talk of religion. If any religion is true, it must be able to show us the soul and show us God and the truth in ourselves. If you and I fight for all eternity about one of these doctrines or documents, we shall never come to any conclusion. People have been fighting for ages, and what is the outcome? Intellect cannot reach there at all. We have to go beyond the intellect; the proof of religion is in direct perception. The proof of the existence of this wall is that we see it; if you sat down and argued about its existence or non-existence for ages, you could never come to any conclusion; but directly you see it, it is enough. If all the men in the world told you it did not exist, you would not believe them, because you know that the evidence of your own eyes is superior to that of all the doctrines and documents in the world.

To be religious, you have first to throw books overboard. The less you read of books, the better for you; do one thing at a time. It is a tendency in Western countries, in these modern times, to make a hotchpotch of the brain; all sorts of unassimilated ideas run riot in the brain and form a chaos without ever obtaining a chance to settle down and crystallise into a definite shape. In many cases it becomes a sort of disease, but this is not religion. Then some want a sensation.

Tell them about ghosts and people coming from the North Pole or any other remote place, with wings or in any other form, and that they are invisibly present and watching over them, and make them feel uncanny, then they are satisfied and go home; but within twenty-four hours they are ready for a fresh sensation. This is what some call religion. This is the way to the lunatic asylum, and not to religion.

The Lord is not to be reached by the weak, and all these weird things tend to weakness. Therefore go not near them; they only make people weak, bring disorder to the brain, weaken the mind, demoralise the soul, and a hopeless muddle is the result. You must bear in mind that religion does not consist in talk, or doctrines, or books, but in realisation; it is not learning, but *being*. Everybody knows, "Do not steal", but what of it? That man has really known who has not stolen. Everybody knows, "Do not injure others", but of what value is it? Those who have not done so have realised it, they know it and have built their character on it. Religion is realising; and I will call you a worshipper of God when you have become able to realise the Idea. Before that it is the spelling of the weird, and no more. It is this power of realisation that makes religion. No amount of doctrines or philosophies or ethical books, that you may have stuffed into your brain, will matter much, only what you *are* and what you have *realised*. So we have to realise religion, and this realisation of religion is a long process. When men hear of something very high and wonderful, they all think they will get that, and never stop for a moment to consider that they will have to work their way up to it; they all want to jump there. If it is the highest, we are for it. We never stop to consider whether we have the power, and the result is that we do not do anything. You cannot take a man with a pitchfork and push him up there; we all have to work up gradually. Therefore the first part of religion is Vaidhi Bhakti, the lower phase of

worship.

What are these lower phases of worship? They are various. In order to attain to the state where we can realise, we must pass through the concrete — just as you see children learn through the concrete first — and gradually come to the abstract. If you tell a baby that five times two is ten, it will not understand; but if you bring ten things and show how five times two is ten, it will understand. Religion is a long, slow process. We are all of us babies here; we may be old, and have studied all the books in the universe, but we are all spiritual babies. We have learnt the doctrines and dogmas, but realised nothing in our lives. We shall have to begin now in the concrete, through forms and words, prayers and ceremonies; and of these concrete forms there will be thousands; one form need not be for everybody. Some may be helped by images, some may not. Some require an image outside, others one inside the brain. The man who puts it inside says, "I am a superior man. When it is inside it is all right; when it is outside, it is idolatry, I will fight it." When a man puts an image in the form of a church or a temple, he thinks it is holy; but when it is in a human form, he objects to it!

So there are various forms through which the mind will take this concrete exercise; and then, step by step, we shall come to the abstract understanding, abstract realisation. Again, the same form is not for everyone; there is one form that will suit you, and another will suit somebody else, and so on. All forms, though leading to the same goal, may not be for all of us. Here is another mistake we generally make. My ideal does not suit you; and why should I force it on you? My fashion of building churches or reading hymns does not suit you; why should I force it on you? Go into the world and every fool will tell you that his form is the only right one, that every other form is diabolical, and he is the only chosen man ever born in the universe. But in fact, all these forms are good and helpful. Just as there are certain varieties in human nature, so it is necessary that there should be an equal number of forms in religion; and the more there are, the better for the world. If there are twenty forms of religion in the world, it is very good; if there are four hundred, so much the better — there will be the more to choose from. So we should rather be glad when the number of religions and religious ideas increase and multiply, because they will then include every man and help mankind more. Would to God that religions multiplied until every man had his own religion, quite separate from that of any other! This is the idea of the Bhakti-Yogi.

The final idea is that my religion cannot be yours, or yours mine. Although the goal and the aim are the same, yet each one has to take a different road, according to the tendencies of his mind; and although these roads are various, they must all be true, because they lead to the same goal. It cannot be that one is true and the rest not. The choosing of one's own road is called in the language of Bhakti, Ishta, the chosen way.

Then there are words. All of you have heard of the power of words, how wonderful they are! Every book — the Bible, the Koran, and the Vedas — is full of the power of words. Certain words have wonderful power over mankind.

