

Mission of Swami Vivekananda

Man-Making and Spiritual
Regeneration of India

1. Each soul is potentially divine.
2. The goal is to manifest this Divinity within, by controlling nature, external and internal.
3. Do this either by work, or worship, or psychic control, or philosophy -- by one or more or all of these -- and be free.
4. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details.

-- Swami Vivekananda

What is Truth in this ever changing universe?

The truth/divinity which is eternally present within every being and which is the only unchangeable within this ever changeful universe and knowing/attaining/realizing which a man can transcend all worldly attachments/dependence/pleasure, can attain infinite peace and bliss, can transcend all his physical/mental limitations like pain, pleasure, joy, sorrow, heat, cold, praise & blame, can transcend his body/mind and can transcend even death – this truth is called ATMAN/BRAHMAN/GOD.

Four Fundamental Existential Problems

- Problem of basic existence with food/clothes/shelter – Physical/Material problems -- *Annadanam*
- Problem of physical/mental health – Physical & mental problems -- *Pranadanam*
- Problem of earning my own living with the help of secular education – Intellectual problems -- *Vidyadanam*
- Problem with our own ignorance about our true existence & the world, with our ego, ceaseless desires, competition, jealousy, anxiety, tension, to think/see/feel/understand everything in the universe to be something other than God – Existential problems -- *Jnanadanam*

Swamiji's religion is an applied science to solve the material, intellectual as well as spiritual problems of life through the manifestation of divinity, i.e., the infinite power, strength, energy, purity eternally present within every human being.

“My ideal indeed can be put into a few words and that is: to preach unto mankind their divinity, and how to make it manifest in every movement of life.”

– Swami Vivekananda

Our Problem

“See my condition -- slave of the body, slave of the mind, slave of the world, slave of a good word, slave of a bad word, slave of passion, slave of happiness, slave of life, slave of death, slave of everything! This slavery has to be broken.”

-- Swami Vivekananda

The Secret

- “Manifest the divinity within you, and everything will be harmoniously arranged around it.”
- “Teach yourselves, teach every one his real nature, call upon the sleeping soul and see how it awakes. **Power will come, glory will come, goodness will come, purity will come, and everything that is excellent will come when this sleeping soul is roused to self-conscious activity.**”

The Secret of Success in Human Birth

Good Deeds, Good Thoughts, Good Words

- “Neither money pays, nor name, nor fame, nor learning; it is character that can cleave through adamantine walls of difficulties.”
- “Truth, purity, and unselfishness -- wherever these are present, there is no power below or above the sun to crush the possessor thereof. Equipped with these, one individual is able to face the whole universe in opposition.”

-- Swami Vivekananda

The Secret of Success in Human Birth

The ideal is to completely dedicate the life in the search of **Truth** through the practice of **Honesty, Purity & Unselfishness** and also through the **Worship of Living God** by means of **Unselfish Loving Service** to the poor & downtrodden masses.

Manifestation of the divinity eternally present within every living being

- “From the lowest worm that crawls under our feet to the noblest and greatest saints, all have this infinite power, infinite purity, and infinite everything. Only the difference is in the degree of manifestation.”
- “Stand up, assert yourself, proclaim the God within you, express the divinity within you.”
- “Let me tell you, strength, strength is what we want. And the first step in getting strength is to uphold the Upanishads, and believe--"I am the Soul", "Me the sword cannot cut; nor weapons pierce; me the fire cannot burn; me the air cannot dry; I am the Omnipotent, I am the Omniscient." So repeat these blessed, saving words. This glorious soul we must believe in. Out of that will come power.”
-- Swami Vivekananda¹⁰

Manifestation of the divinity eternally present within every living being

- “Let every man and woman and child, without respect of caste or birth, weakness or strength, hear and learn that behind the strong and the weak, behind the high and the low, behind every one, there is that Infinite Soul, assuring the infinite possibility and the infinite capacity of all to become great and good. Let every one be taught that the divine is within, and every one will work out his own salvation.”
- “In the history of the world, you will find that only those nations that have believed in themselves have become great and strong. In the history of each nation, you will always find that only those individuals who have believed in themselves have become great and strong.”
- “Have that faith, each one of you, in yourself -- that eternal power is lodged in every soul -- and you will revive the whole of India.”

-- Swami Vivekananda

What is the real I?

