



Frère John Martin

Inner life in the light of Saccidananda

The goal of our human existence is to discover or to grow into Saccidananda (Being-Consciousness and Bliss) and live from that state so that our life becomes the manifestation of Saccidananda.

There is a well known prayer in the Upanishads:

Asatoma sadgamaya,

Tamasoma jyothirgamaya.,

Mruthyorma amruthangamaya.

It means

(O Infinite)

Lead us from the finite (asat) to the infinite(sat)

From darkness(ignorance) to light(wisdom),

From death(birth and death) to eternal life(no birth no death).

The ultimate goal of our human existence to reach the infinite, the light and the eternal life and live from that state.

The infinite is described in Hinduism as Brahman. Identification with the finite keeps one in ignorance or darkness and makes one subject to the bondage of birth and death and suffering.

The ultimate reality, called Brahman, is also described as Saccidananda. It is the combination of three words: sat, cit and ananda.

Sat means infinite Being, the source, the foundation, eternal-timeless reality. It is the foundation all manifested reality. It has no beginning and has no end.

It is also Cit, infinite consciousness, all embracing consciousness or awareness.

It is also ananda, bliss, joy or peace. These are not three qualities Brahman has but Brahman is.

Brahman is Sat. Brahman is Cit. Brahman is Ananda. So Brahman is Saccidananda-infinite Being, infinite consciousness and Infinite bliss-joy-peace.

The goal of our human existence or spiritual life is to discover Saccidananda as our true Self and true nature and live from that state.

Jesus Christ called God as Father. The word 'Father' is not just masculine gender. Father means source, foundation, infinite Being. Father means Sat. The word 'Father' also implies consciousness, personality, awareness. It is not insensitive, unconscious being. 'Father' is also signifies peace, joy, light and eternal – deathless reality and unconditional love. Jesus Christ said that God, the Father is like the Sun that gives its light to all unconditionally. God is unconditional love.

Jesus Christ said: first of all seek you the kingdom of God and its way of living then all things will be given to you.

Seeking the kingdom of God is seeking Saccidananda, Brahman, Father. It is seeking our infinite Self, infinite consciousness, infinite joy, peace, bliss and unconditional love. And then live our life from that Saccidananda. Our finite life in this world will be transformed into the life of Saccidananda and our finite actions are transformed into the actions of Saccidananda. Jesus Christ said: the works that I do are not mine but the Father who dwells in me does his works.

Hence the primary purpose of our spiritual life is to grow from the finite to the infinite, from darkness or ignorance to light or wisdom, and from birth and death to that state where there is no birth and death. It is Brahman-Atman, Saccidananda or heavenly Father-mother, source or foundation.

And live our daily life from Saccidananda, from the Father-Mother.

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