

Unearth The Treasure Within

An expert geologist can understand where there is gold below the earth and extract it from the gold ore. Similarly, a wise person can understand the spiritual dimension within the material body, and, by spiritual excavation, attain fulfillment in life.

- Srimad Bhagavatam (7.7.21)



All of us are potentially divine because, as souls, we are parts of the Supreme Soul, God. So godly qualities like peace, love, happiness, equanimity, forbearance, truthfulness and willpower are natural for us; they are part of our spiritual nature. In our pure state, these godly qualities keep us in loving harmony with God, who is the source of all happiness. Thus, by our divine connection, we experience constant spiritual happiness.

How Do People Lose Their Treasure?

Presently those internal spiritual qualities are buried by external material desires, memories, beliefs, influences, experiences and habits. Just as a red film distorts soothing white light into jarring red light, these material coverings distort the pure nature of the soul from selflessness to selfishness, from love to lust, from satisfaction to dissatisfaction and from willpower to willless weakness. Although the soul is by nature joyful, people are unable to find inner happiness, having lost awareness of their divine nature. So they search frantically for external enjoyment. In the process, they become dejected by exam failures, job retrenchments, frustrated love affairs, ego clashes, family fights etc. Desperate to somehow get relief, they expose themselves to all kinds of negative and harmful external stimuli like nasty pornographic sites, violent horror movies, deadly drinks and drugs – all in the name of enjoyment. Such enjoyment is a cure worse than the disease; it steals away their willpower, and makes them addicted and even suicidal. Moreover, all these attempts at enjoyment create deep-rooted materialistic impressions. Thus, instead of excavating the innate spiritual qualities, they end up burying those very qualities deeper. In other words, their very search for enjoyment takes them away from happiness.

We may also be among those who have lost their spiritual consciousness and connection – wholly or partially. Can we ever

regain our original, pure, joyful nature? The spiritual science for excavation of the heart is what we need.

Reclaiming Our Lost Treasure

This process of spiritual excavation is accelerated by the divine grace received by sincere chanting of holy names. Let's see how.

Just as the activation of a volcano from within the earth destroys whatever is on the surface, the activation of our innate divinity by divine grace destroys all superficial negative qualities. Just as the lava rich in minerals becomes a fertile soil for future plantations, the latent spiritual qualities brought to the surface enable the transformed person to perform wonderful deeds.

Thus, our original spiritual qualities which became perverted due to material coverings, revert on being uncovered. In other words, excavation of our heart brings about a transformation – or rather a reversion – to our original, pure spiritual nature. Then positive thinking and positive living become easy and natural. Then we don't have to struggle to somehow see the external world positively while having negativity in our minds. Then due to having regained access to our spiritual positive qualities, we not only think, but also act positively – and powerfully.

The Vedic scriptures describe how, by the power of the holy names, a ruthless bandit like Valyaguli became transformed into a selfless saint like Valmiki Muni, the author of Ramayana. Millions of people all over the world have experienced the cathartic power of this mahamantra as it has empowered them to give up various self-destructive habits like smoking, alcoholism, substance abuse and become integrated, balanced, peaceful and joyful human beings dedicated to the selfless service of God and all His children.

In conclusion, by restoring our devotional connection with God and by regaining our consciousness of our spiritual essence, we can reclaim our lost willpower – and thus break free from the shackles of negativity to the freedom of positivity.



Excerpt from the book "E.N.E.R.G.Y. Your Sutra for Positive thinking" by Chaitanya Charan Das

