

Spirituality

Spirituality is not something that can be given or conferred upon you as though it is some gift, a prize or an award. It is a state of consciousness, which you attain by dint of hard work and discipline. It is not reserved for a privileged few; in fact, it is the birthright and the divine mission of every soul to evolve and grow spiritual because every soul is the progeny of the Supreme Almighty. However, people choose to take the easy road willfully, and thus give the impression that spirituality is not for common man. It needs much strength and will power to choose the straight and narrow over the broad and easy path. People are not willing to lead a disciplined life-style as they have their talons dug deep into the mires of materialism. They are afraid to let go of their human egos and their false sense of identities, and with that, they keep their Christ-selves waiting outside on their doorsteps.

What are the steps leading to spirituality? This requires constant vigilance and policing of your thoughts, words and deeds; your mind is thus under scrutiny round the clock. Training and disciplining the mind is the most difficult part of your spiritual journey because your mind is habituated to live by the dictates of the lower self; it is programmed by wrong

beliefs and destructive conditionings. Therefore, the task of deprogramming the mind of the old thought-patterns and reprogramming it with the health-conducive ones is a Herculean task that deters many an indolent soul from walking the Path. It must be noted that spirituality cannot be forced upon anyone. The desire has to come from within. There comes a time when the Self has the urge to explore the Reality and to seek answers to the mysteries of life. There is an inner increasing yearning to know the Truth about who you really are and about your reason for being on this planet. There arises within one a surge of enthusiasm to gain celestial knowledge and to restore one's connection with his divine Source.

There comes a time when one finds himself disenchanted by the enticements of the matter world. His perspective towards life changes as he begins to realize the fallacies of the matter world. The new founded spiritual awareness brings with it the strength and vigour that enables one to resist all allurements that attempt to lure him away from gaining a higher spiritual life. As he wrenches himself free from the clutches of materialism, he finds true freedom from all that is compelling; he is no longer enslaved to his carnal mind but lives as a master to his self. Spirituality means to surrender your will to the Higher

**Will within you so that God can work
through you with full power and authority.**