Again, there are other forms, known as symbols. Symbols have great influence on the human mind. But great symbols in religion were not created indefinitely. We find that they are the natural expressions of thought. We think symbolically. All our words are but symbols of the thought behind, and different people have come to use different symbols without knowing the reason why. It was all behind, and these symbols are associated with the thoughts; and as the thought brings the symbol outside, so the symbol, on the contrary, can bring the thought inside. So one portion of Bhakti tells about these various subjects of symbols and words and prayers. Every religion has prayers, but one thing you must bear in mind — praying for health or wealth is not Bhakti, it is all Karma or meritorious action. Praying for any physical gain is simply Karma, such as a prayer for going to heaven and so forth. One that wants to love God, to be a Bhakta, must discard all such prayers. He who wants to enter the realms of light must first give up this buying and selling this "shopkeeping" religion, and then enter the gates. It is not that you do not get what you pray for; you get everything, but such praying is a beggar's religion. "Foolish indeed is he who, living on the banks of the Ganga, digs a little well for water. A fool indeed is the man who, coming to a mine of diamonds, seeks for glass beads." This body will die some time, so what is the use of praying for its health again and again? What is there in health and wealth? The wealthiest man can use and enjoy only a little portion of his wealth. We can never get all the things of this world; and if not, who cares? This body will go, who cares for these things? If good things come, welcome; if they go away, let them go. Blessed are they when they come, and blessed are they when they go. We are striving to come into the presence of the King of kings. We cannot get there in a beggar's dress. Even if we wanted to enter the presence of an emperor, should we be admitted? Certainly not. We should be driven out. This is the Emperor of emperors, and in these beggar's rags we cannot enter. Shopkeepers never have admission there; buying and selling have no place there. As you read in the Bible, Jesus drove the buyers and sellers out of the Temple. Do not pray for little things. If you seek only bodily comforts, where is the difference between men and animals? Think yourselves a little higher than that.

So it goes without saying that the first task in becoming a Bhakta is to give up all desires of heaven and other things. The question is how to get rid of these desires. What makes men miserable? Because they are slaves, bound by laws, puppets in the hand of nature, tumbled about like playthings. We are continually taking care of this body that anything can knock down; and so we are living in a constant state of fear. I have read that a deer has to run on the average sixty or seventy miles every day, because it is frightened. We ought to know that we are in a worse plight than the deer. The deer has some rest, but we have none. If the deer gets grass enough it is satisfied, but we are always multiplying our wants. It is a morbid desire with us to multiply our wants. We have become so unhinged and unnatural that nothing natural will satisfy us. We are always grasping after morbid things, must have unnatural excitement — unnatural food, drink, surroundings, and life.

As to fear, what are our lives but bundles of fear? The deer has only one class of fear, such as that from tigers, wolves, etc. Man has the whole universe to fear. How are we to free ourselves from this is the question. Utilitarians say, "Don't talk of God and hereafter; we don't know anything of these things, let us live happily in this world." I would be the first to do so if we could, but the world will not allow us. As long as you are a slave of nature, how can you? The more you struggle, the more enveloped you become. You have been devising plans to make you happy, I do not know for how many years, but each year things seem to grow worse. Two hundred years ago in the old world people had few wants; but if their knowledge increased in arithmetical progression, their wants increased in geometrical progression. We think that in salvation at least our desires will be fulfilled, so we desire to go to heaven. This eternal, unquenchable thirst! Always wanting something! When a man is a beggar, he wants money. When he has money, he wants other things, society; and after that, something else. Never at rest. How are we to quench this? If we get to heaven, it will only increase desire. If a poor man gets rich, it does not quench his desires, it is only like throwing butter on the fire, increasing its bright flames. Going to heaven means becoming intensely richer, and then desire comes more and more. We read of many human things in heaven in the different Bibles of the world; they are not always very good there; and after all, this desire to go to heaven is a desire after enjoyment. This has to be given up. It is too little, too vulgar a thing for you to think of going to heaven. It is just the same as thinking, I will become a millionaire and lord it over people. There are many of these heavens, but through them you cannot gain the right to enter the gates of religion and love.

