

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.  
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**In the inner life, Altitude depends On attitude.**  
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**Spirituality Is a God-commitment-reality, And not a 'not committed' attitude.**  
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**God cares infinitely more For my attitude Than my aptitude.**  
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**If there is no positive attitude, Our life cannot proceed.**  
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**A God-lover's best attitude:** God cared for me, God cares for me And God will always care for me.  
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**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.  
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**A perfect attitude Knows No imperfect day.**

**It is our inner attitude That is of supreme importance To how we act and react outwardly.**  
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**At every moment We need attitude-adjustment to make God happy.**  
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**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.**  
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**Change your attitude! Lo, look what stands before you: Plenitude!**  
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**When we have the right attitude, We see Light Even in the cave of night.**  
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**A winning attitude, from the spiritual point of view, is a self-giving attitude.**  
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**If we adopt the new attitude "God for God's sake," Then this world of ours Will be a garden of paradise.**  
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**Gratitude Is nothing short of A divine attitude.**  
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**When the divine attitude Purifies the human attitude Peace dawns in our aspiration-life.**  
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**A sincere seeker Needs only the proper attitude. He does not need the highest altitude.**  
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**Change your attitude towards life! You will see everything As a necessary experience.**  
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**When we work for God, We must pay all attention To our attitude.**  
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**The right attitude Is the winner and owner Of divine plenitude.**  
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**The transformation of your life is guaranteed if you just change the attitudes of your life.**  
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**With our heart-attitude We shall be able To change the world And not With our life-plenitude.**  
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# ~ 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?**

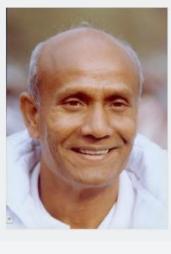
*Sri Chinmoy:* You should always have the attitude of a divine hero. A divine hero is not an ordinary soldier who will strike and kill. No, he is a spiritual soldier who will fight for the divine manifestation here on earth, who will act for the sake of the Divine, the Supreme. If you are scared to death 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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