

Articles-2

By
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ARTICLES BY SWAMI OMKARJI MAHARAJ

A SONG OF PEACE

9-12-1951, KAILAS

(My only first and last wish)

This is one of my stray thoughts, a mere musing in Kailas.

Question: If you have only a few moments, not even minutes, to live on the earth plane, if you were asked to express your last wish by the Almighty the All-intelligence, what would be your only last wish?

Answer: My only first, last and final wish, without the least hesitation or choosing among other wishes or thoughts, would be Peace. Peace within, Peace without, Peace above, Peace below, Peace around, Peace on earth, Peace in heaven, Peace in the past, present and future. Peace unto the minerals, plants, animals, humans and to the celestial beings in the unknown regions. Peace unto the dead and living.

My wish is to see that Peace is established in the heart, then in the home; then Peace in the community, Peace in the nation and Peace in the world at large.

Peace has been my one thought or wish not only now, but in the past and it will be the same wish until the last breath dissolves in the Universal whole.

I wish to close my eyes with this one thought of Peace, allowing Peace to pervade and permeate the whole universe from the tiniest atom to the biggest planet, for Peace is the basis and foundation of both the manifested and unmanifested worlds.

"My peace I leave with thee", were the words of blessed Christ. Buddha, the Lord of compassion, left his Nirvana as his legacy in the world of humanity. Sri Krishna, the Lord of wisdom, bequeathed his immortal Gita, the Celestial song of Peace, to the world and seekers of Truth. Thus many Saviours, the forms of different religions and various sects, contributed Peace to the world of strife and struggle to establish Peace on earth and goodwill among Nations.

May Peace abide in the North and South, in the East and West and may all the creatures on land, sea and sky and heaven be full of Peace, Infinite Peace, Eternal Peace, Universal Peace, Indivisible Peace, everlasting Peace, All-embracing Peace, which is the Soul and goal of the Individual as well as humanity! This is the first thought and last wish and prayer of Omkar.

OFFERING:

My Loving Reader, I take joy in offering this Song of Peace to you, as my personal offering, wishing your Peace, for the Peace of all!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

A WONDERFUL DREAM

So long as one has the body he cannot help but have some kind of dream or the other. One who has not risen above the waking state can never be free from the dreaming state. The subconscious mind will be filled with so many numberless thoughts, as such one cannot help but have some dream or the other. When we can fill our mind with one thought, one aim and one ambition of higher life, our subconscious state also will be filled with the same kind of feelings.

The more the desires and thoughts, the more dreams one will get; but when one is entirely thoughtless, there is no possibility for getting any dream. To be free from dreams one should be filled continuously with God consciousness. This alone is the right Royal way, to control or to do away with every kind of dream.

Once I had a beautiful dream. Indeed the dreams are both beautiful and ugly; sometimes terrible also. There are spiritual dreams and worldly dreams also. Pious will be visited by spiritual dreams and men of outer life will be visited by worldly or sensual dreams. There is nothing supernatural or unnatural in getting these dreams. The same Divine law which is at the basis of everything operates in everyone according to his own temperament, and imagination we are receiving only what we are expecting. We are reaping only what we have sown, either consciously or unconsciously.

Now let me write about my wonderful dream. This is a dream to be remembered often and often for it is a beautiful and Peace-giving dream. In my dream I was teaching superconsciousness to one of my pupils. It is no wonder that I got such a dream, as I live spending all my time in serving and guiding those who are relying on me. In my dream I was teaching the highest state of Nirvana. To teach the highest state I can never teach with the lower state or with physical consciousness. So I was in a state of Divine ecstasy, since I was engaged in such a holy cause of serving my pupil, practically in realising the Highest state of Peace.

As I began to teach about that "Great Beyond", which is all Peace and all Joy, which is within and without, my senses began to merge in the mind and the mind in its own turn merged in the intellect and the intellect into the "I" and the "I" finally merged in the Glory of Universal consciousness. Not only my disciple, I too became speechless.

I remember seeing my pupil in a state of vacancy, with vivid eyes and the mouth also relaxed in a open manner. I felt as if the physical life had departed leaving only the spiritual consciousness. Somehow the idea of a corpse occurred to me, as my pupil became insentient to the outer life of senses. There I saw nothing but a lifeless form, in the physical sense but in the spiritual sense, it was all life, strength, Peace, and all Divinity, shining in the Glory of Divine Truth.

Such are the impressions of mine, regarding my pupil to whom I was engaged in teaching the Superconsciousness. Now let me write also a few lines regarding my own feelings of oneness or allness. My body became rigid and numb. It was perfectly relaxed. I could not speak any further. I was like a pillar of stone or wood. Suddenly I became blind to the physical world. And what more, deaf and dumb also. Oh, the Glory of that state! How can I describe it? Oh, I feel it even now! But alas, there are no words to explain or describe it.

Then I was seized in a certain process of melting. Even these dead and lifeless forms began to melt or dissolve into unknown nothingness. Both my pupil and I lost ourselves in a state of formlessness and namelessness. As a piece of camphor gets itself evaporate, so also these physical forms gradually became evaporated, in a process which is most natural and uplifting.

As drops of dew are absorbed by the rays of the sun, so also these forms were absorbed or silently evaporated into the great state of Nirvana. Thus hours passed like seconds in that Glory of the inexpressible and indescribable great void of Samadhi. Often I wonder now whether it was a dream or a glimpse of the dreamless state of God-head.

OM TAT SAT OM!

AJATAVADA--THE TRANSCENDENTAL TRUTH

Ajatavada is the essence of Advaita Vedanta, the Highest Truth. It is the end of Knowledge, nay it is the goal of all knowledge. In Ajatavada, the Transcendental Truth, nothing else exists except the Self-effulgent Splendour of Millions of suns. There is no one to assert IT or to recognise IT. There is no one to preach of Ajatavada and none to follow IT, for there is nothing besides the One Existence, Knowledge and Bliss Absolute. Ajatavada is not for the common man or the lay man or even for the man of deep and dry intellect, but it is only for the one in a million, for a living Buddha, who has a heart of compassion, as well as Intuitional Understanding of the ABSOLUTE--the One without a second.

In the Ajatavada, sickness, weakness, health and strength are all the hallucinations of the mind. Night and day, darkness and light exist only in the relative world but not in the sun, much less in the Sun of suns. Ajatavada does not recognise even IGNORANCE or MAYA. How can there be any ignorance or even Maya or delusion, in the Truth which is ONE without a second?

Ajatavada does not recognise the least difference in any form or condition. You and I, he and she, all the forms and names do not exist in IT. East and West, North and South, religion and nations do not exist in the One Stupendous Whole. Poor and rich, ignorant and learned, sinners and saints, disciples and Gurus, reformers and Saviours are all the off-shoots of ignorance, self-created delusions, by the cobwebs of thought, according to Ajatavada.

Hence, the doctrine of Ajatavada is above the plane of thought. As such it does not recognise ignorance or emaciation. When you admit ignorance, you are to admit Knowledge; when you admit bondage, you are to admit freedom. The Transcendental Truth is above ignorance and emancipation, bondage and knowledge.

The happiest news in Ajatavada is:

MAN IS ETERNALLY FREE. YOU ARE NEVER BOUND. Good-bye to all the torturous practices of Asanas and Pranayamas, Postures and Breath-controls. Adieu to all the mental struggles of Dhyanas and Dharanams, concentrations and meditations. What a great relief it is to breathe in the Breath of Freedom, where duties done in the past are buried and forgotten and duties that are to be done in the future are ignored and wiped out in the realisation of the Self-effulgent Splendour of the Millions of Suns

Question: Then, what really exists?

Answer: Brahmic Splendour, Waveless Peace, Supreme silence!

May all Glory be unto Ajatavada, the Transcendental Light!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

ALL RELIGIONS ARE ONE

Religion has many doors.

Religion shows the way to God.

The source of religion is God.

O! Man! Do not fight

Do not enter into discussions

Practise religion
And attain the goal of religion.

Brahman, Allah, Jehovah
Ahura Mazda, are one
Truth is One
Sages call it by different names.

Prophets appear in different ages
to emphasise
One aspect of Truth
Their teachings are the same.

It is ignorance that divides
Be tolerant towards other religions
Respect all Prophets
Behold the One Truth in all.

ASSOCIATION

11-9-1948, 5 AM, KAILAS

It has been said by men of learning and experience that if we associate with sages and saints, our life will be like that of sandal paste mixed with camphor. But if we associate with the low and wrong kind of people, our life will be like that of the poisonous drink which is mixed with an intoxicating drug. Thus, especially when one is an aspiring seeker of Truth in the preparatory stage, he should avoid the company of all evil, selfish, vain and self-seeking people, who are interested in themselves and in satisfying their selfish propensities and vicious desires.

It has been said that association is every thing, it leads you heaven-ward or pulls you down into the very hell. Accordingly if you are blessed to have the association of sages and saints, the men of God-Realisation, your Peace or freedom is assured. Hence it has been said also that the company of a wise Soul is like a raft or boat that carries you safe across the turbulent waters of the ocean of Samsara, the world, to the very portals of heaven of Peace. Whereas the company of selfish man is like that of the fate of one who is holding a crocodile, hugging it to his bosom to cross the rushing stream of life.

Association with good people is like the fragrance of sweet smelling roses. The association with selfish and ignorant people is like the poisonous vapours or fumes of a dangerous substance.

Blessed is the one who knows the value of good association and the evil effects of bad company. If one is anxious to realise God, especially in his early stages of spiritual life such an one should run away from all selfish and evil company and be aloof by thousands, nay even by millions of miles.

Verily, such are the fatal and inevitable effects of selfish company and the happy results of good company. May man associate himself with the good and godly to realise God, and to taste the Peace that passeth all understanding, the goal of precious human birth!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

AT THE FOOT OF KAILASH

19-3-1949, 7 AM, KAILAS

What a great privilege it is to be at the foot of Mt. Kailas, awaiting the glorious Sun rise! How much more immensely blessed it would be to remain on the Heights of Mt. Kailas, filled and surrounded by the self-shining glory of God, tasting PEACE that passeth all understanding in solitude and silence!

Before the hour of dawn, we started from the Ashram towards Kailas, with a longing to have a deep meditation. We were ten in number. Each boy took a seat in the lotus posture, selecting a suitable rock for meditation, facing the roaring ocean and the ball of fire--the rising SUN from the horizon.

There was stillness within and without, beauty all around, warmth in the mild rays of the sun and Peace in the very atmosphere. It was a sight to see the young boys, seated in the lotus pose, seated on different rocks but all meditating, absorbed in the Light of Lights. Verily, it was a Divine and rapturous sight to be seen by the notaries of every religion and the devotees of God, nay even by angels and gods.

Where is God, if not in the dedicated human heart? Where is God, if not in the stillness of the purified heart? Where is God, if not in perfect stillness and Supreme Silence? Where is God, if not in Love Universal? Where is God, if not in Peace Eternal? Where is God, if not in LIGHT Indivisible?

Glory! Glory! Glory!

Kailas is calling you, to help you to realise PEACE, the Goal of the precious human birth, NOW and HERE.

May Peace be Unto all!

OM! OM! OM!

ATOM BOMBS & SUPER BOMBS

Nowadays it is sad to see that the men of science are interested in these dreadful instruments of destruction and death rather than in his deathless, Birthless, Immortal Soul, the super Atmic bomb.

There is hardly one in a million who has risen above the fear of every kind and absorbed his mind, heart and soul in the inner, intuitive research of his Immortal Self, the Splendour of Millions of Suns.

Often, I receive letters from sisters and brothers in the West, expecting and dreading the third world war. Some of them are very worried that New York with all its high sky-scrapers will be destroyed by the atom bombs and super bombs. How sad it is that man even in crucial tests and trials, does not know and realise that there is something in him that cannot be touched or hurt even by a million atom bombs and super bombs.

That something is the Immortal Soul, the soul of Christs, Krishnas, Mohammeds, Gandhis and other sages and saints of the East and West. In spite of the demise or dissolution of the physical sheaths, their Spirit, the Immortal Spirit continues to abide and shine in millions of

devoted and dedicated hearts in both the East and the West. What man needs now is not the fear of rabbits or the ostrich-consciousness of ignoring the trouble or the coming calumny but to face the cowardice, weakness and fear with the strength of a lion.

Let the Lion of Vedanta, the Immortal Truth ROAR, has been the Message of the East. It is only the Immortal Truth, the Eternal Spirit that can safeguard and protect man from all the ravages, destruction and death of atom bombs and super bombs. But man needs the conscious realisation, the personal experience of the Indwelling Presence.

The Blessed One said *My Kingdom is not of this World*, the world of atom and super bombs. His kingdom is the kingdom of Heaven, the Heaven of Peace, Where the Light of the world, the Sun, never sets nor ceases to shine.

It is the Kingdom of the Heavenly Peace wherein loving any of the lest of His children, you are only loving God! If you hurt anyone even in thought, not to speak of with the death-dealing bombs, you are hurting only yourself, the One Indivisible God!

Question: What is that SOMETHING?

Answer: That SOMETHING is YOURSELF, the Immortal Spirit.

An aspiring and dedicated soul who is treading in the lovely path of truth does not care or worry over the dreadful ravages and damages of the atom and the super bombs etc., as much as he feels afraid at *atom lies* and *super calumny* that attack the very root of his consecrated life.

The atom and super bombs destroy only the physical, they can work and demonstrate only on the physical plane; whereas the *atom lies* and *super calumny* works and creeps to the mental plane sucking the very life-blood of the neophyte.

At this state of evolution for the beginner, the seekers of Truth, these atom lies, the cruel scandals, the super calumny and the soul-killing attacks from behind are more harmful and destructive than the outer ravages from the implements of death.

Yet, the saving principle, the life-giving safeguard is the same Immortal, Eternal and Infinite Spirit that protects the sky-scrappers as well as the mental structures, the spiritual edifices.

Hence, o man, the living Image of god! Wake up from your long slumbers of deep sleep and lethargy, let not the bug-bears of fear and will o' wisps of negative and destructive imaginations dare to approach you or raise their heads in the splendour of your Sun of suns.

Assert and manifest now for the Peace of your soul and for the good of all, your inherent power, your only real Birthright, namely the conscious realisation and the personal experience of Atmic super bombs, which is awaiting your recognition in the stillness of your own purified heart!

What is THAT THING by knowing which everything will be known? Know the Truth and the Truth will make you free of all fears physically, mentally and spiritually too. The Truth is the awareness of the Splendour of Millions of Suns, the *Atmic super bomb*. May our lives and souls be ever centred in the Highest, in the Transcendental Glory NOW and FOREVER, is the prayer of your brother Swami Omkar!

OM! OM! OM!

BE GRATEFUL

Are we grateful? Strange how we are not grateful for everything around us, to God especially for the blessings He has showered upon us.

Are we grateful for the very air we breath? Are we grateful for the sunshine we enjoy? Are we grateful for the sight God has given us? Are we grateful for all the flowers, birds and stars? Is it not God Who has given us these innumerable blessings?

Let us be grateful in the first place for the precious human birth! Have you ever thought how grateful you would be for every moment of time that God is giving you now? Have you ever introspected and thought of what way you are making best use of your time, the precious time that God has given you? You should make best use of every moment of God-given precious time. It should take you nearer and closer to God, the Indwelling Presence of your heart, the Live, Soul and Goal of your very existence, nay, even of this world.

Never mind the past! Let it be buried for it is a waste of time to worry over spilt milk. But let us be careful from this moment forward. How are we going to use every tiny second and make best use of it in our own Self-purification, as well as in the Service of others, irrespective of the man-made differences of caste, creed, colour and nationality? Verily, the world is our home and people in it are our Sisters and Brothers. To help, serve and love them is our privilege.

Let us be grateful to God for this greatest privilege of Universality, loving all as our own. Let us be grateful to God, ever chanting the PEACE CHANT.

May there be Peace in Heaven,
Peace in the sky,
Peace across the waters!
May there be Peace on earth!
May Peace flow from the herbs, plants and trees,
May all the celestial beings radiate Peace.
May Peace pervade all quarters!

MAY PEACE BE UNTO ALL!

BEAUTIFUL FLOWERS

10-12-1945, 5 AM

A Parsee friend from Bangalore sent us flower seeds, we sowed them and planted the sprouts in rows in front of our prayer hall.

How beautiful are they! So fresh, pure and innocent, with open hearts looking towards the sun of Light. They are the messengers of God with messages of spotless purity, sweet fragrance of service and innocent beauty of culture.

Where were they a month ago? These beautiful flowers were in Bangalore in a nursery, in the form of seeds. They were lying for sometime in the paper packets even after we received them.

Now look at them! Pray, come and see our little messengers of God! Let us commune with their souls for the Peace and freedom of our souls as well.

Dear friends, where are your flowers now? Are they still in the SEED FORM, in the far away heaven in the nursery of God, or are they lying idle, unused in your home in the dark closets of your heart?

Please bring out the flowers from your hearts! Do not keep them any longer in seed form. The time to sow them is NOW--today, in the fertile soil of your well-prepared mind. Water the seeds with LOVE UNIVERSAL.

In no time, maybe next week or even tomorrow, you will be surprised to see your latent seeds, long neglected hidden seeds, sprouting and growing! Pray continue to wet them with the daily life-giving waters of love. They will surely bloom in no time. Your seeds will be a blessing to yourself as well as to others, by bringing them out of your hidden closets of your hearts and by sowing them in the field of the world.

If we use what we have, what we have will grow. So let us not hide our light under a bushel basket or bury our talents unused. Let us merge within, introspect our lives, search for all the unused latent seeds within and lose no time in taking them out, to sow them, before the season passes away.

Pitiable are they who are finding their joy in hoarding and accumulating the seeds that may be eaten away by moths of selfishness or stolen by thieves of aggression any day!

Compare the unused dusty seeds in the packet of your heart, with the blooming sweet smelling flowers, the sun-shine in the soul of your life! While life is sweet, youth is fresh and the day is bright, let us sow the seeds of service and sympathy in our individual hearts, to reap the benefit of blooming flowers on the morrow, with the fragrance of Peace and good-will all over the world. May Adorations be unto all sweet, silent and precious flowers of Humanity!

OM! OM! OM!

BECAUSE OF HIM

1-8-1952, 5 AM, KAILAS

Question: Who is this HIM?

Answer: HIM is no other than God.

Question: Then what about you?

Answer: Since there is only the one Reality, HE and YOU are not two but one.

Question: What about others--he and she, etc.?

Answer: They too are all a part and parcel of the One Reality.

"THAT WHICH EXISTS IN ONE AND SAGES HAVE CALLED IT BY VARIOUS NAMES" is the central teaching of the Vedas. **"I AND MY FATHER ARE ONE"** is the message of the Bible.

Now let us come to our present theme. Yesterday I was having a walk towards the peaks of Badri and Kedar on the Kailas hill, with the thought of HIM, who is no other than God, the Brahman, the source of all manifestations both within and without. The very thought that BECAUSE OF HIM I was walking and moving was very uplifting and God intoxicating.

It is because of God that we not only walk and act, but we think also. When we begin to feel Him in the very thinking, we realise further that it is because of Him that we breath and carry on our very existence.

If it is not for His Presence now, how can I write this message with these thoughts? The very movement in the hand is due to Him. It is because of Him that I am writing now, expressing His Presence and Love. It is God who sees in our very eyes, who listens in our ears and Who thinks in our minds. Because of Him everything moves, expresses and manifests, blessed is the One who can recognise the ONE IN THE MANY, the God is His manifested world.

The world exists because of Him. The beautiful flowers bloom only because of Him, birds sing only because of Him. It is because of God that the waves in the ocean are dancing both day and night. It is because of Him that the stars are always twinkling in the sky. It is because of Him that the whole of the manifested world is expressing His glory in its various manifestations. How can anyone be so ignorant and blind as to admit and recognise only the bubble-like world and deny and ignore the Infinite Ocean of SAT CHIT ANANDA- the Existence, Knowledge and Bliss Absolute?

The worlds are created, preserved and destroyed by His mere wish. The Lord said: "LET THERE BE LIGHT"--and there was light. Hence, it is with us NOW to behold the Light within and without, in the individual as well as in the universal, because all is Light and God is the source of all Light.

May all Homage be unto Him Who is in the form of YOU--my Loving Reader!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

BLUNDERS

"If you desire to be one with God, do not complain. If you do complain, you cannot be one with Him". Today I came across these wise words, uttered by a Muslim saint in his tests and trials. This is the last examination in God-identification. If a man puts both his hands round your throat, to choke your life out of you, you are to see only the sweet face of God in him. If a man gives you a fond embrace with one hand, and with the other hand stabs you in the back, you are to feel God's Presence in the very touch of his hand. Then alone will the latent Light in you manifest in all Glory! The saints and sages have done it in the past. They never complained in their tests and tribulations. Here is a chance for you too to recognise God. When others have done it why can't you do it? Do it now and be a blessing to the world of humanity.

He Prayeth best

He Prayeth well who loveth well

Both man and bird and beast

He Prayeth best, who loveth best

All things both great and small!

For the dear God who loveth us,

He made and loveth all.

To err is human and to forgive is Divine. God has not created one man all good and another man all bad. Wherever there is good, there is bad also. Wherever there is bad, there is good also. The wise man sees good and ignores bad. The wise and ignorant are two poles apart such as the North Pole and the South Pole. The resentment or anger of an ignorant man is like that of a furrow drawn by a Naagali; whereas the resentment or anger of a wise man is like that of a line

drawn on water. Darkness comprehends not the Light. A selfish man can never understand a selfless man.

The path of Truth is rugged and full of thorns and stones. Narrow and rugged is the way that leads to heaven. All tests and trials are given to devotees, the brave, to see whether we can stand by God or Truth in our very tribulations.

We all commit blunders. But, when everything fails, it is Love that conquers. The Divine law of Love never fails, **Truth Alone Triumphs**. In our tests and trials, the memorable words of the blessed Christ are our comfort and consolation: "*Father, forgive them for they know not what they do.*"

May Love alone flow from us in all our tests and tribulations, towards one and all, especially towards those who do not understand our good intentions. Anyone can be happy when adored and worshipped when all is going on well. He alone is the greatest soul when criticised and condemned, even if placed on the cross. Verily, Truth triumphs, Love wins.

Even at the cost of death for the Peace of our soul, let us cling to Truth and Love. How inspiring and life-giving is the following Universal Anthem, helping us all!

The Universal Anthem

One Cosmic Brotherhood
One Universal Good
One Source, One Sway
One Law Upholding Us
One Purpose Moulding Us
One Life Enfolding Us
In Love Always!

The past is dead and buried. Let us cling to the living present moment NOW, seeing Him within and without, in friend and foe, in all the living Images of the One Indivisible God. Let us remember always the golden adage, LOVE OF MAN IS LOVE OF GOD. When we cannot love God Who comes to us in the form of man, how can we love God, Who is formless and nameless? As today alone is ours and not tomorrow. Let us do our good deed now alone!

OM! OM! OM!

BREATH, LIFE AND SOUL

10-3-1951, 3 AM, KAILAS

What is the difference between breath and life? Let us rather have the query like the following: "*What is the connection between breath and life; and above all, what is the connection between the life and the Soul?*" These are deep and intricate thoughts, where man needs to use not only his bright intellect but also his Soul itself, to understand them thoroughly.

All people know what breathe is, for without breath, they cannot live. Many know what life is, for without life they cannot work. A few may know, rather very few know what SOUL is, and they are the salt of the earth, the Saviours of humanity.

Now we are to see whether man, the aspiring man, the seeker of Truth, is living as breath, life or Soul. Before we proceed further let each reader examine his life and see for himself whether he is living identifying with breath, life or Soul.

The average man, the man of outer life, is not even conscious of breathe, although it is there in each and every moment of his life, in his waking, dreaming and sleeping condition. Then what is he conscious of? He is only conscious of blood, flesh and the bundle of bones, namely his body. He lives as a body, works, breathes and moves as a body. His happiness is centred in body consciousness.

Gradually as he evolves, he begins the spiritual life, with duality--*DWAITAN*-- at that stage he is conscious of the breathe. As he grows, he becomes conscious of Life. Then he is a *VISISTADVAITI*, a Qualified Monist. As he advances further he becomes an *ADVAITI*--Monist. Thus breath represents Dwaitam; life represents Visistadwaitim and Soul represents Advaitam, the Highest State, where it is all ONE.

Anyone can feel the breath within, with a little effort, for it is in everyone, flowing or expressing as INHALATION AND EXHALATION. But to feel oneness with life, it needs more than mere words. Personal effort is needed to understand LIFE. And it is the life that helps one to work, speak, think and engage in all deeds, words and thoughts; but to feel the Soul, here one has to rise even above the mind and intellect.

For instance, as I am writing this message in the dark and early hours in Kailas, there is the gushing wind outside. What is my relationship with this rushing breeze, am I separate from the breeze? Now comes Soul consciousness, rather it begins here, when man goes out of the body and identifies with the elements of Nature.

This is only the beginning of Soul consciousness. That which is present in breath, is present in life and the same is present in the wind or breeze. When one can feel that he is blowing in the breeze, he is on the way to Soul consciousness. But alas, how difficult it is, especially for those who identify themselves with body, the bundle of flesh, blood and bones, to feel Soul consciousness! Yes, it is not easy, but very difficult. The price is rather too high. Yet the goal is transcendental; it is the Peace that passeth all understanding, it is the highest State.

On coming down from the lofty heights of Advaita to the earthly plane of Dwaita, the question which is going to help us practically now is: how to reach the Blessed Heights of God consciousness? A simple comparison like the following ordinary example is very helpful to understand our present theme, even to the lay man.

In the Limitless Ocean of the Infinite God, breath is the bubble, life is the wave and the Soul is the Ocean. Let the breath merge in the Life and the Life in the Soul. The inevitable result is Waveless Peace.

My Loving Reader, I long to help you, but my help is only secondary. You must help yourself. Self help and self reliance is what counts in the path of God-Realisation. Here is something helpful and practical if you wish to practice in your daily life: After your days work, whatever work it may be, lay aside your body in a sitting or sleeping posture and try to feel the breath within. Follow it slowly, steadily and silently and it will lead you to Life, which is pervading and permeating the very cells of your being. As you concentrate and meditate following the life, the very life will lead you into the portals of Soul consciousness, or God consciousness, the Goal of your existence.

What else can I say? What else do you need to know? Pray, my aspiring and loving friend, close your eyes and join me in a deep meditation on the Soul which is within, without, above, below and all around, the One without a second!

May all Homage be unto the Soul of Souls, the One Indivisible LIGHT.

OM TAT SAT OM!

BURN THE EGO

There is a chronic disease and there is the unfailing medicine or permanent cure for it also. The disease is the ego and the unfailing medicine is selfless service. The ego must be destroyed, annihilated and rooted out at any cost for the Peace of the Soul. So long as the tenacious and persistent ego remains, there is neither Peace nor happiness for oneself or anyone else in the nearby surroundings.

The ego cannot be so easily destroyed; you can destroy anything and everything that has a name and form, but not the ego. In fact, the ego has neither form nor name. What is this ego? It is some kind of invisible energy or inherent power which has been existing not only from the beginning of this birth, but from millions of births. The ego in man is an accumulated energy from ages and ages. Hence, it is not so easy to get rid of it. Yet, Peace belongs only to those rare and precious souls who can root out the ego from its very source.

Sages and saints of East and West, the men of realisation have given us the unfailing remedy to eradicate or to crush and destroy this tenacious ego. That remedy is SELFLESS SERVICE. The ego can be easily burnt in the fire of Selfless Service.

Where the service is absent, the self or ego is present. In selfless service the ego gets diminished until it gradually disappears. As a vessel of milk gets curdled by a drop of butter milk, so also the least desire or selfishness spoils the effects or blessings of selfless service.

May Selfless Service be the panacea for all the ills of life and to burn and destroy the persistent ego, the root cause of all agony and suffering in the world! May all Homage be unto that Divine Fire, the effulgent Light of lights!

MAY PEACE BE UNTO ALL!

CHRIST IS HERE

He is here. He is there also. He is everywhere for He is Omnipresent. Christ is here in me, he is there in you, he is everywhere and in everyone, for He is the Indwelling Light of every being.

It is wrong to say Christ was born on Christmas. That which is born dies too. That which as a beginning has an end also. It is true that Jesus was born on the Christmas Day, the 25th of December. But Christ is born neither on 25th nor on any other day for Christ is Eternal, Immortal and the ever-existing Presence. He is above birth, death and change because he is Eternal.

Christ is conceived in those rare souls who are pure and innocent. He is recognised in the selfless and the dedicated, BLESSED ARE THE PURE IN HEART FOR THEY SHALL SEE GOD! The kingdom of heaven belongs to the innocent, guileless and child-like hearts of LOVE.

In remembrance of this Christmas let us herald the glad tidings that he is here, there, everywhere and in everyone. Christ is the Heart of the heart, he is the Mind of the mind and He is the Breath of the breath.

Glory! Glory! Glory!

My dear Loving Reader! He is pervading and permeating the very cells of our beings. All that He needs is our awareness of his Interpenetrating Presence NOW and HERE, for HE IS HERE IN ME AND HE IS THERE IN YOU.

Blessed is the one who is aware of His Indivisible Presence! Blessed is the one who is recognising the Indwelling Light in the stillness of his purified hearts! Blessed is the one who is beholding Him not only within, in himself but without in everyone, for everyone and everything is a living manifestation of the CHRIST-PRINCIPLE!

In memory of the BLESSED CHRISTMAS let us recognise Christ from the tiniest atom to the biggest planet. Let us behold Him in every face, ignoring the man-made differences in religions and nations, for CHRIST the living Truth is the Heart of every Religion and the Soul of every Nation.

Let our offering to the new born Christ, the Indwelling Christ, the Eternal Christ, the ever-present Christ, the Interpenetrating Christ; be annihilation of the little "I" or the dissolution of the tiny ego-- the bubble, in the ocean of Light, Life and Love.

May there be rejoicing in East and West, North and South, may all the world be happy on the Christmas day of Christ-birth or the cosmic-consciousness! May PEACE, the Birthright of every man, woman and child, radiate from the individual, the Christ within, to the Universal to the Christ without and thus help us to establish PEACE OF HEART AND GOODWILL AMONG NATIONS!

May Glory be unto the Christ-Spirit everywhere and in everyone!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

CHRIST THROUGH YOU

WALTAIR

"Christ has no body now on earth but yours, no hands but yours; yours are the eyes through which is to look our Christ's compassion to the world, yours are the feet with which he is to go about doing good, and yours are the hands with which He has to bless us now."-----
St. Teresa.

If we believe in CHRIST'S OMNIPRESENCE, naturally He is with us, near us and in us now. What a tremendous change it brings to believe in Christ's Omnipresence and to actually experience his Interpenetrating Presence in the very cells of our beings Now and Here! But belief is one thing and experience is another thing, they are the opposite poles of one theme, but what a wide distance there is between them!

One may believe in sugar, and may not have tasted it. But what a difference it makes when one actually tastes it! One may believe in the existence of the ocean, by hearing about it or from seeing it on the map. But to actually see it with one's own eyes makes the heart leap with ecstasy. A blind man or one who is confined to a dark cell all his life may have heard about the existence of the sun and believe in it, but what a difference it makes when he comes out of his dark cell and receives the sight to behold the Glory of the effulgent sun!

Do you believe in your own Breath which is so close and inseparably one with you? You cannot help but believe in it, for it is there even in your sleep, in spite of your non-cognition and forgetfulness of the existence of the breath within yourself. But what strength, poise and Peace it gives when you are aware of your breath and consciously INHALE AND EXHALE PEACE with each and every breath. Similarly, CHRIST, the Indwelling presence, the Living Divinity is always there.

Question: Where?

Answer: Within, without, above, below and all around.

All that we need to do now is to turn or belief into experience and to transmute our faith into a living Reality.

Christ is the ETERNAL Truth-- THE LIVING PRINCIPLE, the EVER ABIDING PRESENCE-- the only CHANGELESS REALITY in the ever-changing world. He is ever present in you, in me, in everyone, nay, in every creature all over the world. The LIGHT of the world, the Living Divinity is free from all the man-made differences in castes, creeds, colours and nations, his LOVE is the same towards one and all, even for those who are outside the fold for he is the GOOD SHEPHERD. Verily, all sheep in every flock belong to HIM for HE IS OMNIPRESENT--INDIVISIBLE AND ONE WITHOUT A SECOND.

Let not Hindus or Muslims, Buddhists or any other Religionists discard CHRIST-- the INNER Divinity, the INDWELLING PRESENCE, because he is not called by their favourite or pet name. Names mean nothing. What we need is the SUBSTANCE--the CHANGELESS Truth, the BLAZING Truth, the EVERLASTING Truth. Verily, THAT WHICH EXISTS IS ONE, SAGES CALL IT BY VARIOUS NAMES.

Man--the ignorant man argues, criticises, condemns, fights and even crucifies his fellow man because he has not known what Truth is. He is only on the plane of belief without even an iota of experience. He is busily engaged in chewing dry bones in his prayers and meditations. He is after form and name, instead of the FORMLESS SPIRIT. He is satisfied with the non-essentials instead of the ESSENTIALS and going to the SOURCE--to the plane of PERSONAL EXPERIENCE, where it is all Peace and Silence. Hence the arrogance, false pride, communal feuds, racial prejudice and world wars.

Question: When will PEACE dawn on earth and GOODWILL abide among individuals?

Answer: Peace dawns only when the belief in GOD transforms itself into experience. Personal Experience of the ONE INDIVISIBLE TRUTH--the INTERPENETRATING PRESENCE in one's own life is needed where alone Religions and Nations swindle into nothingness.

CHRIST THROUGH YOU--what dynamic message and wonderful Truth! How life-giving and soul-awakening it is; CHRIST pervades and permeates the very cells of your body, for HE HAS NO OTHER BODY NOW ON EARTH BUT YOURS, NO HANDS BUT YOURS, NO FEET BUT YOURS. Let Him work through your hands and let Him walk through your feet, doing good. Is He writing through these hands? Verily so! My friends, behold, He is reading through your very eyes! What else is there to be said or written in these finite words? He is there with you NOW as you read this message. Pray try to feel and experience his Interpenetrating Presence the very cells of your being, not in the uncertain future but right now in this present living moment.