Addresses on Bhakti Yoga

The chief symbols

There are two Sanskrit words, Pratika and Pratimâ. Pratika means coming towards, nearing. In all countries you find various grades of worship. In this country, for instance, there are people who worship images of saints, there are people who worship certain forms and symbols. Then there are people who worship different beings who are higher than men, and their number is increasing very rapidly — worshippers of departed spirits. I read that there are something like eight millions of them here. Then there are other people who worship certain beings of higher grade — the angels, the gods, and so forth. Bhakti-Yoga does not condemn any one of these various grades, but they are all classed under one name, Pratika. These people are not worshipping God, but Pratika, something which is near, a step towards God. This Pratika worship cannot lead us to salvation and freedom; it can only give us certain particular things for which we worship them. For instance, if a man worships his departed ancestors or departed friends, he may get certain powers or certain information from them. Any particular gift that is got from these objects of worship is called Vidyâ, particular knowledge; but freedom, the highest aim, comes only by worship of God Himself. Some Orientalists think, in expounding the Vedas, that even the Personal God Himself is a Pratika. The Personal God may be a Pratika, but the Pratikas are neither the Personal nor Impersonal God. They cannot be worshipped as God. So it would be a great mistake if people thought that by worshipping these different Pratikas, either as angels, or ancestors, or Mahâtmâs (holy men, saints), etc., or departed spirits, they could ever reach to freedom. At best they can only reach to certain powers, but God alone can make us free. But because of that they are not to be condemned, their worship produces some result. The man who does not understand anything higher may get some power, some enjoyment, by the worship of these Pratikas; and after a long course of experience, when he will be ready to come to freedom, he will of his own accord give up the Pratikas.

Of these various Pratikas the most prevalent form is the worship of departed friends. Human nature — personal love, love for our friends — is so strong in us that when they die, we wish to see them once more — clinging on to their forms. We forget that these forms while living were constantly changing, and when they die, we think they become constant, and that we shall see them so. Not only so, but if I have a friend or a son who has been a scoundrel, as soon as he dies, I begin to think he is the saintliest person in existence; he becomes a god. There are people in India who, if a baby dies, do not burn it, but bury it and build a temple over it; and that little baby becomes the god of that temple. This is a very prevalent form of religion in many countries, and there are not wanting philosophers who think this has been the origin of all religions. Of course they cannot prove it. We must remember, however, that this worship of Pratikas can never bring us to salvation or to freedom.

Secondly, it is very dangerous. The danger is that these Pratikas, "nearing-stages",

so far as they lead us on to a further stage, are all right; but the chances are ninety-nine to one that we shall stick to the Pratikas all our lives. It is very good to be born in a church, but it is very bad to die there. To make it clearer, it is very good to be born in a certain sect and have its training — it brings out our higher qualities; but in the vast majority of cases we die in that little sect, we never come out or grow. That is the great danger of all these worships of Pratikas. One says that these are all stages which one has to pass, but one never gets out of them; and when one becomes old, one still sticks to them. If a young man does not go to church, he ought to be condemned. But if an old man goes to church, he also ought to be condemned; he has no business with this child's play any more; the church should have been merely a preparation for something higher. What business has he any more with forms and Pratikas and all these preliminaries? Book worship is another strong form of this Pratika, the strongest form. You find in every country that the book becomes the God. There are sects in my country who believe that God incarnates and becomes man, but even God incarnate as man must conform to the Vedas, and if His teachings do not so conform, they will not take Him. Buddha is worshipped by the Hindus, but if you say to them, "If you worship Buddha, why don't you take His teachings?" they will say, because they, the Buddhists, deny the Vedas. Such is the meaning of book worship. Any number of lies in the name of a religious book are all right. In India if I want to teach anything new, and simply state it on my own authority, as what I think, nobody will come to listen to me; but if I take some passage from the Vedas, and juggle with it, and give it the most impossible meaning, murder everything that is reasonable in it, and bring out my own ideas as the ideas that were meant by the Vedas, all the fools will follow me in a crowd. Then there are men preaching a sort of Christianity that would frighten the ordinary Christian out of his wits; but they say, "This is what Jesus Christ meant", and many come round them. People do not want anything new, if it is not in the Vedas or the Bible. It is a case of nerves: when you hear a new and striking thing, you are startled; or when you see a new thing, you are startled; it is constitutional. It is much more so with thoughts. The mind has been running in ruts, and to take up a new idea is too much of a strain; so the idea has to be put near the ruts, and then we slowly take it. It is a good policy, but bad morality. Think of the mass of incongruities that reformers, and what you call the liberal preachers, pour into society today. According to Christian Scientists, Jesus was a great healer; according to the Spiritualists, He was a great psychic; according to the Theosophists, He was a Mahâtmâ. All these have to be deduced from the same text. There is a text in the Vedas which says, "Existence (Sat) alone existed, O beloved, nothing else existed in the beginning". Many different meanings are given to the word Sat in this text. The Atomists say the word meant "atoms", and out of these atoms the world has been produced. The Naturalists say it meant "nature", and out of nature everything has come. The Shunyavâdins (maintainers of the Void) say it meant "nothing", "zero", and out of nothing everything has been produced. The Theists say it meant "God", and the

Advaitists say it was "Absolute Existence", and all refer to the same text as their authority.

