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# The Shortest Way to God-Experience



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The shortest way is not the least difficult way. The longest way is the least difficult way. The shortest way has, of necessity, to be a difficult way. However, there is an exception to this general law, and here is the shortest, and yet the easiest way to God-experience:



## Peace and Progress Through Conquest of Mind

Let your heart constantly beat with the thought, "God, God, God" - God all the twenty-four hours of the day, God as Love, God as Light, God as Omnipotence, God as Omniscience, God as Peace, God as unlimited Happiness, God as infinite Blessedness, God as an all-seeing Presence, God as an all-loving Father, God as an indestructible, eternal, absolute Truth, God as Beauty, Protection, Strength. Let your heart constantly beat with these words. This is the shortest way to God-experience.

Let all your intelligence be in tune with His Nature which is infinite Peace. Let your entire being, with every beating of the heart to the name of God, become one with the endless Happiness and Light of God. Try to see Him in the inner hearts of all beings. Do you see the air in the lungs of the people? No. Yet, you can understand that it is there in the lungs of all beings. Even so, that subtle Essence, that invisible Being called God, is resident in all beings and should be understood, and felt, by you. Behold the invisible Essence in all.

When you see the sun, behold the Presence of God in the brightness of the sun. When you see a saintly person, behold the Presence of God in his saintliness. When you see a good person, behold the Presence of God in his goodness. When you see a person of great intelligence, behold the Presence of God in the greatness of his intelligence. When you see a peaceful atmosphere, behold God's stillness and peace in that atmosphere. Thus, let everything be a means for your experience of God.

Whatever you do, do it in His name, do it with the consciousness of God in your heart. Feel His Presence in all conditions and circumstances. Become conscious of Him in all manner of ways. Let all your activities be spiritualised, divinised. Let all the earth become your prayer-ground. Behold Jesus Christ, or God, or the life-sustaining infinite Truth, in the inner heart of all beings. See God in the inner heart of all things, all beings. If you are walking, feel the all-merciful Presence of the infinite Consciousness, walking with you as God-Father. If you greet someone, greet God in that someone. If you sleep, feel the bed to be the Heart of God. If you are about to eat something, first offer it to God, mentally, and take it as a service to God, as an adoration of God, as a duty you owe to God by maintaining the body in order that, through the body, you may make spiritual progress.

Let your thoughts be divine. Let your feeling be spiritual. Let all your works be done with a divine spirit. Wish everyone the happiness, the success, the increasing prosperity which you yourself seek in daily life. Speak to none, unless it is something good, or noble, or useful, or positive, or inspiring. Criticize no one. Don't be dogmatic. Don't hinder others' freedom. Don't be a source of disharmony to others. Pour out love and peace on all beings and things, in all conditions, and at all times.

Accept all difficulties as the manifestations of the Grace of God, and conquer them with God's Grace, with growing faith, patience, goodness, dynamic action. Let all life be divine for you. Let all your works, thoughts and feelings, everything, be divinised, uplifted, exalted. Keep up this practice under all conditions. This is the shortest way to God-experience.

But, the old nature does not allow you to progress rapidly; your problems will arise from the old nature within you. It does not matter. Continue to practise, even though your encounter obstacles from those portions of your nature which are not yet purified and developed, and from the outer environment. Do not expect too quick results.

Even saints find it difficult to bring the mind under control. Mind comes completely under control when the full Grace of God is obtained. Till then, the efforts to keep the mind under check must be kept up vigilantly, earnestly, continuously.

The best way to bring the mind under control is to have some Mantra, or name of God, or word of Truth, constantly beating in our hearts. This background consciousness of God, constantly kept up through the repetition by the heart, or by the mind, or orally, of the Mantra, or the word of Truth, of God, brings the mind under control, purifies it, elevates it









