



Our Quality for the month

January 2016



# ~ INNER ATTITUDE ~

*Circumstances cannot change man's life. His attitude can and does.*

Change your inner  
attitude first! Your outer  
environment Will  
automatically change.

~

In the inner life, Altitude  
depends On attitude.

~

Spirituality Is a God-  
commitment-reality, And  
not a 'not committed'  
attitude.

~

God cares infinitely more  
For my attitude Than my  
aptitude.

~

If there is no positive  
attitude, Our life cannot  
proceed.

~

A God-lover's best  
attitude: God cared for me,  
God cares for me And God  
will always care for me.

~

Do not blame God, Do not  
blame God! He is not  
interested In your results,  
But He is deeply  
interested And eager and  
anxious To know your  
attitude.

~

A perfect attitude Knows  
No imperfect day.

It is our inner attitude  
That is of supreme  
importance To how we  
act and react outwardly.

~

At every moment We  
need attitude-adjustment  
to make God happy.

~

When we have a divine  
attitude towards our ideal  
Goal, we not only  
expedite our spiritual  
journey but also bring  
nearer to us the ideal  
Goal itself.

~

Change your attitude! Lo,  
look what stands before  
you: Plenitude!

~

When we have the right  
attitude, We see Light  
Even in the cave of night.

~

A winning attitude, from  
the spiritual point of view,  
is a self-giving attitude.

~

If we adopt the new  
attitude "God for God's  
sake," Then this world of  
ours Will be a garden of  
paradise.

~

Gratitude Is nothing short  
of A divine attitude.

~

When the divine attitude  
Purifies the human attitude  
Peace dawns in our  
aspiration-life.

~

A sincere seeker Needs  
only the proper attitude.  
He does not need the  
highest altitude.

~

Change your attitude  
towards life! You will see  
everything As a necessary  
experience.

~

When we work for God, We  
must pay all attention To  
our attitude.

~

The right attitude Is the  
winner and owner Of divine  
plenitude.

~

The transformation of your  
life is guaranteed if you just  
change the attitudes of  
your life.

~

With our heart-attitude We  
shall be able To change the  
world And not With our  
life-plenitude.

~

# ~ INNER ATTITUDE ~

**Question: You said that from our meditation we have to face the outer world with the correct attitude. What sort of attitude is that?**

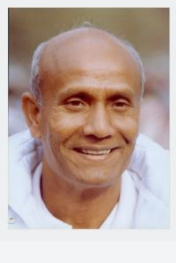
*Sri Chinmoy:* You should always have the attitude of a divine hero. A divine hero is not an ordinary soldier who will strike and kill. No, he is a spiritual soldier who will fight for the divine manifestation here on earth, who will act for the sake of the Divine, the Supreme. If you are scared to death when a problem arises, then you cannot be a chosen instrument of the Divine, of the Supreme. Life has to be accepted. This acceptance does not mean mere enjoyment. No, acceptance has particular spiritual significance. There is a kind of meditation that feels that the world is unreal and barren. But I wish to say no, the world is most fertile. The world is not a dream; it is not a chimerical mist. This world of ours is the reality, but this reality is not yet manifested fully. It is our meditation, our inner life, our aspiration, that can hasten the process of divine manifestation in the form of reality. This world embodies divinity, but we deny even this simple truth. What we have to do first is to feel the embodiment of the ultimate Truth in this world of ours, and then to reveal and manifest that ultimate Truth with our dynamic meditation, conscious aspiration and sincere dedication.

If we wish to work in the world and for the world, our attitude should be one of dedicated service. We have to feel that the rest of the world is ours, that everyone is a member of the same family. When the attitude of help comes into the picture, we become proud. When we help others, immediately we feel that we are superior to them. But if we take the attitude of service, if we remain in the ordinary consciousness we may feel that we are inferior to others; but if we remain in the divine consciousness, we feel that we have been given a golden opportunity to serve the vast world. Now this opportunity is given to us by the Inner Pilot, the Supreme who is within us and within everyone. So when we are working for others, we have to feel the Inner Pilot has given us the golden opportunity to serve Him in others.

## **Exercise to practice a divine attitude**

While working, you have to feel that this is what the divine within you, the Supreme within you, is asking you to do. And then you have to go one step ahead. You have to feel that God Himself is acting in and through you for His own satisfaction. This is the divine attitude. Only when we embody this attitude is our work a self-giving and a self-offering.

It is the attitude inside the action that determines whether the action is selfless self-giving or whether it is something done in a subtle way for self-glory. If an action is motivated and inspired by a higher cause, then only can we say it is self-offering. Otherwise, here on earth we do thousands and millions of things just because we have to meet with earthly responsibilities and earthly obligations. Here there need not be any divine inspiration; there need not be any divine inner awakening. If there is no inner awakening, if there is no inner awareness of what we are doing, why we are doing it and how it should be done, then we cannot call it self-offering.



**Sri Chinmoy (1931 – 2007)**

Author of over 1,600 published books on spiritual topics.

For more information visit: <http://www.SriChinmoyLibrary.com/>

*Excerpted from the writings of Sri Chinmoy*  
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