

SPIRITUAL PURITY (by Sri Chinmoy)  
University of Geneva; Geneva, Switzerland  
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We are all seekers, seekers of Light and seekers of Peace. Each one of us is a seeker in his own way. Each one is spiritual according to his capacity and according to his present necessity. Somebody may be more spiritual than somebody else because he has opened his existence more completely to his inner light. When the sun rises, if we open the doors and windows of our house, naturally we get more sunlight. In the spiritual life also, when we open the door of our heart, then more Light can pass through from our inner being.

In the outer world, at every moment we expect something from others or from ourselves. Very often we do nothing for others, but still we expect quite a few things from them. We may work very hard for others or for ourselves and yet not get anything in return, but we expect. At every moment we expect. But we are making a deplorable mistake here. We should expect only from the right person, and the right Person is God. If we knock at the wrong door, then we shall never get the result. We have to knock at the right door, which is God's Door: our spiritual heart.

Now we have to know what we can expect from the spiritual life. If we expect from the spiritual life the things that we expect from our material life, our mundane life, then we will be sadly disappointed. If we follow the spiritual life in order to fulfil all our teeming, countless desires, to become the richest or most famous person on earth, or to become the supreme sovereign of this world, then we are not fit for the real spiritual life. But if we follow the spiritual life to get peace of mind, or because we love God, then we can expect results: we can expect Peace, Light and Bliss in abundant measure. Just because God is inside the spiritual life and His constant Blessing is being showered on all seekers, a seeker may still expect a most comfortable, pleasant life, a life of name and fame. But if he wants to follow the real spiritual life, the life that needs only God, that needs only Peace, Light, Truth and Bliss, then he will not care at all for earthly possessions and earthly achievements.

The world has everything to offer us save and except peace. We can travel the length and breadth of the world and still not find real peace. So where can peace be found? It is deep within us. In the inmost recesses of our heart we all have peace, but unfortunately we have not discovered it. How do we discover it? We discover peace through our constant prayer and meditation. But if this prayer comes only from the physical mind, it will not be very soulful. Only if it comes from the very depths of our heart will this prayer be soulful, and only then will God be bound to answer it.

In the spiritual life, if we can pray well, if we can meditate well, then peace of mind, light and delight are bound to dawn on our devoted heart, searching mind and illumined soul. In order to follow the spiritual life, we must lead a life of purity. Otherwise, like a bad student, we shall always fail our examination and

remain in the same class. But if we can establish purity in our physical body, in our vital and in our mind, then we will pass our examination with great honours. How do we establish purity? We establish purity in the physical through the feeling that we do have inner light, through our conscious awareness of our inner light and through the feeling that this light is eagerly waiting to come to the fore. When we have established purity in the physical, the success we achieve in any sphere of life becomes permanent. But if we have not established enough purity, then nothing is permanent either in our ordinary life or in our spiritual life. We establish purity in the vital by opening ourselves to the soul's light. When we have established purity in the vital, the life of aggression leaves us and is replaced by the life of dynamism, vital dynamism. Vital aggression destroys everything but vital dynamism creates. It builds a new world for the seeker within us. When we establish purity in the mind, we consciously and deliberately annihilate doubt, fear and anxiety in ourselves. When we have established purity in our mind, we notice that we do not cherish even an iota of doubt, an iota of suspicion or any wrong, undivine, obscure, unlit or impure thoughts. How do we achieve purity in the mind? We do this by constantly offering our mind to our heart, our spiritual heart, which is in constant touch with the soul. When the mind gets illumination from the heart it has free access to the soul's light. We can also derive abundant purity from our concentration, meditation and contemplation. But those who do not want to go through this discipline, even those who are not following a strict spiritual life, can establish purity in their life through proper breathing.

The moment we speak of breathing, we find that people become frightened. They feel that if they do not breathe properly, they may get into serious trouble. But I wish to say that even if you do not find a spiritual Master who can teach you how to breathe properly, there is still a way that you can regulate your breathing. It is through constant repetition of the name of your chosen deity or of God. This repetition is called japa. If you can repeat the name of God constantly during your prayer and meditation, automatically the sincerity of your japa will regulate your breathing. There are many, many who do not have spiritual Masters to teach them the Indian methods of pranayama, or breath control, but they learn to breathe properly on the strength of their most sincere repetition of God's Name.

A child, before his mind is developed, before he knows what thought is, breathes in properly, systematically, in a divine way. But when he grows up, when his mind develops and he enters into the hustle and bustle of life, he loses this capacity. The spiritual life is actually a conscious return to our divine childhood. In the spiritual life we must always feel that we are children of God, chosen children of God. It is a child who makes progress. A child is always open to new feelings, new ideas, new dreams, new ideals. In the spiritual life also, a seeker is always open to higher truths, higher thoughts, sublime ideals and soulful aspiration. It is the bounden duty of the parents to take care of a child. Likewise, in the spiritual life, when we consciously become children of God, it becomes His bounden duty to guide us, mould us and shape us into His very Image.