- Our physical body is gross, and behind the physical body stands what we call the Sukshma Sharira, the fine body, or mind. This mind is also material, only finer. The Atman, the source of infinite strength, infinite power, infinite knowledge, infinite purity, infinite peace & bliss, is the real man behind.
- All powers, all knowledge, all purity, all perfection and all freedom -- everything is already there in the soul; our work is to make them manifest in order to solve all our personal professional problems.
- If one has got the conviction in the infinite power within and can manifest little of that infinite strength/knowledge/purity within, one will be able to solve any/all material, intellectual as well as spiritual problem of life.

How to manifest the divinity?

1. RENUNCIATION (not worldly enjoyment),
2. UNSELFISHNESS/SELF-ABNEGATION (not selfishness),
3. HONESTY/TRUTHFULNESS (not in telling lie, hypocrisy/cheating),
4. PURITY (Completely free from lust, anger, greed, ego, jealousy, infatuations/false attachments)
5. CELIBACY/CHASTITY (to renounce all sensual pleasure through words, thoughts, deeds),
6. AHIMSA (non-injury to all living beings through words, thoughts, deeds),
7. SELFLESS LOVE (not hatred, jealousy, competition, egotism, ill-will, narrowness).
8. BE GOOD AND DO GOOD TO OTHERS.

Worship of Living God in Man

“Look upon every man, woman, and every one as God. You cannot help anyone, you can only serve: serve the children of the Lord, serve the Lord Himself, if you have the privilege. If the Lord grants that you can help any one of his children, blessed you are; do not think too much of yourselves. Blessed you are that that privilege was given to you when others had it not. Do it only as a worship. I should see God in the poor, and it is for my salvation that I go and worship them. The poor and the miserable are for our salvation, so that we may serve the Lord, coming in the shape of the diseased, coming in the shape of the lunatic, the leper, and the sinner! Bold are my words; and let me repeat that it is the greatest privilege in our life that we are allowed to serve the Lord in all these shapes.”

-- Swami Vivekananda

Basic Practices

“Non-injury, truthfulness, non-covetousness, chastity, not receiving anything from another are called Yama. This purifies the mind, the Chitta. Never producing pain by thought, word, and deed, in any living being, is what is called Ahimsa, non-injury. There is no virtue higher than non-injury. There is no happiness higher than what a man obtains by this attitude of non-offensiveness, to all creation. By truth we attain fruits of work. Through truth everything is attained. In truth everything is established. Relating facts as they are--this is truth. Not taking others' goods by stealth or by force, is called Asteya, non-covetousness. Chastity in thought, word, and deed, always, and in all conditions, is what is called Brahmacharya. Not receiving any present from anybody, even when one is suffering terribly, is what is called Aparigraha. The idea is, when a man receives a gift from another, his heart becomes impure, he becomes low, he loses his independence, he becomes bound and attached.”

-- Swami Vivekananda

Basic Practices

“Tapas/austerity, Svadhyaya/study, Santosha /contentment, Shaucha/purity, and Ishvara-pranidhana/ worshipping God are called Niyama or regular habits and observances;. Fasting, or in other ways controlling the body, is called physical Tapas. Repeating the Vedas and other Mantras, by which the Sattva material in the body is purified, is called study, Svadhyaya. The sages have said that there are two sorts of purification, external and internal. The purification of the body by water, earth, or other materials is the external purification, as bathing etc. Purification of the mind by truth, and by all the other virtues, is what is called internal purification. Both are necessary. It is not sufficient that a man should be internally pure and externally dirty. When both are not attainable the internal purity is the better, but no one will be a Yogi until he has both. Worship of God is by praise, by thought, by devotion.” -- Swami Vivekananda

“The Vedanta must come out, must remain not only in the forest, not only in the cave only with the Sannyasins, but they must come out to work at the bar and the bench, in the pulpit, and in the cottage of the poor man, with the fishermen that are catching fish, and with the students that are studying. If the fisherman thinks that he is the Spirit, he will be a better fisherman; if the student thinks he is the Spirit, he will be a better student. If the lawyer thinks that he is the Spirit, he will be a better lawyer.”
-- Swami Vivekananda

SWAMIJI'S RELIGION

- To be good and to do good to others
- To serve GOD in Man
- To embrace everyone on this earth through **Pure Unselfish Love** and **Service** to help one to manifest the divinity eternally present within, to evolve the God out of him, to help them to drink the nectar within, without hurting their religion, profession, food, cloth, etc.
- There is but one eternal religion, and that is the perception of the divine within.

