



THE STEADY ABIDANCE OF BEING

Sri Swami Chidananda

Beloved Atman! Children of the Divine!

Good morning to you all and may you have a beautiful day!

Each day, may there be within the skies of your heart, the dawn of divine meditation and the sunrise of the feeling of the presence of the Divine. And thus illumined, bathed with the radiance of the presence of the Divine within, may you go throughout your outer day in joy, in inner joy and peace. No matter what the shape of the outer day and environment, whether it is cloudy or sunshiny or rainy or hot or cold, let there always be sunshine inside. Let each waking herald the dawn of a meditative period and usher in the sunlight of the immediate presence of the Divine.

What is spiritual life? Nontechnically speaking, truly speaking, simply and realistically speaking, what is spiritual life? We do not want to try to go into metaphysics. We want to know for ourselves right here. Spiritual life is that, which each one of you lives secretly inside. As you go on, and as you go about your daily tasks and course, and things to do and things to attend to, in your outer duties, appointments and engagements to fulfill, there is something going on within you. That is your spiritual life.

There is something going on within you which is apart from what you go on thinking and feeling, the thoughts that rush in your mind and the emotions and sentiments that stir you up, disturb you sometimes, agitate you sometimes, very pleasant sometimes like the fragrance coming from an incense, sometimes very disturbing. But, even beyond that, beyond these restless processes of the mind, there is something going on within you—that is your spiritual life. That goes on unaffected. It is eternal. It is timeless. It did not begin at any time. And there is no power on earth, no power in this Universe, no power in man that can interfere with it, if you will.

It is the steady abidance of the ray in the radiant sun. It is the constant abidance of the ocean-wave upon the bosom of its mother-ocean. It is a steady abidance of being in Being. It is a continuous abidance of you in your own native condition, in your own eternal ground; and a steady, continuous expression of yourself, towards that, upon which you lean, in which you abide, in which you are rooted.

And what is that steady expression or steady manifestation, or the steady feeling, or whatever you wish to make known of yourself, to that in which you are forever and ever rooted—what form does it take? What is its nature? What is its content?

The content of that communion between you and that in which you ever abide, the content of that communion is Joy. It is Love. It is Peace. It may express itself in any manner, it may take any refrain. It may say, "I am Thine. Thou art mine. I am Thine. Thou art mine. I am Thine. Thou art mine. I am Thine. Thou art mine". Or it may say, "I love you. I love you. I love you. I love you". It may say, "We are One. We are One. We are One". Or it may just say, "O Thou. O Thou. O Thou. O Thou". Or it may say nothing at all. It may be a sweet silence where there is only awareness. It may be a breath-taking

fragrance of the feeling of the Presence. But, whatever it is, it is super. It beggars description. It transcends even the super. It is sweeter than the sweetest. It is greater than the greatest love. It is more beautiful than the greatest beauty. It is the essence of Peace. It is the essence of Joy. And it is luminous.

So, that which goes on in that depth, where you are your own self— that which goes on forever in you, uninterfered by the restlessness of the mind, the complication of the intellect, which tries to weave webs, make nets, and quite unconnected with the movements of the body engaged in the outer—deep, deep within, removed from the non-self, removed from earth-phenomena, removed from that part of you, which is part of phenomena—there is that steady, unbroken, continuous abidance.

Whatever occurs, there is your spiritual life. There, there is no darkness, there is no waking and sleeping. It is a state of eternal wakefulness, eternal awareness. It is a river of honey that flows and flows and flows. It is a song that goes on and goes on and goes on, each note of which is thrilling and captivating. It is a melody that is perennial. It is a fragrance that fills the whole universe. It is a breathtaking, wondrous scent. All this you are.

So, the spiritual life is never absent. The spiritual life is never drudgery. The true spiritual life has never got to be strained and striven after. True spiritual life is something which you must become aware about, like the eternal substratum of absolute silence over which so many fretful sounds and noises come and go. But, it is there. It was there before. It is not created. That is the Reality. That is the basis.

Like the eternal silence, the stupendous silence which is a true real everlasting support of all little fretful noises that come and go. Even so, is the spiritual life. It is the eternal substantial substratum of whatever fitfully comes and goes for a little while. This spiritual life is ever present. Be aware of it and be one with it. Identify yourself with this innermost spiritual life, because, it concerns you more than anything else. It does not concern your intellect. It does not concern your moods and sentiments. It does not concern your body and its movements. It concerns you, as you are in the centre of it all.

Long before the body came into being, you were. Long before mind started thinking and acting, you were. Long before the intellect unfolded, you were. And you were upon your Eternal Ground, rooted in a substance, which we call Brahman, the Reality, God, Universal Soul, Transcendental Being. Call it what you will. There is that vast imponderable ocean of Being, Consciousness, Bliss. And there are you, an inseparable part of it, partaking of that Being, partaking of that Consciousness, partaking of that Bliss—part of that Being, part of that Consciousness, part of that Bliss—that Consciousness itself, that Being itself, that Bliss itself.

To know of yourself as That, to abide in that knowledge, to feel yourself ever as That, and never to allow anything to interfere and affect that feeling—that is your spiritual life, always to shine, always to be and to grow and to radiate, to be in your Natural State. What can touch It? What can interfere with It? What can ever dare to approach It? Or by what to change It? What has the power even to approach or touch It? Anything coming in Its way will be destroyed, will be consumed, and will vanish. For, you are the Reality.^[1]

^[1] (February 2026 Divine Life Magazine: A talk given at the Yoga-Sadhana Mandir, D.L.S. Branch of Harriman, New York on 17th August, 1975)