O Adorable Christ, Thou Who art within, without, above, below and all around, thou who art Interpenetrating the very cells of our beings, thou Who art the Heart of our hearts, Mind of our minds, Breath of our breaths, Life of our lives and the soul of our souls, bless us Dear Christ, to be aware of THY Presence, to experience Thy Light NOW and here, is all that we ask of Thee. May all be aware of Thy presence in East and West, in North and South! may Peace and Goodwill abide among individuals as well as nations is our earnest prayer!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

CHRIST WAS BORN AGAIN

25-12-49, WALTAIR

This is the Holy Christmas Day, the 25th of December in 1949. All alone I sit in my new cottage the Nirvana Kutir, which was a stable in the beginning, where the gentle cows of the Ashram used to live in rest and comfort. It is really strange how this stable was made into a small cottage of Nirvana--the living peace.

In the early hours of dawn as I sit and muse on the Glory of the Birth of the Blessed One, I feel such a thrill of ecstasy! He was supposed to have been born at the mid-night hour, when the 25th December begins. Already four precious hours have passed away since His Holy Birth. What have we done in these four hours? Are we going nearer and closer towards Him, hour after hour?

Verily, Christ was born in all the devoted and dedicated hearts of all the seekers of Truth in the East and the West. He was born in the stillness of the purified hearts of all the children of God, all over the world. Christ birth, the birth of Christ-consciousness or God-consciousness, is not the monopoly of any Pope or Priest, it is the Birthright and common Heritage of each and every individual on the face of the earth.

But the question now is, how superficially we celebrate His Holy Birth. There are two kinds of celebrations: the OUTER and the INNER. The OUTER WORSHIP is the formal worship--the worship of form and name, with OUTER decorations, new dresses, long prayers and elaborate dinners; finally ending in drinking and dancing.

Whereas the INNER WORSHIP consists of drawing to the Christ birth within, in rising above form and name, merging within, identifying with the STILL SMALL VOICE OF GOD in one's own purified heart. Here the devotee worships the Blessed Christ no longer with words, but with silence in solitude. His very breath, the HOLY BREATH, is an offering to the NEW-BORN CHRIST. He worships the Christ within with each and every breath, glorifying His presence within and without. This is the Inner worship.

In the Outer worship, man does not know the value of the precious TIME. He is a slave of every custom and formality. He allows not only hours and days but even weeks and months to roll by in doing nothing, ever living for the selfish self. From the depths of ignorance he is going into deeper depths of darkness.

In the Inner worship. The Lover of Christ knows the preciseness of the invaluable TIME. He takes care of not only days and hours but even also of minutes and seconds. Such a one worships Christ with each and every breath for EVERY BREATH IS A NEW BIRTH to him. How blessed it is to worship the new born Christ with each and every breath!

How glorious it is to worship the Christ within in the present living moment, burying the dead past and ignoring the dim future.

Blessed are they who recognise CHRIST, not only within in themselves, but also without in others for all is CHRIST, the one without a second!

May all Homage be unto this Indwelling Christ, the Omnipresent One, who is throbbing in every heart, sparkling in every eye and flowing in every breath as ALL IN ALL!

INHALE AND EXHALE PEACE

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Offered to SRI SUSHILA DEVI, the living and loving child of the BLESSED CHRIST.

CREATION IS THE BREATH OF GOD

17-8-1950, 7.30 AM, KAILAS

What a sublime thought and inspiring Truth it is to know and realise that Creation is the Breath of God! In the beginning, the Lord said *LET THERE BE LIGHT*, and there was Light. The Creator said *LET THERE BE CREATION* and there was creation, thus, we see the world as it is now, before us.

Is the Creator separate from his creation? How can it be? How can Purusha be separate from His Prakriti? Purusha is God and Prakriti is Nature. The Breath of one creation comes from God. The Breath of God consists of SAT, CHIT and ANANDA--Existence, Knowledge and Bliss--Light, Life and Love. What is the creation without Light, Life and Love, except a mass of dead matter!

Let us take some examples to see and understand the relationship of the Creator with the Creation. Let us consider the Potter, the man who makes pots. He makes different kinds of pots of various sizes with the same clay, yet he is separate from the pots of his creation.

Similarly a sweet-meat maker does many kinds of sweets but he is not in the sweets. A weaver weaves many kinds of clothes, yet he is not in the cloth. But in the case of God and His creation the breath, it is not so. God is never separate from his creation, the breath, he is a part and parcel of His creation, nay, He pervades and permeates His creation, from the tiniest atom to the biggest planet.

As the Ocean and waves are not separate, as the Light and the Sun are not separate, as the atom and the earth are not separate so is God inseparable, eternal and Indivisible with His creation. A man, from the beginning when he is born, with the very first glimpses of consciousness, opens his eyes only to see the creation but not the Creator. Hence, no wonder man clings to the creation forgetting the Creator, seeing only what is visible because what he sees is more appealing than the Invisible and Unseen.

Yet, man's salvation lies only in him going to the Source of his very existence in recognising the Invisible. The way to the Invisible is only through the visible, the way to the Creator is only through His creation, hence, it has been said that love of man is love of God. When you cannot love what is visible how can you love what is Invisible? Love the visible, the seen, not in parts, but in whole, with all the strength of your mind, heart and soul and the same will lead you to the Invisible and Unmanifested. The finite breath leads you to the Infinite Creator.

The blessed Lord says in the Gita--the song Celestial--that He has created the whole Universe only with a millionth part of His power or Energy, that He is not separate from his creation and that He is interpenetrating the very cells of the whole Universe. If we love Krishna, if we have any faith or regard for His spoken word the GITA, our freedom lies now in recognising His Omnipresence, not only in the cells of our beings from the very toes to the top of the head, but also in others, nay, wherever our eyes rest or wander and in all the world.

Hence, the very thought that creation is the breath of God is food, air and life for the body, mind and soul. As such this is to be pondered and meditated upon deeply and concentratedly. All this is God, both within, without and all around. It is because of His breath we see, hear and think. Verily, we are ever working and moving, having our beings in HIM, because we are the breath of God, a part and parcel of His creation.

My Loving Reader! What else is there to be said in finite words? You are the Breath of God, he is the Breath of God, she is the Breath of God. All are the Breath of God. Instead of playing anymore with these finite words, let us breath in the Breath of God Now and Here, so as to be led into his big Breath, the universal Breath, the Infinite Breath, the Eternal Breath, the Indivisible Breath, the first Breath of the cosmos, the soul and Source of the manifested world!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

DANGER ZONE OF TOO MUCH TALKING

Question: Is too much talking more harmful than drinking coffee and tea?

Answer: Certainly, over talking and needless talking is really more harmful than drinking of tea or coffee.

Question: Why?

Answer: Coffee and Tea only poison one's system whereas talking too much wastes one's life as well as the life of others.

One begins drinking of mild tea or coffee in the company of friends, to satisfy them. This slowly makes him a slave of stimulates and it leads into smoking etc. Fortunate are they who can be careful in the little beginnings as one thing leads to another and words, too many words, creates confusion and trouble in the long run.

Time is too precious to be wasted in empty words, useless words and especially harmful words. One reaches the Danger Zone in talking when one begins to talk ill of others. Every word should be helpful and constructive but not destructive and discouraging. Some words, words of sympathy and love, are very encouraging and helpful to the weak, sickly and helpless, giving hope and added strength. Some negative words are very depressive, taking away the strength and joy from one's life. The most dangerous words are the thoughtless words that create ingratitude and suspicion.

Do not cut the tree under which you are sitting, enjoying its cool shade. Rather try to water it with your love, understanding and sympathy. Let every word that comes from you be a word of God, for you are a child of God. Verily, you are the Living Image of God. God has no other body on earth now than yours. So let your words be the words of God, leading towards Light, Life and Love. Love of man is love of God. Let us face God in all His manifested forms. How blessed it is to see Him in all of you!

Let our words be of God. Let our thoughts be of God. Let our deeds be to glorify God and His children. Let not poisonous drugs and harmful stimulants ruin our system within. Similarly, let not useless and needless words create trouble and misunderstanding, making us and others lifeless and soul-less. If we cannot speak words of hope, joy and strength, let us leave to be silent at least, for Silence is God and God is Silence.

May all homage be unto the worshippers of Silence, Supreme Silence, Waveless Silence!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

DIVINE GRACE VERSUS HUMAN EFFORT

20-5-1951, KAILAS

Divine Grace is like the Splendour of Millions of Suns. Human effort is like the flickering light of a living glow worm.

Divine Grace begins from the Highest Centre, Sahasrara the centre of God consciousness, flooding the being with Light of lights. Human effort starts from the lowest centre Muladhara with death like struggle, all ending in exhaustion.

In Divine Grace, the Infinite embraces all forms and names, filling the world with Life, Light and Love. In Human effort, the finite tries to comprehend the Infinite and gets drowned in misery and helplessness.

In Divine Grace there is no more forgetfulness or remembrance. It is all Light, the Infinite Illumination, with Eternal Awareness. In Human effort there is the struggle to grasp, to remember and to hold on, running after one's shadow.

Divine Grace is Malayamarutam, the life-giving blasts of cool breeze that cools the body, mind and soul. Human effort, is like fanning one's self with a tiny fan of palm leaf on a hot summer's sultry day.

Divine Grace is the down pour of the cool waters of the Heaven, filling the earth with moisture and vegetation. Human effort is trying to pour a little water to the drying plant in the parched up dry earth.

In Divine Grace, it is all completeness. It is complete in the past, present and future. There is nothing to be done or added to that Completeness. In Human effort, it is ever finite and incomplete. The more one struggles, the more one is away from the completeness.

In Divine Grace man is like a fish in the limitless waters of the Ocean, swimming in Brahmanandam, God consciousness. In Human effort, man is like a fish kept on dry land, struggling hard with lifelessness.

In Divine Grace, man sits on the throne of Peace ruling over spheres of heavens. In human effort the ego sits on the pedestal of ignorance reigning over all the darker forces.

Man's Birthright is Divine Grace, for he is an Image of God. Hence, Human effort should be directed to know Divine Grace which is his soul and Goal.

But where do they meet? They meet at the point or state when man recognises God. Therein the Highest Condition in the Realisation of Oneness and Divine Grace are not two but One. They are of the same energy, going in opposite directions.

Divine Grace is descending from the Heights. Human effort is ascending from the depths.

In Human effort man may be considered a tiny crawling ant, trying to eat or devour all the heaps or hills of sugar. In Divine Grace one is the mountain of sugar or sugar itself. He is the master of himself.

Divine Grace does not recognise any duality or separation for it is One without a second. There is nothing besides it. In Human effort, it begins with duality, recognising separation and thus it is filled with ignorance and chaos.

May Divine Grace flood the human effort with its inherent go of Satchidananda: Existence Absolute, Knowledge Absolute and Bliss Absolute, where there is no more struggle or strain but the Peace that passeth all understanding!

EACH FOR HIMSELF

In spite of the philosophy outside in the temple and street, religion inside the house and heart of man's life somehow seems to be centred on the slogan "EACH FOR HIMSELF". First comes himself, then his wife, children, relatives and his other dear and near ones. As man evolves he extends his love to his community and nation. Only when he is perfect his love extends to the whole world, wherein no one is excluded but all are included.

Except for a few blessed exceptions in rare case, the average man wakes up from his sleep with the thought of *self*, works with the thought of *self* and goes to sleep with the thought of *self*. His self comes first, middle and last, nay, uppermost in all his thoughts, words and deeds.

Man begins the day with the consciousness of himself, filled with the thought of "What shall I eat, how shall I dress, how much shall I amass?". Without the 'ego', the 'I', he cannot breathe, work or live. It is because of the 'I' that he exists. It is for making the ego fat that he works and finally dies in ignorance, clinging to the selfish 'I', the ego, the root cause of all agony and suffering in the world.

This is the old, old beaten and overcrowded path of *self*, leading man to destruction, slow and sure death in ignorance. But there is also the noble path of selflessness, which is a rather lonely path, where man thinks of others rather than of himself. The happiness of others, the welfare of others and the Peace of others has always been the selfless man's happiness, welfare and Peace.

Instead of the selfish thought of *What shall I eat?*, he is embed with the noble thought of *How shall I feed the hungry?* Instead of the thought of *How shall I dress?*, his thought is *How shall I clothe the naked?* Instead of scheming to amass more, a selfless man is thinking of sharing what he has with the less fortunate, with the needy and suffering. His one thought day and night is *How can I serve the sick and poor?* Verily, this is the *Christ-thought* or *God-thought* which alone will help in the long run, leading man to completeness or perfection, the goal of precious human birth.

Some householders say that they must have selfishness to maintain and protect their children, wife and other near ones. But they need not exclude others. They need not live in a tiny well ignoring the ocean. If they identify with a form and name ignoring all the rest of the world, then what is the difference between a hog and man? The hog breathes, works and lives only for itself and its family. Hence, it is high time for man, the ignorant and selfish man, to realise as a child of God, nay, as a perfect Image of God, that he cannot be selfish always. Hence, he has to come out of the well of selfishness into the ocean of selflessness.

There is some excuse for a householder who clings to the body of flesh and blood and is attached to his wife and children. But, there is no excuse for a sadhu or Sanyasi who has left and renounced the world for the sake of humanity, in the name of conviction of wisdom, if he also lives the life of learned or conceited hog, clinging to his selfish salvation, ignoring the world of suffering and bondage. Can one man be happy while all the rest of the world is in pain and agony?

Individual Peace must lead to Universal Peace. The selfish should aspire to be selfless for the Peace of their souls as well as from the Peace of the world. *EACH FOR HIMSELF* should be changed to *EACH FOR ALL* or *ONE FOR ALL*. When one is for all, the all will be for the One!

Each for himself leads to the downward path of degradation and destruction in the long run. *Each for all* or *One for All* leads towards the heavenly path of freedom or illumination.

Blessed are the people who are living for others, ignoring the little self, the ego, the root cause of all sorrows, suffering and selfishness in every form in the world!

My Loving Reader, are you living for yourself, for the finite self or for the good of others, the higher self? Merge within. Examine your heart and its cravings, the latent desires. Let

your devoted life be consecrated to the service of others who are no other than the different aspects of your own self, the Higher Self, the One indivisible Truth or God-head.

May all homage be unto those who are living for all, the embodiments of the Higher Self!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

FAITH AND COURAGE

21-12-1947

To be successful in life and to be happy in the world, FAITH AND COURAGE are needed. Man being the image of God and having God's Omnipresence, Omnipotence and Omniscience as his source and foundation, it is pitiable how he lives in constant fear, grovelling in the mire of delusion. Man has more faith in the lump of flesh and blood, in form and name, than in the Inherent Divinity, in the formless Spirit, which is his Birthright and the only Reality in this ever-changing world of changes. The inevitable results of playing the part of a fools denying faith and courage filled with restlessness, lifelessness and soullessness, is misery and agony of every kind.

Devoid of faith, man crawls like a worm but endowed with faith he flies like a bird in the sky of freedom. Verily, FAITH MOVES MOUNTAINS, not the faith in the gross body but the faith in the Living Spirit. How true are the words of the sage Emerson that EVERY MAN IS A GOD BUT PLAYING THE PART OF A FOOL. Being lions why behave like sheep? It is the roaring fearlessness which is our Birthright but not the bleating fear. Why hide the Light under a basket? Even the faith as much as that of a mustard seed will work like leaven, leading individuals from darkness to light and from falsehood to Truth, thus changing lives and converting Hades into Heaven.

The one who is blessed with faith in God, the Higher Self works, breathes and lives in God, ever having his being in Him. All things are added to the man who has faith and everything is denied to him who is devoid of faith. Faith and courage are not two but one, for faith follows courage and courage follows faith. In other words wherever there is faith, there is courage and wherever there is courage there is faith. Indeed, faith and courage are not two separate attributes of the one life, but the two Divine forces of the same existence.

Behold! In the Ocean of Faith, billows of courage are coming out. Faith and courage are the two eyes of man's life. Without them a man is blind, groping in darkness, however learned and rich he may be in the outer world of name and fame. A man of faith is dauntless and invincible, filled with fearlessness and courage.

Man's faith should be inside, within himself, not outside on others. Outer faith is undependable and inner faith is life-sustaining. Outer dependence although it is sweet in the beginning, makes one lifeless and soulless. Self-dependence or Self-reliance although it is trying and difficult in the beginning, makes a man happy and victorious in the long run. Hence, faith in the Interpenetrating Presence is essential to show and manifest courage in the face of endless tests and trials in the life of the world. What does it matter for the BLAZING SUN even if the whole sky is filled with thousands, nay even with millions of dark and thick clouds?

Verily, Faith moves mountains as the sun dispels darkness. Strength conquers weakness, and knowledge expels ignorance. FAITH AND COURAGE, what powerful and dynamic words! Endowed with faith man walks on earth like a living God. Devoid of faith he walks like a living corpse. Look at all the living corpses so restlessly busy, filled with egoism, feeling so all-important, rung after shadows with feverish haste. They have haggard and long faces, entirely identifying with

the bundle of flesh and blood; are not these living Mummies a burden to Mother Earth and a living disgrace to the Creator?

There is fear everywhere and in everyone in some form or the other, only due to lack of faith, forgetfulness of the Indwelling Presence. Fear leads to weakness, weakness to decay, decay to destruction and destruction finally leads to death in ignorance. Hence, it is high time to assert, to express and to manifest our Divine heritage, the heritage of Millions of sun's Splendour, which is the source of Faith and courage and thus be a blessing to oneself, family, nation and the world at large.

Let us close our eyes for a while and meditate NOW on the Indwelling Light--the Interpenetrating Presence, imbued with Faith and courage, expressing the same in all our thoughts, words and deeds. May our thoughts and prayers be for the welfare of all the children of God, ignoring the man-made differences in castes, creeds, colours and nations. May the communities in the East and the creeds in the West be united in the Spirit of One God, in the cause of Peace on Earth and Goodwill among nations!

MAY PEACE BE UNTO ALL!

FEEDING THE SOUL

20-8-1949, 10 AM, KAILAS

THE CRITIC:

At the very outset, the learned critic comes out with the query: *"How can you feed the SOUL, which is Omnipresent, Omnipotent, and Omniscient, above all which is One without a second?"*

No doubt the critic is right, yet, so long as man feels or remains separate from the Soul, so long as the Soul Force remains a myth in the practical daily life of man and so long as man feels lifeless, soul less, weak and what not, man has to feed the soul not only both in the morning and evening, but ceaselessly until he becomes one with the SOUL.

FEEDING THE BODY:

Look at people everywhere, in the East and West, North and South, all over the world, how people are busily engaged both day and night only in feeding the perishable body that has a beginning and end. That which comes, goes too. Whereas the SOUL, that which neither comes nor goes, which is without beginning and end, which is the only Eternal Reality, is ignored and neglected. No one cares to feed it! There is hardly one in a million who is feeding the SOUL ceaselessly. All others, all the other Millions are voraciously engaged in feeding only the body of flesh and blood, sacrificing the SOUL of Light, Life and Love.

THE PESSIMIST:

Here pops out the pessimist with the question: *"How can you feed the Soul, which does not have any mouth or hole? Since the body has the big mouth, the perennial hole, one can feed it constantly."*

The question of the pessimist seems plausible and sensible, yet, with a little intuitive thought, we come to know that there are natural avenues, the mediums of feeding the Soul, in the vehicle of the body alone, through the centres of feeling or consciousness.

1. The centre of the heart--Manipuraka.

2. The centre of the mind-- Ajna.
3. The centre of the brain--Sahasrara.

Let us take these, one by one and discuss the same briefly, only to understand our present theme.

THE CENTRE OF THE HEART: this is the easiest centre through which the can be fed in the beginning. BLESSED ARE THE PURE IN HEART FOR THEY SHALL SEE GOD. Where there is PURITY, the SOUL shines in all Glory. This is the rocky foundation of all spiritual life. This is the babyhood of weaning or feeding the baby. Purity in thought, word and deed is the essential requisite to feed the Soul. The heart of the devotee lives and throbs only for feeding the Soul.

THE CENTRE OF THE MIND: This is the second stage of discrimination, where the mind discriminates the unreal from the real. What to feed and what is not to be fed to the Soul, is the problem now. This is the wavering stage of the youth, when mind gets fickle and restless and sometimes turbulent and tempestuous too. Yet with proper and persistent practise, the very unruly mind becomes steady, one-pointed and concentrated. BE STILL AND KNOW THAT I AM GOD. In stillness the neophyte keeps on feeding the Soul.

THE SAHASRARA, THE HIGHEST CENTRE: This is the last stage of feeding the Soul in silence. Here, the feeding is done automatically. There is the inhalation and exhalation, going on rhythmically both day and night, in each and every moment of one's life. This is the natural feeding of the highest--the Lord Himself--the Holy of Holies. THE LORD IN HIS HOLY TEMPLE--LET THE WHOLE WORLD BE SILENT. Silence within and without; unutterable silence above and below, inaudible silence all around, this is the climax of feeding the Soul of the ripe and advanced, in wise silence.

SUBLIME SILENCE, THE SOUL OF FEEDING: As a baby when it weans or suckles the milk is not to be disturbed, let nothing disturb the feeding of the Soul. Let none of the things of the world dare to disturb the feeding of the Soul. FOR THE KINGDOM OF GOD IS NOT IN EATING AND DRINKING BUT IN RIGHTEOUSNESS, PEACE AND JOY IN THE HOLY GHOST.

"As is the sight of the sweetest honey to the traveller in the deserts, so is the PERCEPTION of the ever-efulgent, the feeding of the Soul". When all desires infesting the heart are entirely given up, the mortal becomes Immortal and lives in SOUL even here. The slough cast off by the servant lies dead and life-less on the out-hill, so even lies this body, and the mortal who is thus disembodied, while yet here, becomes Immortal, all Life, all Light, all Soul.

May all Homage be unto the SOUL, the Universal and the all-embracing, the Infinite and the Immortal!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

FEVER OF DOING GOOD

11-9-1948, 4 AM, KAILAS

There are fevers of different kinds and of different degrees too. There is the ordinary fever, then there is the shivering malaria and the dangerous typhoid. These fevers are low, medium or high, varying in the degrees of temperature.

Similarly, there are different kinds and degrees of fevers in doing good also. There are mild fevers that have come today or yesterday or recently and there are fevers of long standing, chronic type.

BE GOOD AND DO GOOD is a wonderful aspiration and ideal. For the man who is centred in goodness, service flows from him freely and spontaneously. He is not even conscious that he is doing good. His is like that of a shining dew drop or of a fragrant flower, or a twinkling star, or an innocent laughing child.

Such a one is free of all fevers. As quinine or some other medicine quells and suppresses fevers of every kind, so also the fever of doing good is checked or eradicated by the best medicine--the infallible remedy of GNOSIS--WISDOM. In wisdom, in the consciousness that all is God, when one is blessed with the PERSONAL EXPERIENCE of the one Interpenetrating Presence, all fevers of doing good cease, the temperature comes down to normal degree. Man becomes sane, humble and natural. He is no longer haughty and arrogant with the thought of saving the world.

It is the stark ignorance of his Higher Self that makes a man restless and run after shadows, with the fever of doing things and getting fame and name for the perishable body and thus suffers from the different fevers of every type.

When a man is blessed with WISE SILENCE, the wisdom of his SOUL, he is happy, contented, restful and free, from all mild or chronic fevers.

Behold! He is like the SUN, flooding the world with light, without the least consciousness that he is doing good or saving lost souls. Fever makes a man delirious. So also ignorance makes a man restless and selfish, making him to bustle and hustle, disturbing his Peace and of others, in the name of doing good.

The least good, the little good that we can do to our fellow man and to the world of humanity and to the Almighty God, is to be free from all fevers of selfishness and ignorance and to abide forever in the LIGHT of lights, restfully and peacefully, glorifying God both in work and silence.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

FREE-WILL

12-1-1950, NIRVANA COTTAGE

What is this FREE-WILL? Is there a bound or free will? Is man free to do what he likes?

If man is free to do what he likes, there will not be any law or order in the universe. The finite man, the ignorant and arrogant man, may wish to change the very course of planets, the

sun and moon etc. he may wish to destroy the whole world in his fickleness. Is it possible to change the world? No, it is not possible. Hence, man is limited, where the universal laws of creation are concerned. Man has to obey and respect the LAWS OF NATURE. He cannot go against the LAWS OF GRAVITY with all his big talk of FREE WILL.

But, he is free to do what he makes of his life. Hence, no wonder man's life is filled with confusion and chaos. He eats many bitter fruits and then weeps and suffers. He sows many rotten seeds and in sorrow he is compelled to reap what he had sown. Free-Will is like the burning fire, which can be used both in a constructive and destructive manner.

The wise man who uses his FREE WILL in a sane, natural and helpful way is rewarded with good fruits. The LAW operates for the good and bad, the rich and poor, the learned and ignorant very relentlessly. Each one is digging his own grave by his bitter and selfish thoughts. It has been said "*thought is another word for fate*". Verily, thoughts are things.

The ignorant man, with the little FREE WILL he was given, makes a mess of his life and the world as well, with his selfish thoughts and by inventing implements of destruction, such as atom bombs etc. Imagine what greater mess, havoc and chaos he would have brought on, were he given FREE WILL over the laws of Nature or Creation Itself!

There is only ONE WILL-ONE LAW- the will and the law of God, the Infinite and eternal One. When man identifies with that SUPREME WILL, he is filled with harmony, Bliss and Peace. When he goes against it or violates it, he is has bumps and knocks, sorrows and disappointments-- finally all ending in destruction and death.

May all homage be unto the FREE WILL- the splendour of Millions of suns, which burns away the dross of the dual world and the ignorance of ever kind, wherein nothing else exists except the Stupendous Light-- the Brahmin Splendour!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

FULCRUM

A Fulcrum is a point on which a lever turns. Without Fulcrum, the base, nothing turns. Even for any machine to work or operate, an axle is needed. An axle is a rod on which the wheel turns. We are all aware how an axle is indispensable for a car or a train to move and operate. In our North Indian Peace tour, when the axle of our Peace van was broken we could not proceed further, not a step more, until a new axle was fixed. As the axle is the basis, life and soul for any engine or machine; so is the Fulcrum the support and main stay, the very centre of all our activities in life. Archimides was considered as one of the great Greek Philosophers in the West. He wanted to move the world and tried to find a Fulcrum with which the world could be moved.

In vain did he search for the Fulcrum in the outer world. When the Fulcrum of life is within how could he find it out in the outer world? The Fulcrum, the Peace Centre is within, in the life of Nivritti, where the senses are stilled and the mind becomes calm and waveless. As I close my eyes, go within and meditate deeply, I find the Fulcrum within myself, in all stillness and ecstasy.

The Fulcrum is the Soham within. It is the Universal Breath and it unites the individual with the Universal. Breath unites all unto One Universal Whole, whether you are near or far away, in the East or in the West. One who is living in the far away America is taking the same breath as one who is living in the distant East. My breath is not separate from your breath; in fact, there are not two breaths or many breaths, for breath is one. It is one and the same, being itself indivisible. If you follow your own finite breath Soham, the visible, it will slowly, steadily and concentratedly leads you to the Infinite Breath, the Invisible Breath, which is the basis of all life. Soham excludes none; it includes all and embraces all. Wherever there is movement, or motion or manifestation it is all due to the Soham Energy, the one Divine Power!

The ether-Akasa-in the jar is not different or separate from the ether outside the jar. It is all one and the same. The water in one wave of the Ocean is not different from the water in the other waves. It is the all the one and same water. It is the same light in all the rays of the effulgent sun.

Similarly, the life breath in mineral, vegetable, animal or human kingdoms of life, is all one and the same breath or energy.

Blessed are they who can recognise the one in the many! Peace that passeth all understanding belongs to those rare and blessed souls who have found the elixir of life within themselves, who have found the Fulcrum in the waveless stillness of their purified hearts. I am like a child playing with the spiritual toys centred on the Fulcrum of life Divine. Our simple PEACE PRAYER is the lever which moves the hearts of the individuals in the East and the West, all over the world. Often and often I take joy meditating on Holy Soham, the sacred Fulcrum, drawing the whole world of manifestation towards the manifested Glory, through the simple Peace Prayer.

The ADORABLE PRESENCE unites not only individuals but also all the elements the East and the West into one homogenous whole, thus bringing humanity into the centre of Life Light and Love. The scientists in the West relying on the outer Fulcrums, delved into the secrets of the elements and were able to succeed in finding out poisonous gases and in inventing atom bombs etc., to destroy the world and themselves in the long run. Whereas the Yogis or Swamis in the East, dedicating their lives to the Highest for the cause of World Peace, dwelled into the mysteries of the soul or the Atman, and were able to find out the panacea for all the ills of life. They identified themselves with the Soham Breath, the sacred Fulcrum within themselves, which alone paves the way to the Peace of the individuals as well as nations in the long run.

O man, it is with you now to follow in the broad and wide path of outer life of bewitching names and forms that leads you to destruction; or to turn back and follow the narrow and rugged path of loneliness, which leads you to Heaven within and which will make you a messenger of Peace, a blessing to the world and a Saviour of humanity.

To me, the essence of this message in a nutshell is that Fulcrum is the breath within and the Peace Prayer is the lever to be fixed on the Fulcrum ; to be spread and radiated far and near all over the world from heart to heart, in all the religions and nations. Verily, your breath is the breath of all humanity, for there are never two breaths but only one breath, which is called by the name *Soham* in the East and the *Big Breath* or *Universal Breath* in the West.

Dear Loving Readers of Peace, pray close your eyes to the outer world of phenomena and merge within, as it helps you to find the centre of Peace, the Fulcrum within. Meditate deeply identifying with the Fulcrum, the Holy Breath. Then repeat the Peace Prayer, mentally sending forth vibrations of light towards all the corners of the world in the East and in the West, in the North and in the South. In that transcendental state you are not repeating the Peace Prayer but in each and every moment of your life. There are deep thoughts, not for mere outer reading, but for deeper study and assimilating in your deep meditations, when you are face to face with the Indivisible light, recognising only the Fulcrum, the indivisible and Universal Breath, both in rest and activity.

May the recognition of the Fulcrum within bring Peace on Earth and Goodwill among all nations of the world! It is only when one recognises the Fulcrum within, following the breath ceaselessly, that one rises above all man made differences in castes, creeds, colours and nations. For, all are the same rays of the One Sun and the same waves of the One Ocean, and the same aspects of the one manifested Divine Energy. It is only when one is full and complete, out of the fullness of one's heart, that the Vedic chant bursts or comes forth unconsciously and automatically blessing all the world, with Infinite Peace, Eternal Peace and Universal Peace.

MAY THERE BE PEACE IN THE HEAVENS!

OM! OM! OM!

FURY OF HEAVENS

7-11-1950, 5 AM, KAILAS

As Sri Kailas is on the top of a hill, one feels that one can almost touch the heavens with one's hand. Its silent beauty can be felt in the day time, facing the ocean in front and having in the back beautiful ranges of hills. But its real grandeur should be seen only in the stillness of the dark hours, while the myriad's of twinkling stars shine above in the sky and thousands of dazzling lights flash light on earth below, in the harbour and town.

How true is the saying that anything might happen at any moment! It was not so dark and cloudy and there was the brightness of the lovely stars also. In spite of the night our Manager managed to bring some pieces of furniture from the Ashram down below, with the help of the workers. After prayer and chanting of the sacred syllable AUM, they departed cheerfully, with the help of a battery lighting the pitch darkness.

They must have still been on the hill going down, when it began to thunder a little. The sky was filled with lightening flashes. Then it started to rain, not so heavily. But the thunder began to increase in its sound and the lightning in its velocity. Thunder followed the lightening and lightening followed the thunder, shaking the earth with tremor and filling the Heavens with fiery lightening flashes.

Amidst the very deep darkness in a moment it was like day light, the light of many suns; and again there was the thick darkness in the very next moment, creating awe and fear. In my life I have seen and witnessed many kinds of storms and hurricanes with fearful thunder and lightening, in the East and West, on land and ocean too, but never such a heart-quivering, soul-agonising and fear-creating rumbling thunder and flashing lightning, tearing the very heavens into shreds of light and shaking the world into tremor and fear.

I was alone, except for two children who were sleeping in the next room, who were the living Kumbha Karnas, for even the dreadful thunders and shaking of the earth could not succeed in waking them up from their deep slumbers of oblivion. Verily, deep sleep has its own charms. Blessed are they who are blessed with the sleep of the innocent! Leaving aside now the sleepy to their sweet sleep, let us face now the Fury of the Heavens.

Recently I was also reading in the papers reports of several instances of death, where people were burnt and killed on the spot by the falling of thunder bolts, during storms and lightening flashes. In no time it seems the sturdy trees were uprooted and strong buildings were destroyed and ravaged to the ground. Here on the top of the hill, as I began to watch the lightening and the thunder, it seemed as if the storm was passing through the very buildings covering the hills and vibrating the earth to shiver and shake.

With my leg in the plaster cast, I hobbled towards the big front double doors and began to watch the Fury of the Heavens in awe and consternation. I thought the iron piece, the FLINT in the CAST of my leg may be a TALISMAN to drive away or change the course of thunderbolts from Kailas, towards the ocean or towards the world of self!

What is man, a puny little thing, with all his mighty learning, vast knowledge of the scriptures of all religions, with the possession of all the perishable wealth in all the world nay, even with the power over the spheres of earth and heaven, in spite of all his inventions of the death-dealing instruments of destruction, before the Fury of Heavens, before the Immortal and Eternal SPIRIT, but alas, he is only a mere puppet, and automate, a tiny, helpless, cringing creature of the unrelenting destiny or blind fate. How the finite man, the learned man takes joy like a parrot in repeating the high-sounding words of AHAM BRAHMASMI--I AM GOD etc. How futile and helpless are these statements and affirmations before the Fury of the Heavens, when facing fiery tests and trials in cyclones, famines and volcanic eruptions, that cause death to the helpless and innocent by millions! How incomprehensible are the ways of God, the laws of Nature!

