

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.

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

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The human body needs A
dynamic push At every
moment.

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Silence Is nothing short of
Dynamic energy.

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Lethargy and dynamism
Vehemently dislike Each
other.

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Dynamic action And
soulful prayers Can easily
go together.

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Real spirituality And
dynamism Always go
together.

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

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Dynamism
dynamically enlarges
the divine Vision in us.

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Dynamism
unreservedly pleases
the Supreme Pilot in us.

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

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Dynamism is a divinely
inspiring gift to mankind
from Above.

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Hope powerfully loves
dynamism.

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

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Dynamism is man's
striking victory for the
Supreme.

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

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

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

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

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

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Dynamism begins with
discipline.

If you are regular and
devoted

In your meditation,
Your dynamism will,
without fail,

Come to the fore.

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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.