Democracy, Equality, Brotherhood and Socialism

“Men must have education. They speak of democracy, of the equality of all men, these days. But how will a man know he is equal with all? He must have a strong brain, a clear mind free of nonsensical ideas; he must pierce through the mass of superstitions encrusting his mind to the pure truth that is in his inmost Self. Then he will know that all perfections, all powers are already within himself, that these have not to be given him by others. When he realises this, he becomes free that moment, he achieves equality. He also realises that every one else is equally as perfect as he, and he does not have to exercise any power, physical, mental or moral, over his brother men. He abandons the idea that there was ever any man who was lower than himself. Then he can talk of equality; not until then.”

-- Swami Vivekananda

Philosophy of Inter-personal Relationship

There is but one Soul throughout the universe, all is but One Existence, everything is manifestation of the one Infinite Atman. The relation among the people living in the society will be of mutual Love, Trust and Respect only if they can understand and practice the wonderful ideal of oneness/solidarity of the whole universe as realized the by sages of all ages. This idea of oneness is the only rationality behind all morality and all ethics among the people dwelling in the society.

Relation of Mutual Love, Trust, Respect among the professionals

- “Everyone is but a manifestation of that One Impersonal Being, God, the sole Reality in the universe. We and He are one. The whole world is one. In hurting any one I am hurting myself, in loving any one I am loving myself.”
- “Advaita and Advaita alone explains morality. Know through Advaita Vedanta that whomsoever you hurt, you hurt yourself; they are all you. Whether you know it or not, through all hands you work, through all feet you move, you are the king enjoying in the palace, you are the beggar leading that miserable existence in the street; you are in the ignorant as well as in the learned, you are in the man who is weak, and you are in the strong; know this and be sympathetic.”
- “All this fight between sects and all those differences in dogmas will not be remembered any more, and quarrels between your religion and my religion will have vanished altogether, when mankind will understand that **there is but one eternal religion, and that is the perception of the divine within.**” -- Swami Vivekananda

How to harmonize the life?

- Prepare a routine for everyday life
- Physical exercise to harmonize the body. Breathing exercise will help to get harmony in physical body, mind and spirit
- Read holy books to pump good thoughts within to have mental harmony
- Meditate regularly to discover the infinite strength/ power/ bliss within.
- Controlled food, work & sleep
- Have transparent relation with everyone. Deeds, Thoughts & Words must Synchronize.
- Live in harmony with everyone. True love and concern for every living being.
- Continuous & conscious remembrance of Truth/Reality/God

Culmination

- Strengthening of Will
- Sharpening of Intellect
- Expansion of Heart
- Small Ego get dissolved in Divine Will
- Fearlessness -- Freedom from physical & mental limitations
- Ceaseless bliss/contentment
- Unshakable Sweetness of Disposition

The Reality

To strive for Truth one need not join the monastery, one need not change one's food/dress/profession/religion, even one need not remain unmarried, but wherever one is, the life of Tapasya/Self-control is a must to be truly successful in life. There is no other way to be Successful in human life by attaining perfect/absolute peace & bliss, attaining the state of True Freedom by transcending all our physical & mental limitations. There is absolutely no other way to attain Truth in Human life, i.e., to be truly successful in Human life.

How to use the life in the best possible way?

“This life is short, the vanities of the world are transient, but **they alone live who live for others**, the rest are more dead than alive.”

“May I be born again and again, and suffer thousands of miseries so that I may worship the only God that exists, the only God I believe in, the sum total of all souls -- and above all, my God the wicked, my God the miserable, my God the poor of all races, of all species, is the special object of my worship.” -- Swami Vivekananda

Believe in the possibility of everybody

Our Atman has all the powers already. The Vedas are the eternal laws living in every soul. The Vedas are in the soul of the ant, in the soul of the god. The ant has only to evolve and get the body of a sage or a Rishi, and the Vedas will come out, eternal laws expressing themselves. This is the one great idea to understand that our power is already ours, our salvation is already within us. Believe in the possibility of everybody -- that even in the lowest man there is the same possibility as in the Buddha.