Yet, there was only one thought in me, one question uppermost, in spite of the helplessness amidst the fury, thunder and the lightening:

Question: If the call comes now, are you ready?

As an answer, I was repeating unconsciously the beautiful verse from Astavakra:

"Let the body remain a million years or let it perish now! What harm is there for the IMMORTAL SOUL, which is above destruction and creation, even if the body dissolves now?"

What is the so-called heart-tearing fury of the Heavens, before the Soul-awakening Glory, the Splendour of Millions of suns? This Fury of the Heavens is only a mere speck of dust, an atom in the stupendous Splendour of the Inexpressible and Incomprehensible Living Presence, the Changeless Reality, in the ever-changing world of phenomena. For men of God-Realisation, verily thunders are the spoken words and lightening flashes are the unspoken thoughts. Here alone Heavens are declaring His Glory and firmament in showing His handiwork.

May we offer our homage now to the Indivisible and the Invisible Transcendent Light, amidst the very visible and awe-creating Fury of the Heavens, for our INDIVIDUAL PEACE, as well as for the UNIVERSAL PEACE in all the world! May Peace abide on Earth as well as in heaven!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

FUSING OF OMNIPRESENCE, OMNIPOTENCE AND OMNISCIENCE

These three Infinite, Eternal and non-dimensional states appear to be three and separate to the ordinary mind of the average man. But to the man of God-Realisation, they are not three but ONE for whenever there is Omnipresence, there is Omnipotence and wherever there is Omnipotence, there is Omniscience.

As we cannot separate heat from fire or light from the sun, coolness or waves from the Ocean, so also we can never separate this trinity of Omnipresence, Omnipotence and Omniscience from one another. In the first place, it is not possible to comprehend the Omnipresence with the mortal mind. Similar is the state with the two other attributes. We repeat the word OMNIPRESENCE. What does it mean? It means only that It is everywhere. How can we comprehend the word EVERYWHERE? Does everywhere mean as far as our eyes can see and the mortal and finite mind can comprehend?

God is everywhere.

God is Omnipresent.

The Great Truths are to be understood not with the mortal mind but with the Immortal mind, making the finite mind to merge in the Infinite through INTUITION. There are certain things, nay, many things that we can see, hear, smell, touch, taste and understand. But Omnipresence, Omnipotence and Omniscience are above senses, mind, intellect and ego. They cannot be comprehended with finite senses.

When shall I be free?

When the "ego" ceases to be!

To understand or comprehend Omnipresence, Omnipotence and Omniscience, one must rise above all desires and annihilate the ego. What we need to know now is how to fuse Omnipresence, Omnipotence and Omniscience into One, without a second? Let us see what KATHA UPANISHAD says in this connection:

"This ATMAN hidden in all beings, reveals itself not to all, but is seen only by the subtle seers through their one pointed mind and subtle intellect.

"The wise should merge the speech in the mind and that mind in the intellect, in the great Self and the Great Self again, in to the Self of peace."

Hence, Sages of yore have said "SANTOYAM ATMA". The Atman is all Peace. It is waveless Peace. It is the Peace that passeth all understanding. It can be understood only by those few and rare souls who are silent, nay, who are dead to the world of senses.

BE DEAD THAT YE MAY LIVE. RECOGNISE AND BE SILENT. IT IS IMPOSSIBLE TO SERVE BOTH SOUND AND SILENCE AT THE SAME TIME.

Peace does not belong to the slaves of sound, but it belongs to the masters of Silence. Rare and precious are they who can feel the SOUND IN SILENCE and SILENCE IN SOUND. This is the blessed state that Gita teaches to see the activity in inactivity and inactivity in activity. These are mere finite words to the lay man and Pearls of Wisdom to the God-man.

Dear Loving Reader, in my own humble way, out of the fullness of my heart, my heart longs to serve you in some practical way, even with the help of these finite words, as far as possible, from my own personal experience of this fusion. May I share it with you now, the way I practice and how it helps me, leading us step by step towards the very Heights, the Supreme Waveless Silence?

When you are in a mood to be in tune with the Infinite, choose your own comfortable posture wherein you can forget the body. Kindly repeat the PEACE PRAYER three times. The first time feeling the Presence in the body; the second time in the world and the third time everywhere. This will give you an idea of OMNIPRESENCE lifting your mind, to a blessed state of elevation and inspiration. Then repeat only the powerful word OMNIPRESENCE a dozen times with ecstatic feelings of realisation. In the OMNIPRESENCE, try to fuse the OMNIPOTENCE repeating the sacred word a dozen times. After a while begin to repeat the potential word OMNISCIENCE a dozen times or more, until you feel the Omniscience.

These powerful words are the three aspects of the sacred syllable AUM

A.....Represents Omnipresence

U.....Represents Omnipotence

M.....Represents Omniscience.

AUM--the mystical word can never be bisected, divided or separated for it is One. It is the WORD OF GOD.

As the Bible teaches : "In the beginning there was the Word and the Word was with God and the Word was God.

Now let us meditate on AUM, the sacred syllable which represents OMNIPRESENCE, OMNIPOTENCE and OMNISCIENCE. You are centred, nay, steeped and saturated with the Interpenetrating Presence. In this blessed state of Divine fusion or Oneness, there will be no more need of any repetitions of even the Holy Words. Waveless Peace will pervade and permeate the very cells of the being.

Do not disturb that Blessed State. Abide in IT as long as it is comfortable and possible for you. Verily, THOU ART THAT. Let me leave you now in THAT, forgetting all these finite words to drink that nectar of Immortality in all Silence.

OM TAT SAT OM!

GANDHIJI'S CENTENARY MESSAGE

1-10-68, 6 AM, KOTAGIRI

SATYAM, AHIMSA AND RAM NAM

Satyam, Ahimsa and Ram Nam are the trinity of life as well as of the world. They can be considered as Brahma, Vishnu and Maheswar--the Creator, Preserver and Destroyer of the Universe. As these Divine attributes or qualities represent the Universal whole, they can be taken as the Father, the Son and the Holy Ghost of the Christian religion or the Bible. It is not the meaning or significance of the Divine words that matters, but it is the assimilation and the understanding of these holy words and the practice of the same in our daily lives that counts. It is most important and essential that we express the trinity in thought, word and deed.

In these all important days of Sri Mahatmaji's Birth Centenary, the whole of India is filled with the fire of service. All are trying to do something in the honoured memory of Sri Gandhiji. The very name and memory of Sri Mahatmaji and great ideal and simple life of Truth and Non-violence, with love of God, has been a great blessing as well as a source of joy, strength and inspiration; not only to every Indian, but also to all the citizens of the world, both in the East and the West. My heart rejoices to see on this blessed day that everyone from the biggest living saint to the weakest man, wants to commemorate the Centenary of Sri Mahatmaji according to his or her understanding and capacity, in his own way.

Some followers of Sri Mahatmaji are observing a day of silence. Some more are fasting, to be better fitted and to be fully worthy of the great Centenary. Some are getting ready to go on Pada Yatra, pilgrimage on foot from village to village. They will go all over the country, propagating Sri Gandhiji's teachings and noble ideals. Consciously and unconsciously, knowingly and unknowingly, these days my mind takes joy not only in thinking of the great spirit of Gandhiji, facing him within and without, but seeing him in one and all also. Every child of God is a living image of Gandhiji. Gandhiji is alive now more than ever, expressing silently his living Message of Truth and Non-violence, slowly and steadily, near and far, all over the world.

Satya Meva Jayati

Truth Alone Triumphs!

As I introspect, merge within and meditate deeply, I realise now more than ever that Truth, Non-violence and Rama Nam are not three but One. One who has known the one in practical life, has also realised the other two. If one is centred in Truth, Satyam, he has also known and realised Ahimsa, Non-violence, and Ram Nam also. A truthful man can never be violent. Similarly a truthful and non-violent person can never be ungodly. The truthful man is always selfless, gentle and God-loving. In Ram Nam we have the highest Truth and the greatest non-violence. One who has realised one of the holy trinity has realised and known everything and all the other Divine attributes also.

Theory is one thing and practice is another. We all know how the man of the world, the average man, is running after the fleeting clouds of name and fame. Pitiably are the people who are selling their souls for a mess of pottage, for the perishable goods of the world. Some souls hold high positions and call themselves as Desha Bhaktas, World Reformers and Liberators. Yet, if the ego, the little self, is not yet dead in them, they are a disgrace to Mother India, as well as to the sacred memory of the Holy Centenary of Sri Mahatmaji.

My heart longs to be simple, unknown and insignificant; but ever walking in the holy foot-prints of Desh-Pitha, the Father of the Nation. But alas, how difficult it is! The little self of name and fame, trying to be something and ignoring the other one, is still prominent in our lives. Where is the all-consuming Fire of Truth, wherein violence is consumed, and wherein Ram Nam is ringing within and without ceaselessly, wishing the Peace of all? Verily it is the Individual Peace that paves the way to World Peace.

In the memory of the precious Centenary of Sri Mahatmaji, let us first be Reformers of ourselves and then of others. Let the ego, the ignorant, selfish "I" be crushed, destroyed, burnt up and annihilated first, in memory of the Holy Centenary. Even chit-chatting and gossiping are a discredit to the memory of Gandhiji. Verily he who wastes moments, wastes all his life and that of others too. Indiscriminate eating or over-eating is a discredit to a Satya Grahi, to the one who is walking in the foot-prints of Mahatma Gandhiji. Let all the weaknesses, be they little like smoking or big like drinking, be conquered before we celebrate the Centenary. Let jealousy and strife be replaced by Love Universal and Peace Profound.

May God give us the strength to rise above petty differences of caste and creed, colour and nationality, in the memory of the Centenary. Let there be One Caste, One Creed, One Nationality. Let man in ecstasy exclaim:

The World Is My Home
All The People In It Are My Sisters And Brothers
To Love And Worship Them As One Without A Second
Is My Religion.

In conclusion, may this message *Satyam, Ahimsa and Ram Nam* be concluded with the Peace chant, wishing the Peace of all!

May there be Peace in Heaven,
Peace in the sky,
Peace across the waters!
May there be Peace on earth!
May Peace flow from the herbs, plants and trees,
May all the celestial beings radiate Peace.
May Peace pervade all quarters!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

*A humble offering to Sri Mahatmaji, in memory of the Centenary,
with prayers for World Peace, invoking God's Richest Blessings, Goodwill
among Nations and Peace on Earth.*

OM! OM! OM!

GANDHIJI'S LEGACY

Fellow pilgrims of Truth, dear followers of Non-violence and lovers of Sri Gandhiji in East and West, in all the religions of the world! I am longing to share with you, out of the fullness of my heart, this out-pouring of mine, in the form of the following helpful and practical thoughts. Please accept them without the least prejudice, irrespective of the man-made distinctions in religions and nations; in the sacred memory of Sri Gandhiji who worked, breathed, lived and died in the name of Truth and non-violence for the sake of humanity.

As repeated in Scriptures and sermons times out of number, that which exists is One and sages have called it by various names. The last Immortal words of Mahatma Gandhiji while bullets were piercing his abdomen were "*HA! RAMA! HA! RAMA!*" Those words are the legacy of Sri Mahatmaji, not only to India but to the whole world of devotees.

Let not Muslims or Christians say, "*What have we to do with Rama?*" In the hallowed words of Sri Gandhiji, Rama and Allah are one, Krishna and Christ are one. Peace and Heaven are one and Paradise and Love are one. Verily, that which exists is one. Thou art That. Here is the message for your kind perusal and assimilation. OM! OM! OM!

Science teaches us that matter is indestructible, sound registers and no vibration is lost. Then what has become of the last immortal words of Sri Gandhiji?

Man in ignorance and delusion forgets the Real, the Source and runs after the shadow and ephemeral. Yet, the Truth is Truth and it remains ever the same, changeless and eternal Truth, whether ignored or recognised. If recognised one's life is full of Power, Bliss and Peace and if ignored, it is full of weakness, misery and strife. When there is nectar, when immortality is our Birthright why be content with poison and with the passing clouds?

Sri Gandhiji, his consecrated life and above all his last words while bullets were piercing his heart and abdomen, will ever remain immortal. His soul-full and undying words are the greatest legacy ever left by man, since the days of the crucifixion of Lord Christ. ***Father, forgive them for they know not what they do***, has been the legacy of the blessed Christ, when he was nailed to the cross two thousand years ago. These inspiring words have always been a source of strength and comfort to many a man and woman in both East and West, in the trying tests and tribulations of life.

Now, here are the immortal words of Sri Gandhiji, uttered in agony, while amidst the cruel and dastardly tragedy. Perhaps, Sri Gandhiji was seeing Sri Rama Himself in the very assassin, who was pressing the trigger of the revolver. Is not every one and everything filled with God or Rama, unto Gandhiji? God pervades and permeates the whole universe from the tiniest atom to the biggest planet of the creation. As such, Rama or God fills all beings and creatures, including the forms of assassins as well as of devotees. Blessed is the one who can see himself or Rama or Allah, the living God even in those that hurt and crucify!

Our theme is concerned now more with the last parting words, rather, the immortal words of Sri Gandhiji. Where are they now? What has become of those vibrations? They can never be lost or disappear in the air as many suppose or think in ignorance. As I strain my ears, I can go back almost to that fatal day, the very hour and the exact minute of the tragedy. It is the 30th of January, 5-10 PM, I can see before my eyes the saddest tragedy and listen to the holy whispering words of Sri Gandhiji, *HA! RAMA! HA! RAMA!*

Now, I long to follow those life-giving and soul-awakening words. The mortal coil of Sri Gandhiji was finally laid to rest. On the 31st it was offered as an oblation to the Almighty on the pyre at 5 PM, with all respect and homage. Prayers for the Peace of all, invoking God's blessings on the consecrated and selfless life of Sri Gandhiji, were held in the presence of several lakhs of mourning people. It was a heart-rending scene, unforgettable and unparalleled in the history of the world. Our query, the concern now is with the holy last words, Sri Gandhiji's spiritual bequest.

What have we done now, with Sri Gandhiji's immortal legacy? Is this immortal Treasure, the Soul of the world and the Goal of humanity, to be forgotten and neglected? Is this

imperishable wealth to be burnt away with Sri Gandhiji's physical frame? NO! Our very existence, our very Soul, our future joy and Peace lies only in the assimilation of Sri Gandhiji's parting gift, the immortal legacy. Do we really love Sri Gandhiji? Do we sincerely wish to walk in his foot-steps? Do we honestly wish to commemorate his memory? If so, let his legacy, his God consciousness, express through us, in all our thoughts, words and deeds! Let us be the embodiments of Sri Gandhiji's Truth and Non-violence.

Dear Friends and admirers of Sri Gandhiji, whether you are near or far hearken to the last words of Sri Mahatmaji. Listen to his immortal legacy in the stillness of your devoted hearts, let not those God-embedded words drift into the air. Let us allow them to enter into our hearts. Let us try to make our lives rich, with the assimilation of this words of God-consciousness.

I feel Sri Mahatmaji's immortal legacy pervades and permeates the whole universe now more than ever. When the Rishi Vyasa was calling his son Suka by his name, the trees and hills were answering Vyasa, for Suka was a God-realised and disembodied soul. Similarly, Sri Gandhiji fills the whole universe now and always. Let us behold this spirit in everyone and everything.

Listen my friends, the waves in the ocean are singing the sweet melody of *HA! RAMA! HA! RAMA!*. Even the stars in the sky are twinkling with the thought of *HA! RAMA! HA! RAMA!*. In the gushing wind there is the same vibration of *HA! RAMA! HA! RAMA!*, for all is filled with Rama or God. In the song of birds, in the play of the children, in the joy of the youth and in the solemnity of the aged it is *HA! RAMA! HA! RAMA!*. As I close my eyes, in the stillness of my heart-beat, with every heart beat it is *HA! RAMA! HA! RAMA!*. Verily, in the very breath Rama is flowing!

We are inhaling Rama and exhaling Rama. We inhale and exhale Allah or Peace or Love Universal. That which exists is one and sages have called it by various names.

It is time, high time for us to forget names and forms; and worship the ONE in Peace, Harmony and Silence. Sri Mahatmaji's Legacy is the living Christ consciousness, the Nirvana, the Peace that passeth all understanding, the Love Universal that excludes none but includes all from the tiniest atom to the biggest sun. Let it be our life's basis and foundation of the Nation, paving the way to Peace among individuals and goodwill among communities. This is the earnest prayer of your brother Swami Omkar!

OM TAT SAT OM!

OM! OM! OM!

GANDHIJI IS ALIVE

Those who think that Gandhiji is dead are wrong. Those who believe that Mahatmaji is dead are the really dead people. The meaning of *MAHATMA* is **GREAT ATMA** or **PARAMATMA**, the **Great Soul**. How can the Great Soul die? You and I may die in the world. All little forms and names may disintegrate and disappear from the world of existence, but how can the Great Spirit, the Immortal Soul die or disintegrate?

GITA'S MESSAGE OF IMMORTALITY

As Bhagavad Gita teaches, change is only for the body and never for the Soul. As man changes his clothes so are births changed by the soul. The man who weeps over the inevitable is a weakling. Gita teaches us also that the Soul cannot be burnt by fire, pierced by swords, shot by bullets or hurt. How can Gandhiji die? Who can kill the Great Soul, Sri Gandhiji?

When the whole Nation is mourning and when the greatest and biggest men are shedding tears of sorrow, I may be considered crazy with my thought that Sir Gandhiji is alive. But

to me he is more alive now than ever before. I long to proclaim and shout this message to one and all, from the house-tops and market places, in fairs and gatherings, with all the strength of the mind, heart and soul, that

*Gandhiji Is Alive!
Mahatmaji Cannot Be Killed,
He Is Eternally Alive!*

I long to tell every man, woman, child and baby, nay, to each and every bird and insect, that our Mahatmaji is living and that he can never die. In this shocking and dreadful calamity and unbearable sorrow, this thought of Deathlessness of Gandhiji, the immortality of Sri Mahatmaji has been my only consolation and strength, although I too have been one of those silently and unconsciously shedding tears of sorrow and shame.

As I am writing this message, on my writing desk there is the sweet smiling photo of Sri Gandhiji, fixed in a celluloid frame looking at me. Even on the reverse of the frame there is the same photo. These two photos always represent to me Truth and Non-violence. Often I see Truth on one side and non-violence of the other side of the same picture, instead of the photo of Sri Gandhiji. In our deep sorrow and weakness if we admit that Mahatmaji is dead, we are to conclude that Truth and non-violence are also dead with him. What is a world devoid of Truth and non-violence? Imagine the world without the sun! Gandhiji lives eternally! Truth and non-violence live forever!

Sri Gandhiji worked, breathed and lived for the welfare of India and for the Peace of the world. He has been a friend of one and all, even those who have persecuted him. His love included all the dumb animals, cows, goats, birds and all other helpless creatures,. Verily, Sri Gandhiji alone deserves to be called a real Mahatma, for a Mahatma is one who feels for all, in all the world.

HIS LIFE-BREATH IN US

Of course, it is madness to deny the dissolution of Sri Gandhiji's physical body, but what about his life-breath, the precious Prana? Where did it go and where is it now? Life is indestructible. Matter cannot be destroyed even though its form may change. Life-breath seeks its own, according to man's temperament and inclination. It is the greatest consolation to know, nay, to believe and to feel that Sri Gandhiji's Prana, the life-breath, has entered into its devoted, dearest and nearest ones who are striving to walk in his blessed foot-prints.

If we are really followers and the disciples of Sri Gandhiji, we should feel now stronger and wiser, for his Prana, the life-breath, has entered naturally into us alone. It is with us now to express Sri Gandhiji's Truth and Non-violence more than ever, in all our thoughts, words and deeds; even in the face of persecution, crucifixion and death itself. Mahatmaji has set a noble example before us. He does not want our tears, sorrow or lip-sympathy; he expects only his Truth and Non-violence to be asserted and manifested even at the bayonet's point.

LINCOLN'S MEMORABLE WORDS

One cannot help but recall the martyrdom of the emancipator of slaves, the great Abraham Lincoln, who was murdered in cold blood at the height of his success and glory. We unfortunately witness now with remorse and shame, a similar tragedy enacted in the life of our Sri Gandhiji. Lincoln's memorable words are the hope, solution and salvation of our Mother India:

Out Of The Depths Fresh Strength.

*Out Of The Darkness New Light,
Even In The Gloom We Are On The Way.*

Who can say that Lord Christ is dead and lives no more? Can anyone say that Bhagavan Krishna is dead and exists no more? Is Lord Buddha or the Prophet Mohammed dead? What about the other world benefactors, the well-wishers of humanity in the East and West? Where are their life-forces? How can they die or disappear? Similarly, how can Gandhiji die? His great Spirit of love and Compassion lives and exists not only now, but for ever, Eternally, as the greatest blessing to all the followers of Truth and Non-violence in all the East and West.

OUR OFFERING

If we love Sri Gandhiji, if our sorrow is genuine and if our sympathy is sincere and real, here is a practical test for you, for me and for all the real followers and disciples of Sri Mahatmaji. It is an offering to be laid at the alter of Sri Gandhiji's great life of sacrifice, in memory of the most heart-sickening, detestable and horrible crime ever committed since the days of the crucifixion of the blessed Lord Christ.

Man is frail. To err is human. No one is all good, neither is anyone all bad. On this cruel day of the detestable tragedy, in the sacred memory of Sri Gandhiji's Universal Love and his greatest sacrifice for the welfare of humanity and for the Peace of all communities and religions, let us at least offer ourselves. Let us overcome one of our weaknesses, as a little token of our devotion and Love, before martyrdom.

In the loving memory of Sri Gandhiji's martyrdom, if we still have any form of communal differences, let us replace them with harmony and love. Let us give a death blow to all forms of communal frenzies and religions fanaticisms. If we are impure let us offer ourselves to be pure, with a resolution to be faithful to our promise and to Sri Gandhiji, until death itself. If we are selfish, let us make a promise to God and to Sri Gandhiji, to be Selfless.

Dear Friends, introspect your lives! Kindly observe the weak traits which are latent within you and which are in the way of your God-Realisation. False patriotism is a most subtle and dangerous trait. Promise to be free of its deathly poison. What is your weakness? Is it pride, envy, jealousy, lust or anger? Is it running after name and fame, madness after gold, the worship of Mammon, over-eating, laziness, speaking ill of others or any other hidden traits?

Whatever it may be, as we profess to love and adore Sri Gandhiji, it is with us now at least to be free from one of our weaknesses and to strive to be like him. He does not want our tears or our sorrow, he is not in need of our praises. He only longs to see us all living like him, as apostles of Truth and Non-violence, even in the face of ridicule, opposition, suffering and death itself.

THE HOLY MANTRAM

A mantram is a sacred affirmation that gives strength and inspiration to anyone who repeats it with belief in its potentiality. What Ram Nam had been to Sri Gandhiji, so also the following Mantra should be to the followers of Mahatmaji:

"Gandhiji has no other body now on earth than mine, to function. Verily, he is working, moving and breathing in me. He

is expressing Truth and Non-violence in each and every moment of my life, now and always."

Repeat the above affirmation in your daily prayers and meditations and even amidst your work; and thus be a blessing to his dedicated life, work and sacrifice.

Friends, what need is there of all these words? Is not one word enough for you, the true children, the followers of Sri Gandhiji? While he was living physically we failed to follow him, we could not be united as one nation. At least in his death (of course, only the physical death), in memory of the greatest sacrifice, the living martyrdom, let us be united forgetting the man-made differences in communities, religions and nations!

Sri Gandhiji is living. His spirit is indestructible. He is more alive now because he is resurrected. May he be resurrected in all our hearts also now!

OM! OM! OM!

GATHERING PEBBLES AND SHELLS

In the Waltair Ashram, it has become one of my habits to take joy in gathering pebbles and shells by the beach side. As I walk by the beach in the sand touching the rolling waves, unconsciously the hand goes towards the beautiful shells or coloured pebbles.

I often say to myself: "*Why look down into the sand, towards the earth, in search of worthless shells and pebbles, instead of looking above into the glories of Heaven, in search of PEACE, the Pearl of Great Price?*"; but all the teachings seem to fail, for the moment I see a beautiful cowry or a shining shell, automatically and unconsciously the hand is stretched and the cowry or shell is picked up, in great joy and contentment, as if I found some precious jewel of great price.

In these beach side excursions often our little Shanti used to be my child companion and close friend. We both used to pick up all the beautiful pebbles and shells on the beach, vying with each other as if in a competition. Of course I was always giving her my collection of shells also, the toils of my walks by the beach.

Sometimes even when going alone I was often picking the shells for the sake of our Shanti. After the demise of our Shanti--her mortal frame, on the other day I was going by the beach-side to spend a few days in our Nirvana Ashram. Naturally, the old habit of picking shells was there. I was picking the shells automatically, but when I remembered that I do not have my little Shanti in the world with me anymore, to give her the fruits of my labours by the beach, namely the beautiful shells and pebbles, it made me sad and I threw them into the bosom of the ocean.

An after thought came thus: "*Why throw the shells into the ocean? Is not Shanti all around you? Is she not in every one who is with you now?*" After awhile when I picked up again a beautiful shell, I gave it to an aged devotee of 72 years, the Musician of our Ashram, seeing Shanti in him.

Again, I picked up a few more beautiful shells and gave them to some others who are near by me, seeing Shanti in all of them. Thus I felt Shanti--Peace--within, and without by seeing Shanti in everyone and be sharing my pebbles and shells with Shanti who is now in the form of ALL.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

GENERATORS OF PEACE.

1. RISHI KONDA, Sri Nirvana Ashram.
2. MOUNT KAILAS, Sri Kailas Ashram.
3. PEACE MISSION, Waltair.
4. SHANTI ASHRAM, Totapalli Hills.

LOCATION: These four represent great concepts. Starting from the bottom, The Mother Ashram is situated in the Totapalli Hills in East Godavari District, near a perennial rivulet that is offering Abhishekam over a Siva Linga. The third one from the bottom is a branch, situated over the southern prong of the Lawson's Bay, North of Waltair and the Andhra University are is bounded on the North by a little hill stream.

Rishi Konda has a hoary ancestry as it's name implies, connected with the sacred shrine of Simhachalam and the Madhava Dhara. It forms the northern prong of the Bay. Over it lies Mount Kailas consisting of several masonry structures with a car road leading up from the Dairy farm on the Bimili road. It is a war product which was once a radar station for watching air-crafts. It is one of the sweet destinies of the benevolent God-head, to convert this War Post into a Generator of Peace and as an asset to the Shanti Ashram.

These may well be described as beauty spots, bringing together the hill and the dale from the North and the West. The expanse of water in the East merges the blue sky with the oft invisible horizon in between, on account of the mist. These in turn achieve the nobles result of harmonising the five elements to sing the praises of the Lord eternally by chanting the sacred message 'OM' in every wave, roll and ripple of the ocean, which is received and transmitted by the musical Casurina Grove in the Ashram and by every blade of grass and shrub over the Mount.

The word 'OM' is again implanted over several flag placards serving as banners everywhere in the Ashram and the hill, on stones and walls, arresting the eye equally in all directions over and around. The oneness of God is the all-embracing Truth which is equally in view by combining the cross, the crescent and the lotus of the Christian, Mohammadan and the Buddhist, all in the four-fold emblem of 'OM' decorating the premises everywhere. There are again innumerable universal Precepts such as:

1. INHALE AND EXHALE PEACE.
2. THOU ART THAT.
3. SEEK, YE SHALL FIND.
4. KNOW THYSELF.
5. THE KINGDOM OF HEAVEN IS WITHIN.
6. BE YE PERFECT, EVEN AS YOUR FATHER IS PERFECT.
7. SILENCE IS GOD.
8. PRAYER GENERATES POWER.
9. RELIGION AND LIFE ARE NOT TWO BUT ONE.
10. OMNIPOTENCE IS WORKING, LET THE MORTAL RETIRE.
11. RECOGNISE GOD AND BE SILENT.
12. FEEL GOD'S PRESENCE, EVEN IN THE ASHRAM.
13. BURN THY EGO IN THE FIRE OF SELFLESS SERVICE.

14. WORK KILLS NONE BUT WORRY KILLS MULTITUDES.
15. HE WHO DOES NOT WORK HAS NO RIGHT TO EAT.
16. HE WHO DOES NOT PRAY HAS NO RIGHT TO LIVE.
17. HE WHO WASTES MOMENTS, WASTES HIS WHOLE LIFE.
18. TODAY MAN IS AND TOMORROW HE IS NOT, SO DO YOUR GOOD DEED TODAY.
19. EVERY MAN IS A KING.
20. WHERE LOVE IS, THERE IS GOD.

OM! OM! OM!

GIVE UP DESIRES

Do you want liberation? Then give up desires!

DESIRE has been considered as the root cause of all bondage, misery, suffering and finally death in ignorance, by men of realisation, in all religions of both East and West. Man in ignorance is trying to worship God clinging ever to desire. He wants to worship both God and Mammon. He wants to live both in Light and darkness.

Prayers and meditations will be in vain so long as man remains a slave of desire. In vain are all the long and weary pilgrimages and worships in the different shrines and churches, if man in ignorance clings to desire.

It is high time for man to know that both Light and darkness cannot be mixed, both God and Mammon cannot be worshipped and that where God exists, desire can never raise its appearance.

Can you expect any life or greenness in a tree which has been burnt away from the very root? Much less how can you expect any form of desire in any shape, in the Fire of God, in His millions of suns Splendour? Why waste precious time by beating around the bush? How can anyone deceive the Indwelling Presence? By trying to deceive the Indweller of his heart, man in deep ignorance is deceiving himself. He is digging his own grave, with his own hands.

Unconsciously, man in deep ignorance is trying to cover a pestering sore with the petals of flowers or golden leaves, without eradicating the root cause of the sore.

How pathetic it is to see man reciting chapter after chapter from Gita or the Bible for realising God, all the while running after the dark shadows of desire! The Quoran and Pitikas are also read, at the same time feeding the life-sucking desires within. How does all these outer worships help man in realising the goal of life? What avail are all the different kinds of spiritual practices so long as man does not try to be free from the dark clouds of desire?

Pray! Look at all the different followers of all the various religions and denominations, worshipping God in their own way. All are busy with the outer worship in some form or the other, without paying real attention to the desire within, which is making a wreck of their lives. Man should make a retreat from his religion of outer worship, to within himself, strive to know what it is which is preventing him from the attainment of his Highest Happiness.

What is it which is standing on his way of realisation of Supreme Peace? With a little introspection or intuition, he will realise that it is the inordinate desires within himself which is the root cause of all his unhappiness and suffering. Instead of going to the root cause and conquering the desire, what is the use of wasting precious time with all kinds of outer worship?

Man is trying to find happiness according to his temperament and desire in the outer things of the world. Where is happiness in the first place? It is in food or in the satisfaction of carnal

desires of the senses or in earning a little fame and name? According to the evolution of man we see him either a slave to food, dressing, wandering, gossiping or lethargy. We are aware of the men who live only to eat. Their one happiness is in eating. There are others who want to dress in beautiful clothes. There are others who are always wandering like rolling stones who cannot be silent. There are others who are slaves of their senses running after their own shadows. How few are they who are satisfied with the Substance--the Indwelling Presence!

Strange as it may sound, if we realise the essence it in all religions, it is that real happiness is only in complete desirelessness. What man needs for his Highest bliss is complete desirelessness. When you are desireless you are emancipated, you are already free. It is the desire which bounds you.

Your attempts should be not to get yourself more and more steeped and entangled with the various kinds of spiritual practices, but only to get rid of the life-sucking and inordinate desires. Let your energy and precious time be focused and concentrated not in elaborate ritualism and other outer forms of worship, but only in finding the ways and means of plucking from its very root the desire which is sapping your very vitality and making a wreck of your spiritual life. **GIVE UP DESIRE AND BE FREE!**

Dear friend, close your eyes for a while. Enter into your own heart. Analyse your life and its manifold desires. See which objects your mind is wandering towards. Draw a bigger line. Desire for God--for the Highest, the Light of lights. In that great Infinite Light all other desires, all the passing clouds of ignorance will be dispelled. Let your prayers, concentrations and meditations be only to conquer the weakness or ignorance of DESIRES by the strength and knowledge of DESIRELESSNESS.

May all Homage be unto the embodiments of DESIRELESSNESS which are the salt of the earth and Saviours of Humanity!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

GLAD TIDINGS

What other news is more welcome and happy than the news of the dissolution of Swami--the tiny ego? The Swami is dead and the Omkar is alive. I would love to shout this happy news from the house tops, nay, from the mountain tops, especially now, from Mt. Kailas, for the happiness of all.

What is the death of a tiny body, before the existence of myriad's of worlds? What is the dissolution of a little bubble in the limitless expansive ocean? What is the merging of a tiny ray in the effulgent Light? What is the disintegration of the tiniest atom before the creation of mighty worlds?

One should be happy whenever an ego is annihilated or dead. One should be sad whenever an ego is born. To be born is to suffer and to die is to live in the spiritual sense. The Swami is dead for good, and the OMKAR lives eternally for the good of all, as the hope and strength of the world. Glory! Glory! Glory!

Swami is finite	and	OMKAR is Infinite.
Swami is mortal	and	OMKAR is Immortal.
Swami is a bubble	and	OMKAR is the Ocean.
Swami is a ray	and	OMKAR is the Sun.
Swami is an atom	and	OMKAR is the mighty Substratum.

Should we not be happy at the Happiest News of the finite merging in the Infinite, the mortal becoming Immortal, the bubble dissolving in the Ocean and the tiny ray going back to the sun, the Source of Light, above all the tiny atom dying to integrate itself into the mighty substratum, the Soul of all existence?

The very thought that Swami is dead and OMKAR is alive is consoling and comforting, nay, it is life-giving and soul-awakening, for it is the life, Soul and Goal of all humanity.

