

3 ESSENTIAL FACTS TO KNOW

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A person taking a cruise on the sea may think that he knows so many things, but if he does not know how to swim, the chances are highly likely that he may drown. Similarly, we may be proficient in doing so many things in this world, but if we do not know the most essential things, we cannot rid ourselves from the clutches of sorrow. Even the great scholars, esteemed scientists, and highly skilled physicians, despite all their vast knowledge, often-times find themselves with the same set of problems, and the same set of sorrows that every one of us go through. So, the question is what are the essentials that all of us need to know to practice the "art of swimming" in this "ocean of materialism".

Our *A:cha:ryas* say that there are three important facts which, if known, will serve as the key to making life peaceful and blissful under any situation that we have to face. These are:

Knowing oneself – understanding the nature of the soul

Knowing about the Absolute Truth – God

Knowing how to achieve Him

If we understand these, we can be sure that we can be set free from the bondages of sorrow and only go towards the Good.

Knowing oneself means to understand that one is not this body, not the mind, not even the senses. Each and every one of us, in our true nature, is an eternal soul, and each has a very special

and natural relationship with the all-loving God. It is one's true nature to yearn to be with Him, enjoy the Pure Love that comes from always being connected to Him, and by serving Him in some way that can express love for Him in return.

Knowing about God means reflecting on His Countless Divine Qualities, His Beautiful Form, His Unconditional Love for each and every one of us, and how it is His Very Nature to constantly be with us, protect us, care for us, and redeem us from all our sorrows.

Knowing about how to reach God is to realize that He is the only Means to everyone's redemption. We should simply place ourselves under His care with devotion and surrender. This is always so difficult to do, as our mind is always filled with so many doubts and uncertainties. But, the Lord Himself tells us in the *Bhagavad Gi:tha* that one very good way to divert the mind is to fill it with thoughts of Him by chanting and singing His Holy Names. This will not only make our hearts open to His Love, but will also naturally lead to our understanding the other two essential facts too.

With these essential keys to life are firmly placed in our hearts and minds, we can face the challenges and sorrows of life with courage and confidence such that we can engage ourselves in our natural desire to serve Him by serving this world better.

Jai Sriman Narayana!


