

(sādhaka) and not a 'perfected one' (siddha). Then he must go through it all, constantly remembering the Lord. To encourage others and to sustain himself let him keep smiling – even through the most gruesome experiences. Thus, let him spend his time constantly, with one hand let him hold on to His feet and with the other hand continue working. There is no other way. Insulated with loving contemplation of Him and His glory, let him go through life, meeting bravely and efficiently all the problems that stand crowding around him – they are all expressions of his 'residual prārabdha'.

He cannot escape them, he must live through them.



प्रमादो ब्रह्मनिष्ठायां न कर्तव्यः कदाचन ।

प्रमादो मृत्युरित्याह भगवान्ब्रह्मणः सुतः ॥ ३२१ ॥

*pramādo brahmaniṣṭhāyām na kartavyaḥ kadācana,*

*pramādo mṛtyurityāha bhagavānbrahmaṇaḥ sutāḥ. (321)*

321. One should never neglect one's steady attunement with Brahman. Bhagavān Sanat Kumāra, the Creator's own son, has called inadvertence, death itself.

The continuous attempt to hold on to Brahmika Consciousness is Brahmaniṣṭhā. Let not this constant 'awareness', this remembrance of the Lord, ever fall away from your memory, even for a short time. Then there shall be no forgetfulness (pramāda). Remember Him constantly. 'Him' does not mean 'the one who is worshipped in the temples'. He is your Awareness, this brilliant Light of Wisdom expressing in all creatures. This 'Life' in your bosom, which is Life everywhere, is He, the Supreme. Let there not be any carelessness, and consequent forgetfulness and oversight in the constant practice of contemplation, called Brahmaniṣṭhā. In no circumstance, in no place, at no time, should you ever forget this great Reality. Constantly remember Him in your own heart. Just