Blessed are they who are dead to the finite world of senses and alive to the infinite world of Cosmic Glory! *THERE IS BUT ONE REALITY AND THAT REALITY IS THYSELF OR OMKAR, WHO HAS NEITHER BEGINNING, MIDDLE NOR END AND ALL ELSE IS AN HALLUCINATION OR A LONG DREAM.* Bodies come and go but the Soul neither comes nor goes.

May all Glory be unto that UNIVERSAL SOUL--THE EXISTENCE ABSOLUTE, KNOWLEDGE ABSOLUTE AND THE BLISS ABSOLUTE. What other news is happier than this glad Tiding of the dissolution of the Swami--the tiny ego and the recognition of the Living Truth, of the One Indivisible and Indestructible Presence, the Light of the Sun of suns, the A-kara, U-kara and Ma-kara--the A U M of the Unmanifested!

May all Homage be unto the Incomprehensible!

OM! OM! OM!

GOD ALL IN ALL

28-1-1952, 6 AM, KAILAS

(Let God be first, middle and last)

Blessed are the lives of those rare, precious and blessed souls in whose lives God comes first, middle and last, and unto whom God is all in all. Verily is not God the source as well as the goal of the existence of the world itself? Then, why deny Him in the name of anything in the world?

But alas, MAYA, the thick delusion is so deep that it makes even the learned to sell their souls for a mere pittance, 30 silver coins--even for broken pots, a mess of pottage.

Truth is exchanged for untruth.

Nectar is given up for poison.

Immortality is sold for mortality.

Man with all his vast learning and wide knowledge of the spheres of earth and Heaven, is busy running after the shadow, the fleeting senses of ignorance, forgetting the substance, the Divinity, the Infinite, the Eternal Light within. Unfortunately in many a life, God comes last, in the very end and in some lives it is sad to see that he does not come even in the end at all. God does not exist at all in such lives.

It is not enough to repeat that "I believe in God". What we need now is the practical expression or demonstration of our belief in his Omnipresence, Omnipotence and Omniscience in our daily lives, in big things as well as small things, even in all that we speak and think.

I believe the words of the wise seers who have said that it is a great help to know our weakness, the moments of forgetfulness. Just to know when we are standing now on the solid rock of ages or on the quagmire of marshy delusions, with high sounding words of philosophy. Man,

wake up from your long slumbers, wake up from your dark delusions of illusive life! It is not yet too late to wake up to your full Glory!

MAN KNOW THYSELF!

Coming back to our present theme now, let God be first, middle and last even in the future, in our lives. Let Him occupy the first place, the best place, the most prominent place in our dry and parched up hearts, that have been full of everything else except God! In the following wise words of the Saviour Christ, I too believe:

"If thy hand offend thee, cut it off; it is better for thee to enter into life maimed than have two hands to go into hell, into the fire that shall never be quenched.

And if thy foot offend thee, cut it off; for it is better for thee to enter life with one foot than having two feet to be cast into hell, into the fire that shall never be quenched.

And if thy eye offend thee, pluck it out; it is better for thee to enter into the Kingdom of God with one eye, than having two eyes to be cast into hell fire."

Let your first thought, as soon as you wake up at the hour of dawn, be of God. Live in God ceaselessly, throughout the whole day, feeling His Presence within and without, recognising Him in you and in others and in all the inevitable tests of life, until you reach your bed to retire in sleep for the night. Thus, try to sleep in God, to wake up again with the first thought of God, as the day begins to break or start, with Life, Light and Love.

Blessed is the one who is conscious of God's Presence from the first breath at the dawn of the birth, unto the last breath at the dissolution of the body, the physical sheath!

Let us remember, nay, memorise and repeat often, the soul-awakening words of seers of the East:

Twameva Matha Cha Pitha Twameva

Twameva Bhanduscha Sakha Twameva

Twameva Vidya Dravenam Twameva

Twameva Sarvam Mama Deva

O God! Thou art my Mother and Father,

Thou art my relative and friend

Thou art my education and wealth.

Thou art my all in all

Thou art my God of gods.

Hence, my friends, let us take refuge in Him Now and forever. What need is there of any more words? Let us speak only such words that express His Glory. Let us do only such deeds that manifest His Presence. Let us only think of such thoughts that express His hearty Silence.

Anything which comes in the way between God and ourselves should be discarded. Anyone who stands on the way between ourselves and God should be renounced. If crowds hinder your progress going towards God then seek solitude, avoiding them. If words hurt you or others then try to be a Mouni—a silent Buddha.

If a book helps us to feel God's Presence, let us read it. If a letter helps to express God's Love, let us write it. If the body, mind or any of the senses or the ego comes in the way to

God-Realisation, let them be discarded, mercilessly crushed and destroyed in the all-consuming Fire of God.

Let God be first, middle and last now and always, for the Peace of our souls as well as for the good of the world!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

GOD REALISATION IN HALF A SECOND

God Realisation or Cosmic consciousness

in half a second, with a single breath.

Inhale and exhale Peace your Birthright.

The time to assert and express your Divine Heritage, the Splendour of Millions of Suns is Now and Here. Do not live like a sheep for thou art the Lion of Truth, of God consciousness. Blessed are they who make best use of every living moment, the Present moment. Verily, it is the Infinite Spirit which works through the finite body.

How inspiring and illuminating is the following single sloka. Let us call it rather a holy Mantram in simple words. It is indeed the Mantram of mantrams. Knowing this mantram the wise melt in Silence; indeed, Silence is the soul and goal of all life.

In the wilderness of the world, under the cool shade of a banyan tree in a holy hermitage a young teacher, an illumined sage taught four of his learned and elderly disciples all in Silence,. The Guru was only sixteen but the Chelas, the pupils were all at least eighty years of age. There were many doubts. The teachings were only in Silence. Yet, all doubts were dispelled without the need of any words. Such is the Glory of an ideal life of Supreme Silence which is waveless and complete.

Om Purna madah Purna Midam

Purnath Purna Mudha Chyate

Purnasya Purna Madhaya

Purna Meva Ava sishyate

This is complete, that is Complete. When Completeness is taken away from Completeness, only Completeness remains.

Now, coming to the Mantram of God-Realisation Now and Here, in half a second, with a single breath:

*Deho Devalaya, Prokto Jiva Deva Sanatana
Tyag Dagnana Nirmalyam, Soham Bhavena Pujayet.*

Body alone is the temple of God. The individual is the Universal. Hence, destroy the ignorance that Jiva is separate or aloof from God, the Paramatman. Worship Him with Soham, the Universal consciousness.

In Soham worship one does not need any time limit to reach or realise God. With one Soham, Universal Breath, one is already centred in the Light of lights. Soham covers the whole world for it is the Universal Energy.

Soham is both the manifested and the unmanifested,. When you are silent Soham is in the Unmanifested state. It is because of Soham that I am writing now at this early hour in the Peace Centre. Dear Loving Readers, it is because of Soham that wherever you may be, you are reading now centred in Soham or God.

Words mean nothing,. Waveless Silence is everything. Soham is both the Word and Silence. The wave which Silence going down in the Ocean of Sat Chid Ananda is rising again before your very eyes, inhale and Exhale Peace with each and every breath. Soham, THOU ART THAT. TAT TWAM ASI.

You are SOHAM in the past.

You are SOHAM in the present.

You are SOHAM in the future.

You are SOHAM eternally.

SOHAM within, SOHAM without!

All that you have to do is only to follow your own breath, Soham ceaselessly, like Taila Dhara, the oil poured from one vessel into another, without any break. May you follow Soham Now and Always, this is the ardent prayer of thy brother Omkar!

OM! OM! OM!

GOD-SATURATED WORLD

2-7-1950, 11.30 AM, WALTAIR

My friend, I am privileged to live in a God-saturated world. Why I alone, you too are privileged to live in the God-saturated world. Why you and I alone, everybody, all the people in all the religions and nations all over the world are privileged to be in the God-saturated world.

Before we proceed further, with the present theme, let us try to understand what SATURATION really is. To understand it in a practical way, let us take a glass of water and add into

it a spoonful of sugar. It dissolves in the water; let us add more sugar. It too may dissolve. At a certain stage, when the water reaches the point of full saturation, if you add anymore sugar it will not dissolve, but will remain in the glass, visible to the naked eye.

This is SATURATION of the sugar in water. Then what is the Saturation of God? What is the God-saturated world? The Omnipresence, Omnipotence and Omniscience of God is so real, deep and intense always that you cannot add anything more to what exists already. He is so complete that all our prayers and meditations will not make the God within or without to increase.

You are in the finished Kingdom, a Kingdom of God-consciousness or completeness. On every side it is completeness. Everyone is complete, for God pervades and permeated the very cells of your being as well as the universe. He alone exists from the tiniest atom to the biggest planet. All is Him, for everything is filled and saturated with God. Wherever you go, you go towards God, nay, you are walking in His Omnipresence. You do not have anymore friends or foes. You do not have anymore near and dear ones or strangers or enemies. Even the one who desires to stab you in the back is your living God.

What a blessed privilege it is to live in a world of gods, where everyone is a living Image of God! Glory! Glory! Glory! All that we see is God. All that we hear is God. All that we think is God. All that we imagine is God. All that is visible is God. All that is invisible and incomprehensible is also God.

What else is there to be said or written? Eyes opened or closed it is God--the Invisible Presence--the Light of the world, nay, the Splendour of Millions of suns. In this God-saturated world, with every breath we are creating the world of form and name. As we breathe in, the world is going within. As we breathe out, the world is being created outside.

Let us follow the breath and reach those blessed Heights of breathlessness, where there is neither creation nor destruction, but where exists only the Divine Saturation, the Holy Intoxication, above all the Supreme Silence of Infinite Peace, which is ETERNALLY COMPLETE.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

GOOD FRIDAY (THE DAY OF CRUCIFIXION)

14-4-1947

Today this Friday is supposed to be the Good Friday, the day of the Lord Christ. Why is it called Good Friday? How can the same day of the Lord's Crucifixion be called a Good Friday? Can this be a day of rejoicing? It is only a day of mourning, attuning ourselves with the great suffering of Christ.

The youth in his ignorance with his surface knowledge thinks that he knows everything and that the ancient people were ignorant. The old of the past with their wide experience are ripe with all of wisdom, whereas the man of today is raw and hasty with inexperience.

The wise men of the ancient days have called this day a GOOD FRIDAY as the little self was destroyed on that memorable day. It was on this day that form became formless, the bubble dissolved in the ocean and the ray merged in the Effulgent sun. Verily the son of Man became one with God, the Holy Ghost.

How shall we celebrate this Good Friday? Shall we weep or rejoice in his name? Those in whom the little self, the ego, is not dead are weeping in spite of their prayers and worship of

every kind, in the form of rituals and ceremonies. Those in whom the little self the ego is dead, they alone are really rejoicing, celebrating the Good Friday in a most worthy manner, commemorating the sacred memory of the Lord.

If we love the Lord sincerely, with all the strength of the mind, heart and soul, let us lose no time in annihilating the selfish ego, the root cause of all the trouble in the heart, strife in the family, riot in the community, clash in the country and war in the world.

In the Holy name of the Blessed Lord Jesus Christ, the Anointed One who lived, worked and died for the sake of others, setting an example for the whole world, let us crush this selfishness and annihilate the ego. Let us destroy the little self, the foe of all that is good and holy, never to raise its self-seeking head in us again.

May this Good Friday be a Holy Day of rejoicing. Let us sing with the sages of old thus:

Today is our day of rejoicing,

Today we are very happy.

Our anxieties have departed,

Since we have met God

Today spring is in our heart!

May Peace be unto all beings on earth, in both the East and the West. May harmony and good-will abide among individuals, as well as nations. May all Glory be unto the Lord, the Highest, on this Good Friday, and on all the days to come from eternity to eternity!

May this day be a day of rejoicing in His name, as the little self, the selfish self is dead forever. AMEN!

OFFERED to Mahatma Sushilaji, wishing her health, Peace, Glory and Illumination in the Lord, and also safe and protected voyage to Home, USA.

OM! OM! OM!

GREATNESS IS IN ADJUSTMENT

Great souls have the capacity, strength and understanding to adjust with anyone under any circumstances, or in any trying condition; for they see the best in the worst. They recognise only to Eternal in the changing, the Permanent in the passing and the sun behind the very clouds.

Whereas the small minded, the weak ones, fuss, fret, fume and worry themselves to death and make others miserable even in the worst conditions with the best of the people, for they see the worst in the best, the changing in the Changeless, the passing in the Eternal and the cloud even in the blazing sun.

Indeed in a way, nature is unchangeable. It has been moulded into frames of hard iron, not only from the beginning of the birth, but also from the beginning of the creation itself, maybe from millions of births.

How can you expect to change such a man of iron mould? Can you bend a grown up sturdy palm tree? Can you bend a strong, sturdy tree or bronze statue? Then, why attempt to change or melt the strong and iron hearts of these living statues of ages and ages?

If a man is angry, overcome him with Love. If one is hasty, shield yourself with patience. If one is over talkative, rest yourself in silence. If one is criticising and condemning, bear and forbear. If a man thinks in arrogance that he alone is right and that you are wrong, say: "AMEN. May it be according to your wish! Let PEACE Infinite and Peace eternal be your soul and goal!"

Be loving towards those who hurt you. Be good to those who do evil. Love thy enemies. Resist not evil. Thus you can adjust yourself anywhere and everywhere.

May the Divine Adjustment adjust all lives with Harmony, understanding and above all with Peace Profound!

OM! OM! OM!

HELPFUL THOUGHTS

27-1-1952, 8 AM, KAILAS,

The Seer is greater than the seen.

The knower is greater than the known.

*The subject is infinitely greater than all the objects,
even if they are big planets of immeasurable dimensions.*

We should not try to become the Self now, for we have been always the Self--Atman. Being fixed in the Atman, not now and then but always is needed. He who is eternally fixed in the Self expresses the Atman in thought, word and deed. Ego is the cause of the world. Ego and mind are not two but one. Because of them the world exists. When they are destroyed, the world disappears.

Scriptures have taught that anyone can be destroyed and anything can be overcome but not the tenacious ego. The answer is: what the scriptures say is right, to the one who admits the ego. But for the one who does not admit or recognise the existence of the ego, naturally it is not at all difficult. Unto such even the opening or closing of an eye lid appears as a task but not the destruction of the ego, rather let us say the non-recognition of the ego.

In the Splendour of Millions of suns nothing else exists except its self-effulgent Light, before which all the worlds of names and forms dwindle into nothingness.

May we meditate now on that Self effulgent, transcendental Splendour which is uncaused, Eternal, Infinite and Indivisible, yet which is pervading and permeating the very cells of one's being, as well as the universe and thus merge and dissolve in the Inexpressible, Ineffable and Incomprehensible!

GLORY! GLORY! GLORY!

PEACE! PEACE! PEACE!

OM! OM! OM!

HIGHEST WISDOM

28-1-1949, 3 PM

There I only one thing I know, and that is that I KNOW NOTHING.

These powerful words, the words of Highest Wisdom, the essence of all philosophies and the goal of all religions, were uttered by a Jiva Mukta, an illuminated soul of liberation.

These wise words came into my life when I was in most need of them, as I was suffering seriously from the severe temperature of service, restlessly trying to do good with the feverish thoughts of *I have done this and that in the past and I am going to do this and that in the dim future.*

What foolish and ignorant mortals we are, trying to comprehend the Incomprehensible! How can the finite comprehend the Infinite with tiny exertions? Man does not want to be quiet and recognise the Omnipresence, Omnipotence and Omniscience. He wishes to put his two fingers into everything from the pie to the heaven.

The baby thinks that he knows more than the mother. The Chela-the disciple-thinks that he knows more than the Guru. Thus the ego is present in everyone and everywhere, making a havoc of the life supernatural and Universal.

Verily, when a man comes to know that he knows nothing, all this vanity fades, his arrogance disappears and his ignorance dispels. When a man feels that he knows something or everything he is struggling to show off. He wishes that the public should appreciate him. He wants to please everybody, thus he pleases none.

The realisation THAT I KNOW NOTHING is a wonderful and unfailing remedy for the feverish life of restless rush and push in mad haste. What are we with all the mighty intellect and dry learning and with all the perishable wealth, only a mere bubble in the Ocean of God's Glory, a flickering Light of a mere glow worm, before the self-shining light of the Sun! Alas, we are only a mere tiny atom before the mighty spheres of creation.

As we meditate on the wise words that I KNOW NOTHING, temperatures of every kind become normal and thus fevers of ever type cease and man becomes humble, silent and God-absorbed.

It is only when we think that we know something, that we begin to discuss, teach, preach and reform others, thus become slaves of name and fame ever scheming and planning with a thousand worries and sorrows.

When once we give up our ego and cling to Mother Universal with all the purity, trust and confidence of a baby, the Mother, the Primal Energy takes care of us. We have nothing to do or say or even think for ourselves. Mother knows what is best for us. We know nothing, all bubbles merge in the ocean. All rays go back to the sun. All manifestations return to the unmanifested.

Question: When shall I be free?

Answer: When the "I" ceases to be.

This is the Highest Wisdom. When the ego dissolves or disappears, man is face to face with God the Transcendental, forgetting the little self and recognising the Highest, the Infinite, the Eternal. In knowing nothing man becomes silent, dumb and complete. May all homage be unto such, the wise of the wisest!

MAY PEACE BE UNTO ALL!

HINTS TO EXPRESS SOHAM

18-3-1952, 7 PM, KAILAS,

*(Hints for feeling and expressing Soham consciousness
amidst work in daily life)*

Our Chaitanya, the Editor of PEACE, a worshipper of Soham says:

Question: Swamiji! I can feel Soham, be aware of the breath within during my meditation with eyes closed, but how can I feel it when my eyes are opened, when I see a thousand things of every form and name, especially amidst my busy work?

Answer: Dear child, when you can feel Soham consciously within, when eyes are closed, you can feel it when eyes are opened also, for that WHICH IS WITHIN IS WITHOUT too, for it is One without a second. It is all a matter of personal experience, but not of mere words. Keep on wearing the Soham Speckles even when you are not in meditation, in your very work, thus through Soham Spectacles of Universal Love or God consciousness, everything appears as the manifestation of Soham, the Primal Energy. Not only all that you see is the manifestation of Soham, but also that which is seeing through your very eyes is Soham energy.

Question: How can I feel Soham when I walk, Sir?

Answer: It is easy to feel it, especially when you walk alone, for with every step it is Soham. You are inhaling and exhaling Soham consciously while walking. You can feel a certain kind of rhythm, oneness with Soham during your walks.

Question: How can I be aware of Soham when I eat and drink, Sir?

Answer: When once you realise all motion, all manifestation whether it is in eating or drinking, in writing or reading, it is all from the same source, the Divine energy, it is easy for you to be aware of it, to recognise it in all the various manifestations of life not only within you, but even in others and in the whole universe.

Question: Sir, it is all easy to feel Soham within and without, in all moments, but how to recognise Soham in the endless wanderings of the restless mind?

Answer: My child, what is it that thinks in your mind? KNOW THE SOURCE OF THINKING. If it is not for the Divine Energy how can your mind think or wander? In the very wandering of your mind, follow the Soham, then it would be easy for you to be the master of your mind.

Question: Sir, is it possible to recognise Soham in those who take joy in insulting, criticising and persecuting us?

Answer: It is more than possible. It is a blessed opportunity of your life to test your self-realisation or soul-consciousness. Blessed are they who are persecuted in His name. Anyone can love his friends but only a God-man, a soul of Soham realisation can love his enemies too. For him there are neither friends nor foes. All are the living Images of the One God. Hence, love them, adore them and worship them, to be sanctified by recognising the One in the many!

Question: Dear Swamiji, kindly teach me Soham, giving an illustration so that I can understand, remember and follow it more closely.

Answer: The Vedas, the essence of all Wisdom has given us one of the most illuminating illustrations of the snake in the rope. He who understands this simple and direct analogy understands Soham perfectly.

- 1) Two things never existed--only one thing exists.
- 2) It must be either rope or snake as man imagines.
- 3) Man in ignorance mistakes the rope for a snake and suffers untold agonies with fear, worry and suffering of every kind.
- 4) When he recognises the rope as rope, with the lamp of wisdom, he becomes free of all fears.
- 5) Here the rope is the breath the ceaseless Soham.
- 6) So long as you recognise and cling to Soham, the snake of the body does not exist.
- 7) The moment you forget Soham, there is the body--the snake

Now do as you please, for here is the Highest Truth, given in a nutshell. Thou art the Soham; the ROPE, the BREATH and all else is ignorance and imagination. DIVINITY THOU ART, SOHAM ART THOU.

Question: How to be aware of Soham when I sleep and snore, Sir?

Answer: What is it that sleeps in you? THE REAL YOU NEVER SLEEPS. Know that YOU, and you will be above sleep. SOHAM NEVER SLEEPS. It is equally present in the waking, dreaming and sleeping states. If you can feel Soham within you, you can feel it without. If you can feel it is Silence, you can feel it in sound. Above all, if you can feel Soham now in the living present moment, you can feel the same eternally for Soham is the only reality, the Light of lights existing from eternity to eternity.

May we ever abide in this Infinite and Eternal Glory! May all Homage be unto SOHAM!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

*Dedicated to my Prabhu Chaitanya, wishing Soham
consciousness in thought, word and deed, now and always.
OM! OM! OM!*

HOW TO FORGET GOD?

(Is it ever possible?)

GOD CANNOT BE FORGOTTEN EVEN FOR THE MILLIONTH
FRACTION OF A SECOND, FOR HE IS PRESENT ETERNALLY.

At the very outset, upon seeing the title of my message, some people may think that I am crazy or at least queer, for any sensible man should write a message on: "HOW TO REMEMBER GOD", but not on: "HOW TO FORGET GOD"! IF some people think that HOW TO FORGET GOD is a senseless theme, I repeat HOW TO REMEMBER GOD, is also an equally

senseless theme, for God is never aloof or separate, to remember Him. Remembrance is possible only in duality and duality is ignorance.

But my point now is, if we could understand the theme *How To Forget God*, or rather whether it is possible to forget God, we would be able to know the positive side of remembering God. If there is anything impossible, it is only to forget God!

How can you forget God, when he is sparkling in your very eyes, throbbing in your heart and flowing in each and every breath, both day and night? How can you forget God, who is moving and expressing, nay thinking in you? How can you forget God, when you are THAT? Forgetfulness is possible only in duality and God is one without a second. You are a part and parcel of Him; PRAJNANAM BRAHMA. The Intelligence in you, is Brahman, the God, the Indivisible and Eternal.

You cannot forget God even amidst your busy or heavy work, for He is there working in you. It is impossible to forget Him even in sleep, for He is there watching over your sleep. He is the Witness of your waking, dreaming and sleeping states - Nay, He is the Eternal witness of the whole of the phenomenal world. Even in the death, the so-called fearful change, God is not forsaking you, for He is there equally present both in death and life -- in desolation and creation. Death and life are relative terms the obverse and reverse of the same coin. Forgetfulness and remembrance are the hallucinations of the restless mind. Pray! Know who you are! Realise thyself now. KNOW thyself and be silent.

Give up mental wrangling for the peace of your soul. Be free of all imaginations. You need not forget or remember anyone. You can forget and remember, only when something is separate from you.

In the moments of silence often I close my eyes and face the SELF-EFFULGENT light pervading and permeating the very cells of my being, as well as the universe, I exclaim in ecstasy:

*O God! How impossible it is for man, Thy Living
Image, to ever forget Thee!*

Sometimes in the blessed moments of silence I ask the mind:

Are you forgetting or are you remembering Him?

The answer comes from the STILL SMALL VOICE that FORGETFULNESS IS A DELUSION AND REMEMBRANCE IS A GREATER DELUSION.

There is something beyond forgetfulness and remembrance, death and life, disease and health, poverty and wealth, virtue and vice. Listen what Astavakra says of this Blessed Condition:

*Virtue and vice, pleasure and pain are of the mind, not of
you, O all-pervading one! You are neither doer nor enjoyer.
Verily, you are ever free.*

*You are the one seer of all and really ever free. Verily this
alone is your bondage, that you see the Seer as other than
yourself.*

Dear Reader, my Loving Image of God, thus you see, God is no other than YOURSELF, the Seer, the one without a second; thus how can you forget yourself? As it is impossible to forget God, BE STILL AND KNOW THAT I AM GOD.

It is the serpent of egoism which is making a wreck of Divine Life. Destroy the ego with the consciousness of the Truth that you are the Brahman -- the only changeless Reality. Repeat with ecstasy:

PRAJNANAM BRAHMAThe Intelligence is Brahman.

AYAMATHMA BRAHMAThis Atman alone is Brahman.

AHAM BRAHMASMII am becoming Brahman.

TAT TWAM ASIThou are That.

Now, let me leave you in That, the light of lights, the stupendous, self-effulgent Splendour of Millions of Suns: can the sun ever forget his light? Can the Ocean ever forget its waters? How can you, being the Sun of suns, the Light of lights, the one Indivisible, Infinite and Ineffable Light, forget YOURSELF. You can forget anything or anyone in the world, but it is impossible to forget YOURSELF, the Adviteeya, the one without a second. Hence be happy knowing this unalterable, unchanging and ever-present Truth, the Indwelling Light, which is within, without, above, below and all around, being Omnipresent, Omnipotent and Omniscient! RECOGNISE and BE SILENT.

Glory! Glory! Glory!

OM! OM! OM!

OFFERING.

This Message is offered Lovingly to all the Crazy and queer people in the East and the West who are like myself (for a mad alone can understand a mad man!), but who are the different manifestations of the One Indivisible Self; wishing Peace on Earth and Goodwill among all Nations!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

I AM THE MONARCH

WALT AIR

There are moments in the life of everyone, the moments of elevation and inspiration, when one feels that he is the Monarch of all that he surveys. There are also moments of dejection

and depression, when one feels that he is a fettered bond-slave of not only the mighty and rich, but also of his base and low passions.

Yet, one is born not to be crushed with sorrow and disappointment, the passing clouds of the evanescent life, but to be the master of destiny and to be the Monarch of all that he surveys, recognising the effulgent LIGHT, both within and without.

As I sit now alone at the foot of the blessed Kailas, basking in the warm sunshine, facing the glorious ocean and listening to its sweet music, no wonder I feel that I am the Monarch of the whole world.

To whom do these rocks belong? Who owns these sand particles and these sand dunes? Who owns these green hills, the effulgent sun, the rolling ocean and the blue sky above? To whom does the cool breeze, which is blowing on me now, belong? Who owns this world of manifested sound, and who owns the unmanifested creation of Silence?

How rich and mighty I am to own all these manifested things of form and name and unmanifested states of Love and Peace! Verily, I am the Monarch of all that I see, hear and face. All that one surveys belongs to the God-man, to the God-intoxicated one who belongs to humanity.

Dear Loving Reader, what belongs to me belongs to you also. Pray, come to the foot of Kailas to take a firm hold of your Divine Heritage. No man however selfish, self-centred, all powerful and mighty he may be, can ever monopolise these God-given elements, the common property of every child of God in every clime and religion, on the face of the Mother Earth.

The sun, air, water, earth and the ether: are not all these yours? The sun shines for you, the air blows for you, the ocean is made for you. The earth was created for you and the ether is there for you.

Love, Peace and Light: are they the monopoly of any sage or saint or of any other individual? Are they not the Birthright of all souls, the Image of God, in both East and West?

It is with us now to be the Monarchs and Emperors, ruling the world, owning all these hills and dales, stars and suns, rivers and oceans, filled with Light and Love, or to remain as stingy misers and pitiable beggars, denying and ignoring our Divine possessions, filled with fear, darkness and ignorance of every kind.

Dear Friend, pray, come to the foot of Kailas to bask in the sunshine, to taste the Peace, your Birthright. Welcome to the Heights of Kailas to reign in Supreme Glory! Why delay?

Pray do come now, for this moment is ours and not the next moment. Here is a welcome, a standing invitation awaits you at all times, both at the foot and the Heights of Kailas. Let Kailas draw you from slavery to freedom, to bless you with Peace!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

I HAVE SEEN THE LIGHT

WALTAIR

Recently these words have been ringing in my ears and I often repeat the above words even unconsciously. The very repetition of the above words are life-giving and soul-awakening. But the cynic will raise the question, "How can you see the Light? Is it outside?" My answer is: *"The Light is both outside and inside too, for it is everywhere."*

The pessimist continues to ask, "How can you see it with these eyes? Is it an object to be seen?" To satisfy him I have to say, *"I feel and experience the Light. I recognise it in the moments of Silence."*

Even then a misanthrope might raise the objection, "When there is ONE without a second, how can the ONE feel, experience or recognise IT?" No doubt, the misanthrope is right, hence one should be silent without uttering any words or reasoning even any feelings. Here alone I am reminded of the wise words of a sage,

He Who Says That He Knows Is A Fool.

He Who Says That He Does Not Know Is Ignorant.

He Who Says Neither He Knows Nor He Does Not Know, Is The Wise Among Men.

Hence, the knower of Truth is silent. One who has seen or recognised the Light becomes silent. As such, it has been said HE WHO KNOWS THAT THE HIGHEST MELTS IN SILENCE.

Yet, out of the fullness of heart the mouth speaks. I have the weakness of wanting to share everything I feel and realise, with each and everyone on the face of the earth. All are my own. The Light excludes none but includes all. Whether you want the Light from the sun or not, it is basking you in its sunshine.

When the light of the ordinary outer sun in the world is filling and refilling your being, dispelling all clouds of darkness with its light, what to speak of the Light of lights which pervades and permeates the very cells of your being as well as the Universe?

KNOWING THAT THEY MELT IN SILENCE.

RECOGNISE AND BE SILENT.

Regardless of what the cynics might say, I long to shout from the house-tops and hill-tops, the life-giving words that I HAVE SEEN THE LIGHT. I have seen the Light both within and without. I see the Light everywhere. I am seeing the Light now in you, for it is our common heritage. It belongs to you as much as to me.

Dear Friend, I have seen the Light. Why don't you see it also? Won't you help me by recognising the Light NOW and HERE? It is within, without, above, below and all around, for it is the only Reality!

May we ever abide in this Light of lights, both in activity and Silence, not only Now in the present living moment, but also in each and every moment of our lives, is the prayer of your own brother.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

I LOVE WORK BUT WORSHIP SILENCE

Recently I have been speaking often extolling work. By this I do not want some of you to think that I extol work more than meditation. I love work but I worship silence. But how very difficult it is to enjoy those sublime states of meditation! Hence it is through selfless work that one reaches the portals of meditation.

I abhor that kind of meditation where one shirks from doing one's ordained duty which is nearest to him. Such a one closes his eyes, sits in a posture and allows the mind to wander after forms and names.

Whenever I think of meditation the picture of Lord Siva comes, absorbed in the ecstasy of cosmic Glory forgetting the very existence of the body, mind and the world. At the end of the meditation, when he opens his eyes, Parvati holds a cup of some juice near his mouth and he silently drinks it and then closes his eyes again to resume his meditation. I long to be a Parvati holding the cup of juice for those who are absorbed in deep meditation.

Let us analyse now a little more about work. Of all the hard working creatures in the Ashram, our bulls work hardest, drawing water both morning and evening from such deep depths. Would we be able to engage ourselves with such drudgery work? I want to work singing with a happy and contented heart.

Carrying loads alone is not work. Sitting all the while wasting precious time, criticising and condemning others is not work. Lecturing and preaching is not work. Every one thinks that he is working hard with something or the other. But who is the one that is doing the real work? Not he who is meditating, shirking from work and allowing the mind to wander. He is called a hypocrite in the Gita.

The only work for all workers is the work of God consciousness, assertion and manifestation of Divinity. What a great, hard and uphill work that is! But one must do this great work either through activity or silence, through prayer or meditation and thus reach the Goal of life.

The greatest work and the only real work that gives us a taste of freedom is to make the mind free from modifications. Can we do this? Whether we can do it or not, it is the only goal of our lives. Do it either today or tomorrow for the freedom of your Soul and for the welfare of humanity! OM! OM! OM!

I want you to remember also that we can never feel His Presence in meditation unless we feel it in our work. Now chanting OM let us strive to feel that ceaseless flow of His Presence, both in work and meditation.

OM! OM! OM!

I TAKE REFUGE IN SOHAM

9-6-1948

Soham is the Universal Breath. It is the beginning, middle and end of every thing. It is the life, soul and goal of our existence. If there is HAPPINESS—the happiness that knows no change for man anywhere in the world, it is only in Soham, which is ever within himself, as a part and parcel of his very being. If man in delusion tries to seek happiness anywhere other than within himself, than in Soham, he meets with pain, sorrow, destruction and death. Man learns in the long run, through long suffering and excruciating pain, that the *Peace which passeth all understanding* is never outside, however bewitching the life in the world may be. The real Peace, the Eternal Peace, the Infinite Peace is only within, in the stillness of his own purified heart, within himself in SOHAM.

How blessed it is to take refuge in Soham, not only in troubles but even in joys! How blessed it is to take refuge in Soham, not only when in tests and trials, but when happy and contented. One should take refuge in Soham not because of some disappointment or sorrow or some big calamity but because Soham is the all-in-all, and his very life and soul. Blessed is the one who takes refuge in Soham not momentarily or temporarily but permanently and eternally.

By taking refuge in Soham one is embracing the whole world and becoming all in all. Verily, one is merging in Omnipresence, Omnipotence and Omniscience, for Soham is THAT. May we ever meditate on THAT, the Soham which is within and without!

MAY PEACE BE UNTO ALL!

ILLUSION OF THE DELUSION OF FORGETFULNESS OF GOD

16-10-1951, 8 AM, KAILAS

What a strange theme is this! This is an inspiring theme, that almost appears seemingly unbelievable to be true, yet how true it is when understood from the Highest State of Realisation.

It is a very deep, practical and helpful subject for the wise and devoted, especially for all those who are struggling to reach the Heights, to drink the nectar of Immortality, not now and then but in each and every moment of their lives.

If God is Omnipresent how can you afford to forget Him? When He is interpenetrating the very cells of your being, how can He be ignored? When He is within and without, throbbing in your heart and flowing in your very breath, how is it possible to deny Him?

