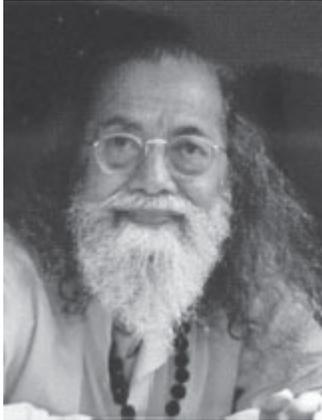


Desire for God

by Paramahansa Hariharananda Giri



Value of Breath

You are the soul. Because of the soul, the breath is in the body. The breath is your strength. If the soul is not there, then you have no breath and no strength; then you are a dead body. Your breath is your brain. Your breath is your energy. But you do not feel that. So how will you perceive the soul? The scriptures say,

atma vid atmaiva bhavati

"Knower of the Self will be the Self."

If you go to your indwelling Self, then you will know God. An obstacle to knowing Him is the anxiety and multitude of thoughts floating in your brain. You must change and purify your thoughts. Keep thoughts of God in your mind. Feel only that the power of God is within you. He is inhaling the breath, and as a result, air is entering in and you are alive. The power of God is present in your whole body, as well as everywhere.

Calmly watch your breath. It will naturally become feeble. Feeble breath will give you the experience of inner sound. Offer your whole body to Him. You are not earning money; but through your breath, the power of God is earning money. So offer everything to Him. Have you seen little puppies? They go to the mother and forcibly try to suck the nipples to get milk. Those who are intelligent, they will forcibly come to the spiritual path and the master in any way they can to drink the milk, the divine nectar. You require that type of desire to reach God.

Desire for God

Good company is essential to help you advance spiritually. Good company includes realized masters and the scriptures. It is a rare opportunity to have such company. Good company will make you good and you will get a stronger desire for inner change. You are to practice what is taught to you by your "good company" the entire day. You may forget, but God does not forget you. He is your best friend, serving you day and night. He gives you appetite and tells you, "I have given you hunger and an appetite." You feed Him. The whole day and night, watch your centers. You are an ordinary person, but you are also God in a human being. Remain in that state, in God state, and you will hear constant divine sound. God is everywhere; and so also the sound is everywhere. You require only the desire to know about the power of God. This is your birthright. You all are the children of God. The same power of God is within you, but you are in delusion. Constantly you are forgetting Him. Because of this, you have troubles. Be like Lahiri Baba and Sanyal Mahasaya, living in the family and yet always having remembrance of God. If you love God, then He will guide and tell you: "Do this. Don't do this." So when you are doing something, you should feel that He is the doer. It will free you from ego and pride.

All your centers are activated by Him, so watch Him in every center. Keep fifty percent attention in that center, and fifty percent attention in the fontanel. He is seeing through your eyes. He is the one talking. So love Him. Without Him, you have nothing. In the scriptures it is said, "It is at your hand." (Matthew 4-17) It means, in every moment, your progress, your liberation depends upon your desire. I am always in the kingdom of God, and I am trying to help you all reach that state. I am watching to see who is not hearing the divine sound and not feeling the divine vibration. I try my utmost to help them. You have come a long distance just to get something new in your life. All day and night, try to prepare your homework, your environment, culture, destiny, and heredity, and know that the power of God is your foundation. Without Him you have nothing.