

Our Quality for the month

March 2015

## ~ Dynamism ~

*Dynamism is the God-expansion of my divine vital.*

*Dynamism is the God-awareness of my awakened body.*

*Dynamism is the God-journey of my Dream-boat.*

I need a dynamic God-  
obedience-life.

~

Dynamism is needed, But  
do not mistake  
restlessness For  
dynamism.

~

The human body needs A  
dynamic push At every  
moment.

~

Silence Is nothing short of  
Dynamic energy.

~

Lethargy and dynamism  
Vehemently dislike Each  
other.

~

Dynamic action And  
soulful prayers Can easily  
go together.

~

Real spirituality And  
dynamism Always go  
together.

~

Dynamism Is the  
fulfilment Of inspiration  
And The progress Of  
aspiration.

~

Dynamism  
dynamically enlarges  
the divine Vision in us.

~

Dynamism  
unreservedly pleases  
the Supreme Pilot in us.

~

Dynamism unmistakably  
tells man that he can  
easily become  
the architect of his  
destiny if he sincerely  
wants to.

~

Dynamism is a divinely  
inspiring gift to mankind  
from Above.

~

Hope powerfully loves  
dynamism.

~

Dynamism expedites the  
journey's start and  
shortens the journey's  
goal.

~

Dynamism is man's  
striking victory for the  
Supreme.

~

Dynamism awakens My  
outer life. Surrender  
awakens My inner life.

~

Dynamism is a force That  
helps us unimaginably To  
reach the Golden Shore.

~

Dynamism Is of supreme  
necessity To succeed In  
every field of life.

~

Life is not rest But a  
dynamic flow Of cosmic  
energy.

~

My soul is telling me: "Be  
dynamic! God cannot wait  
any longer."

~

Dynamism begins with  
discipline.

If you are regular and  
devoted

In your meditation,  
Your dynamism will,  
without fail,

Come to the fore.

~

From each morning prayer,  
I get a new and dynamic  
Burst of energy.

# ~ Dynamism ~

## Question: What is the vital?

*Sri Chinmoy:* There are two vitals in us: one is the dynamic vital and the other is the aggressive vital. The aggressive vital is the animal in us; it wants to devour the world. The dynamic vital does not want to devour; it only wants to energise the world that is fast asleep. Millions of people are still fast asleep. They are not aware of God; they are not aware of truth-light. But with the dynamic vital we can arouse slumbering humanity.

## Question: Guru, how can we be more dynamic?

*Sri Chinmoy:* The dynamism that you want comes directly from the soul's light. Real dynamism is not aggression; real dynamism is the soul's light and our adamantine will. It is not that dynamism is found *in* the soul's light or *in* our adamantine will. No! The soul's light and our adamantine will are one and inseparable with divine dynamism. But we notice them at three different places. Dynamism we see in the vital world — not in the impure or emotional vital, but in the higher vital world. Here everything is like one big wave after another. They are not waves of destruction, but waves of boundless Light, Peace and Bliss.

As dynamism is the life-breath of the higher vital world, light, the soul's light, is the life-breath of the psychic world, the heart's world. The aspiring heart always wants to identify itself with something vast, and the soul's light is the breath of vastness. (...)

Dynamism means the death of your lethargic life, the death of your ignorance life. The moment dynamism comes to the fore, immediately you see the death of lethargy, ignorance and anything else that prevents you from reaching your goal, growing into your goal and becoming your goal.

## Exercise to Develop Dynamism

*Sri Chinmoy:* In order to have dynamism in the vital, try to consciously expand your vital. Think of your vital as a bird that has two wings. Try to unfold and spread the wings. While you are expanding and spreading your wings, your vital is becoming dynamic. When the vital becomes dynamic, supremely dynamic, automatically the soul's perfection enters into the dynamism of the vital and the vital becomes as perfect as the soul is.

To increase your dynamism, meditate on flames. You can look at a candle flame or any other type of flame. Flames embody dynamism. If you look at a flame or imagine a flame, your lethargy will go away. Fire will burn all our lethargy or lack of enthusiasm. Anything that is undivine in us, fire will burn. If fire burns our lethargy, then automatically dynamism will come to the fore. (...) If I want to climb a tree, if I want to climb a mountain, then I have to be dynamic. Flames show us the way. They are going up, up, up and touching the sky. So, to increase your dynamism, look at flames. That is the easiest and most effective way.