Yet, half of the world, nay, 99% of the population in the world in both the East and the West, are under the deep and dark spell of the *ILLUSION OF THE DELUSION OF FORGETFULNESS OF GOD*.

Hence, no wonder man in every way is unhappy, discontented and miserable, chasing only the will o' the wisp and running after his own fleeting shadow, forgetting the Indwelling Light, the Eternal God within.

Can the Sun ever forget its inherent light, even amidst the thickest clouds though the storms shake earth and Heaven? Similarly, O man, there is SOMETHING in you, which is Eternal, Infinite and Indivisible, that can never be dismissed or destroyed even at the destruction of the whole world.

Wherever you may be, whatever you may be doing, whoever you may be, it is time for you to recognise, to be aware of this Omnipresent, Omnipotent and Omniscient Spirit which is not somewhere in the far away Heaven or sky, but eminent within you, now and here, awaiting only your recognition or awareness.

Behold the Indwelling Light in the very movement of the body as you move or walk! It is there, looking through your very eyes, it is flowing in your breath as inhalation and exhalation not only in your waking state but also even in your sleep.

INHALE AND EXHALE PEACE THY BIRTHRIGHT!

Even if you want to forget this Light of lights, which is the heart, Soul and Goal of your existence, you can never forget it, for you are filled, surrounded and saturated with it. Can a bubble ever forget the Ocean in which it exists, whether it is day or night? Is not the bubble inseparably and eternally one with the Ocean in the past, present and future? Wake up o Man! And realise now that you are eternally and indivisible one with the Living Truth, the only Reality.

What else can be said in finite words? Here is some good and happy news for you: even when your mind wanders, do not be discouraged for it is only a reflection of the God-mind, and it wanders only within God, for He is Omnipresent. It is with the same basis of the same force of Divine energy that all movements are happening, physically, mentally or spiritually.

All volition is SHAKTHI. Motionlessness is PURUSHA or BRAHMAN. Let Shakti move, wander and express! What is that to you, who are ever complete both in the manifested and unmanifested?

Give a death-blow to the illusion of forgetfulness. Pray, give another death-blow to the delusion of remembrance. The Self-efulgent LIGHT is above the illusion and delusion of forgetfulness and remembrance. Therefore, recognise the One Indivisible Light and be silent! Know this Living Truth and be a blessing to yourself, to your vocation and to the whole world!

Glory! Glory! Glory!

OM! OM! OM!

IMPOSSIBLE FOR GOD

To the Devotees of God, the name of the very title sounds preposterous, meaningless and senseless too, for there is nothing impossible for God either in earth or heaven. We say God can do anything and everything. Surely, for the one who has created all the universe beginning from the plants on the ground to the planets of the sky, what can be impossible Him? Verily, God can create or destroy worlds in the twinkling of an eye. Even for the mortal man, with all his imperfection and frailties, it has been said that IMPOSSIBLE IS A WORD FOUND ONLY IN THE DICTIONARY OF FOOLS. When such is the case with finite and mortal man himself, what to speak of the infinite and immortal God!

Yet, from own personal experience of God, I have emphatically come to the conclusion that even in the face of a world of arguments supporting that there is nothing impossible for God, namely that there is one thing which is not possible for Him, even with all His Omnipresence, Omnipotence and Omniscience.

You may ask the question, "What is that thing which is impossible for God?" The answer is, "God cannot forget us. He cannot live aloof from us. However much we may forget Him, he cannot run away from us, for He is the mind of our minds, the heart of our hearts, the Breath of our breaths, the life of our lives and the Soul our souls.

It is impossible for God to forget any of us. He cannot forget any of his children, for He pervades and permeates the whole universe Himself. Thus the Almighty God had His own self-imposed limitations where his children are concerned, in His relationship with his children--the Living Images of Himself.

If we try to understand one simple word--OMNIPRESENCE, we can realise how God pervades and permeates the very cells of our beings from eternity. When such is the case, how can he ever forget, even for the millionth fraction of a moment, any of his erring or weak children? He is ever present as the witness of all His creation of both the animate and inanimate objects.

As there is the same distance or no distance between God and man, so also there is the same distance or no distance between man and God too. As it is impossible for God to forget man, His living Image, so also man should realise that it is equally impossible to deny, ignore or forget His Creator, Who is the breath of his very breath within; and Who is blowing on him in the very breeze and shining in the sun outside.

Realisation is a matter of mutual understanding between God and man. It is intuition wisdom. Thus man in Supreme Knowledge or in Wise Silence realises that God and man are one and that He is no other than THAT, for there is only One Reality or Truth that exists, and THOU ART THAT. Then how is it possible to forget your own Divine Splendour of Millions of Suns?

Even for the sake of supposition, if we say that God can forget us or be aloof from us, it will be a living blot on God, a real blemish for his Omnipresence. The Omnipresence cannot contract and become finite. Hence this good news of God's Omnipresence, must be the happiest tidings ever given out in such a simple, clear and easy way to the world of devotees. It gives them the greatest comfort and consolation, for God is with them and in them, as a part and parcel of their very lives, both day and night, in all their tests and trials from the very beginning to the end.

As God is Omnipresent he is within, without, above, below and all around--filling the very cells of our being. As he is Omnipotent He is the strength of our heart and soul. As he is Omniscient He is the Intelligence in us. **PRAGNANAM BRAHMA**. Verily, the awareness in us the consciousness, the very intelligence, is Brahman. Man's lot is sealed once and for all with God! Hence let man be happy, recognising his inseparable oneness with God's Holy attributes of trinity, namely Existence Absolute, Knowledge Absolute and Bliss Absolute.

The son is the inheritor of the father's properties. All that the father has, belongs to the son. As it is impossible for the blazing sun to forget its brilliant light, inspite of a million clouds; and just as it is impossible for the fathomless ocean to forget its water in spite of millions of rising waves; so also it is impossible for the Almighty and merciful God to forget His children, be they weak or strong, ignorant or learned, poor or rich. As God is the ever-present, never absent witness of all the worlds, He is watching us in our very sleep, even when we forget ourselves; nay, even in the so-called death itself. Thus it is impossible for God to forget you or me or any of the least of His children in any corner of His creation. He is eternally wedded and united with His children, ever filling them with Life, Light and Love.

Thus the Grace of God is shining on one and all--whether high or low, saint or sinner, wise or ignorant, young or old--of all religions and nations equally and profusely, at all times and in all places. He who understands this great Truth of God's Grace is blessed with the Highest Wisdom, and he is centred and fixed, nay, saturated in God's Omnipresence, Omnipotence and Omniscience, *now and always!*

Dear Readers, let us waste no more of our precious time in chewing the dry bones of mere words, but let us rise above words and merge within. Let us drink deep the nectar of God's Grace now and always, this is the prayer of your brother Omkar!

MAY PEACE BE UNTO ALL!

INNER LIFE

Inner Life and Soham Life are not two but ONE. Wherever there is Inner Life, there is outer life also; but they are two poles apart, like East and West. Very rare and few are they who walk on the Inner Life, for it is narrow and rugged; but there are multitudes who walk on the path of outer life, for its way is broad and wide. Sometimes one feels that there is hardly one in a million who walk on the path of Inner Life. Whether we take joy in walking in the path of Inner Life or the Path of outer life, the results, the goal is inescapable. The Inner Life leads to Heaven and the outer life leads to Hell or Hades, in the long run.

Hence, we should choose the life, inner or outer, considering the goal, the unavoidable results. In spite of the tests, trials and tribulations, blessed are the lovely souls who walk on the trying path of Inner Life. We see only a blessed souls like Holy Christ, an Avatar like Loving Krishna and an Illuminated soul like Buddha and other sacred Mahatmas, walking on the lonely Inner Life. All Glory be unto them! Blessed are they who have the strength to walk in the Holy footsteps of such rare and precious Souls of enlightenment, who are the salt of the earth and the harbingers of Peace!

In the Inner Life, the Mantram is *NIVRITTI*. Like the tortoise in the Gita, the soul draws his senses within, whenever there is danger of *Pravritti* in the contact of senses. He is always inhaling and exhaling Peace. Whereas in the outer life, the Mantram is *Pravritti*, his senses are always out-going. As Gita teaches, the man of *Pravritti* always thinks, "*I have conquered this!*"

In the Inner Life, there is nothing to see outside, for all is God. There is nothing to hear from outside, for his senses are drawn inside. There is nothing to speak or talk, for all is silence and it is One without a second. There is nothing to think too, for thinking is possible only in duality. When there are two one can think of the other, but when there is ONE, how can one think of anything? It is Peace that passeth all understanding. In the Inner Life, the heart, goal and soul in a nut-shell is *BE DEAD THAT YE MAY LIVE*. Death in life is needed, for freedom or emancipation. No more short cuts or easy and soft paths!

It is a matter of crushing the ego, the little "I". It is complete annihilation or destruction of the ego which is most essential for the realisation of the LIGHT within, in the Inner Life. No man however learned or intellectual, can serve two masters. IMPOSSIBLE TO SERVE BOTH GOD AND MAMMON. Swami is dead on the outer path Omkar is alive on the Inner Path.

Dear Loving Readers of Peace in the East and the West, may Omkar be privileged to be alive in all of you!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

INQUIRY OF GOD

On the other day we were visiting friends in the town for Ashram work and while returning by the beach road, an old friend who had been a devotee and well-wisher of the cause of Peace, greeted us with folded hands. We stopped the car and enquired after his welfare and also gave him one of the latest copies of our PEACE. Casually, I asked what he was doing there and he replied that he was making inquiries about someone. Then I said smilingly, "Do not neglect the

inquiry of God; along with other inquiries be making the inquiry of God also." He smiled and took leave of us and we passed on.

This little incident was impressed in my mind and I began to muse both consciously and unconsciously about the Inquiry of God and the following thoughts are the result of these musings:

How few are they who are inquiring of God? There are people who are inquiring about minerals, plants, the animal kingdom and about the human kingdom also. But where are the people who are inquiring after God? How blessed is the inquiry of God! Not only the inquiry of God is blessed, but what a rich harvest it brings to the aspiring souls. The inquiry of God alone brings Peace of mind. Most of the inquiries are only to make two ends meet, to get on in the world, binding people and leading them into confusion. It is only the inquiry of God which makes man free and blesses him with liberation, the goal of human birth.

How should a man inquire after God? How should we inquire after a certain man of whom we want to know? First we find from his friends or somebody who has known him, about his whereabouts of his work and life. Then we will try to go to his residence and try to get an interview.

Similarly, we should know of God from those who have known Him, dedicating their lives for the inquiry of God. We should also read books that deal with the inquiry of God.

The following queries also will be of great help to the aspiring souls:

- 1) Where is God?
- 2) What is my relationship with Him?
- 3) Is God separate from me? Is He far away from me or is He one with me, inseparably united with me?
- 4) Where is He now? Is He within or without?
- 5) Is God present in my waking, dreaming and sleeping states?

If God is outside, residing in a far-away temple or church, we try to go there. If He is inside, within ourselves in the stillness of our hearts, we should go there also.

Let us take up the first question now. **Where is God?** Even a child tells us that He is everywhere. Scriptures of every religion have taught us that God is Omnipresent, Omnipotent and Omniscient. Men of realisation in every clime, proclaimed that God is interpenetrating the very cells of one's being, as well as of the universe. When we can understand the first question, we can understand all the other questions, for the first query alone partly answers all the other queries.

What is my relationship with God? Since God is interpenetrating the very cells of my being, I am inseparably and eternally one with Him.

Is God separate from me? Since He is Omnipresence how can I be ever separate from God? Since He is pervading and permeating the very cells of my being, how can He be far away from me? God is not only one with me, but He is inseparably united with me.

Where is He now? He is only HERE, now. He is with you, Dear Loving Reader! He is with me, He is with everyone also.

Is He within or without? He is both within and without, nay, He is above and below and all around.

Is God present in waking, dreaming and sleeping states? Yes, He is not only present in all the three states but He is present from eternity to eternity.

As God is always with us and within us, the next inquiry is: "**How to realise Him? How to approach Him? How to recognise Him?**"

Again both the scriptures and sages have taught us the four well-known helpful paths to lead us towards God.

1. Karma Yoga The path of activity
2. Bhakti Yoga The path of devotion.
3. Raja Yoga . The path of meditation.
4. Jnana Yoga The path of wisdom or discrimination.

According to the temperament of the individual, man should choose for himself the Path which is best suited for himself and then try to walk in that particular path, which finally leads him to liberation. Generally man begins with activity and walks in devotion, growing into meditation and finally merging in wisdom. When a man does his duty without expecting any results, rather leaving the results to God, he begins to practise devotion, worshipping his *Ishta Daivam*, his ideal deity. As he worships his *Ishta Daivam*, chosen ideal, his mind gets fixed in concentration which leads into meditation. In deep meditation he is blessed with the Right Vision or the Highest discrimination, thus he becomes liberated.

Theory is one thing and practise is another thing. It is not the theory that the world needs, especially the spiritual souls-- the aspirants of God. A firm belief in the existence of God is the firm foundation in the spiritual life. Then comes the inquiry which is the next step. It is in the inquiry that man understands his inseparable unity with God. After understanding his inseparable unity with God he should work, live and breath only to recognise and to be aware of that UNITY in each and every moment of his life.

Inquiry begins in quality and ends in Unity. Man begins his spiritual life with the inquiry of God and ends in the realisation of God, by becoming One with Him. The ecstasy of inquiring of God, speaking and conversing with Him, meditating and finally merging in Him is not to be described in words but to be experienced by lovers of God, men of realisation.

Dear friends, when you are alone, close your eyes and repeat inaudibly, "O God, *where art thou?*" You will listen to His sacred voice in the stillness of your being whispering, "Lo! I am with you always, my child!"

As you merge your wandering mind in His restful repose or Peace, you will realise His Presence, His Life, Light and Love in the very cells of your being. You will find Him as the Mind of your mind, Heart of your heart and Breath of your breath. Then the query and answer merges into ONE. Thou Art that, Thou become what thou seekest. The Jiva becomes Paramatma, nay, the Jiva realises that it has been always Paramatman. The Individual is the universal. The inquiry leads into Paramatman and the inquirer becomes Parabrahman.

May all homage be unto the inquirers of God, who are no other than the manifested Images of God!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

IS GOD ACTIVE OR INACTIVE?

12-9-1950, 9 AM, K.G. HOSPITAL

God is both active and inactive. The man of Wisdom says *GOD DOES NOTHING* and the man of Action says *GOD DOES EVERYTHING*. Who is right?

Both of them are right, from their particular angle of view and understanding. In Gita, the Song Celestial, the Lord says that there are two states or conditions in the Spiritual Plane.:

1. The Unmanifested

2. The Manifested

Sri Krishna continues to say in the Gita that it is difficult to comprehend the incomprehensible even for the wise. But it is not so with the *manifested*. As the manifested is with form and name, any lay man can comprehend and meditate on it.

But alas, man in his grossness, through thick MAYA and because of the false identification with the body, the bundle of blood and flesh, is ignoring and denying both the manifested and the unmanifested in his daily life.

Yet, Peace Profound and Eternal belongs only to those rare and precious souls who can recognise the same Indivisible Light, both in the manifested, the seen and unmanifested, the unseen.

Verily, *GOD DOES EVERYTHING*, for He is all in all. Indeed *GOD DOES NOTHING*, for He is ever complete, the One without a Second. May our adorations be unto the Unmanifested through the manifested!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

IS IT POSSIBLE TO REMEMBER GOD CEASELESSLY?

Is it possible to remember God without a break unceasingly? The answer to this sublime query lies in the conception that you have of God. If your God is away, aloof and separate from you, with all your deep love and devotion towards Him, it is not possible to remember Him unceasingly. You are apt to forget Him amidst your busy work, while talking, eating etc. It is natural to forget God in the sleeping state when you feel that you are separate from God. But when you feel that God is never separate from you, that He is inseparably and eternally one with you, nay, that God and you are never two but One, there is not the least possibility of forgetting Him.

How can you forget yourself? You are there, even in the sleeping state. There is something in you that never sleeps.

YOU ARE THAT, TAT TWAM ASI, THOU ART THAT.

Forgetfulness is possible in duality. Where is forgetfulness in unity, in the One without a second? In ignorance, it is impossible to remember God ceaselessly; but in wisdom it is more than possible to remember Him unceasingly. Even the forgetfulness and remembrance of God are only mental conditions. God is above forgetfulness and remembrance, He is all Light. In the all-Light the Self-effulgent Light, the Splendour of Millions of Suns, there is neither forgetfulness nor remembrance.

Where is the moment when God is separate, away or aloof from you? There is never a moment of separation from the Infinite and Eternal Light either in the past, present or future. The richest treasure is thyself. All Homage be unto thee!

Now coming into the practical side of our theme, it is easy to remember God in the company of sages and saints. It is easy to remember Him while engaged in spiritual study. It is easy to remember Him while in temples and shrines. It is easy to remember Him while offering prayers and during meditation. Just repeat the PEACE PRAYER once, and see for yourself how helpful it is to feel God's Presence, even while repeating it. The ADORABLE Presence, is within, without, above, below and all around, nay, pervading and permeating the very cells of your being.

God is the Eye of your eye, Ear of your ear, Mind of your mind, Heart of your heart and the Breath of your breath. He is there, ever repeating SOHAM, with each and every breath. Soham is being repeated even in your sleep; Soham is above birth and death too. Identify with Soham, follow Soham ceaselessly, without the least break. Soham leads you to perfection, Soham gives you freedom.

What is needed is *personal experience*. It is the Awareness of God, your inseparable and eternal Oneness with Him, that makes perpetual awareness of God possible. In the scriptures we read that concentration should be ceaseless like pouring oil from one vessel into another vessel, *Taila Dhara*. Then alone one can express God in all the tests, trials and tribulations of life.

The sun is ever there, giving out Light amidst the darkest clouds. Similarly, the Self-effulgent Light is ever present in the waking, dreaming and sleeping states, nay, it is above all states and conditions, God or Light alone is above time, space and causation.

It is possible to remember God ceaselessly? Yes! It is possible to remember Him ceaselessly even from the cross, for He is the only Reality, the Changeless Reality in all the world of changes. It is possible and becomes natural to remember God, nay, to be aware of His Interpenetrating Presence only when one has risen above body, mind and world, when one is blessed with *Aparo kshanubhuthi*, Intuitional wisdom, personal experience of the Indwelling Light, the Interpenetrating Presence,. Bless us dear God, to be aware of Thy Presence Now and Here! May there be Peace in East and West, North and South. May Peace and goodwill abide among individuals as well as nations, is our earnest prayer!

HARI OM TAT SAT OM!

IS MAN FREE OR BOUND?

12-1-1950, WALTAIR

Man is both free and bound; as Soul he is free and as a body he is bound.

Question: Is he the body or the soul?

Answer: Man is never the body, for the body is only the outer sheath that has come yesterday and that is bound to go tomorrow. He is the soul in the body.

Hence, as the Eternal, living soul, he is ever free. As Soul he is never bound. The man who is blessed with personal Experience of the Soul or God consciousness realises that freedom and bondage are the imaginations of one's own mind. In the soul there is neither freedom nor bondage. It is the Splendour of Millions of Suns. It is above duality of every kind, for it is One without a second.

The intricate question whether man is free or bound is so easily solved once and for all, by realising freedom belongs to the soul and bondage to the body. As such, the sooner one rises above the body, the better it is for the individual. **MAN KNOW THYSELF**, is the criterion of all religions. If **MAN KNOWS HIMSELF**, what else does he need? His Self is all **LIGHT**, within, without, above, below and all around. There is neither within or without in that **ONE INDIVISIBLE SELF**.

Rising above the plane of finite words, let man rejoice in the eternal freedom of his **INFINITE SOUL**. Bound if you think, bound you are. If you cling to your body, considering it as your all in all, you are bound. **FREE IF YOU THINK, FREE YOU ARE**, if you can identify with the Soul, you are free. How true are these words expressing the Freedom of the soul!

May we ever abide in the **SOUL FREEDOM**, which is the only Changeless Reality in the imaginary world of endless changes! May all Homage be to the **FREE MAN**, the fragrant flower of Humanity!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

IT IS ALL HE

17-11-1948, 4 AM

Scriptures teach us that there is but One Truth or Reality and nothing else exists besides **IT**. Sages in every religion have repeated that which exists is one and many have called it by many names. Whether we call the Reality by the name of **GOD** or **PEACE**, **LOVE** or **SILENCE**, nay, even by the name of **HE**, **YOU**, or **I**; it is all **ONE AND THE SAME**. What we need now is the Personal Experience of the existence of the Reality, rather the **AWARENESS** of the living Presence **NOW** and **HERE**. Then alone life will be complete and brimful, over flowing with Life Eternal, Light Infinite and Love Universal.

This morning after a long and tough tug of war between the lower self and the Higher self, the Truth flashed that one should recognise only **GOD** in little things as well as in big things, in both the visible and invisible. Unless and until you lose yourself in **THAT**, completely forgetting the little self, there is no **PEACE** or **FREEDOM** for you. Recognise **HIM** in each and every moment of your life and thus be happy, facing Him both within and without.

For instance, it is He who is the motion in the hand, even as I write and He is the source of the very thought. It is He that thinks, dreams and works in you, in me and in one and all. It is He that lifts you when you fall in the depths and also helps you to walk towards the Heights. Learn to face Him in your dearest ones and recognise Him in the so-called bitterest foes, who try to hurt or insult you. How can the Truth which is Indivisible be hurt or insulted when it is all One, and when there is nothing else besides it?

Man's freedom or hope lies only in clinging to God or in identifying with the living Truth, which is One without a second. Some may call this by the name of self-surrender or complete self-resignation or the assertion of Truth or Godhead. Whatever name you may like to give to the only Reality, it is all He. In the even pulse of the hand, in the silent beat of the heart and in the rhythmic breath of the life, it is all He. It is high time to recognise Him in the very cells of your being. Verily, **IT IS ALL HE** from the tiniest atom to the biggest planet!

May all Glory be unto Him in activity as well as in silence, in both the Vyaktam and the Avyaktam, manifested and unmanifested!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

IT IS CRIMINAL TO BE SICK

Startling as it may sound, especially to the ears of a sick man, it is true that it is criminal to be sick. Man--the true Image of God, his highest Image--has no right to fall sick and loll and roll in the bed, awaiting the prediction of death by the finite doctors.

If the wise doctor says to the patient: "*YOU WILL LIVE*", the patient is happy and he continues to live, as per the judgement of the doctor. If the foolish and unwise doctor says: "*YOU WILL DIE*", the poor patient loses all hope and prepares to die, as per the suggestion and advise of the doctor.

How sad and forlorn is the hopeless and helpless condition of the sick in bed, being the living Images of God the embodiments of health, strength and power. Where are Omnipresence, Omnipotence and Omniscience, the attributes of God, in man, the child of the Almighty? The tables have been turned upside down. The Real has become unreal and the unreal, Real. Man has become a bond slave of every known and unknown disease through wrong suggestion from outside and sickly imagination from inside.

One is reminded of the children's story of Pandora, how she mischievously opened the forbidden box and let out the germs of all diseases to the four corners of the world.

Nowadays, it is rare and difficult to see a HEALTHY MAN, healthy in every sense of the word. No one is free from some sickness or the other. Each one has a sickness of his own, be it chronic or old, fresh or new. We cater to the whims of the sick. We have learnt to look at the sick with awe and reverence, respecting their ailments and sympathising in their sickness. The more sad we are when we visit the sick, the more sympathetic we are considered. If we shed a few genuine crocodile tears of sorrow, it is all the better for the patient and the visitor. Both are united in sorrow. They understand each other in ignorance, better than ever.

Why should man, the perfect image of health, fall sick in the first place? Who is the cause of the sickness? Is it the Pandora's Box or any other outside influence? It is the high time to know the real cause, the very core of the sickness.

The cause is not outside but it is within oneself. In ninety percent of the cases, it is due to over-eating the wrong diet, late meals etc. In some cases the sickness may be due to over-work, sleepless nights, wilful starvation; and the learned doctors call the sickness by various names such as blood pressure, heart palpitation etc. The foreign matter within accumulates through wrong and heavy diet and wrong thinking and comes out in the form and name of fancy diseases, such as Typhoid, Eczema, Lumbago, Nervousness, Headache, Heartache, dizziness, Rheumatism, Heart Pain, Poor appetite, diabetes and a hundred other plagues or diseases of every kind.

Then the body is entrusted to the all-knowing doctor and the soul to the Satan of depression. The doctor begins to work from the outside with pills, tablets, lotions, injections, using all the old and latest methods tried and untried. And the SATAN begins to work from inside with wrong imagination of sorrow, weakness, dejection, depression, loss of appetite, loss of memory and finally death in oblivion.

O Man! The living Image of God, be ashamed of your present helpless plight of ignorance. Wake up from your deep slumbers of lethargy and sickness. Take up your bed and walk towards health and Light, which are your real Heritage.

Play no more the game of foolish sickness. Time is too precious to be wasted, lying in bed swallowing pills and tablets, injecting more foreign matter into the helpless body.

It is not yet too late, if you can only take a firm hold of your Birthright, the Divine Heritage of the Sun of suns.

Fill yourself no longer with medicines and injections but with God's Light, Life and Love! Give a death blow to your physician by leaving your sickness in the sick bed of the Hospital and walk out towards LIGHT, the Soul of your life and the Goal of your health.

OM! OM! OM!

JUST AN HOUR

NEW YORK

O Child of God
Did you ever listen
To the sacred voice
Of the Blessed Lord
Repeating in pathetic words
*"Can you not
Watch and pray with me
Just for an hour?"*

Perhaps you are too busy
In the outer life of senses
To listen to His sweet words.
But He is there, ever repeating
Both in silence and activity
Asking us to stand by Him
Just for an hour.

What is this
Long weary life
Of years and years for
If we cannot spend
Even a single hour
For the service of God.
Just an hour
Is not too much
But it is not as easy
As it seems

To stand by the Lord
Even for a single hour.

You should note, friend dear,
That an hour contains
Sixty long minutes
And every minute
Consists of
Sixty short seconds.
Can you stand still
By the Blessed Lord
For a long hour?

Did you ever give yourself
Unto the Blessed One
Even for a single hour
In all your life of
Long years and months?
Be true and honest
My sweet Brother or Sister
With the Inner Self
Whom no one
Can ever deceive.

Repent ye, my helpless one
The Kingdom of Heaven
Is near at hand.
Watch and pray
Even for a single hour
In the name of God
Who is dwelling in
Thy sacred heart
Awaiting to embrace you
Just for an hour.

OM! OM! OM!

LAUGHTER IS LONGEVITY.

There was a certain recent incident that makes me Laugh, whenever I think of it. On the other day some devotees and friends came from Madras. We had prayers, meditations and silence too. After our prayers, etc., Br. Murthyji wanted to be alone with me for a few minutes.

Then I made a sign to our Manager Sri Chaitanya, showing my hand towards the town and all the harbour lights, to take the visitors out and to show them the sparkling and beautiful lights.

Instead of taking them out and showing the Lights out side, as he did not understand my wish, he was asking the devotees to see in side towards the wall----- where it was written in bold red letters-----SWAMI IS DEAD. I too two began to look at it.

This makes me to laugh whenever I think of it! Verity laughter gives health for it brings longevity. Blessed are they who can laugh at every experience in life, be it sweet or bitter big or small. The way to be happy and healthy is always to look at the sunny side--the bright side of life.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

LET DOGS BARK

2-8-1979, 5 AM

Everyone is working and doing all things according to their own nature. How really impossible it is to change the nature within! Let dogs bark as per their nature to quarrel. As per your nature, be thou the elephant of strength and forbearance. Thou art That always. Remember thy nature which is Omnipresence, Omnipotence and Omniscience.

Meditate deeply on your real nature and cling to That. When God is within, why look out side? Feel Him in the very cells of your being, from the toes to the top of the head. Feel His Indwelling Presence ceaselessly, Now and Always. Follow SOHAM ceaselessly. Thou art That even in forgetfulness!

HARI OM TAT SAT OM!

LET GOD'S WORK COME FIRST

Blessed are they who allow God's work to come first, middle and last! But alas! How rare and few are such precious souls. In this restless world of present day hustle and bustle, we see around that everything passing and temporal comes first, but not God and His work. To many God and service to the sick and poor comes last.

There are also some people, perhaps many people in whose lives God and His service does not count at all. What they count is only themselves, their self-interests, their family, children and name and fame for their personality.

Let nothing come in the way between God and yourself. Whosoever stands in your way to the realisation of God, even if he is your Guru, father, relative or friend, such a one is truly your real foe. He who gives us an opportunity to serve God's children, to be alone with God and helps us to disentangle ourselves from the snares of the world is our real friend and well-wisher. Blessed are they unto whom God's work is their all in all!

To understand this message we have to classify people in the world into three sections:

1. Those in whose lives God and His service does not play any part.
2. Those in whose lives God comes last.
3. Those in whose lives God comes first.

How sad is the deplorable state of the people who belong to the first category! They cannot be called even human beings. By mistake they were given human forms; or perhaps they have come fresh from the animal kingdom, for they are full of animal instincts and selfish interests. Their life is centred around the motto, "Marry, multiply, live in ignorance and die in bondage". What is the difference between such persons and animals, except in the number of legs? Hence sages have called a man who is devoid of Love of God and service to His children a two-legged animal.

Now comes the average man of the world in whose life God comes last. He longs to be a devotee, but his devotion is to the extent of fulfilment of his family needs. He is more concerned with the comforts of himself, his wife and children, than with the thought of Providence or God. He offers his all-in-all to his business or work, though he is a worshipper in many a temple and subscriber to many a charitable work. But he does not have time to pray or meditate or to visit spiritual places and Ashrams. When he does not have any work he does not have mind to pay an occasional visit to a temple or Ashram, but sits in silence, musing only over his business or goes to sleep getting drowsy. Only his body is here but his mind, heart and soul are hovering over his business.

Last comes the God-man to whom nothing exists except God and the service to His children. He wakes up with God, works for God and sleeps in God. Unto such, the day begins with God, continues filled with His Presence and the day ends in God. God alone is the only Reality, in spite of all the changes in life and the world, and He is all-in-all to him. Such ones are the True Images of God. Their life is a sacrifice to God. They are the flowers of humanity and all others are a mere burden to the Mother Earth. May all Homage be unto such Godly Souls! May God's work come first to us always.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

LET THE SUN IN THEE RISE

It was yet dark when I went to the beach. There was a glimmering light all around, especially on the horizon, as there were signs of the Sun coming out soon. Slowly the ball of fire, the Light of the world was emerging over the horizon from the very bosom of the sea, dispelling all darkness and all kind of clouds small, big and thick. How can any kind of cloud dare to face the living Sun?

I was in ecstasy hence closed my eyes and repeated unconsciously *LET THE SUN IN THEE RISE*. Where is the SUN within? He is there in the stillness of one's own purified heart. He is there in selflessness and desirelessness. He is hidden where the clouds of evil propensities, the inordinate desires exist or hover. With the dawn of wisdom all clouds of ignorance are dispelled.

Let the SUN in thee arise! The breath within, your own breath, helps you to locate the Sun within. Just follow your own breath patiently and persistently, until it leads you to the realms of Light, the source of the Sun outside.

With closed eyes, as I pondered and meditated invoking the Indwelling SUN to rise, there was Light within, Light in the very cells of my being. It is Light from top to toe.

The Lord said, "Let there be Light" and the Light was there at His command. The Light is always here, there and everywhere from eternity to eternity. All that it needs is only our RECOGNITION or AWARENESS, NOW and HERE in this living moment!

My joy was brimful, my ecstasy was complete. The Sun is me rose to greet the Sun without, His outer image. May all Glory be unto the Sun of suns, who is both within and without and One without a second!

MAY PEACE BE UNTO ALL!

LIBERATION IN A FLASH

WALTAIR

Who does not wish to have liberation, freedom from the sorrows and ills of the finite life? Consciously or unconsciously everyone wishes to have liberation. No one wants to be miserable. Each one longs to be happy, perpetually happy.

Alas! Who is happy? Where are the people who are happy under all conditions, whose happiness is eternal? Maybe there is hardly one in a million, for it is not so easy to be happy eternally in this world of endless changes.

Happiness lies only in the changeless, in the Infinite and in the Eternal. *LIBERATION IN A FLASH* is the happiest news, which is ever given out, for there are many who believe that liberation cannot be had in one birth or even in many births.

It is true that it takes many births and even ages for the ignorant and selfish, who are not willing to pay the price to be liberated. Yet, for the WISE, the selfless it is not apt even to say that they can be FREE in a flash or in the twinkling of an eye, for they are already liberated. They are eternally Free, for FREEDOM is their Birthright.

Liberation is not in Heaven or the Sky. It is not far away or outside of man. It is within, verily, the KINGDOM OF HEAVEN IS WITHIN. Lo! Do not say that Heaven is here or there, for it is everywhere. It is the blessed state of Transcendental Glory. One can taste it in the stillness of his purified heart. Then he is free to express it in his busy life of the world, in all his thoughts, words and deeds, for it is always there within, without, above, below and all around.

Friends, let us close our eyes for a moment, to pay our Homage in SILENCE, to this COSMIC LIGHT, which is pervading and permeating the very cells of our beings as well as the world, which is the only ever abiding Reality. Awareness of the Presence, the Infinite, the Eternal and the Indivisible LIGHT, NOW and HERE, brings you liberation in a Flash.

Verily, you are ever Free, Liberated Eternally! The Liberated is the LIGHT of the world.

HAIL O LIGHT OF LIGHTS!

PEACE! PEACE! PEACE!

OM! OM! OM!

LIFE'S VITAL QUESTIONS

16-3-1950, TOTAPALLI HILLS

(1) Question: Since the very beginning of the creation and the dawn of civilisation, what is the highest discovery that has ever been made by man--the living IMAGE OF GOD? Is it the Cinema, Aeroplane or the Telephone, Wireless, the Television or even the Super Atom Bomb, that can destroy the whole world?