These are the defects of book worship. But there is, on the other hand, a great advantage in it: it gives strength. All religious sects have disappeared excepting those that have a book. Nothing seems to kill them. Some of you have heard of the Parsees. They were the ancient Persians, and at one time there were about a hundred millions of them. The majority of them were conquered by the Arabs, and converted to Mohammedanism. A handful fled from their persecutors with their book, which is still preserving them. A book is the most tangible form of God. Think of the Jews; if they had not had a book, they would have simply melted into the world. But that keeps them up; the Talmud keeps them together, in spite of the most horrible persecution. One of the great advantages of a book is that it crystallises everything in tangible and convenient form, and is the handiest of all idols. Just put a book on an altar and everyone sees it; a good book everyone reads. I am afraid I may be considered partial. But, in my opinion books have produced more evil than good. They are accountable for many mischievous doctrines. Creeds all come from books, and books are alone responsible for the persecution and fanaticism in the world. Books in modern times are making liars everywhere. I am astonished at the number of liars abroad in every country.

The next thing to be considered is the Pratima, or image, the use of images. All over the world you will find images in some form or other. With some, it is in the form of a man, which is the best form. If I wanted to worship an image I would rather have it in the form of a man than of an animal, or building, or any other form. One sect thinks a certain form is the right sort of image, and another thinks it is bad. The Christian thinks that when God came in the form of a dove it was all right, but if He comes in the form of a fish, as the Hindus say, it is very wrong and superstitious. The Jews think if an idol be made in the form of a chest with two angels sitting on it, and a book on it, it is all right, but if it is in the form of a man or a woman, it is awful. The Mohammedans think that when they pray, if they try to form a mental image of the temple with the Caaba, the black stone in it, and turn towards the west, it is all right, but if you form the image in the shape of a church it is idolatry. This is the defect of image-worship. Yet all these seem to be necessary stages.

In this matter it is of supreme importance to think what we ourselves believe. What we have realised, is the question. What Jesus, or Buddha, or Moses did is nothing to us, unless we too do it for ourselves. It would not satisfy our hunger to shut ourselves up in a room and think of what Moses ate, nor would what Moses thought save *us*. My ideas are very radical on these points. Sometimes I think that I am right when I agree with all the ancient teachers, at other times I think they are right when they agree with me. I believe in thinking independently. I believe in becoming entirely free from the holy teachers; pay all reverence to them, but look at religion as an independent research. I have to find my light, just as they found theirs. Their finding the light will not satisfy us at all. You have to *become* the

Bible, and not to follow it, excepting as paying reverence to it as a light on the way, as a guide-post, a mark: that is all the value it has. But these images and other things are quite necessary. You may try to concentrate your mind, or even to project any thought. You will find that you naturally form images in your mind. You cannot help it. Two sorts of persons never require any image — the human animal who never thinks of any religion, and the perfected being who has passed through these stages. Between these two points all of us require some sort of ideal, outside and inside. It may be in the form of a departed human being, or of a living man or woman. This is clinging to personality and bodies, and is quite natural. We are prone to concretise. How could we be here if we did not concretise? We are concreted spirits, and so we find ourselves here on this earth. Concretisation has brought us here, and it will take us out. Going after things of the senses has made us human beings, and we are bound to worship personal beings, whatever we may say to the contrary. It is very easy to say "Don't be personal"; but the same man who says so is generally most personal. His attachment for particular men and women is very strong; it does not leave him when they die, he wants to follow them beyond death. That is idolatry; it is the seed, the very cause of idolatry; and the cause being there it will come out in some form. Is it not better to have a personal attachment to an image of Christ or Buddha than to an ordinary man or woman? In the West, people say that it is bad to kneel before images, but they can kneel before a woman. and say, "You are my life, the light of my eyes, my soul." That is worse idolatry. What if this talk about my soul my life? It will soon go away. It is only sense-attachment. It is selfish love covered by a mass of flowers. Poets give it a good name and throw lavender-water and all sorts of attractive things over it. Is it not better to kneel before a statue of Buddha or the Jina conqueror and say, "*Thou art my life*"? I would rather do that.

There is another sort of Pratika which is not recognised in Western countries, but is taught in our books. This teaches the worship of mind as God. Anything that is worshipped as God is a stage, a nearing, as it were. An example of this is the method of showing the fine star known as Arundhati, near the group Pleiades. One is shown a big star near to it, and when he has fixed his attention on this and has come to know it, he is shown a finer and still nearer star; and when he has fixed his attention on that, he is led up to Arundhati. So all these various Pratikas and Pratimas lead to God. The worship of Buddha and of Christ constitute a Pratika. a drawing near to the worship of God. But this worship of Buddha and of Christ will not save a man, he must go beyond them to Him who manifested Himself as Jesus Christ, for God alone can give us freedom. There are even some philosophers who say these should be regarded as God; they are not Pratikas, but God Himself.

