

## **19 STRENGTH**

1. This is a great fact: strength is life; weakness is death. Strength is felicity, life eternal, immortal, weakness is constant strain and misery: weakness is death,

2. Men are taught from childhood that they are weak and sinners. Teach them that they are all glorious children of immortality, even those who are the weakest in manifestation. Let positive, strong, helpful thought enter into their brains from very childhood. Lay yourself open to these thoughts, and not to weakening and paralysing ones. Say to your own minds, "I am He, I am He". Let it ring day and night in your minds like a song, and at the point of death declare; "I am He". That is truth; the infinite strength of the world is yours. .

3. As soon as you say, "I am bound", "I am weak", "I am helpless", woe unto you; you rivet one more chain upon yourself. Do not say it, do not think it. L

4. It is weakness, says the Vedanta, which is the cause of all misery in this world. Weakness is the one cause of suffering. We become miserable because we are weak. We lie, steal, kill and commit other crimes, because we are weak. We die because we are weak. Where there is nothing to weaken us, there is no death nor sorrow. We are miserable through delusion. Give up the delusion and the whole thing vanishes.

5. This is the one question I put to every man, woman or child, when they are in physical, mental or spiritual training: Are you strong? Do you feel strength?-for I know it is truth alone that gives strength. I know that truth alone gives life, and nothing but going towards reality will make us strong, and none will reach truth until he is strong. Every system, therefore, which weakens the mind, makes one superstitious, makes one mope, makes one desire all sorts of wild impossibilities, mysteries and superstitions, I do not like, because its effect is dangerous. Such systems never bring any good; such things create morbidity in the mind, make it weak, so weak that in course of time it will be almost impossible to receive truth or live up to it. Strength, therefore, is the one thing needful.

6. I am responsible for my fate, I am the bringer of good unto myself, I am the bringer of evil. I am the Pure and Blessed One. We must reject all thoughts that assert to the contrary,

7. This is the only way to reach the goal, to tell ourselves, and to tell everybody else, that we are divine. And as we go on repeating this, strength comes. He who alters at first will get stronger and stronger, and the voice will increase in volume until the truth takes possession of our hearts, and courses through our veins, and permeates our bodies. 20Q

8. Those that blame others-and, alas! the number of them is increasing every day-are generally miserable, with helpless brains; they have brought themselves to that pass through their own mistakes and blame others, but this does not alter their position. It does not serve them in any way. This attempt to throw the blame upon others only weakens

them the more, Therefore, blame none for your own faults, stand upon your own feet, and take the whole responsibility upon yourselves. Say, "This misery that I am suffering is of my own doing, and that very thing proves that it will have to be undone by me alone." That which I created, I can demolish; that which is created by some one else I shall never be able to destroy. Therefore, stand up, be bold, be strong.

9. All the strength and succour you want is within yourselves. Therefore, make your own future. "Let the dead past bury its dead." The infinite future is before you, and you must always remember that each word, thought and deed, lays up a store for you and that as the bad thoughts and bad works are ready to spring upon you like tigers, so also there is the inspiring hope that the good thoughts, and good deeds, are ready with the power of a hundred thousand angels to defend you always and for ever.

10. The remedy for weakness is not brooding over weakness, but thinking of strength that is already within them. Instead of telling them they are sinners, the Vedanta takes the opposite position, and says, "You are pure and perfect, and what you call sin does not belong to you" Sins are low degrees of Self-manifestation; manifest your Self in a high degree. That is the one thing to remember; all of us can do that, Never say, "No"; never say, "I cannot", for you are infinite. Even time and space are as nothing compared with your nature. You can do anything and everything, you are almighty.

11. What makes a man stand up and work? Strength. Strength is goodness, weakness is sin. If there is one word that you find coming out like a bomb from the Upanishads, bursting like a bomb-shell upon masses of ignorance: it is the word, fearlessness. And the only religion that ought to be taught, is the religion of fearlessness. Either in this world or in the world of religion, it is true that fear is the sure cause of degradation and sin. It is fear that brings misery, fear that brings death, fear that breeds evil. And what causes fear? Ignorance of our own nature.

12. Take off the veil of hypnotism which you have cast upon the world, send not out thoughts and words of weakness unto humanity. Know that all sins and all evils can be summed up in that one word, weakness. It is weakness that is the motive power in all evil doing; it is weakness that makes men injure others; it is weakness that makes them manifest what they are not in reality. Let them know what they really are; let them repeat day and night what they are. . . . Let them suck it in with their mother's milk, this idea of strength-I am He, I am He. .

13. Infinite strength is religion and God. Avoid weakness and slavery.

14. Strength, strength for us. What we need is strength, who will give us strength? There are thousands to weaken us, and of stories we have had enough. . . . Everything that can weaken us as a race we have had for the last thousand years. It seems as if during that period the national life had this one end in view-, viz. how to make us weaker and weaker, till we have become real earthworms, crawling at the feet of every one who dares to put his foot on us. Therefore, my friends, as one of your blood, as one that lives and dies with you, let me tell you that we want strength, strength, and every time strength.

15. The best guide in life is strength. In religion, as in all other matters, discard everything that weakens you, have nothing to do with it