Answer: No, none of these are real discoveries. The real discovery, the greatest invention is SELF KNOWLEDGE.

(2) Question: What is the Highest Treasure, the greatest Treasure, the Richest Treasure in all the world, nay even beyond this world of senses? Is it to own the Diamond Rings of Golkonda or the Kolar Gold fields or to be the possessor of the Kohinoor itself, or all the wealth in the world?

Answer: No, none of these are real treasures. The real Imperishable Treasure is YOUR SELF.

(3) Question: What is the greatest delusion, the darkest illusion, the thickest MAYA, which makes even the learned and the wise deluded? Is it attachment to body, learning and the world, or is it more than these little attachments?

Answer: It is the SOUL DELUSION OR SELF-FORGETFULNESS.

Man being the Living Image of God, forgets the real SUBSTANCE within and runs after the shadows in the mirage of the world, making himself a slave of outer dependence. He prays, begs, crawls, sneaks, weeps and appeals, making himself lifeless and Soul-less, relying on Anthropomorphic Deities. What else does he not do, burying the SELF EFFULGENT SOUL within and running after glittering names and forms in the outer world of delusive senses?

(4) Question: What is the remedy?

Answer: ATMA BHAVANA-- the SOUL-CONSCIOUSNESS, the AWARENESS OF THE GOD POWER, NOW AND HERE, is the only remedy or panacea for all the ills of life and sorrows of the world.

(5) Question: Where is the Panacea?

Answer: It is in MAN, it is within HIMSELF. He HIMSELF is the Panacea. Oh! Man wake up, BEING THE LIGHT OF LIGHTS, WHY BEG FOR A LITTLE MORE LIGHT burying the LIGHT within yourself? Pray! Give a death blow to outer dependence or self-forgetfulness. Be the discoverer of your SOUL the possessor of the Richest Treasure namely YOURSELF.

May Peace be unto all the Discoverers of their SOULS and the Inheritors of the NECTAR OF IMMORTALITY, which is ever within, awaiting recognition in the stillness of the purified hearts.

May all Homage be unto THEE, OH SELF-SHINING SOUL!

OM! TAT SAT OM!

LIFE IS A WAVE IN THE SOUL OF THE OCEAN

20-10-1949, 5 AM, TOTAPALLI

The SOUL, the LIFE, the BREATH, the MIND and the THOUGHT are all ONE and the same substance, though expressing in different stages and degrees. That which exists is one and all the various manifestations come from that One Source.

The Creation comes from the Creator. The creation can never be separated from the Creator. Wherever there is the creation, the Creator is there, for without the Creator there is no creation. In fact, creation is the projection of the Creator.

Peace belongs to the one who sees the One in the many, but never to the one who clings to the form, the manifested, denying the unmanifested. The SOURCE, CHANGELESS HAPPINESS, ABIDING JOY, PERPETUAL BLISS, is only in the ONE, the source, but not in the finite objects of form and name.

Blessed is the one who knows that **LIFE IS A WAVE, IN THE SOUL OF THE OCEAN**. The Ocean, wave, eddy, bubble, froth: are not all these one and the same vast sheet of water? Take the SUN OF SUNS, the source of all manifestation or the sun, the light of the world. Its different rays and their radiance, which is filling the creation, are not all these from the one LIGHT?

Let us consider again the seed of the tree, the sprout, the roots, the tree, the branches, the flowers and the fruits; are not all these from the one source? We can take even a common illustration of ice, water and vapour. Are these three different, or one in substance? Ice is solid in one form, when it melts, it becomes water, when the water gets boiled, it becomes vapour; but are not all these one and the same substance?

Suffering and misery begin when man, the deluded and ignorant man, starts to separate life from the soul, wave from the ocean, ray from the sun, the tree from the seed, the liquid from the solid and the fragrance from the flowers. Verily, what a blessed thought and Truth it is that **LIFE IS A WAVE IN THE SOUL OF THE OCEAN**. Let us recognise not the wave but the Ocean, the Base, the Soul. The wave is passing, it rises, for the time being alone; it changes, but the Ocean is permanent. Eternal and unchanging. There is sorrow in the change and in the finite; and there is bliss in the unchanging and in the Infinite.

Man in ignorance again wants to separate one life from the other lives. Is it possible to separate one wave from the other waves? He struggles to separate one ray from all the other rays of the sun. The ignorant man wants to cling to an atom ignoring all the earth, hence the chaos, suffering, agony and death-like struggles, all in the name of delusive separation.

For the Peace of himself and the Peace of all in and around him, nay, even for the Peace of the Universal whole, all in the world, let man begin to identify or merge his finite life in the Infinite soul. Let the wave merge in the ocean, let the ray merge in the sun and let the atom, the tiny particle, merge in the mother earth.

The watchword of Peace or happiness is UNITY, but never separation. Now, let the finite life, the tiny wave, merge and dance in the ocean of the Soul of the SAT, CHID and ANANDA, the Existence Absolute, Knowledge Absolute and Bliss Absolute!

Indeed, **LIFE IS A WAVE IN THE SOUL OF THE OCEAN**, and the wave becomes the Ocean as it merges and mingles with the limitless waters of the ocean. Similar is the case of the ignorant man and his finite life. As he merges his finite life in the Infinite, the tiny ego in the ocean of God consciousness, Peace that passeth all understanding will be the natural result or residue.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

LIFE, LIGHT AND LOVE

27-12-49, KAILASH,

LIFE: Life is two kinds--the finite life and the Infinite Life. The finite life has a beginning, middle and end. Hence, we are not concerned with the finite life. What we want we to know now is about the Infinite life, which is beginnings and endless. Infinite Life alone is the LIFE, SOUL AND GOAL of existence.

Question: Is the Life within or without?

Answer: It is both within and without.

The finite life is within. One can feel it so easily within, without the least effort. Let us be satisfied now by feeling the life within, in our very breath. Let us feel it also in the very cells of our being. Verily, life is pervading and permeating our whole body from the very toes to the top of the head.

Now let us go to the next step.

LIGHT: Light also is of two kinds--the finite light and the Infinite Light. we are not concerned here with the finite Light that comes and goes. Our concern is with the Infinite Light that never goes out and which is perpetual and Eternal. The LIGHT that never goes out is both Within and without. One can recognise it without or outside so easily without the least strain, for we are filled and surrounded with the light of the sun, especially in the day time.

Question: Is there any relationship between Life and Light?

Answer: Yes! There is the greatest or highest relationship between LIFE and LIGHT for they are never two but ONE.

There is LIFE in the LIGHT and there is LIGHT in the LIFE. Life cannot live apart from the Light and Light cannot live aloof from the Life.

Where does the LOVE come now? Hence, let us proceed to the third step.

LOVE: When the life within meets the Light without, the inevitable result is LOVE. It is the off-spring of both Life and Light. Love is the result of the fusion of the great attributes or life principles, the Life and the Light.

Devoid of life, man is dead. He is a mere corpse. Without LIGHT, man is devoid of SOUL. He is a living corpse a JIVA MRUTA: dead, though living. But with the fusion or combination or awareness of Life and Light man becomes a JIVAN MUKTA-a living god. Verily, GOD IS LOVE. This is the essence of all the religions in East and West. LOVE IS GOD. This is the climax of all the living Philosophies in the world. Life and Light lead us towards LOVE--the Love which excludes none but includes all. The LOVE which is universal, Infinite and Eternal is what every man seeks ultimately, consciously or unconsciously.

May the LIFE within lead us towards the LIGHT without and may the Light without lead us towards the LOVE everywhere--which is both within, without, above, below and all around!

May we INHALE LIFE and EXHALE LIGHT and BEHOLD LOVE!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

LONGEVITY

What is the secret of my longevity all these 80 years? As many of you think, it is not the simple food that has been the cause of my longevity, although I gave up taking rice, the staple food of Andhra Desa, as a mere boy in teens. I have been eating anything offered by the devotees everywhere in East and West, although I give preference to raw diet, salad consisting of tomatoes, cucumbers, tender coconuts etc. Fruit salad with bananas, oranges and other fruits has been one of my favourite dishes, along with other vegetable salads.

Even now I take joy in sharing with my Loving Readers that to me, no cooked food however delicious it may be, tastes better to me than the uncooked food of vegetable and fruit salads. All along I have been indiscriminate, often eating wrong diet consisting of cooked vegetable dishes, even at midnight hours, just to keep company. Eating when not hungry is a weakness with many a man. I feel deeply grateful to God for making me free of even drinking tea, coffee or any stimulating beverages and keeping me alive with a taste for raw diet, like salads etc., even now.

Now coming to the real secret of my longevity, strange as it may sound it is the LOVE OF MAN, considering all as my own. In me there are neither strangers nor outsiders for all are my own. Strange as it may sound, I feel that in me, dead and living all are alive and near to my heart, even the so-called departed are alive to me.

Krishna is in me singing his Celestial Song the Gita. Christ is in me giving out his Sermon of the Mount, stretching his arms to humanity with the loving words COME UNTO ME. Thus, Ramachandra the Ideal of millions of devotees is in me. Buddha the Lord of compassion, Mohammed, Zorasthra, Mahatmaji, Ramakrishna Paramahansa and Vivekananda, Rama Tirtha and Dayananda and all the sages and saints of East and West are in me.

I feel so happy to have within me the Sage of Arunachala, Sri Ramana Maharishi; the Gurudev of the Himalayas Sri Swami Sivananda; Pujya Ramdas-Purushotama Papa with Pujya Mathaji and all the other saints and sages of past and present.

All are within me, every cell in my body represents a saint, how happy, contented and strong I feel to have not only the Avatars, saints and sages of the past and present ever living in me now, but to have you all also within me, my Loving Readers!

This is the secret of my longevity, LOVE OF MAN. There is another secret of my longevity. One can love those who love and worship us but it needs the strength of the Blessed Christ, Buddha the compassionate and Lord Krishna, to love and bless those who hurt us. Love thy neighbour, love thy enemies. Let love alone flow from you, even towards those who do not have time to see the silent work of the Ashram spending sometime in rest and Peace the goal of human birth; or to help the suffering Gurukula children and aged people. Those who are busy in hoarding perishable wealth, neglecting the IMPERISHABLE wealth within themselves, who do not have time to repeat the simple PEACE PRAYER or any other Prayer for the Peace of their souls. How life-giving and soul-awakening are the words of Sri Gandhiji when he repeated,

"I CAN LIVE WITHOUT FOOD BUT NOT WITHOUT PRAYER."

Thus my day begins with Prayers for the Peace of all, repeating the Holy Mantra SRI RAM JAI RAM JAI RAM OM, and filling each and everyone in every religion and Nation with the vibrations of God who is all Love. Verily, **God Is Love And Love Is God And Where Love Is, There Is God.**

Thus, the real secret of my health and happiness, my longevity, is LOVE OF MAN, love of you all. My love flows towards one and all those who love me and who do not understand me, in torrents and rivers, filling their hearts with understanding, harmony, love and Peace. Verily, the way to be happy is to make you all happy.

Another secret of my longevity may be that I have been taking a glass of water with lemon juice at the dawn of every day, sharing every sip with all the Avatars and Saviours, with Prayers for the Peace of you all, since the last sixty years.

Shanti Ashram, the Mission of Peace, is filled with hundreds of inspiring mottoes to help the seekers of Truth as mantrams, sacred statements or affirmations. Here are a few of them that have been my inspiration and helped me for my longevity:

1. Inhale and Exhale Peace thy Birthright, with every breath.
2. Religion and life are not two but one.
3. He who wastes moments wastes all his life.
4. God is love and love is God, and where love is, there is God.
5. The heart devoid of love is a cemetery.
6. I weep for those who do not weep for God.

Only a visit will give you an idea of the noble work of the Ashram. Hearty Welcome to all the Lovers of Peace.

My Dear Loving Readers, at the dawn of the fast approaching 80th year my heart longs to enter into your devoted hearts with the simple secret of longevity by repeating the Universal Mantram, holy Affirmation:

***The world is my Home. Its people are my Sisters and Brothers
and to love and serve them is my Religion, be they Presidents or
Peasants, rich or poor, known or unknown, learned or ignorant, young
or old, even dead or alive.***

At the dawn of the 80th year of SILENCE-MOUNAM in the name of Longevity, may I request you all my dear friends and well-wishers to help me with your Loving Prayers and sympathy by repeating the Vedic Peace Chant:

May there be Peace in Heaven,
Peace in the sky,
Peace across the waters!
May there be Peace on earth!
May Peace flow from the herbs, plants and trees,
May all the celestial beings radiate Peace.
May Peace pervade all quarters!

OM! OM! OM!

LONGING TO DO BIG THINGS

Someone said that **"IF I AIM AT THE SUN I MAY HIT A STAR."** Hence, it is helpful to AIM HIGH. I am longing, as the Ashram is fortunate now to have the services of a number of selfless and dedicated workers, to start a SHANTI GURUKUL to train youngsters, giving all round basic education especially with the basis of universality, emphasising the Truth that THE WORLD IS MY HOME, ALL PEOPLE IN IT ARE MY SISTERS AND BROTHERS AND TO HELP AND SERVE THEM IS MY REAL RELIGION.

It is always the tender plant that can be easily bent, but not the sturdy grown-up tree. What a privilege to sow seeds of universality, wiping away the man-made differences in castes, creeds and nations; sowing Eternal Peace and all-embracing love in the tender hearts of the future generation who will be the builders of the nation and the architects of the world.

Some people might laugh at my day-dreams, my aims and aspirations, but it is my soul's earnest wish and prayer now to manufacture, to prepare, to turn out a number of Gandhis, Christs, Krishnas, Buddhas, Muhammads, RamaKrishnas, Rama Thirthas, Vivekanandas, Dayanandas, Emersons, Wittmans, Mirabais, Saradamanis and Saint Theresas etc., etc., in our Shanti Gurukul, for the good of the world and for the Peace of all.

Is it possible? Why not? Is not the seed of Divinity inherent in everyone? Is not the acorn present in the mighty oak tree? Is not the big Banyan tree the outcomes of a tiny seed?

Let this life's soul and goal, the one aim be only to create, to make a few Gandhis and Christs, Buddhas and Muhammads etc., for their spirit is verily in us now and always. The Divine Mind which was in them is in us also now. The same Presence, the one Presence pervades and permeates all of us, nay, the whole universe, from Eternity to Eternity.

What a privilege to see a Gandhi, a Christ, a Krishna, a Buddha, a Mohammed in every child on the face of the earth! Verily all are the living images of the one Indivisible God.

May His richest blessings be upon us to make everyone aspire to become a living Gandhi, or a loving Christ, a Saviours of Humanity; and may He grant us the strength to make our Shanti Gurukul a blessing and thus help us, is the prayer of your Swami Omkar.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

LULLABY OF SOHAM

In the blessed moments of absorption and ecstasy when I am alone with God, sometimes I converse thus: *"Dear God, my play is finished, for I cannot pray any more. I cannot even meditate anymore. The least exertion even to open eyes or close them to see thee without and within, appears a strain. What shall I do now?"*

The Lord seems to say in His still small voice, *"My child, I am pleased with thee. You need not exert anymore, within or without, with prayers or meditations. Be still and know **Thou Art That**. Am I not singing the Lullaby of Soham from the moment of your birth, nay, from the very beginning of creation? Pray, attune yourself with the Soham Energy, the only changeless Reality. Just follow your own Soham, My Divine lullaby. Recognise the Self-effulgent Light, the ever-present sweet lullaby, the life-giving and soul-awakening Soham with each and ever inhalation and exhalation, now and always!"*

OM! OM! OM!

MAN'S VANITY

If a Sanyasin or a yogi or a great man is honoured, saluted and garlanded very often by admirers and disciples and if he occupies a high seat always, he finds it difficult to return the

salutations or bend his body or sit down on the floor. After some time vanity creeps into his mind unconsciously and he becomes a slave to respect and honour.

Sometimes a Rajasic man asserts and says *"I will never withdraw my remarks and statements even if I die. I will never yield. I will never talk to him first. I will not greet him first nor apologise"*. These are the expressions of a man of vanity. If his vanity is wounded he will try his best to attack and kill those who have wounded him. If a man corrects his nature and develops a little humility and adaptability, if he can bend a bit and speak sweet words, he will win the hearts of all and become a real king of the world.

Man suffers terribly on account of his wounded vanity. He cannot stick to his position in one place, to one superior, to one Guru. He creates troubles, fights and quarrels, loses his conveniences and other advantages and wanders aimlessly from place to place, dragging a cheerless existence. All these are due to his wounded vanity and stiff ego, which is harder than steel or granite.

Maya is very powerful. She deludes man. He does not have time to introspect and look within to find out his defects. If his defects are pointed out he gets annoyed. He repeats the same mistakes and retains his vanity birth after birth and so suffers endless misery.

OM! OM! OM!

MAY I FOLLOW YOU

It was the hour of evening, the sun was about to set behind the blue hills. I was getting ready to go out towards the beach for a little walk and meditation. Suddenly one student came from the University. He was given Ashram leaflets etc., and also the Album of photos, that represent the work of the Ashram, both here and abroad.

After a few minutes talk, the student was requested to come again leisurely, considering the Ashram as his spiritual home. When he saw that I was going to the beach he said, "May I follow you?"

Why follow this form and name? What is there in following the ever changing form and name? One should follow the Changeless and Nameless, that which is Eternal. God-head or Truth is within, in the stillness of one's own purified heart. One should follow his inner Voice which is ever within.

But alas! Man has become a slave of following someone or the other, for it is so easy to follow others. It is easy to project the mind externally and very difficult to project it within or draw it into itself. There are millions to follow, but there is only one in a million who does not follow anyone, who stands still, abiding in the Indwelling Presence.

The men of Self-reliance do not follow others, however big and mighty they may be. Follow God not any man. The man who does not have a will of his own follows each and everyone like a blind sheep, and finally falls in the ditch of ignorance.

Ignorance says: FOLLOW!

Knowledge says: BE STILL AND KNOW THAT I AM GOD, the One Indivisible Truth or God-head.

May we have the strength to follow only the Inner Voice, the Living Christ, the Indwelling Presence!

MAY PEACE BE UNTO ALL!

MESSAGE OF PEACE

USA

Dear Children of Immortality, allow me to greet you as your own brother, for we are all children of the same Almighty Father.

I am not writing this to take your time, but striving to make you feel your inseparable oneness with God, be it even for a moment. If there is Peace or Joy or Life that knows no change anywhere in the world, it is only in our oneness with God or Spirit. That which exists is One even though called by many, by many a name. So let us not quarrel or bother our heads with the names, but enter into the depths of Truth where we are all one in Him.

When changeless Peace is in this Oneness and Universal love, is it not ignorant to search for it elsewhere, neglecting and forgetting this great oneness or brotherhood of man? What joy is there in calling myself separate from you? Is joy in separation? Separation is ignorance. So if you examine by your own experience you will not fail to find misery as the result of all divisions and separation. Eternal joy is only in oneness and in all-embracing love.

When we can understand the simple word "LOVE", we have understood and even realised all that is to be known. Everybody repeats the word love but nobody seems to understand the great significance of the same. If we know this simple Love then there is no space for separation, strife or disagreement. Real love cannot be divided. It excludes none but it embraces all, irrespective of differences, from the tiniest atom to the biggest sun.

O, what else do we need if we could only feel that we are one in this Great Love? Love is God. Have we not all come from God? Are we not all living in God, and bound to merge in Him alone sooner or later? When we are always one and never separate either in the past, present or future, what necessity is there of all these differences in castes, creeds, colours and nationalities? All these differences are only in the outer sheaths, on the surface, but never in the Spirit.

Are we not yet tired of these outer names and forms of religions and nationalities? Has not the time come to behold the same spirit within and without, in one and all? How long shall we cling to these outer garbs of religions? Peace is never on the surface, but deep within our own selves. It is a disgrace being the children of Immortality, to be satisfied with the toys of names and forms. So long we cling to these outer garbs we cannot help but have strife and differences. So let us fling aside these outer garbs and try to taste the nectar of Peace which is our Divine Birthright, by merging within, in that great love that knows no change or difference.

We all wish to see the whole world filled with Peace. We crave with heart and soul for World Peace. Glory be unto all of us! But what are we doing for spreading this Peace in the world? Can the world be filled with Peace just by our wishes? Nothing can be done by mere words and empty wishes. Let charity begin at home. Let it begin first in our own lives. Without having Peace in you how can you dare to think of filling the whole world with Peace? A beggar is not expected to give a dinner to the whole world. When there is Peace within you, you can spread the same Peace without also.

The easiest and nearest way of filling the world with Peace is to fill our lives with Peace and then to radiate the same Peace in our homes and to share it with all those who come in contact with us. If everyone tries to live an ideal life of Peace, then surely the world will be filled with Peace. Before we think of giving Peace to others, we must become emblems of Peace. So let us be filled with Peace in this second alone, both for our own good and for the welfare of the world. This alone is the surest and direct way of elevating the world.

So I pray for all the well-wishers of Humanity and for all the Peace Makers, to live in Eternal Peace or Universal Love, and thus help the world in thought, word and deed. May Peace alone reign in all the hearts of all of us is my constant prayer!

MILLIONTH FRACTION OF A SECOND

Do you know what is a millionth fraction of a second? It is very difficult to comprehend, for it is small of the smallest and minute of the minutest. Any sane and intelligent man knows what time is. He knows the years, months, weeks, days, hours, minutes and seconds. The average man goes only as far as a second. He cannot go beyond it.

Maybe the analytical man and the scientific man can divide the second into a half portion, one fourth, one eighth, one sixteenth; nay, even to one hundredth and one thousandth fraction. But can he comprehend the duration of a millionth fraction of a second? It almost looks beyond comprehension of the finite mind. When man fails to comprehend the tenth or twentieth fraction of a second, how can he comprehend the millionth fraction of a second?

In this message our consolation is that we are not concerned in trying to comprehend the incomprehensible, in knowing the millionth fraction of a second. Our theme now is that a man of illumination or God-Realisation, cannot afford to forget the LIGHT within, his soul, even for the fraction of a millionth second.

Is it possible? How can the Light forget itself? Does the sun ever forget its Light? If so, how can the sun of Suns forget His Infinite, Eternal, stupendous and Self-effulgent Light? The greatest comfort and consolation is that LIGHT is there, the LIGHT is always there, here, there and everywhere within and without, whether one knows it or not, whether one ignoring it in all his life or for the millionth fraction of a second.

When a God-man is unable to forget the Light even for a millionth fraction of a second, what about the man of the world, the man of selfishness who is living for himself and denying the God Who is everywhere not only for seconds, minutes, hours and days but for weeks, months, years and births?

Both the men live in opposites of extremes, one in LIGHT, with awareness and the other one in Darkness, in oblivion. One is going on the upward path of Illumination and Nirvana and the other one is going on the down-ward path of ignorance and death. How true are the words that HE WHO WASTES MOMENTS WASTES HIS WHOLE LIFE.

He who takes care of seconds takes care of the millionth fraction of a second too. He who knows the invaluable worth of a second, knows the value of his whole life. The essence of this message is FORGETFULNESS OF THE LIGHT IS DESTRUCTION, CHAOS, DARKNESS AND DEATH. And, AWARENESS, PERPETUAL AWARENESS OF THE LIGHT THAT NEVER GOES OUT IS LIFE, LIGHT AND LOVE, IT IS PEACE, POWER AND WISDOM.

Dear Friend, may we meditation now on the Light that never goes out, the Light which is perpetually shining in the sacred sanctuary of our purified hearts, nay, the Light which is the life and soul of the universe itself, never ignoring, forgetting and denying it even for the millionth fraction of a second, is the prayer of your brother Omkar!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MR. DEEDS GOES TO REST

18-9-1950, 10 AM, WALTAIR

During one of my sojourns in USA, I remember to have heard of a Play called "Mr. Deeds goes to work". Perhaps the name of the Play is MR. DEEDS GOES TO TOWN. But we are concerned now only with DEEDS but not with WORDS. Today I do not know why and how the name of this Play came into my mind after such a long lapse of twenty years. But anyway my thoughts now are on DEEDS, not on Mr. Deeds and the Play.

When I see the heavy CAST on the leg, I smile and repeat with contentment: *"It is no longer a dream, not mere words or talk, but a helpful deed of real service to one of the unfortunate children of God"*. In a way, I am happy and proud now that I can justify my existence, because I am privileged to do at least one little real out-standing and helpful deed in all my forty years of spiritual life.

Now, I can close my eyes in Peace if the call comes. If it is His will, I can also continue to live in Peace, glorifying Him for the blessed privilege He has given me, choosing me among millions of His children, as one of His instruments of service. May all Glory be unto Him!

Now, the interesting part of our present theme is: Mr. Deeds instead of going to WORK, is resting! This is a forced rest. For twenty days there was the heavy cast and now a lighter one. I was told by the good surgeon that this new dress or cast has to be kept on for a month more and that the weight of the body should not be borne by the leg in the cast, it seems Mr. Deeds should rest nearly six month, for it will take at least six month to be his normal self, as far as walking is concerned. He will be allowed to climb the Hill, to reach the Blessed Kailas only after six months.

Is Mr. Deeds to rest all these six months, without doing any work? Too much rest creates inevitable rust. There is a saying, a motto in the Ashram: "REST, THOU SHALT RUST."

At any cost, cast or no cast, I am determined not to allow Mr. Deeds to get rusted, even in this forced long vacation. As the leg is in a cast, I am not allowed to walk with the physical frame, but I can run about in the realm of dreams and aspirations. I can even fly in the heavenly regions of Blessedness and Peace, facing God all around, within, without, above, below, nay, recognising Him in every face of the earth-bound creatures, as well as in the Heaven-bound celestial beings.

At last, I can rest in Peace now without the need of satisfying the hydra-headed mob, the blind sheep, answering all their silly questions of what I have done in the past, what I am doing now in the present and what I am going to do in the future. Mr. Deeds is happy now to be contented in doing NOTHING, for he longs to be NOTHING too. Actually, he is verily NOTHING--SOONYAM, which is COMPLETENESS in other words. Mr. Deeds can never rest for he is free from lazy bones, hence he longs to work ceaselessly wishing the good of all, in the East and the West; for in serving others we are serving ourselves, the ONE INDIVISIBLE SELF.

Above all the SOUL, the Almighty Soul, the Indivisible Soul neither works nor rests, for it is POORNAM, COMPLETE, ever full by itself. Whether it is in work or rest, may we ever abide in COMPLETENESS expressing the same in all our thoughts, words and deeds!

Mr. Deeds goes to work. My Friends, do you wish to be Mr. Deeds or do you wish to be Mr. Words? Do you wish to work or rest? Blessed is the one who aspires to be Mr. Deeds!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MUSINGS WITH THE SUN

8-2-1951, 4 AM, KAILAS

In the early hours of the dawn, before the sun comes up from the horizon, I often go towards the Shanti Plateau from Kailas, down the road, only a distance of two furlongs. Then I sit in silence, facing the Rishi Konda view, one of the most enchanting and soul-stirring scenes surrounded by the ocean and the hills. There I wait in the blessed solitude of stillness, looking at the East horizon for the dawn of the sun.

At first, there is the glimmering of light dispelling the deep darkness of the night. Then slowly the horizon, the deep waters of the ocean, the high ranges of hills and all the world, gets filled up with Light and Life. When the ball of fire, the very image of the sun, appears to come out on the horizon, it is a sight to be seen but not to be described. With bated breath man cannot help but offer his heart's homage in all silence and reverence.

Looking unto the soul of the sun, I had the privilege of the following communion or conversation with the effulgent Sun:

Myself: Dear Sun, what are your thoughts today?

Sun: Why today alone, my thoughts are the same every day, either in the past, present or future.

Myself: Please tell me of your thoughts for the enlightenment of all.

Sun: My rays are my thoughts. My thoughts fill the world with light and life. They penetrate into the remotest, dark corners driving away gloom and darkness from the world.

Hearing these life-giving and soul-awakening words, I was silent for sometime falling into a deep reverie, facing light all around. As we both, the sun and myself, began to look into each others souls, the Sun appeared to have asked me thus:

Sun: O Man, what are your thoughts? Since I have told you of my thoughts, let me hear of your thoughts also. The wise say that you are the Sun of suns, and the Scriptures that you are the Splendour of Millions of Suns.

Myself: O Sun, what you say is right. That is what the scriptures write and the wise man, the men of illumination, say.

Sun: But where is the Splendour of Millions of Suns in your thoughts, words and deeds, in your daily practical life? Is not an ounce of practise worth more than all the tons of theory?

The message of the sun, the startling and powerful words of the Highest Wisdom, began to penetrate into the very cells of my being, I felt deeply moved and touched at the loving words of Truth and strange as it may sound, tears began to flow unconsciously in ecstasy.

Bowing my head in all reverence and veneration to the light of the world, for the Highest Initiation in Speechless Silence, with a fresh resolution to express nothing but the Splendour of Millions of Suns in each and every moment of life, I retraced my steps unwillingly towards Kailas, repeating ***let every thought be a flame of huge fire, a burning sun, for I am the Sun of suns and my Birthright is the Splendour of Millions of Suns.***

I speak no more finite words, but I hurl now Atmic thoughts of Infinite Light on the suffering and struggling world of humanity, which is seething with fear of every kind, expecting destruction and death in the man-made wars, all because of the forgetfulness and denial of the Creator, the Sun of suns!

May Man remember his Creator for the Peace of his soul as well as for the Peace of the world!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY BROTHER

WALTAIR

It was in the ancient days that the following story comes from the life of Count Tolstoy. It was a personal experience that happened during his life time. Tolstoy, from the day of his

awakening was the friend of the poor, the helpless and oppressed. He was always trying to share whatever he had with the unfortunate fellow sisters and brothers.

One day he was passing through the streets of Moscow, the Capital of Russia. There was a beggar crying out for alms. He was hideous to look at, for his body was full of boils. Puss was oozing out from the neglected boils. Even bad smell was coming out. Some people were going out of their way to avoid the beggar and the repulsive odour of his boils.

Tolstoy stopped, looked at his pitiable condition and went nearer the beggar. He searched his pockets to help the beggar. Alas! He did not have anything in his pockets. He was sorry because he was not able to give him anything. Hence, he put his hand on the beggar and said, "MY BROTHER, I DO NOT HAVE ANYTHING TO GIVE YOU TODAY EXCEPT MY LOVE AND NOW I LEAVE IT WITH YOU."

At the very touch of the Hand of Love and at the very sound of the words MY BROTHER, the face of our poor unfortunate beggar beams with joy and gets transfigured, for no one ever touched him with sympathy and no one in all the world ever called him by the sweet name: MY BROTHER.

The poor beggar shook the hands of Tolstoy, with all his gratitude again and again, shedding tears of ecstasy for making him his brother. The beggar, whose very presence was shunned all along as a parasite was made now to feel as a fellow pilgrim and brethren the world of humanity, under the canopy of the Fatherhood of god. At that sacred moment, when man greeted man as his fellow brother, the beggar felt as if he had received all the wealth in the world. Verily, a word of human sympathy is more valuable than all the goods of the world. What the sad world needs is A LITTLE HUMAN KINDNESS AND LOVING SYMPATHY.

Man has learnt to use big words without caring to know their deep meaning or great significance. How many of us address everyone we meet as MY BROTHER without meaning anything? How many of us write letters as a mere formality, without recognising the kindred nearness, in the name of the BROTHERHOOD OF MAN. Alas, how man has become mechanical, lifeless and Soulless! The sooner he relaxes his false, ludicrous and slavish condition, the better it is for himself and others.

How blessed it is to recognise God in MAN, in every man irrespective of the man-made differences in the life or status of man! Are we not taught that man is a living Image of God? When, why not recognise Him, especially in the sick and the poor, the wretched and the unfortunate, the oppressed, the depressed and the persecuted?

Friends! When we say or write the sweetest words MY BROTHER let it mean something vital, sacred to us! Let us recognise our inseparable, eternal and indivisible UNITY, each time we use the precious words MY BROTHER with our fellow Sisters and Brothers.

May all the people in all the Religions and Nations be our SISTERS AND BROTHERS in the East and the West for ever and ever!

Moral: It is for the Peace of our Souls that we are to love, help and serve the poor neglected beggar for he is our own. Verily, he is the Living Image of God!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY CHRISTMAS IN KAILAS

25-12-1952, 2 AM, KAILAS,

CHRISTMAS PRAYER.

*May Thy brave, bright Spirit burn,
Jesus, in our heart-shrine urn
fed by Thy Ecstatic Love,
Guarded by the Hosts above!
AMEN.*

--Sister Sushila Devi

The hour was still, for it was the hour of midnight, the Holy and Sacred hour when the Holy Christ is believed to have been born. My writing table is clustered with all the Christmas Greeting Cards that were received from friends in far away America etc., bringing the memory of the blessed Christ nearer and closer more than ever. In His memory, I have lighted incense in the silver OM stand, and its fragrance of Holy Peace is steadily going out, spreading itself, silently not only in Kailas, but all over the world.

Dear Loving Friends, can you inhale the sweet fragrance of Peace, which is wafting at this midnight hour from Kailas, in the memory of the blessed Birth of the Sacred and Immaculate Christ?

In His memory I have lighted also a candle. To me, the flame of the candle represents the Mystic syllable AUM--having the three flames, covering Omnipresence, Omnipotence and Omniscience--past, present and future, including the gross, mental and casual bodies; and leading finally to the Transcendental State of formlessness and completeness.

My friends, please light a candle and watch the three flames in the one flame, representing FATHER, SON and HOLY GHOST. The Father is in the Son, and the Son is in the Father and the Father and the Son are in the Holy Ghost, the ONE WITHOUT A SECOND.

I am in Christ, because He is Omnipresent.

Christ is in me, because He is Omnipotent.

Christ I am, because He is Omniscient and One without a second.

Be still and know that I am God!

Lord! Speak, Thy servant heareth.