However, we can take all these different Pratikas, these different stages of approach, and not be hurt by them: but if we think while we are worshipping them that we are worshipping God, we are mistaken. If a man worships Jesus Christ, and thinks he will be saved by that, he is mistaken entirely. If a man thinks that by worshipping an idol or the ghosts or spirits of the departed he will be saved, he is

entirely mistaken. We may worship anything by seeing God *in* it, if we can forget the idol and see God there. We must not project any image upon God. But we may fill any image with that Life which is God. Only forget the image, and you are right enough — for "Out of Him comes everything". He is everything. We may worship a picture as God, but not God as the picture. God in the picture is right, but the picture as God is wrong. God *in* the image is perfectly right. There is no danger there. This is the real worship of God. But the image-God is a mere Pratika.

The next great thing to consider in Bhakti is the "word", the Nâmashakti, the power of the name. The whole universe is composed of name and form. Whatever we see is either a compound of name and form, or simply name with form which is a mental image. So, after all, there is nothing that is not name and form. We all believe God to be without form or shape, but as soon as we begin to *think* of Him, He acquires both name and form. The Chitta is like the calm lake, thoughts being like waves upon this Chitta — and name and form are the normal ways in which these waves arise; no wave can rise without name and form. The uniform cannot be thought of; it is beyond thought; as soon as it becomes thought and matter, it must have name and form. We cannot separate these. It is said in many books that God created the universe out of the Word. Shabdabrahman, in Sanskrit, is the Christian theory of the Word. An old Indian theory, it was taken to Alexandria by Indian preachers and was planted there. Thus the idea of the Word and the Incarnation became fixed there.

There is deep meaning in the thought that God created everything out of the Word. God Himself being formless, this is the best way to describe the projection of forms, or the creation. The Sanskrit word for creation is Srishti, projection. What is meant by "God created things out of nothing"? The universe is projected out of God. He becomes the universe, and it all returns to Him, and again it proceeds forth, and again returns. Through all eternity it will go on in that way. We have seen that the projection of anything in the mind cannot be without name and form. Suppose the mind to be perfectly calm, entirely without thought; nevertheless, as soon as thought begins to rise it will immediately take name and form. Every thought has a certain name and a certain form. In the same way the very fact of creation, the very fact of projection is eternally connected with name and form. Thus we find that every idea that man has, or can have, must be connected with a certain name or word as its counterpart. This being so, it is quite natural to suppose that this universe is the outcome of mind, just as your body is the outcome of your idea — your idea, as it were, made concrete and externalised. If it be true, moreover, that the whole universe is built on the same plan, then, if you know the manner in which one atom is built, you can understand how the whole universe is built. If it is true that in you, the body forms the gross part outside and the mind forms the fine part inside, and both are eternally inseparable, then, when you cease to have the body, you will cease to have the mind also. When a man's brain is disturbed, his ideas also get disturbed, because they are but one, the finer

and the grosser parts. There are not two such things as matter and mind. As in a high column of air there are dense and rarefied strata of one and the same element air, so it is with the body; it is one thing throughout, layer on layer, from grosser to finer. Again, the body is like the finger nails. As these continue growing even when they are cut, so from our subtle ideas grows body after body. The finer a thing the more persistent it is; we find that always. The grosser it is the less persistent. Thus, form is the grosser and name the finer state of a single manifesting power called thought. But these three are one; it is the Unity and the Trinity, the three degrees of existence of the same thing. Finer, more condensed, and most condensed. Wherever the one is, the others are there also. Wherever name is, there is form and thought.

It naturally follows that if the universe is built upon the same plan as the body, the universe also must have the same divisions of form, name, and thought. The "thought" is the finest part of the universe, the real motive power. The thought behind our body is called soul, and the thought behind the universe is called God. Then after that is the name, and last of all is the form which we see and feel. For instance, you are a particular person, a little universe in this universe, a body with a particular form; then behind that a name, John or Jane, and behind that again a thought; similarly there is this whole universe, and behind that is the name, what is called the "Word" in all religions, and behind that is God. The universal thought is Mahat, as the Sânkhyas call it, universal consciousness. What is that name? There must be some name. The world is homogeneous, and modern science shows beyond doubt that each atom is composed of the same material as the whole universe. If you know one lump of clay you know the whole universe. Man is the most representative being in the universe, the microcosm, a small universe in himself. So in man we find there is the form, behind that the name, and behind that the thought, the thinking being. So this universe must be on exactly the same plan. The question is: What is that name? According to the Hindus that word is Om. The old Egyptians also believed that. The Katha Upanishad says, "That, seeking which a man practices Brahmacharya, I will tell you in short what that is, that is Om. ... This is Brahman, the Immutable One, and is the highest; knowing this Immutable One, whatever one desires one gets."