The secret of reforming men

“If there is the darkness of centuries in a room and we go into the room and begin to cry, "Oh, it is dark, it is dark!", will the darkness go? Bring in the light and the darkness will vanish at once. This is the secret of reforming men. Suggest to them higher things; believe in man first. Why start with the belief that man is degraded and degenerated? I have never failed in my faith in man in any case, even taking him at his worst. Wherever I had faith in man, though at first the prospect was not always bright, yet it triumphed in the long run.”

-- Swami Vivekananda

Have faith in man, whether he appears to be an angel or the very devil himself...

“Have faith in man first, and then having faith in him, believe that if there are defects in him, if he makes mistakes, if he embraces the crudest and the vilest doctrines, believe that it is not from his real nature that they come, but from the want of higher ideals. If a man goes towards what is false, it is because he cannot get what is true. Therefore the only method of correcting what is false is by supplying him with what is true. Do this, and let him compare. You give him the truth, and there your work is done. Let him compare it in his own mind with what he has already in him; and, mark my words, **if you have really given him the truth, the false must vanish, light must dispel darkness, and truth will bring the good out...** Put the good before them, see how eagerly they take it, see how the divine that never dies, that is always living in the human, comes up awakened and stretches out its hand for all that is good, and all that is glorious. ”

-- Swami Vivekananda

What is True Courage/Freedom?

“An Emperor who invaded India was told by his teacher to go and see some of the sages there. After a long search for one, he found a very old man sitting on a block of stone. The Emperor talked with him a little and became very impressed by his wisdom. He asked the sage to go to his country with him. "No," said the sage, "I am quite satisfied with my forest here." Said the Emperor, "I will give you money, position, wealth. I am the Emperor of the world." "No," replied the man. "I don't care for those things." The Emperor replied, "If you do not go, I will kill you." The man smiled serenely and said, "That is the most foolish thing you have ever said, Emperor. You cannot kill me. Me the sun cannot dry, fire cannot burn, sword cannot kill, for I am the birthless, the deathless, the ever-living omnipotent, omnipresent Spirit." This is spiritual boldness.”

-- Swami Vivekananda

Swami Vivekananda calls to the Nation

- “The earth's bravest and best will have to sacrifice themselves for the good of many, for the welfare of all. Buddhas by the hundred are necessary with eternal love and pity... Religions of the world have become lifeless mockeries. What the world wants is character. The world is in need of those whose life is one burning love, selfless.”
- “My faith is in the younger generation, the modern generation, out of them will come my workers. They will work out the whole problem, like lions. I have formulated the idea and have given my life to it. If I do not achieve success, some better one will come after me to work it out.”
- “Arise, awake, for your country needs this tremendous sacrifice. "The young, the energetic, the strong, the well-built, the intellectual" -- for them is the task.”
- “Men, men, these are wanted: everything else will be ready, but strong, vigorous, believing young men, sincere to the backbone, are wanted. A hundred such and the world becomes revolutionized.”

-- Swami Vivekananda

Who can work out Swamiji's Mission?

Required Character Qualities

- Truthfulness/Honesty
- Sharp Intellect
- Heart that makes one identified with the sufferings of people
- Strong physic
- Free from worldly desires/attachments

If one does not possess any of these five character qualities, one won't be able to practise the ideal of Swami Vivekananda to the fullest extent.

The Ideal – Serving **GOD** in Man

“Neither numbers nor powers nor wealth nor learning nor eloquence nor anything else will prevail, but purity, living the life, in one word, *anubhuti*, realisation. Let there be a dozen such lion-souls in each country, lions who have broken their own bonds, who have touched the Infinite, whose whole soul is gone to Brahman, who care neither for wealth nor power nor fame, and these will be enough to shake the world.” -- Swami Vivekananda

3 Steps to become a Patriot

- First, feel from the heart for the poor and downtrodden masses.
- Second, find out some practical solutions to solve their problem.
- Third, have the will to surmount mountain-high obstructions to execute the solution.

“Do you feel that millions and millions of the descendants of gods and of sages have become next-door neighbours to brutes? Do you feel that millions are starving today, and millions have been starving for ages? Do you feel that ignorance has come over the land as a dark cloud? Does it make you restless? Does it make you sleepless? Has it gone into your blood, coursing through your veins, becoming consonant with your heartbeats? Has it made you almost mad? Are you seized with that one idea of the misery of ruin, and have you forgotten all about your name, your fame, your wives, your children, your property, even your own bodies? That is the first step to become a patriot ”

-- Swami Vivekananda

“I did not go to America, as most of you know, for the Parliament of Religions, but this demon of a feeling was in me and within my soul. I traveled twelve years all over India, finding no way to work for my countrymen, and that is why I went to America. Who cared about this Parliament of Religions? Here was my own flesh and blood sinking every day, and who cared for them? This was my first step.”