My Loving Readers in East and West, may the spirit of the Holy Christmas, Blessed Christmas, Happy Christmas be with all of you! In memory of this Sacred Christmas let the CHRIST be born in the stillness of your purified and consecrated hearts. **Blessed are the Pure in Heart.** In STILLNESS He is conceived and in SUPREME SILENCE He is born! HALLELUJAH, praise Ye the Lord! Verily, the MIND that was in CHRIST is in us now, so let us now express Him in all our thoughts, words and deeds.

May PEACE and GOODWILL abide among individuals as well as Nations, on this Holy day, as well as on all the days to come. Above all, by his Grace, let us establish in memory of this Sacred Day, Peace in our purified and dedicated hearts so that our individual Peace will pave the way to Universal Peace!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY FORTH DREAM (THE CALL OF THE MOTHER)

Those of you who have read *MY THREE DREAMS IN KAILAS*, will be very much interested to read of this fourth, the final and the last dream in these days of my silence. This is the CALL OF THE MOTHER. Call it Mother, the Primal Energy, Godhead, the Supreme Self, the Life Eternal, Peace Profound, Heavenly Father, Brahman, Allah, Nirvana, Samadhi, Relativity of the Sage-Scientist Edison or the Fourth Dimensional State of the Mystics of the West. As repeated by Sages of both the East and West, times out of number, *that which exists is ONE and men call it by various names.*

It is not the names that matter, but it is the Call of the Mother Divine that matters and changes the lives of individuals from the finite into the Infinite. My Fourth Dream now is a dream into the fourth dimensional State as the Sages of the West call it and it is a call from the Mother as the Sages of the East call it. This dream has shattered all my old dreams, the life-long pet dreams, including even the Three Dreams in Kailas, for it is a call direct from Mother.

I was privileged to be blessed with this dream in the second year of my silence. It was a call from within, from the Primal Energy, the Universal Mother. When the call came I was busy engrossed in my play by the Rishi Konda Beach, with half completed buildings, with schemes and plans of blue prints, sketches etc. But the clarion call of the Mother Divine was so forceful and clear, nay, so bewitching and alluring, how could I resist it? I had to go to My Mother, the Universal energy, the source of all manifestations.

Some of my friends are shocked at my decision to join my Mother, following the Divinity call. They ask, "Don't you want to complete these half-finished buildings and other plans of work?"

I replied, "No, no my friends, the call from Mother is irresistible. It must be listened to and obeyed first. It is now for all of you to complete the half-finished works if you love me and if you love service of His children in His name.

Thus, I am happy to go to my Mother, who has been waiting for me with outstretched arms. I am in her embrace now. Knowing of my play in the sand, she asked me what I was doing by the beach side. I told her in my childish way that I was building some mighty castles in the sand. She was amused and chided me, feigning anger, because I forgot my clothes and got them soiled in the play by the sandy beach. But Mother washes and cleans me, lovingly and bathes me in her Infinite love and I forget all about my play in the sand, the blue prints, the sketches, plans of Gurukulas, Temple of all Religions, Peace Clinics etc., etc.

In this Holy Dream, the Dream of the Fourth Dimensional State, I see the Sweet face of my Mother in every face, nay, even in the tiniest particle of sand. It is the Primal Energy, the Divine Shakti expressing itself from the tiniest atom to the biggest plant. The delusion of duality has disappeared. There is no more "others". All is God, the Splendour of Millions of Suns. It is something that cannot be described in finite words, but can be understood by those rare and blessed souls who have touched the hem of His garment or the feet of the Mother Divine.

My Friends, do not think that I am selfish in quitting the play. I am only following the Inner urge, the Call of the Mother. Glory be unto the call of the Mother; when the Mother calls you, you too will join me. Until then, I wait for you on the other side, on the Heights, with our Mother, the Universal Energy, for my Mother is your Mother too, nay, she is the Mother of all humanity. Here is a Hearty Welcome to all of you, especially to those who have been close to my heart, being my play-mates in the play of building the castles in the sand. I take joy in extending to you now my welcome in advance.

Some of you may be anxious to know something more about my present, Fourth Dream. How can I describe to you the Indescribable? It is all completeness within and without. Above all, it is free from the tenacious ego, the little "I". Hence, the thoughts of *I have done this* and *I have to do that*, are absent. Here, past, present and future, all forms and names, dwindle into nothingness. Even time, space and causation do not exist. All that exists is Existence Absolute, Knowledge Absolute and Bliss Absolute.

By His Grace, I am privileged to join the Dreamless one. I look forward with joy for you also to join Him, sooner or latter, especially before the call comes from the Great Beyond. The Light dispels the darkness of ages. The call of Mother wakes us up from the delusion of the most alluring and enticing play.

The Fourth Dream, the Dream of the Fourth Dimensional State, has shattered all the other fond dreams of my early days, in the dual world of name and fame. What else can I say of my Dream, other than repeat what the Scriptures say of that Holy State,

*The Sun Does Not Shine There
Nor The Moon Nor The Stars
Nor Even The Lightening
Least Of All This Fire
Everything Becomes Enlightened In Its Light
The Whole Of This Shines Through Its Lustre.*

*The whole of the Cosmos is One Self, there is no room
for the idea of body ; all is bliss, whatever thou sees is all thought.*

*As Light belongs to the sun, coldness to water, and heat
to fire, so do existence, consciousness, bliss, eternity and immutable
purity belong by nature to THAT.*

*As a hawk or an eagle having soared high in the air,
wings its way back to its resting place, being so far fatigued, so does
the soul, having experienced the phenomenal, return into itself, where
it can sleep beyond all desires, beyond all dreams.*

My friend, enough of quotations. You must be weary of all these many words. Let us meditate now on the DREAMLESS ONE, Who is both above day and night dreams, being ONE WITHOUT A SECOND. May He bless us all with the Dreamless State of superconsciousness, the soul of the individual and the Goal of Humanity!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

*Mother's will or wish is inscrutable and incomprehensible. If it is her will
that I should be sent back again, to play with you all, I will be happy to do
according to Her will. In the meantime I request you to join me in my silence,
which is ever complete, inviting you all invoking the richest blessings of Mother
Divine for the Peace of all.*

OFFERED

To the Sisters and Brothers of the Peace committee and to all the friends and well-wishers of the Mission of Peace in East and West, invoking God's richest Blessings of Profound Peace.

MY MESSAGE

When I was young, I was anxious to give my message to others, to reform everybody, and to change the whole world. Now, with added experience of years, I feel that my message now is more for myself than for others. I feel by reforming myself, by changing myself, I will be changing the whole Universe.

How easy it is to teach others and how difficult it is to teach oneself! Hence, a sage has said that the world is filled with Gurus, Masters, Teachers and Yogis of every kind, and they are all anxious to teach others and to reform the whole world. Each one is anxious to teach others and no one is anxious to follow. Blessed are they who are anxious to follow!

The message that we give to outsiders is likely to be forgotten but the message that we give to ourselves, within, in the stillness of our purified hearts, can never be forgotten. Outer messages are never lasting and dependable as the Inner Messages are. In the early hours of dawn as I am trying to write this message, I look at Lord Krishna's photo on the writing desk wherein he is playing the flute ceaselessly, asking us to make our lives mere flutes, songs of joy.

He is there asking us to make our bodies empty and void of all the selfless pride, vanity and self-glory. Selfishness is the root cause of all maladies, be they physical, mental or spiritual. Blessed is the one who has overcome selfishness of every kind.

Now, I long to go within, leading you also my friends, towards the Inner Portals of Heavenly Peace where the bodies are converted into sacred flutes, emptied of all selfishness, and where the Lord is singing the melodious music of Universal Peace, Universal Joy and Universal Love. In this Heavenly Music within, all are included and no one is excluded, be they Hindus, Christians, Muslims or Buddhists, for all are the children of the One God, sparks of the One Light, rays of the One Sun, waves of the One Ocean and Images of the One Indivisible Presence.

Where is Happiness, the Happiness that knows no change, if it is not in this Oneness, where gods are walking on the face of the earth, recognising the Omnipresence; for the whole Universe is filled only with THAT, the One Interpenetrating Divinity.

My friends, what I need, what you need and what everybody needs is no longer outer messages, no longer theory of any kind but only a little practice of what we have known already in our daily lives. What is the use of learning more and more? If we can take the trouble of practising what we have already know, that alone grows silently and steadily.

The easy and simple way to grow and to multiply what we have is by using what we have already. This is such a simple, easy and natural Truth, it is a living Truth. But alas, man does not need simple things, he is after glamour of form and name, complicated words, mystical teachings and hidden and secret practices. He denies what is in front of him--that which is Free, Open, Real and Unfettered, nay, which is ever Omnipresent, Omnipotent and Omniscient.

Man in ignorance, in the name of the puffed-up, artificial knowledge is running after name and fame, the shadows of delusion, forgetting the Substance WITHIN. Blessed is the one who clings to the Rock of Ages, in the spite of tempests and gales. The Samadhi of Hindus, Nirvana of Buddhists, the Paradise of Muslims and the Heaven of Christians, can be enjoyed here and NOW in

the stillness of one's own purified heart of LOVE, provided he is willing to pay the proper price of God-Realisation.

Verily, where LOVE is, there is GOD. If our hearts are devoid of love even if they are full of learning of every kind, from every University in the East and West, our lives are mere burden to Mother Earth!

Friends, am I deviating from my subject MY MESSAGE? My message is your message, for there is only one MY: the Universal MY or the Indivisible "I". As the Vedas proclaim *That which exists is One and sages have called it by various names*, so let us not miscall it by the false and finite names of mine and thine, etc.

Peace that passeth all understanding belongs to the one who sees himself in others, to whom the whole Universe is filled with Himself or the One Truth. This message of Oneness, the message of Self-reliance, is not the monopoly of mine or yours or of any sect or creed in East and West, as the effulgent sun is the heritage of every man, woman and child in every religion and nation, nay, of every creature and insect on the face of the earth, so also this Truth or God-head is the common property of one and all, irrespective of man-made differences in the surface castes, creeds, colours and nations.

My friends, my message--your message--would be incomplete without introspection. So let us close our eyes and merge within. What is it which is standing in the way of our God-Realisation? What is it which is preventing us from listening to the sweet music of the Lord? What is that weak trait which is coming in our way, making us to forget the Divinity both within and without? Repeating that all is God and that He is One without a second and that He is Omnipresent, how is that we are not able to see Him in every one and in everything?

The cause is within. The source of the disease is within ourselves. And the remedy is also within us and with us; this is our only consolation. In vain is the search after Truth outside, in the big names and forms, in Gurus and Teachers, in Temples and churches, in Scriptures and other great books. He is only awaiting in the stillness of our purified hearts, to be recognised.

Let us identify with the flute-player, let Him play and sing the songs of Love Universal and Peace Eternal. BE DEAD THAT YE MAY LIVE. But alas! Man is afraid of death, the physical change, hence he clings to the form ignoring the formless Truth, the Life Eternal. YET NO MAN CAN SERVE TWO MASTERS. IMPOSSIBLE TO SERVE BOTH GOD AND MAMMON. If we want to taste Peace or enjoy the Bliss our only Birthright, it is here, Now. Let us also practice to live in the present living moment instead of in the dead past or in the dim future. Blessed is the one who lives in the Eternal Now.

Enough of words. Shall we meditate now in silence, where the Lord is waiting patiently for the cessation of all these messages? Glory! Glory! Glory! It is Peace within and without! It is light above and below! It is the One Presence, the Interpenetrating Presence all around! Is not one word enough for the wise? Let that word be SILENCE. May our minds, hearts and souls be filled and saturated with silence, the soundlessness, which is the Life, soul and Goal of all existence and may the flute-player, the Indwelling Light sing to us now, the final song of silence Supreme, Inaudible Peace!

Pray! Harken, He is there singing melodiously, ceaselessly within in the stillness of our purified hearts. What else is there to be said in mere words, my friends? Peace! Peace! Peace!

May God's Richest Blessings be upon the Convenors of the Philosophical Conference, the learned Lectures and Scholars, on the delegates and above all on the devoted audience and may you all feel His Interpenetrating Presence NOW and ALWAYS, is the prayer of your brother, Swami Omkar.

OM! OM! OM!

MY NEW MADNESS

In my new madness, I am weary of everyone and everything. I am weary of all the Masters and disciples. In the first place, I do not have any Masters and disciples, for all are the living Images of the One Indivisible God. I am weary of writing these messages. I strain myself to write these messages and even letters. I am weary of all motion and hence, do not like to wander anymore or go anywhere. I keep on sitting hour after hour, forgetting the outer world and not willing to stir out of my chair.

I have no hunger or thirst and even the calls of nature are forgotten. The sight becomes vacant. Even sound does not disturb me. The sound from the mind, the call of God, the gong from the Church and the temple bells all remind me of the Call of God. Even the song of the bird, the fragrance of the flower and the twinkle or sparkle in the star draws my mind towards Him, the Universal Light, Who is Omnipresence and all in all.

I take joy to live in Him, breath in Him; ever having my being in Him alone, Who is my all in all. In my madness, I feel the least forgetfulness of God even for the millionth fraction of a second, is most unbearable and makes me sad, heavy and miserable.

In my madness I feel that Krishna is in my Sahasrara, Buddha is in my Ajna Chakra, Christ is in my heart--Hrudaya Centre, and Gandhi is in my legs, still serving the poor and sick, the oppressed and depressed with his loving messages of Truth and non-violence. All the sages and saints of the East and the West are still alive to me. Each and every cell in my body, from toes to the head is proclaiming His Presence, the Presence of the Interpenetrating LIGHT. The INFINITE, through the finite, expresses my madness.

All that I see is God. All that I hear is God. All that I think is God. He alone is expressed through this humble instrument in thought, word and deed, in each and every moment of this life.

This message should be called *OLD MADNESS*, instead of *NEW MADNESS*, for this madness started from my very birth and took concrete shape in 1917, fifty years ago, in the form of SHANTI ASHRAM, the Mission of Peace for the benefit of all, you who are the aspiring children of God in every religion.

LIVE IN GOD AND HELP OTHERS TO LIVE IN HIM, has been the only simple motto, ideal, and aspiration of my life as well as that of Shanti Ashram. Whether we call this madness old or new, it has reached its zenith in the very heights where all is God and nothing else exists except God. Hence all of you are the living Images of the ONE CHANGELESS REALITY, which is above all, changeless in the world of all changes.

Now my only desire or wish of my madness is to draw all the aspiring souls towards my madness. I want you all, everyone of you, to be mad like me. How blessed it is to be mad after God! Time is too precious to be wasted in any other madness, except the madness of God. Every kind of madness, whether after wealth, fame, name and other madness of the senses, are but feelings and disappear before our very eyes. Only madness for God, or truth, is the one Imperishable madness that helps us and follows us even if we close our eyes and leave this world.

In my madness often I am Prahlada, trying to feel His Presence in all the tests and trials of Ashram life, practising to express the Presence of God, even in simple things such as drinking, eating, playing, singing, etc. How blessed it is to express Him even when crushed under the feet of elephants, when thrown from mountain tops, when given poisons and when bitten by cobras! That great detachment from the body, clinging to God, is the real test of devotion or God-Realisation.

I am the young boy devotee Dhruva, absorbed in deep meditation; I am also Markandeya, clinging to the Shiva Lingam, defying even death. In these days of my madness, as I have reached its very heights, I love to have contact only with people who are like me, who are pining for God, ever breathing, living, moving and working in Him.

What is the connection between God's Divine force and the force of Electricity? Electricity pierces and burns everything and illumines the darkest corners. Again, take the Sun, the

Light of the world. It is God's Divine force which is the source of the Sun and its illumination in all the world. It is the same Divine force that sleeps in stone, grows in the plant, flies in the bird, and moves in the animal and works in man.

Glory! Glory! Glory! To the One Divine Force which is expressing Itself as the One Without a second in all manifested forms!

Without wasting any more words or precious moments, I long to help and serve my precious Readers in a practical way. Will you not help me now to help yourselves draw nearer to God, the Goal of our precious human birth, before the call comes from the Great Beyond?

The Sacred Hours of sunrise and sunset are considered as the most beneficial and holy hours to meditate on God and to commune with and merge in Him, they are the blessed moments when all nature is fresh and seeking rest finally in Him..

So I request my Loving Readers, those who can spare 15 minutes at the Holy hour of sunrise and 15 minutes at the lovely, peaceful hour of sunset, to commune with me wherever they may be, or however busy they may be with the mundane things of the world.

Devout Muslims, whether they are travelling or busy with work, alone or in crowds, even if they are in trains As soon as they hear the call at the hours of Namaz, they set aside their important work and try to do the most important God work, the life-giving and soul awakening Namaz, even if only for a few minutes, regularly.

We should learn a lesson from everyone and every source, when it helps us to realise God. This helps us to become God-mad, or mad after God. Now and in the future, for my Peace as well as for the Peace of the world, as I am setting apart these blessed hours of sunrise and sunset in communion with God, I request all my beloved Sisters and Brothers to resolve and promise to God to set apart these two periods, both in the morning and in the evening, as I will be thinking of all of you in those Holy periods or Sandhya, especially as the sun sets in the horizon.

These days, I take joy in repeating the following Song of Peace:

Let there be Peace on Earth.

Let it begin with me NOW!

Let me sing my song of Peace with every heart beat, let me sing it with every breath, inhaling and exhaling Peace. Nay, the very cells of my being are singing the Song of Peace! Let my madness end now with the Vedic Chant, the Peace Chant:

May there be Peace in Heaven,

Peace in the sky,

Peace across the waters!

May there be Peace on earth!

May Peace flow from the herbs, plants and trees,

May all the celestial beings radiate Peace.

May Peace pervade all quarters!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY OPTICIAN

25-11-1950, KAILAS

The way I came across my optician is very interesting. It was nearly ten years ago that my eyes were paining on account of too much strain, especially at night in writing messages. Hence, I had to go to the King George Hospital to get my eyes tested and examined. After a thorough test and dark room examination of three days, I was finally given the prescription of the glasses that were suitable to my eyes.

With that prescription paper, I went to one of the noted opticians in the town of Visakhapatnam. He was kind enough to receive me with all devotion and veneration. He took the prescription receipt and did a test of his own, fixing one glass after another on my eyes, asking me to read the small letters or alphabets on the wall. After the examination, I was selecting a modest looking frame for the glasses, requesting the optician to tell me the price of certain frames that were in his glass window cases.

Instead of complying with my request by telling the prices, he was asking me to select whatever I liked. Again I told him thus, "As the Ashram is fundless, I do not wish to spend much money on the glasses and before I select I want to know the price." Without caring for my request he again insisted that I make my own selection first. Thus, we were arguing and fighting with words. I did not like his business way, of trying to sell the glasses without telling me the price. Perhaps, he too did not like my way of insisting to know the price instead of selecting the glasses.

Thus, when I was in a dilemma, displeased with the optician and disgusted with myself, he said gently, "Sir, I feel from within that I should offer you a pair of glasses free, without accepting anything from you, except your blessings." I was hardly able to believe what I heard. I was overwhelmed for a moment, for I felt a touch of God's Love and my eyes were filled with tears of gratitude. The glasses and the optician disappeared. I was no longer in the Popular Optical Store, but only in the Presence of God, surrounded by His Light, Life and Love.

When I came down to the plane of the earth, my optician was looking at me with all devotion and veneration, with the offering of spectacles in his hands. How good is God! How blind we are to His Omnipresence! How He expresses Himself in a thousand little things as well and big things! *"EYES HAVE THEY, YET THEY SEE NOT"* Blessed are the eyes that can see Him in everyone and everywhere, in small things as well as in big things!

As already written, this incident happened nearly ten years ago. Since then the optician has become my life long friend and a great devotee and an ardent well-wisher of the Ashram, all these ten years. He no longer lives in the Popular Optical Store, aloof, away or separate from me. He lives in my eyes and I see him often and often through his glasses.

In these ten years, not only has my Optician supplied me several times with a change of glasses, getting always the best and the latest model glasses all the way from Bombay, but also he has supplied free glasses, spectacles, for all the members and devotees of the Ashram, always free. If any poor man or woman goes through the Ashram to the Optician, he gives the best test and most experienced examination in all the country and supplies them, out of the fullness of his heart, with a set of glasses, freely with all his love, without expecting any reward in any form.

To me he is not a mere ordinary optician but a Divine Optician, for God exists and abides only in the selfless and dedicated hearts of his consecrated children. Verily, where Love is, there is God! I may forget myself, but I can never forget my big-hearted Optician. Even as I am writing this message, I see him first and foremost through his glasses and then the rest of the world, for to me God exists in the selfless, devoted and consecrated. Verily, in loving any of the least of His children, we are only loving God, for all are His children as He is Omnipresence, the One without a second.

May the Almighty bless my loving Optician with his choicest blessings of Health, Peace, Prosperity and Long life, so as to continue his selfless services in his humble way, among the sick and poor, is the ardent prayer of Swami Omkar!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY PLAY IS FINISHED

22-3-1969, 5 AM

Question: What play is it?

Answer: It is my play with the Ashrams, with the outer world. It is the play leading to name, fame and Glory; the play of running in a subtle way after fleeting clouds, in the mirage of the world.

THIS TOO SHALL PASS AWAY!

Everything in the world passes away. These bodies pass away sooner or later. The world too would pass away with all its big dimensions of Nations and their mighty rulers, politicians, diplomats and even kings and emperors.

Question: What is that thing that never passes away even with the passing of the ephemeral world?

Answer: It is the DIVINITY, the God-head within, the Indwelling Presence, the Infinite and Eternal Light which is the only Changeless Reality of Truth in a world of all changes. Let us cling to that unchanging Truth, the only life-giving and Soul-awakening Reality for our real Peace, the true Happiness, goal and soul of the precious human birth.

Last night in the Spiritual Gathering, I was telling to the devotees, Members and visitors of the Ashram in simple words, an interesting story. There was a devoted man and in his dream he saw an angel writing the names of devotees in the world. The man asked, *"What are you writing please?"*. The angel answered, *"I am writing the names of all the worshippers of God, those who go to temples and churches."*

He slept again and when he woke up, the Angel was there again writing something. He asked, *"What are you writing now?"*. The angel said, *"Now I am writing the names of those who are the lovers of man."* Then the man felt happy and requested the Angel to write his name also, if she finds him to be worthy, for all along he had been trying to be a real lover of man.

The Angel disappeared and came again in the early hours of dawn with the good news that our man--the lover of fellow men, lead the list of all the devotees of God in the world. Verily, he who really loves bird, beast and man, including the tiniest creature or even the sweet smelling flower, is the greatest worshipper of God, for God pervades and permeates the whole universe.

Question: Can you show me the place where God exists not, either within the body or without in the world?

Please ponder deeply. Here is another vital query:

Question: Can you show me or tell me the time when God is absent even for the millionth fraction of a second, either in the past or the present, or will He ever be absent even in the future?

If God or Light was absent, the whole world would be in disorder or chaos. The world exists because of Him. You and I exist because of His Presence. But unfortunately through Maya, the delusion, we ignore and deny that which is REAL and run after the unreal, ignoring AMRITA--Immortality, and chasing fleeting clouds, drinking the poison of the finite senses.

Let us always remember that what we are is the result of our own past deeds and what we are going to be will be determined by our present words, thoughts and deeds. The great law of *sowing* and *reaping* should be our guide and goal to reach the Heights of God-Realisation. How true are the words that *God sleeps in the stone, grows in the plant, moves in the beast and talks in man!* May all homage be unto the living Images of God!

Through deep introspection I came to realise that my name will not be in the first list of the worshippers of God; for although I travelled from Himalayas to Kanyakumari, I have been always trying to stay outside temples and churches, for God is ever too busy with all the devotees and their endless desires, granting their respective boons.

I see God more in the rising and setting sun and in the surging waves of the ocean. The living Sun and the surging Ocean have been my real *Gurus*, the loving teachers with their great message of Light, Life and Love. The Sun is giving light to one and all His children, without the least difference. The Ocean is bearing everything silently, allowing all the rivers to flow ceaselessly towards it and merge in its bottomless depths in all silence.

Question: Is my name going to be added in the list of worshippers of God or lovers of fellow beings?

Answer: Many a time, I ignored man too. I ignored him in his great need with the simple excuse of self-importance. Maybe I have been a man-hater instead of a man-lover. In some cases longing to be silent and alone in Supreme silence, running away from man, the talking machines into the silence of solitudes, where God ever speaks in Silence and Glory.

Thus my name will not be in the list of worshippers of God or man. A new list, a third list should be started or prepared to be written for my sake, beginning with my name, under **SILENT LOVERS OF HUMANITY**. To make my point more clear. I love to repeat here the simple and holy aspiring poem of the saint Surdas:

*Where is there a wretch
So wicked and loathsome as I?
I have forgotten the Master, my Creator
So faithless have I been.*

My one prayer has always been, *Dear God, let others be great and famous and let me be unknown and ignorant*. The other deep thought has been that *everyone is superior to me in something or the other, so let me be the dust particle of the feet of His true devotees, unknown to any as I also appear to have been so faithless at times in the words of Sri Surdas, denying even my Creator*.

I feel that I will have the privilege of heading this Third List of the children of God, as one of the faithless creatures, denying at times God who is Omnipresence, Omnipotence, and Omniscience, who is all compassion, kindness and love that includes all and excludes none. Blessed are they who know their own mistakes instead of wasting their precious time in trying to know the mistakes and blemishes in the lives of others. Verily, religion begins when once one knows or at least partially tries to understand what is standing in his way to God-Realisation.

Thus may my *old play* with the unreal be finished and let my *new play* with THAT, the Real and Immortal, be very serious now, in this very moment, forgetting and burying the dead past. Let my brilliant play progress speedily now with the God of Silence, who is waveless Silence. The Lord is in His Holy Temple, let all the world be silent. How inspiring are the words, "Lord! Speak, Thy Servant heareth", for my play in the outer world is finished.

BE STILL AND KNOW THAT I AM GOD.

YOGA, CHITTA VRITTI NIRODHA is the only real helpful play to help us to realise the goal of life. Blessed are the rare and precious souls who are engaged in the play of controlling their restless minds. Verily, he who controls himself controls the whole world. All homage be unto such silent souls of Illumination!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY RELATIONSHIP WITH GOD

9-11-1951, KAILAS

My relationship with God is more near and dear, nay, even closer than that of the relationship between a mother and her baby, a husband and his chaste wife or a Guru and his devout Chela--disciple; for God is my Breath of the breath, Life of my life and the Soul of my soul.

With all the great affection that exists between a mother and her baby, there are moments when the mother forgets the baby amidst her busy work. There are moments in the lives of a husband and wife too, when each forgets the other one, in self-consciousness, in spite of the intense love that exists between them. Similarly, although the Guru is considered as God Himself and worshipped both day and night by the ardent disciple, there are moments of forgetfulness in self-preservation such as during sleep etc.

But where is the moment of forgetfulness in God, the Light of lights, the Splendour of Millions of Suns? He is there amidst the very work or deep slumbers, nay, even in the so-called death itself. There is not a moment of forgetfulness even for the tiniest fraction of a second, when God is absent from the life of the individual, whether it is day or night, death or life; for He is the only ever-abiding, eternally existing Reality.

My relationship with God is sweeter than the fragrance of a flower, closer than the relationship of a wave with the ocean and brighter than the radiance of the sun, the light of the world. This sacred relationship is something Divine and Holy that cannot be understood or comprehended by the finite man of the world, but only can be sensed and realised by the man of God.

Yes, in the ups and downs of life, in the inevitable tests and trials of existence, as man evolves from one stage to another, he cannot help but have the fiery moments of crucial examinations or tribulations. There were testing moments even in the lives of world Saviours such as Lord Christ when they exclaimed in agony, "O God, why hast Thou forsaken me!". A baby may fall a hundred times while learning to walk but at last, in the end he not only he learns to walk without falling, but even runs with speed.

My theme of *Relationship with God*, will be incomplete if I fail to touch the most fundamental states of *Dwaita*, the religion of duality; *Visistadwaita*, the religion of qualified non-duality; and *Advaita* philosophy, the Highest state of non-dualism or monism.

In the first stage a devotee is like a mere helpless baby crying for the help of his mother ceaselessly. This represents the lovely state of **I AM IN GOD**. In the second state the devotee is like a chaste wife fully surrendering herself to the will of the Lord recognise the inseparable and eternal oneness. This state represent the holy state of **THE LORD IS IN ME**.

In the third stage the Chela, the disciple forgets himself in the Glory of Guru, identifying himself with the Presence of the one Light of lights. Here the Guru and disciple are not two but one, for that which exists is one and sages have called it by various names. This is the Highest state that represents **I AM THAT, THOU ART THAT** condition. In this connection it is helpful to remember what the ideal bhakta, the devotee Hanuman said of his relationship with God in the following words:

- *When I am conscious of the body I am His servant.*
- *When I am conscious of the ego, I am a part of Him, connected eternally like a wave with the ocean.*
- *When I am conscious of the Light within, I and He are not two but one. I am He. Thou art That!*

Each stage, whether it is Duality or Qualified Non-duality or pure Monism, has its own sweetness and transcendental beauty, when one is true to what he believes to be the Truth, the highest Truth, even from his present state of understanding or development. Even though the stage of duality looks elementary, still when the devotee clings to the God of his heart tenaciously, he feels such a thrill of ecstasy.

Similar is the case with the votaries of Qualified Non-duality and of Monism, when they are true to what they believe in and try to be perfect in their convictions. Blessed are they who can make God as their friend and all in all! When God is our friend we do not have any strangers or enemies, for all are the living images of God. In loving anyone we are loving the One Indivisible God.

In the tests and trials of daily life, there have been desperate moments when a heart touching simple prayer like the following has been of great consolation and inspiration:

"O Lord, Thou are the Ocean of Mercy and I am only a mere bubble! Thou hast created me as I am. I am only Thy instrument, I do as Thou makest me do. The bubble is where it is ordained to be.

*"Among millions of bubbles, Thy children, is it too much for Thee to take care of one of Thy little insignificant bubbles? Thou hast sustained me in the past, thou art my source, my goal, my all in all. Will thou forsake me now, in the present? No, a million times **NO!** How can the ocean forget or neglect the bubbles that exist in its bosom? I feel Thy Glory, Thy Presence within without and all around now, here and always, and eternally.*

Glory! Glory! Glory!

There are sacred moments of ecstasy again of that inseparable oneness, when the ray is inseparably one with the sun and the wave with the Ocean, eternally. Now comes the Highest, the most sublime and holiest relationship with the Transcendental, when body is not body, mind is not mind and world is not world; when even prayers and meditations go back to their source, as rays into the sun.

In this Cosmic Glory or incomprehensible splendour of perfect non-duality, even lips do not move to form a prayer, thoughts do not rise to ascend high towards His throne of Glory; for all is Light within and without, self-effulgent Light above, below and all around. Even the closing or opening of the eye-lids is a strain, for it is a blessed state of motionlessness or wavelessness where the Jiva, the individual has realised that it has been all along the Universal, the Paramatman from eternity to eternity and that nothing else exists except Silence, Supreme Silence, Waveless silence and Transcendental silence! Glory! Glory! Glory! Peace! Peace! Peace! OM! OM! OM! AMEN.

Offered to Mahatma Sushilaji on her birthday as my humble offering, wishing her Highest Relationship with the Indwelling Light, not only today on her Happy Birthday, but also on all happy days to come for ever and ever.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY SILENCE

(An offering to all lovers of silence.)

I do not know who has sent it and how it came to my table, a book mark with the photo of Sri Mehar Baba with the following words in bold type: **"IF MY SILENCE CANNOT BE HEARD OF WHAT AVAIL ARE WORDS?"**

It gives me joy, strength and inspiration as I look at it, for I too was silent, even if only for six years, spending the days and nights on the lovely top of the Kailas Hill. Silence, Glorious Silence, Supreme Silence, Waveless Silence--all homage be unto Thee! Where art Thou? Thou art there where desire of every kind is absent.

Silence can be felt even in the market places and crowds, provided one is DESIRELESS. To be completely desireless, one needs complete selflessness. A selfish man can never be desireless. A desireless man, a sage alone can be selfless. Whereas a selfish man who is full of desires, burning in the fire of endless and insatiable longings, he is ever suffering with innumerable desires.

Desire makes one weak and saps the very blood; and desirelessness keeps one happy, healthy and cheerful, SILENCE means not the outer silence, lip silence but the silence of the mind, heart and soul. "IF MY SILENCE CANNOT BE HEARD".

Dear Loving Readers, can you hear the Silence of Baba? If you can hear the SILENCE OF YOUR SOUL, in the stillness of your own purified heart, you can listen to the silence of Sri Baba, and the silence of all the sages and saints in the East and the West. God speaks in silence. Let us be STILL and be silent to listen to his still small voice.

These days when I speak even in the name of religion or God, I remember the futility and vanity of all words. Words are empty bullets and SILENCE is the power, the essence in the bullets.

As I begin my day in the early hours, by reading three chapters from the *Hours of Silence*, I feel so close and near, nay, inseparable One with the Self-effulgent Light, which is all Silence. Whenever I am silent I am helping world Peace. Whenever I am talking even out of compassion, I am disturbing the Peace of the world. Verily, SILENCE CREATES SOULS--the Self-effulgent Light which is all silence, being one without a second and thus a blessings to all, a real Shepherd of Peace and a Saviour of Humanity.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

MY TEMPERATURE IS HIGH

My temperature is not the temperature from the medical point of view. It is the mental and creative temperature within. Physically there is nothing is wrong with me. The temperature of the body is normal. I am healthy as a log of wood and strong like a lion. This temperature comes from the creative juices--from too many thoughts. I long to revive our Shanti Printing works again, by starting it in Waltair Ashram now. I long to publish our PEACE and SHANTI journals again, also PEACE volumes.

We are planning also to start a Gurukul, to train young boys and girls on basic lines, giving them Universal education on universal lines. We wish to do everything for the good of man and for the Peace of his soul, for the harmony of the communities and to establish good-will among Nations.

How blessed it is to burn the self, the ego, in the fire of selfless service, thus alone the high temperature can be cooled down! Selfishness makes the temperature abnormal and selflessness makes it normal.