This Om stands for the name of the whole universe, or God. Standing midway between the external world and God, it represents both. But then we can take the universe piecemeal, according to the different senses, as touch, as colour, as taste, and in various other ways. In each case we can make of this universe millions of universes from different standpoints, each of which will be a complete universe by itself, and each one will have a name, and a form, and a thought behind. These thoughts behind are Pratikas. Each of them has a name. These names of sacred symbols are used in Bhakti-Yoga. They have almost infinite power. Simply by repetition of these words we can get anything we desire, we can come to perfection. But two things are necessary. "The teacher must be wonderful, so also must be the taught", says the Katha Upanishad. Such a name must come from a

person to whom it has descended through right succession. From master to disciple, the spiritual current has been coming; from ancient times, bearing its power. The person from whom such a word comes is called a Guru, and the person to whom it goes is called Shishya, the disciple. When the word has been received in the regular way, and when it has been repeated, much advance has been made in Bhakti-Yoga. Simply by the repetition of that word will come even the highest state of Bhakti. "Thou hast so many names. Thou understandest what is meant by them all these names are Thine, and in each is Thine infinite power; there is neither time nor place for repeating these names, for all times and places are holy. Thou art so easy, Thou art so merciful, how unfortunate am I, that I have no love for Thee!"

Addresses on Bhakti Yoga

The Ishta

The theory of Ishta, which I briefly referred to before, is a subject requiring careful attention because with a proper understanding of this, all the various religions of the world can be understood. The word Ishta is derived from the root Ish, to desire, choose. The ideal of all religions, all sects, is the same — the attaining of liberty and cessation of misery. Wherever you find religion, you find this ideal working in one form or other. Of course in lower stages of religion it is not so well expressed; but still, well or ill-expressed, it is the one goal to which every religion approaches. All of us want to get rid of misery; we are struggling to attain to liberty — physical, mental, spiritual. This is the whole idea upon which the world is working. Through the goal is one and the same, there may be many ways to reach it, and these ways are determined by the peculiarities of our nature. One man's nature is emotional, another's intellectual, another's active, and so forth. Again, in the same nature there may be many subdivisions. Take for instance love, with which we are specially concerned in this subject of Bhakti. One man's nature has a stronger love for children; another has it for wife, another for mother, another for father, another for friends. Another by nature has love for country, and a few love humanity in the broadest sense; they are of course very few, although everyone of us talks of it as if it were the guiding motive power of our lives. Some few sages have experienced it. A few great souls among mankind feel this universal love, and let us hope that this world will never be without such men. We find that even in one subject there are so many different ways of attaining to its goal. All Christians believe in Christ; but think, how many different

explanations they have of him. Each church sees him in a different light, from different standpoints. The Presbyterian's eyes are fixed upon that scene in Christ's life when he went to the money-changers; he looks on him as a fighter. If you ask a Quaker, perhaps he will say, "He forgave his enemies." The Quaker takes that view, and so on. If you ask a Roman Catholic, what point of Christ's life is the most pleasing to him, he, perhaps, will say, "When he gave the keys to Peter". Each sect is bound to see him in its own way.

It follows that there will be many divisions and subdivisions even of the same subject. Ignorant persons take one of these subdivisions and take their stand upon it, and they not only deny the right of every other man to interpret the universe according to his own light, but dare to say that others are entirely wrong, and they alone are right. If they are opposed, they begin to fight. They say that they will kill any man who does not believe as they believe, just as the Mohammedans do.

These are people who think they are sincere, and who ignore all others. But what is the position we want to take in this Bhakti-Yoga? Not only that we would not tell others that they are wrong, but that we would tell them that they are right — all of these who follow their own ways. That way, which your nature makes it absolutely necessary for you to take, is the right way. Each one of us is born with a peculiarity of nature as the result of our past existence. Either we call it our own reincarnated past experience or a hereditary past; whatever way we may put it, we are the result of the past - that is absolutely certain, through whatever channels that past may have come. It naturally follows that each one of us is an effect, of which our past has been the cause; and as such, there is a peculiar movement, a peculiar train, in each one of us; and therefore each one will have to find way for himself.

This way, this method, to which each of us is naturally adapted, is called the "chosen way". This is the theory of Ishta, and that way which is ours we call our own Ishta. For instance, one man's idea of God is that He is the omnipotent Ruler of the universe. His nature is perhaps such. He is an overbearing man who wants to rule everyone; he naturally finds God an omnipotent Ruler. Another man, who was perhaps a schoolmaster, and severe, cannot see any but a just God, a God of punishment, and so on Each one sees God according to his own nature; and this vision, conditioned by our own nature, is our Ishta. We have brought ourselves to a position where we can see that vision of God, and that alone; we cannot see any other vision. You will perhaps sometimes think of the teaching of a man that it is the best and fits you exactly, and the next day you ask one of your friends to go and hear him; but he comes away with the idea that it was the worst teaching he had ever heard. He is not wrong, and it is useless to quarrel with him. The teaching was all right, but it was not fitted to that man. To extend it a little further, we must understand that truth seen from different standpoints can be truth, and yet not the same truth.