-- Swami Vivekananda

“You may feel, then; but instead of spending your energies in frothy talk, have you found any way out, any practical solution, some help instead of condemnation, some sweet words to soothe their miseries, to bring them out of this living death?”

“Yet that is not all. Have you got the will to surmount mountain-high obstructions? If the whole world stands against you sword in hand, would you still dare to do what you think is right? If your wives and children are against you, if all your money goes, your name dies, your wealth vanishes, would you still stick to it? Would you still pursue it and go on steadily towards your own goal? Have you got that steadfastness?”

-- Swami Vivekananda

“If you have these three things, each one of you will work miracles. You need not write in the newspapers, you need not go about lecturing; your very face will shine. If you live in a cave, your thoughts will permeate even through the rock walls, will go vibrating all over the world for hundreds of years, maybe, until they will fasten on to some brain and work out there. Such is the power of thought, of sincerity, and of purity of purpose.”

-- Swami Vivekananda

Swamiji's Clarion Call to the Nation

“First, let us be Gods, and then help others to be Gods. ‘Be and make.’ Let this be our motto. Say not man is a sinner. Tell him that he is a God. Even if there were a devil, it would be our duty to remember God always, and not the devil. If the room is dark, the constant feeling and repeating of darkness will not take it away, but bring in the light. Let us know that all that is negative, all that is destructive, all that is mere criticism, is bound to pass away; it is the positive, the affirmative, the constructive that is immortal, that will remain for ever. Let us say, "We are" and "God is" and "We are God", "Shivoham, Shivoham", and march on. Not matter but spirit. All that has name and form is subject to all that has none. This is the eternal truth the Shrutis preach. Bring in the light; the darkness will vanish of itself... Bring forth the power of the spirit, and pour it over the length and breadth of India; and all that is necessary will come by itself.”

Swamiji's Clarion Call to the Nation

“Manifest the divinity within you, and everything will be harmoniously arranged around it... You are the children of India. You are the descendants of the Devas. Matter can never be your God; body can never be your God.”

“India will be raised, not with the power of the flesh, but with the power of the spirit; not with the flag of destruction, but with the flag of peace and love, the garb of the Sannyasin; not by the power of wealth, but by the power of the begging bowl.”

Swamiji's Clarion Call to the Nation

“You must give up. No great work can be done without sacrifice... Lay down your comforts, your pleasures, your names, fame or position, nay even your lives, and make a bridge of human chains over which millions will cross this ocean of life. Bring all the forces of good together. Do not care under what banner you march. Do not care what be your colour -- green, blue, or red -- but mix up all the colours and produce that intense glow of white, the colour of love. Ours is to work. The results will take care of themselves. If any social institution stands in your way of becoming God, it will give way before the power of Spirit. I do not see into the future; nor do I care to see. But one vision I see clear as life before me: that the ancient Mother has awakened once more, sitting on Her throne rejuvenated, more glorious than ever. Proclaim Her to all the world with the voice of peace and benediction.”

Swamiji's Benediction

“Let us all work hard, my brethren; this is no time for sleep. On our work depends the coming of the India of the future. She is there ready waiting. She is only sleeping. Arise and awake and see her seated here on her eternal throne, rejuvenated, more glorious than she ever was--this motherland of ours. And may He who is the Shiva of the Shaivites, the Vishnu of the Vaishnavites, the Buddha of the Buddhists, the Jina of the Jains, the Jehovah of the Christians and the Jews, the Allah of the Mohammedans, the Lord of every sect, the Brahman of the Vedantists, He the all-pervading, whose glory has been known only in this land, may He whom our forefathers knew and addressed by the words, "That which exists is One; sages call Him by various names" -- may He enter into us with His mighty love, may He shower His blessings on us, may He make us understand each other, may He make us work for each other with real love, with intense love for truth, and may not the least desire for our own personal fame, our own personal prestige, our own personal advantage, enter into this great work of the spiritual regeneration of India!”