

Our Quality for the month

May 2015

~ Live in the Eternal Now ~

My illumination-soul is teaching my aspiration-heart

*How to live in the **Eternal Now**.*

My Lord Supreme's
eternal Message is "Here
and now."
~

It is absolutely
unnecessary to be certain
of tomorrow.

What is of absolute
necessity Is our ever-
blossoming oneness
With the Eternal Now.

~
The meaning of
Tomorrow Is Eternity.
Therefore, here and now I
must accomplish
everything.

~
Where is Eternity, If it is
not here and now In the
immediacy of today?

~
I have created today For
my Lord Supreme, And my
Lord Supreme Is creating
for me An eternal Now.

~
To have purity, The seeker
has to feel That he is a
child Of the Eternal Now.

~
A child of God-dreams
Lives not In the mind of
the future, But in the
heart Of the eternal Now.

The heart gets
Tremendous joy By
becoming The beauty and
fragrance Of the Eternal
Now.

~
God the Eternal Now Is
always ready To make you
His choice instrument.

~
Do not worry About your
future. Pay all attention
To the Eternal Now.

~
God's estimated time of
arrival At a seeker's heart-
door Is the Eternal Now.

~
A truth-seeker and God-
lover Knows That the
Eternal Now Is always the
best time.

~
O children of the
Supreme, You are not the
children of the past, But
the children of the eternal
Now.

~
Because I am a truth-
seeker The future flows
towards me. Because I am
a God-lover I live in the
Eternal Now.

To live in the Eternal Now,
We need an ever-
progressing Child-heart.

~
God's brightest Smile Lives
only In the eternal Now.

~
I most sincerely deplore
Only one thing: My eternal
Now Still remains
unexplored.

~
He who can live in the
heart Of the Eternal Now
Is the chosen
instrument Of God.

~
A child-heart knows
Neither the past nor the
future. He lives in the heart
Of the Eternal Now.

~
I do not want the vision
That swiftly vanishes Into
tomorrow's nothingness. I
want only the vision Of
Eternal Now.

~
For him There is no
yesterday. For him There is
no tomorrow. For him
There is only now, An
eternal Now.

~ Live in the Eternal Now ~

Eternity and the Eternal Now

Eternity, Infinity and Immortality: all three go together. Now when depression, frustration, worry and anxiety come and attack us and make us feel that we will never realise God, that time is very short, then immediately we have to take shelter in Eternity. Eternity has to be lived in our day-to-day life. Each moment if we can feel that we belong to Eternity, then worry leaves us, frustration leaves us, all negative thoughts and ideas leave us.

But this feeling of Eternity should not make us say: "Oh, we can wallow in the pleasure of idleness because we are eternal and, of course, one day we'll realise God." No! We must try our utmost to realise God here and now at this very moment while at the same time offering ourselves devotedly and soulfully at the Feet of the Supreme. The Supreme belongs to the eternal Now. The Supreme is always the eternal Now. His Eternity, His Now is our real chance. So when the world wants to pull us back, we have to feel that we are not lost; we are in the eternal Now. For an aspirant, a spiritual person, Eternity is nothing but the eternal Now.

Exercise to live in the Eternal Now

Every morning, when the day dawns, only think of that day. Think of how many ways you can make yourself happy, really happy: by doing this and by not doing that; by doing that and by not doing this. By doing and not doing, you have to make your life happy today. Do not think of tomorrow.

Question: Is meditation the only way to live from moment to moment in the Eternal Now?

Sri Chinmoy: Meditation helps us to live from moment to moment. Again, in moment to moment the Eternal Now exists. The Eternal cannot be separated from each moment. This is a moment and here Eternity is all around. Eternity comprises the present, the past and the future.

Inside Eternity is the moment; again, inside the moment is Eternity. It is like the ocean. Inside the ocean are countless tiny drops. Again, each tiny drop holds the essence of the vast ocean. We take a drop and immediately we have the consciousness of the vast ocean, because the drop embodies the vast ocean. And so each moment cannot be separated from Eternity and Infinity. Meditation is the only way to feel the oneness of the finite with the Infinite.

*If you believe in God
And want to enjoy eternal oneness with Him,
Then meditate here and now.
Your present meditation will determine
Your future realization.*

*Excerpted from the writings of Sri Chinmoy
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