This would seem at first to be a contradiction in terms, but we must remember that an absolute truth is only one, while relative truths are necessarily various. Take

your vision of this universe, for instance. This universe, as an absolute entity, is unchangeable, and unchanged, and the same throughout. But you and I and everybody else hear and see, each one his own universe. Take the sun. The sun is one; but when you and I and a hundred other people stand at different places and look at it, each one of us sees a different sun. We cannot help it. A very little change of place will change a man's whole vision of the sun. A slight change in the atmosphere will make again a different vision. So, in relative perception, truth always appears various. But the Absolute Truth is only one. Therefore we need not fight with others when we find they are telling something about religion which is not exactly according to our view of it. We ought to remember that both of us may be true, though apparently contradictors. There may be millions of radii converging towards the same centre in the sun. The further they are from the centre, the greater is the distance between any two. But as they all meet at the centre, all difference vanishes. There is such a centre, which is the absolute goal of mankind. It is God. We are the radii. The distances between the radii are the constitutional limitations through which alone we can catch the vision of God. While standing on this plane, we are bound each one of us to have a different view of the Absolute Reality; and as such, all views are true, and no one of us need quarrel with another. The only solution lies in approaching the centre. If we try to settle our differences by argument or quarrelling, we shall find that we can go on for hundreds of years without coming to a conclusion. History proves that. The only solution is to march ahead and go towards the centre; and the sooner we do that the sooner our differences will vanish.

This theory of Ishta, therefore, means allowing a man to choose his own religion. One man should not force another to worship what he worships. All attempts to herd together human beings by means of armies, force, or arguments, to drive them pell-mell into the same enclosure and make them worship the same God have failed and will fail always, because it is constitutionally impossible to do so. Not only so, there is the danger of arresting their growth. You scarcely meet any man or woman who is not struggling for some sort of religion; and how many are satisfied, or rather how few are satisfied! How few find anything! And why? Simply because most of them go after impossible tasks. They are forced into these by the dictation of others. For instance, when I am a child, my father puts a book into my hand which says God is such and such. What business has he to put that into my mind? How does he know what way I would develop? And being ignorant of my constitutional development, he wants to force his ideas on my brain, with the result that my growth is stunted. You cannot make a plant grow in soil unsuited to it. A child teaches itself. But you can *help* it to go forward in its own way. What you can do is not of the positive nature, but of the negative. You can take away the obstacles, but knowledge comes out of its own nature. Loosen the soil a little, so that it may come out easily. Put a hedge round it; see that it is not killed by anything, and there your work stops. You cannot do anything else. The rest is a manifestation from *within* its own nature. So with the education of a child;

a child educates itself. You come to hear me, and when you go home, compare what you have learnt, and you will find you have thought out the same thing; I have only given it expression. I can never teach you anything: you will have to teach yourself, but I can help you perhaps in giving expression to that thought. So in religion — more so — I must teach myself religion. What right has my father to put all sorts of nonsense into my head? What right has my master or society to put things into my head? Perhaps they are good, but they may not be *my* way. Think of the appalling evil that is in the world today, of the millions and millions of innocent children perverted by wrong ways of teaching. How many beautiful things which would have become wonderful spiritual truths have been nipped in the bud by this horrible idea of a family religion, a social religion, a national religion, and so forth. Think of what a mass of superstition is in your head just now about your childhood's religion, or your country's religion, and what an amount of evil it does, or can do. Man does not know what a potent power lies behind each thought and action. The old saying is true that, "Fools rush in where angels fear to tread." This should be kept in view from the very first. How? By this belief in *Ishta*. There are so many ideals; I have no right to say what shall be your ideal, to force any ideal on you. My duty should be to lay before you all the ideals I know of and enable you to see by your own constitution what you like best, and which is most fitted to you. Take up that one which suits you best and persevere in it. This is your *Ishta*, your special ideal.

We see then that a congregational religion can never be. The *real* work of religion must be one's own concern. I have an idea of my own, I must keep it sacred and secret, because I know that it need not be your idea. Secondly, why should I create a disturbance by wanting to tell everyone what my idea is? Other people would come and fight me. They cannot do so if I do not tell them; but if I go about telling them what my ideas are, they will all oppose me. So what is the use of talking about them? This *Ishta* should be kept secret, it is between you and God. All theoretical portions of religion can be preached in public and made congregational, but higher religion cannot be made public. I cannot get ready my religious feelings at a moment's notice. What is the result of this mummery and mockery? It is making a joke of religion, the worst of blasphemy. The result is what you find in the churches of the present day. How can human beings stand this religious drilling? It is like soldiers in a barrack. Shoulder arms, kneel down, take a book, all regulated exactly. Five minutes of feeling, five minutes of reason, five minutes of prayer, all arranged beforehand. These mummeries have driven out religion. Let the churches preach doctrines, theories, philosophies to their hearts' content, but when it comes to worship, the real practical part of religion, it should be as Jesus says, "When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret"

