Four Laws of Spiritual Life

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[The author of this article, Swami Bhajanananda, had the good fortune of receiving Mantra Diksha from Revered Swami Yatiswaranandaji Maharaj after completing his studies in 1953. Revered Swami Yatiswaranandaji asked the young man to read the book *Divine Life* written by him. The book is mostly a compilation of selected passages from the Upaniṣads and the Gītā. The passages are meant for the practice of *manana* or reflection. How to do *manana*? First of all, you have to know the general meaning of a passage. After knowing the general meaning of the passage, keep the passage in mind and relax. Just as a candy kept in the mouth will gradually release sweetness so also the passage will gradually release fresh meanings which will soak into the mind.]

As an Introduction to the passages compiled in the book *Divine Life* Revered Swami Yatiswaranandaji has given Four Laws of Spiritual Life, though not exactly in the form given in this article. Swami Bhajanananda has given those four Laws of Spiritual Life below as a tribute to his boundless gratitude, reverence and love for his Gurudev.

I. The Law of the Power of Reality

Whatever we take to be real absorbs all our attention, our whole mind and energy. Spiritual life will begin only when the spiritual world becomes real to us. This means, we can give our whole attention to spiritual life only when we undergo some kind of spiritual awakening.

II. The Law of Self-reference

Our understanding of Reality depends on our understanding of ourselves. Children play with dolls and toys but when they grow up, they throw away those things.

The German philosopher Fichte gave a feast to his friends when his son uttered the word 'I' for the first time. For it marked the crucial stage in the growth of awareness in the boy.

III. The Law of Spiritual Growth

As we advance on the spiritual path we should take up higher and higher forms of spiritual disciplines. You may begin with prayer ; then take up worship and then meditation.

IV. The Law of Concentration

In meditation what is important is *not* concentration of mind, but giving a Godward turn to the mind. If the mind is not purified, the mind may get concentrated on lower thoughts. Such a wrongly concentrated mind may become like a bombshell and may even destroy the Sadhaka.

The four Laws of Spiritual Life given above are taken from Revered Yatiswaranandaji's Introduction to the selected passages in the book *Divine Life*.

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