

29. Be engaged in good actions, with God in your thoughts

While struggling in the spiritual field, you should take on the Lord (*Parameswara*) Himself as your protector. To instil courage in the child, the mother persuades it to walk a few steps and turn about, but she won't allow it to fall. If it totters and is about to lose balance, she hurries from behind it and catches it before it falls. The Lord (*Iswara*) too has His Eyes fixed on the individual (*jivi*). He has in His hand the string of the kite, which is humanity; sometimes He may give it a pull, and sometimes He may loosen the hold; but whatever He does, be confident and carefree, for it is He that holds the string. That faith ever-present, that feeling hardening into an inborn desire (*samskara*), will fill you with the essence of love (*prema-rasa*).

The string is the bond of love and grace. The kite or individual is thus bound to the Lord (*Iswara*). You must do and earn auspicious mental desires so that the bond of love and grace may exist and tighten.

The inborn desires (*samskaras*) make or mar the individual (*jivi*); they are the steps that take all individual souls to the goal. Mental impressions (*samskaras*) make the individual wade through loss and grief. Only through good mental tendencies can one attain the Lord. So, every individual has to be wholly engaged in good actions (*sath-karmas*). Good action is authentic worship (*puja*). It is the best form of remembering the Lord. It is the highest devotional song. It spreads love, without distinction and difference. It is service done as the duty of the individual.

Be engaged in such actions (*karmas*). Revel uninterruptedly in the thought of the Lord. This is the royal road to the goal you have to reach.

30. Eternal Religion: the divine mother of humanity

The Eternal Religion (*Sanathana Dharma*) is the mother of all religions, all ethical codes, and all *dharmas* of this world. And Bharath (India) is the home where the mother was born. Oh! How fortunate are the *Bharathiyas* (Indians)! How sublimely splendid is this Bharath!

The world in its entirety is the body of the Lord of the world, and Bharath is that body's unique organ, the eye. Without the eye, the body is not master of itself, is it? Again, it can be said that Bharath has been beautified by two eyes: the *Vedas* and the scriptures (*sastras*). On account of this, it can be declared without doubt that the mental tendencies (*samskaras*) attained by the *Bharathiyas* (Indians) haven't been acquired by the people of any other country.

The Eternal Religion (*Sanathana Dharma*), which teaches the truth of all religions and tolerance of all religions, is the *dharma* of all humanity. Born in various areas, flowing through various paths, rivers at last reach the ocean; so too, born in different lands, practising different ways of *dharma*, people reach the ocean of the presence of the Lord through different modes of worship. The Eternal Religion is the central location in which all these various paths, moving in different directions, converge. Followers of the different religions can practise this Eternal Religion by being truthful in speech, avoiding jealousy and anger, and acting always with a loving heart. All those who so practise the Eternal Religion and, without faltering, achieve it, are entitled to be called *Bharathiyas*.