This is the theory of *Ishta*. It is the only way to make religion meet practically the necessities of different constitutions, to avoid quarrelling with others, and to make real practical progress in spiritual life. But I must warn you that you do not

misconstrue my words into the formation of secret societies. If there were a devil, I would look for him within a secret society — as the invention of secret societies. They are diabolical schemes. The Ishta is *sacred*, not secret. But in what sense? Why should I not speak of my Ishta to others? Because it is my own most holy thing. It may help others, but how do I know that it will not rather hurt them? There may be a man whose nature is such that he cannot worship a Personal God, but can only worship as an Impersonal God his own highest Self. Suppose I leave him among you, and he tells you that there is no Personal God, but only God as the Self in you or me. You will be shocked. His idea is sacred, but not secret. There never was a great religion or a great teacher that formed secret societies to preach God's truths. There are no such secret societies in India. Such things are purely Western in idea, and merely foisted upon India. We never knew anything about them. Why indeed should there be secret societies in India? In Europe, people were not allowed to talk a word about religion that did not agree with the views of the Church. So they were forced to go about amongst the mountains in hiding and form secret societies, that they might follow their own kind of worship. There was never a time in India when a man was persecuted for holding his own views on religion. There were never secret religious societies in India, so any idea of that sort you must give up at once. These secret societies always degenerate into the most horrible things. I have seen enough of this world to know what evil they cause, and how easily they slide into free love societies and ghost societies, how men play into the hands of other men or women, and how their future possibilities of growth in thought and act are destroyed, and so on. Some of you may be displeased with me for talking in this way, but I must tell you the truth. Perhaps only half a dozen men and women will follow me in all my life; but they will be real men and women, pure and sincere, and I do not want a crowd. What can crowds do? The history of the world was made by a few dozens, whom you can count on your fingers, and the rest were a rabble. All these secret societies and humbugs make men and women impure, weak and narrow; and the weak have no will, and can never work. Therefore have nothing to do with them. All this false love of mystery should be knocked on the head the first time it comes into your mind. No one who is the least impure will ever become religious. Do not try to cover festering sores with masses of roses. Do you think you can cheat God? None can. Give me a straightforward man or woman; but Lord save me from ghosts, flying angels, and devils. Be common, everyday, nice people.

There is such a thing as instinct in us, which we have in common with the animals, a reflex mechanical movement of the body. There is again a higher form of guidance, which we call reason, when the intellect obtains facts and then generalises them. There is a still higher form of knowledge which we call inspiration, which does not reason, but knows things by flashes. That is the highest form of knowledge. But how shall we know it from instinct? That is the great difficulty. Everyone comes to you, nowadays, and says he is inspired, and puts forth superhuman claims. How are we to distinguish between inspiration and

deception? In the first place, inspiration must not contradict reason. The old man does not contradict the child, he is the development of the child. What we call inspiration is the development of reason. The way to intuition is through reason. Instinctive movements of your body do not oppose reason. As you cross a street, how instinctively you move your body to save yourself from the cars. Does your mind tell you it was foolish to save your body that way? It does not. Similarly, no genuine inspiration ever contradicts reason. Where it does it is no inspiration. Secondly, inspiration must be for the good of one and all, and not for name or fame, or personal gain. It should always be for the good of the world, and perfectly unselfish. When these tests are fulfilled, you are quite safe to take it as inspiration. You must remember that there is not one in a million that is inspired, in the present state of the world. I hope their number will increase. We are now only playing with religion. With inspiration we shall begin to have religion. Just as St. Paul says, "For now we see through a glass darkly, but then face to face." But in the present state of the world they are few and far between who attain to that state; yet perhaps at no other period were such false claims made to inspiration, as now. It is said that women have intuitive faculties, while men drag themselves slowly upward by reason. Do not believe it. There are just as many inspired men as women, though women have perhaps more claim to peculiar forms of hysteria and nervousness. You had better die as an unbeliever than be played upon by cheats and jugglers. The power of reasoning was given you for use. Show then that you have used it properly. Doing so, you will be able to take care of higher things.

We must always remember that God is Love. "A fool indeed is he who, living on the banks of the Ganga, seeks to dig a little well for water. A fool indeed is the man who, living near a mine of diamonds, spends his life in searching for beads of glass." God is that mine of diamonds. We are fools indeed to give up God for legends of ghosts or flying hobgoblins. It is a disease, a morbid desire. It degenerates the race, weakens the nerves and the brain, living in incessant morbid fear of hobgoblins, or stimulating the hunger for wonders; all these wild stories about them keep the nerves at an unnatural tension — a slow and sure degeneration of the race. It is degeneration to think of giving up God, purity, holiness, and spirituality, to go after all this nonsense! Reading other men's thoughts! If I must read everyone else's thoughts for five minutes at a time I shall go crazy. Be strong and stand up and seek the God of Love. This is the highest strength. What power is higher than the power of purity? Love and purity govern the world. This love of God cannot be reached by the weak; therefore, be not weak, either physically, mentally, morally or spiritually. The Lord alone is true. Everything else is untrue; everything else should be rejected for the sake of the Lord. Vanity of vanities, all is vanity. Serve the Lord and Him alone.

