28. Perform good deeds and saturate the mind with God

Use the hands to perform good deeds. Have the Lord's name within and the practice of one's duty (*swadharma*) without. With the hand busy in selfless service (*seva*), let your mind be engrossed in all this —there is no harm. When the rains pour on the mountain peaks and the water hurries down the sides, no river emerges therefrom. However, when the waters flow in a single direction, first a brook, then a stream, then a torrent, and finally a flooded river is formed, and the rains reach the sea. Water that runs in one direction reaches the sea; water that flows in four directions soaks in and is lost.

Mental tendencies (*samskaras*) are like this. Of what use are they if they merely come and go, this way today and that way tomorrow? The holy stream of good inborn desires must flow full and steady along the fields of holy thoughts and finally abide in the great ocean of bliss at the moment of death. Worthy indeed is the one who reaches such a goal!

Twenty hammer strokes might not succeed in breaking a stone, but the twenty-first stroke might break it. Does this mean that the twenty blows were of no avail? No. Each contributed its share to the final success; the final result was the cumulative effect of all the twenty-one. So too, the mind is engaged in a struggle with the world, both internal and external. Needless to say, success might not always be your lot. But you can attain everlasting bliss by getting immersed in good works and by saturating your mind with the love of God. Infuse every moment of life with that love. Then, evil tendencies dare not hamper the path. If your mind dwells always with the Lord, you will be drawn automatically only toward good deeds.

The object of all spiritual practice is the destruction of the mind, and some day, some one good deed will succeed in destroying it, just as the twenty-first blow broke the stone. All the good deeds done in the past have contributed to this triumph; each little thing counts; no good deed is a waste.