How easy it is to repeat *Paropakarakartha Midam Sariram*--that the body is given to us only for the service of others. Blessed are they who are engaged in selfless service of others. Blessed are they who are engaged in selfless service--loving man, bird and beast, without expecting any reward in any form.

In ignorance there is physical temperature, in wisdom there is spiritual temperature and in God there is the Highest temperature. His temperature is of millions of Suns splendour. May we meditate of It and merge in It!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

OFFERING

6-1-1951, 8 AM, KAILAS

God has been too good to me; not only to me but He has been good to everyone else also. For there is neither partiality nor favouritism in God. His LOVE is equal to one and all, as that of the light of the sun. Yet, bright objects reflect more of the light of the sun. Similarly, those who recognise the Omnipresence of God, His Omnipotence and Omniscience, reflect and express God more than others, who are blind to the interpenetrating Light, which is within, without, above, below and all around.

How good is God in giving us the lovely Kailas and to install me on this beautiful hill, facing hills and ocean all around, full of Nature's Glory and grandeur that makes one to repeat unconsciously "**HEAVENS ARE DECLARING HIS GLORY AND THE FIRMAMENT SHOWETH HIS HANDIWORK.**" Above all, how good is God again to establish me in SILENCE, the Voice of the Infinite! I feel so rich and happy like the monarch of all the world, that I long to share this Peace and Silence with all the people in the world.

In th lovely grounds of Kailas, as I pace to and fro, feeling His Presence in the very motion of the body, recognising Him in the cool breeze and in the warm sun-light, I long to express my gratitude to the Almighty for all His richest and choicest blessings on me, who has been His frail

and pet child, from the very beginning. What can I offer to Him, who owns ALL? What is there that does not belong to Him?

I am in a dilemma to know how to express my gratitude. Often I am dazed by His love and overwhelmed with His goodness. Today while meditating facing the rising sun, the effulgent splendour of God's Life, Light and Love in dumb ecstasy, I repeated unconsciously the following words:

Dear God! I want to be good to You, because you have been good to me.

Question: How can I be good to God?

Answer: I can be good to God by never forgetting or denying Him. I can be good to God by living, breathing and working ever having my being in Him, in each and every moment of my life. I want to be good to God by recognising Him in each and everyone, both in those who praise or blame me.

My God, let this body be destroyed, or let it dissolve the moment it forgets You, even for the millionth fraction of a second!

As I was thus musing, holding deep communion with God, the Indwelling Presence, tears of gratitude began to flow from my eyes, I longed to offer those precious tears to the Almighty. But do they not belong to Him already? Have they not come from Him? Since they have come from Him, let them be offered to Him alone. In that bright sunshine, God taking compassion on His tiny child, absorbed the tears--evaporated them into Himself, the Splendour of Millions of Suns!

To write anything more is foolish and sacrilegious. Thus I continued my worship in SUPREME SILENCE, invoking His Richest Blessings on all His children in the East and West.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

ONE FOR ALL

Dear Friend, are you for yourself or for all? Are you for your family or for all? Are you for your community or for all? Are you for your particular country or for all countries, for the good of the whole world?

Being an Image of God, why live like a little frog in a self-centred, tiny well of finite man-made dimensions? It is wonderful to come out of the finite well and dark holes of self delusion!

How long can a frog live in its well in the dark depths? How long can a fox live in its narrow hole? How long can a bird confine itself to its tiny nest? Similarly, how long can a man, the child of God. Confine himself to his body or family, community or nation? The wave belongs to the ocean, the ray belongs to the sun and the tiny particles of earth belongs to Mother Earth. So also man belongs to God, the whole and never to finite parts.

"ONE FOR ALL" is the law of progress. *Each for himself* is the way of stagnation, destruction and death. The man who identifies himself with the lump of blood and flesh cannot help but identify with his body, family or community; whereas the man who identifies with the Loving Truth, the Indwelling Presence, feels for all and lives for all, for all are his own.

Selfishness is the basis of the man who lives for himself, with the law *each for himself*. **Selflessness** is the basis of the man who lives for all, with the law *ONE FOR ALL*. How blessed it is to live for OTHERS, who are no other than the different forms of the one Self or Himself! Strength, Happiness and Peace lie only when one lives for all!

MAY ALL HOMAGE BE UNTO THE ONE IN ALL!

OM TAT SAT OM!

OUR SITHARAM

28-11-1953, TOTAPALLI

Our Sitharam has a wonderful personality, but unfortunately, it is not a person but only a mere kitten. If you could only see Sitharam once, you would understand and appreciate my words, for it is all affection and keeps on purring ceaselessly.

Sitharam had a very sad past. It had lost its mother, hardly when it opened its eyes to the world. We had to feed the two kittens, taking milk with cotton and an ink-feeder. By God's Grace, when they were growing, playing and romping forgetting their lost mother, Sitharam lost its only twin brother: it suddenly disappeared. Such is the frail life, be it of a man or a kitten. How true are the words that *TODAY MAN IS AND TOMORROW HE IS NOT!* Blessed are they who are ready for the CALL, clinging to God both in life and death.

Sitharam wanders all over the Ashram but comes to sleep at my feet in the night time. He often wakes up with me at 4 AM. As I begin to read and write, he is there sitting by my side on the table itself, watching me. Sometimes it takes hold of my pen and does not allow me to write. Perhaps it wants me to meditate more and write less.

Sitharam keeps on purring for hours at a time, ceaselessly. When we both begin to meditate on Soham, the Universal Breath, sometimes I fall asleep and forget, but there is Sitharam, always reminding me of Soham, purring and purring with all contentment and happiness.

Sitharam is so gentle and affectionate that anybody can fondle and play with it. It does not have the distinction of strangers and neighbours. When visitors come, it goes into their lap, purring, and sleeps there. It allows children to carry it or to do anything with it, resigning itself with perfect resignation.

Strange as it may sound, it eats coconut along with me when I take my food. It is not much of a eater. I often wonder how it sustains its life. Perhaps it lives on its endless happy purring. When I go for a walk it follows me like a puppy, running to and fro in a happy care-free manner. On the day of writing this article, Sitharam and I had a long walk of two miles, climbing the hills and passing through rugged and narrow paths. It was touching to see it following me closely, crossing over the stones and thorny bushes.

How trusting and loving are dumb animals! How they completely rely on us for their daily food or for a little love! If we feed them, they are so grateful. If we forget to feed them, still they suffer in silence and remain grateful. As God is Omnipresent, and as He is the Indweller of every heart of bird, beast and of every creature in the world, it is our duty to love, respect and face Him in all forms and names. Peace that passeth all understanding belongs only to those rare and blessed souls who can see the One in the man and the many in the one.

At the hour of dawn when Sitharam lies on my writing desk watching me while I am writing, it allows me to write the sacred syllable OM or the Holy Cross on its forehead. It wanders all over the Ashram, keeping the Universal symbol or the Cross on its forehead, thus silently teaching the Oneness of all Religions, that **God is One and all Religions lead to the One God.**

When the Ashram children begin to do Bhajan, the chorus chanting of the name of God, when I take the paws of Sitharam, and make it clap rhythmically in tune with the Holy words OM, it claps cheerfully with perfect resignation, watching us all!

Although I had the good fortune of having the love and company of so many dumb animals friends from my very boyhood days, I never in all my life came in contact with such an affectionate, gentle and loving kitten, which makes me often to wonder of its past life. I often feel that it must have been connected with the Ashram in its past life also, to be with us now, often taking part in our prayers, spiritual discourses and the Peace Meetings etc.

Man has much to learn from children and dumb animals, for they are so innocent and guileless. It is the ego which is the source of all misery and root cause of all troubles in the family or the world. Sitharam looks so egoless with complete self-resignation, allowing anyone to pat and fondle it.

However, it makes me sad to see it sleeping hour after hour, in the day time too. Sometimes I wake it up to eat its food, and I listen to its rhythmical purring, as if it was Soham prayer. Similarly, it makes me sad to see people wasting their precious and sacred early hours of dawn in sleep and lethargy. My heart longs to wake up the dumb animals as well as the sleeping souls, from their lethargy.

In these cold and winter nights as I close the doors, Sitharam sometimes comes and patiently calls me to open the door, mewing pathetically, sitting the closed door. When I open the door Sitharam is happy and it begins to purr and purr, rubbing its body over my feet. When Sitharam sleeps at night at my feet, it does not make any sound or disturb me, even if I leave my bed late, but waits patiently for me to get up from my sleep or meditation, to give its food.

Unbelievable as it may sound, for a few days when I gave up drinking milk, Sitharam also was not drinking milk, even though coaxed. It loves to eat raw scraped coconut with me and it is fond of dry noodles. It is interesting to watch Sitharam nibbling and chewing a peppermint.

Sometimes I wonder as Sitharam nestles and so trustingly relies on me, whether it considers me as its long-lost mother or takes me as its Guru. Even as a Guru there is so much to learn from God's innocent, dumb children about their trust, faith and love. May we be gentle and affectionate, loving and trusting, like Sitharam and may God bless our Sitharam with health and long life!

May Peace be unto all creatures in all the Kingdoms of Life!

HARI OM TAT SAT OM!

PRAYERS OF VARIOUS FAITHS OR RELIGIONS

Blessed are they who are blessed with hearts of universality, in whom all faiths are respected and honoured. Their belief and love excludes none but includes all. At this early hour of dawn, in the cool Nilgiri Hills, as I am trying to write this message, two little kittens are sitting by my side and looking intently at me, as if asking *"What are you writing?"*

In my turn, as I am writing on the theme of the Prayers of various faiths, I ask them, *"Dear kittens, to what particular faith do you belong?"* The kittens answer me, *"We belong to the faith of Love, to the care-free life of living in the present moment, never bothering our little heads with the outer faiths."*

Blessed are they who are not confined to any particular well of their own creation, but who identify themselves with the Ocean of AKHANDA SAT CHIDANANDA, Existence, Knowledge and Bliss Absolute, which is One without a second, Adviteeyam. To such rare and precious souls of Universality, the world is their wide home and all the people in it are their sisters and brothers; to love and serve them is their only religion.

Apart from God-Realisation, if one is blessed with this broad out-look, the Universal vision, he or she must be congratulated for being blessed with that Infinite Love, that includes all, even the atheists, the non-believers as well as our two little playful kittens, and all the dumb animals in the world. One who is blessed with such a big heart of love is really fortunate, whether he belongs to this faith or to that faith or to no faith at all. Such Love is God and God is Love. He sees the One in the many. To him, Service to man is the service of God.

In the Mother Ashram at Totapalli our meetings, especially the Sunday services, begin with the recitation of the prayers of the various faiths. Without their recitation, I feel our meetings are incomplete. I feel when we repeat the Buddhist prayer of Enlightenment, all the Buddhist all over the world are here, joining in the prayer. When we repeat the common prayer of the Christians, all the Christians in the East and the West are here, with us repeating *"Our Father, Who art in Heaven, hallowed be Thy name"*.

When we repeat the prayer of the Muslims *"There is no Deity but God"*, we feel that all the devoted Muslims in all the world have assembled in our prayer hall and are performing the Namaz. When we repeat the prayers of the Hindus, the Gayatri Mantram etc., meditating on the Adorable Light of the Sun of suns, we feel all the followers of Dwaita, Vishishta Adwaita and Adwaita: Duality, Qualified Duality and Monism, are with us, taking part in our prayers.

Similarly, when we repeat the prayers of the Jains, the Jews, the Confucians, the Shinto's, the Sikhs, the Taos, the Zoroastrians, and all of the other minor sects and creeds, we feel happy and contented that all the respective followers of old and new creeds and faiths, are with us, taking part in our Universal worship, where the One Indivisible God, the Supreme Being, whose name is Eternal Truth belonging to the Eternal Religion, is worshipped on the common basis of COMMON BROTHERHOOD OF MAN, wishing Peace on earth and goodwill among mankind.

The Invocation, **"Teach us O Lord, to see Thy Life in all men, and in all the people of this Earth"**, is very life-giving and soul-awakening.

As I hear the temple bells ringing from Hindu temples, every day my heart goes out, following the sound of the holy bells, into the soundless state of Samadhi, Divine ecstasy. Then again, I hear the gong or the bells from the Holy Churches of Mother Mary and in the Kotagiri Peace Centre, as it is blessed to be situated in a valley, surrounded by temples, churches, convents and a mosque too. I hear the call of Allah when the Muezzin gives the call to all the devout Muslims to wake up from sleep and gather for the prayers at 5 AM, in the early hour of dawn, and again at 8:30 AM. Does not the early morning call from the Mosque, make me rise from sleep and kneel down in company with all the devout?

What else can I write in these finite words? The great joy of feeling all the children of God as my own and joining them in their prayers is simply ecstatic and inexpressible! As I am writing now, the two little kittens are still on my table, watching me and looking at the electric bulb, as if offering their prayers. The sweet flowers of all sizes and degrees of fragrance are everywhere offering their prayers in the form of their fragrance. There is the incense burning offering its prayer, defusing its holy fumes, ascending high into the sky. It is filling the room as well as the Centre and the countryside all around with its fragrance and love.

Above all, when I turn my eyes towards the lovely hills, carpeted in green, I feel their message in their stillness, steadiness, firmness and immobility, for those who have ears to hear,

even the Himalayas have a message to give. So have Mother Ganga, the Godavari, the Krishna, the Kavery and others. Having eyes, do you not see? Having ears, do you not hear?

Have you ever heard the voice of silence? Have you ever heard the thunders of silence? The goal and soul of all prayers of the various faiths is not discussions and arguments as to whose faith is greater or smaller, but only to recognise the One in the many and to reach that final goal of Supreme Silence.

Be still and know that I am God

Aham Brahmasmi.

Lord, speak, Thy servant heareth, in Silence.

My present theme will not be complete without the Benediction and also the Universal anthem, and above all, the very helpful and inspiring Peace Prayer, the essence of all faiths and creeds in all the world. Now, let us pray!

PREMONITION

I do not know whether to call it premonition or inner urge, but these days I long to go out of this finite body, to experience my birthright, the Splendour of Millions of Suns. Whatever I see or hear from outside, they call me to come out of the body and to enjoy the freedom of the life Infinite and Eternal, becoming All-IN-ALL.

As I look into the sweet face of the tiny flowers, they ask me to be their fragrance. The birds as they fly, request me also to fly with them in the air. The waves in the ocean ask me to throw away my hand-stick and to come and dance with them. As I look at the huge hills, they say, "*Why don't you come out of the body and be one with us, sturdy, strong and immovable?*" The cool breeze says, "Blow with me and I will take you far and near, towards the East and the West.

In the night as I look above into the sky, the twinkling stars say: "*Don't you want to come and join us? How long will you be earth-bound? Pray, come and be the sparkle in us!*" And the sun, the Light of the world, chides me for ignoring the Splendour of Millions of Suns, my true Birthright, the Divine Heritage. Verily, Eternal Peace is in the Infinite but never in the Infinitesimal.

Glory! Glory! Glory!

OM! OM! OM!

PROSTRATE BEFORE DONKEYS.

19-4-1951, 3 AM, KAILAS

The sage of Rishikesh, Sri Swami Sivanandaji writes in one of his forest weekly magazines to prostrate before donkeys, as one of his many wise sayings. Gita, the Song Celestial also teaches that:

The wise look with the same eye on a Brahman endowed with learning and culture, a cow an elephant, a dog and a pariah too.

Equality, perfect harmony, facing the highest in the lowest and unity amidst diversity has been the relentless law in the life of spirituality. Hence, the Lord repeats again in His Immortal Song:

He who seeth me everywhere and seeth everything in ME, of him will I never lose hold and he shall never lose hold of ME.

Whether we do it to day or tomorrow, we have to prostrate sometime or other even before donkeys for the peace of our souls. Even though we are prepared to prostrate before the feet of donkey, we must be ready to know, that a donkey may not like our prostrations. Hence, we must be prepared to receive its inevitable or unavoidable kicks, as we begin to prostrate before the donkey.

Our KUKKI, the dog of the Ashram, is the legacy of our Sister Sushila Devi, the friend of all dumb animals. Strange as it may sound, whenever it feels like seeing to me it comes to me in Kailas, sometimes all alone too.

It looks at me mournfully as if to say, "What Karma have you done to be here all alone on the top of the Hill, looking into the sky, leaving all the good friends and all the good things to eat down below in the Ashram?"

It can judge only from its limited understanding. When I give it a piece of bread it wags its tail and it is satisfied and soon I find him sleeping in one corner snoring with contentment.

The dog is so affectionate that when I bow down before it, in play it does not understand my bowing. It scratches my very hair out of the head and tears my cloth, until I get up. Unbelievable as it may sound, then it begins to stretch its front legs as if in a long prostration before me.

With many experiments and experiences, Scientists have discovered dumb animals, especially dogs, to be more faithful and affectionate than human beings. We have read of the instances of many a dog dying with its Master, when its owner died. What a touching faithfulness!

As Swami Sivanandaji says, it is wonderful to prostrate before donkeys, but one must be prepared to receive its inevitable kicks while offering his prostrations.

If you throw even a fruit on a heap of cow dung, it will splash on your own face. But the sages of God- realisation do not care for criticisms and kicks, they are the same whether blamed or honoured. They have risen above the plane of duality and unto them friends and enemies are one and the same. They are happy to see the one in the many: in the donkey and in the dog, in the tiniest creature on the earth as well as in the star which is shining in the sky.

Blessed is the soul of GOD VISION, unto whom nothing exists except the One Stupendous Self-Effulgent Light! Friends, where are we now in the Stupendous Brahmic Splendour? Are we the whole, or its parts? Wherever we may be, whatever we may be doing, our consolation is that we are always in the light and the Light of lights is ever within us.

MAY ALL HOMAGE BE UNTO THE LIGHT OF LIGHTS!

MAY PEACE BE UNTO ALL!

QUESTIONNAIRE

28-2-1952, 6 AM

Question: What good does meditation do for you?

Answer: If you are established in the SELF Supreme already, it does not do any good for you. But if you are not established in THAT yet, it will help you to get yourself established in the Supreme Self.

Question: What good does thinking do for you?

Answer: Thinking is the cause of duality. Thinking is possible where there are two. How can the One think of itself? For the Atman, thinking does not do any good and it is not possible also to think for the Atman. For the unenlightened, constructive thinking is always helpful, leading one from the finite to the Infinite.

Question: Do I lose anything by not meditating and thinking?

Answer: As Atman there is nothing to be lost. Atman is above meditation and all thinking. Atman the Self supreme is waveless, when free from thoughts.

Question: Am I wasting my time, the precious time, when I am taking a walk?

Answer: If you walking only with the consciousness of the body, you are certainly wasting your time. But if you are walking with God-Consciousness, feeling His Presence within and without, then you are not wasting your precious time.

Question: How to feel God-Consciousness while walking?

Answer: For every step try to feel the Presence of God. Repetition of His Name mentally also will be helpful.

Question: Who is walking in you?

Answer: It is God Who is walking, for he pervades and permeates the very cells of your body as well as the Universe.

Question: Who is seeing in your eyes?

Answer: It is He, undoubtedly.

Question: Then, who is thinking in you?

Answer: When all is God, when nothing else exists except God, how can it be anything other than God, Who thinks in you?

Question: Of all the things in the world, which is the most easiest thing to do for a God-man, the man who has risen above desires?

Answer: The simplest and easiest thing for a God-man is to feel and recognise God's Presence, the Supreme Self.

Question: Why it is so easy, nay, the easiest thing?

Answer: Awareness of God's Presence is the most easiest task for him, for God-Realisation does not need any effort any more. For them, for it is already accomplished, he is in the Finished Kingdom. Not only does he not need any effort, he need not do anything at all, for there is nothing to do for him. Above all, there is nothing besides Him even to do. A God-man alone can understand the Glory and Completeness of a God-man. May all homage be unto such!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

RARE PRIVILEGE

(To our devoted friends and well-wishers of the Peace Centre, the common property of all devotees in the East and the West)

It is a blessed rare privilege and God-given opportunity to be associated with a Universal cause like Sri Shanti Ashram, the Mission of Peace, which embraces the children of God in all the world, instead of living in a self-created finite, selfish well with body consciousness.

Blessed are they who are pining for God with Universal Love, cheerfully shouting and exclaiming the following inspiring words:

The world is my home!

All the people in it are my sisters and brothers.

To love and serve them is my real and true religion.

The Kingdom of Heaven and the Peace that passeth all understanding belongs only to the rare people who are blessed with hearts of universality,

Dear Loving friends of Shanti Ashram, well-wishers of the Peace Centre, let us not be like frogs in finite wells. Let us come out of the little wells of selfishness into the Ocean of Akanda Sat Chit Ananda: Existence Absolute, Knowledge Absolute and Bliss Absolute, while there is yet life in this body, remembering **TODAY MAN IS AND TOMORROW HE IS NOT.**

Shanti Ashram belongs to you. Peace Centre is an international Institution, an abode of Peace. It is a God-given opportunity given to you *to live in God and help others to live in Him.* This has been the motto and life-giving ideal of Shanti Ashram since its establishment in 1917, sixty long years ago. I am longing to wish your welfare, with prayers for your health and Peace.

The way to be happy is to make others happy. So kindly help us by memorising and repeating the simple, helpful and inspiring Peace Prayer, and spreading this Prayer near and far among your friends.

Let us remember Sri Mahatmaji's wise words: ***"I can live without my daily food, but I cannot live without my daily prayers."*** Let less words and more meditation in silence be our ideal. Let us meditate now on the Self-effulgent Light in Silence.

Do all the good you can

By all the means you can

*In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can!*

OM! OM! OM!

RINGING OF THE BELL

7-6-1949, WALTAIR

Every day in the early hours of dawn at 4 AM I wake up automatically. Something within wakes me up from the world of oblivion to the world of wakefulness or awareness. Musing for a time, I try to commune with the rolling waves, twinkling stars and with the active life all around. Then I go towards the Bell exactly at 4:30 to wake up our Gurukula boys. As I begin to ring it, something within me begins to vibrate and ring. The very cells in my being seems to be waking up from darkness into light, from sleep to sunshine.

Then I see one by one the Gurukula children, the little tots and the big boys, the young and the old, all the workers and members of the Ashram, waking up with a song in their mouths, the song of waking up the individual from sleep to prayer.

I am not satisfied by waking up the Gurukula boys, the school children and members in the Ashram, my heart longs as I continue to ring the bell, to wake up all the fishermen, women and children in the nearby villages, nay, all the people in the Vizag district and Madras Presidency too. I long to wake up with the ringing of the Bell, all the people in India who are both in Hindustan and Pakistan, to get ready for the Prayer with the first glimpses of dawn, I wish to wake up as I ring the bell not only all the people in India but also all the people in Asia, in the Eastern Hemisphere, as well as the people in the Western hemisphere, all over the world.

Sometimes I keep on ringing and ringing the bell indefinitely and unconsciously to wake up all the people of all castes, creeds, colours and nations, all those who are near and far. ***Eyes have they yet they see not. Ears have they yet they hear not.***

My friends, my Loving Readers, do you hear the ringing of the bell in the early hours of dawn? Do you get up along with the rising sun from sleep to prayer? If so, blessed is your devoted life of aspiration and wakefulness!

As I continue ringing the bell, often I feel that Sister Sushila Devi who is now in far away America, also hears the bell and awakens to join us in Prayer and Meditation. There are times when I feel even our unfortunate little Santi who has left her mortal coil, hears the ringing of the bell. My call is for both the dead and the living, even when the dead, the so-called dead and the departed, the disembodied, are listening to my call, the ringing of the bell. Why don't you, my fellow comrades, wake up from sleep to Prayer, from the unreal to the real, from the finite to the Infinite and from the mortal to the Immortal?

Even the dead are listening to the call, the ringing of the bell. Oh! You living, why don't you hearken to the clarion call? It is not high time to wake up from the long slumbers and lethargy to the life of awareness and consecration?

Wake up, wake up my sweet children of Immortality, O living Images of the One Indivisible God! Wake up dear Sisters and Brothers in East and West, to the life of your God-Consciousness, your only Divine Heritage. The life of awareness, the life of wakefulness and the life of Cosmic Consciousness is the only real life and all the rest is oblivion, darkness and ignorance.

My friends, here is the bell ringing again, listen, it is also ringing in the stillness of the sanctuary of your own devoted hearts. Let the bell of your heart ring ceaselessly with every heart beat. Draw yourselves within. Listen to the Inner call, the very sound of your heart beat. The Divine call, the ringing bell is within your selves, calling you from duality to unity, from selfishness to selflessness, from ignorance to knowledge, and above all from mortality to Immortality. May all homage be unto the early risers: the builders of Nations and the benefactors of humanity!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

SEED, SPROUT AND TREE

5-1-1950, NIRVANAMANDIR

People in the world are like mere babies, they expect to eat the fruits even without sowing the seed. How unreasonable and ludicrous! If you wish to eat the fruit, begin with the seed NOW. Plant the seed today alone. If you neglect the seed, even after planting, you cannot expect any sprout or tree, much less the fruits. Hence, the seed is to be planted and watered regularly, with the waters of Love.

The seed is the beginning should be protected also from the white ants of selfishness and laziness, and from the pests of arrogance and egoism. The seed should be strengthened and fed by the selfless labours of good manure and by the scientific methods of careful watching. Then it also needs the protection from the sheep, goats and pigs: the gossips, the time-killers and the evil-tongued people.

Thus, the inevitable result of a gigantic tree yielding thousands of fruits or a mighty intellect, the man of God serving humanity, is only from the small beginnings of sowing the seed of Truth, watering it with Love, protecting it from the white ants and pests of the lazy and time-wasters, and careful watching with ceaseless care of *AWARENESS* or *RECOGNITION OF GOD WITHIN AND WITHOUT*.

The tiny seed, losing its form and name becomes the tender sprout and the tender sprout in its turn grows into a sturdy tree; and the sturdy tree gives forth thousands of fruits not only to the one who planted it, but also to one and all who come under its cool shade,

Such is the life of a selfless, devoted and consecrated soul, whether it is in East or West. Time and place does not matter, but it is only the sowing of the good seed in the fertile soil of aspiration, constant watching, and praying ceaselessly until the Goal is reached, is all that it matters until the fruit is ripened.

May all homage be unto the Blessed Saviours of good seeds of Health, Success, Love and Peace!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

SELF-EFFICIENCY THROUGH SELF-EFFACEMENT

25-7-1952, 5 AM, KAILAS

On the other day I happened to read an article on *Self-efficiency* by a learned Doctor. He has contributed a brilliant article containing many good thoughts, but he was criticising and condemning all Swamis, Priests Philosophers and other Teachers, for he believed that they were teaching the most harmful and dangerous creed of self-effacement. The learned doctor thinks that even the present poverty, starvation and degeneration in the country is only due to this cult of self-effacement. That is the outlook and belief of our learned Doctor. At the same time, the Learned Doctor advocates a creed of optimism for everybody, so that each person can be a hundred percent self-efficient, bringing wealth, prosperity, success and Peace to every individual in the country.

The most deplorable thing is that our learned Doctor fails to understand the very fundamental principle, the basis of his very theme Self efficiency. Self-efficiency will result only from Self-effacement. How can there be any Self-efficiency without self-effacement? How can a man serve two masters? It is impossible to serve both God and Mammon simultaneously. Similarly, one cannot be both selfish and self-efficient. A selfish man can never be self-efficient, however learned he may be.

The happiness and freedom of the individual, the welfare and progress of the nation and even the Peace of the world, is based only on self-effacement. It is for want of self-effacement in individuals that form the big nations, that the world wars were created in the past. It is the men of selfishness, of low vision, who are the roots of communal troubles and mistrust among nations. The nations that are blessed with souls of self-effacement can never be greedy and covetous, sowing the seeds of suspicion and selfishness in the hearts of the ignorant and the innocent, thus creating caste feelings, communal clashes, filled with racial pride and religious superiority.

Undoubtedly our Swamis, Yogis and teachers have taught the Creed of self-effacement only to bring about self-efficiency. Any one's self-efficiency can be measured by the degree of self-effacement he has achieved. Self-effacement is the basis, nay, the very foundation of selfless life and self-efficiency is a structure that can be built on the rocky foundation of self-effacement. This is a Divine Law that can be proved practically. When the baser elements is expelled, the higher elements occupies the same space immediately. When selfishness is expelled, selflessness reigns supreme. Self-efficiency is the outcome of self-effacement. When such is the Truth, how can we find fault with Swamis and Yogis and other teachers in East and the West?

Great souls like Sri Ramana Maharshi and Mahatma Gandhiji have been men of self-effacement. They have both taught and lived lives of self-efficiency. Look at the mighty results of their selfless lives in the East and the West, nay, all over the world! Pioneers like Lincoln and Washington in America have been men of self-effacement, setting examples to their nations as well as to all the nations of the world, of self-efficiency achieved through the practice of self-effacement.

Let us also consider the lives of Saviours like Christ and Buddha and other Avatars. Have they not been the mighty advocates of self-effacement? Are not their whole lives from the beginning to end, lives of complete self-effacement? Hence, no wonder they are hailed as World Saviours, being worshipped even today by millions of people all over the world. The way of Freedom and Glory lies only through self-effacement. We must give a death blow to the lower self in order to reach the Heights of God-Realisation, which is the pinnacle of self-efficiency where man is full of Life, Light and Love. Self-efficiency is not to be wrung by force and struggle from life, for it flows like the rivers from the hills in a most natural way. It is the little self which is standing as the greatest stumbling block to self-efficiency, just as a dark cloud hides the effulgent sun. Self-efficiency is always seeking us, but we are standing in its way with our vanity, pride and prestige.

Self-effacement is most indispensable if we are to allow the Light of self-efficiency to shine in its full Glory. Self-effacement does not mean merely the renunciation of the outer forms and names. It is more deeply concerned with the renunciation of the dual aspect of selfish, self-centred life. There is no mine and thine in self-effacement. All duality disappears and the Splendour of great self-efficiency is the inevitable result. All homage be unto the Swamis, Yogis and all the old and new teachers of the East and the West, who are teaching the creed of self-effacement, leading ideal

lives of complete selflessness! Such ideal lives alone are the strength and prop of the world. Souls of self-effacement have always been the salt of the earth, the Flowers of Humanity, giving out their sweet fragrance of Love Universal and ever trying to establish Peace on earth and goodwill among Nations!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

SHORT-CUT

7-6-1950, 4 AM

In these days of man's material and mental advancement, with the rush and push of civilisation, flying in aeroplanes and inventing Hydrogen bombs, deadly weapons which can destroy the entire human life, the spiritual progress of man becomes a life and death necessity hence, it is wise to discover a short-cut for the Peace of man's soul.

No one wants to travel in the old weary and laborious ruts of age-old customs and conventions. In the present day world, with the progress of Science in every field, man wants to run on land with the help of mental steam and fly in the air with the assistance of spiritual gas or vapour.

May all respect be unto the tremendous genius and inventiveness of man, the Living Image of GOD, in the plane of outer life of form and name. Yet, in our feverish rush and haste let us not forget to pay our homage to the living MAN of Introspective INTUITION, who is silently and steadily leading individuals as well as Nations towards the One goal, the Goal of Peace on Earth and Goodwill among Nations.

Now, what is the short-cut to realise Peace, the Goal of Human birth, in the human form NOW and HERE, amidst our busy daily life? Here it is: it is only to see 'THYSELF', the One Self in one and all, in both the friend and the foe, in the nearest and dearest, in the stranger and in the far-away so-called unknown one, for all are living manifestations of the ONE INDIVISIBLE LIGHT, which is ever ONE without a second.

It is easy to love one's neighbour, but it is rather trying and hard to love the stranger, especially the one who is trying to hurt, wound and vilify you. Yet, your immediate salvation lies only in loving not only your neighbour, but also the stranger and the persecutor. Nothing but LOVE alone should flow from you, towards one and all. Is not the Sun the Light of the world, giving out the rays of life and warmth towards one and all, irrespective of the surface differences in the man-made religions and nations?

My friend, have you ever thought that the world itself is the manifested form or the Image of the Unmanifested Primal Energy or God? It is so difficult to fix the restless mind on the formless, nameless and the incomprehensible Truth, hence, the easiest way to realise God is

through the worship of the form, the world of emanation, for all has come from the One source. If you cannot love and worship what you see, how can you love and worship what you cannot see and that which is beyond your senses?

As such, the short-cut, the direct way, the easiest way and the most natural way to God-Realisation NOW and HERE is by seeing THYSELF or your self, wherever your eyes rest or wander, ignoring the dangerous and harmful distinctions of "mine" and "thine", for all are HIS. As the Creation is not different from the Creator, let us resolve, nay, persist to recognise and behold Him not only in the very cells of our being, but also in all the manifested life outside and even in the planets and suns too, in the sky above.

The short-cut belongs to the man of iron will, to the man of God vision, whose consecrated heart is filled with Universal Love, including all and excluding none. THYSELF is the shortest cut, because it is the right, broad and wide way of selflessness. MYSELF or the little self, the consciousness of the ego, is the longest way, the most narrow and rugged path. In the Splendour of Millions of Suns, the Transcendental Plane of the Cosmic Source, where are the short-cuts, circuits or winding paths?

Let us behold the LIGHT, the Self-shining Light, the Self-effulgent Light, not only within and without, but also on every side, in both sound in the manifested world and in SILENCE, in the unmanifested Splendour.

May adorations be unto those rare and blessed souls who have risen above short and long cuts and whose hearts are filled with JOY, minds saturated with LOVE and Souls with PEACE!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

SICKNESS

All sickness and weakness are due only to forgetfulness of GOD. When you see anything other than God you are sick either within or without. Behold the SOHAM LIGHT in the very cells of your being from the toes to the top of the head and thus be happy and healthy. This is your divine Birthright.

Health alone is your Holy Birthright and not sickness, the passing cloud of forgetfulness and weakness.

Be you the happiest being in all the world by recognising the Holy and ever present SOHAM in all the world. No more sickness, no more weakness in the Splendour of Millions of suns glory in SOHAM.

An offering to all the sick people the Living Images of God, to get well, to be happy and healthy permanently and eternally.

OM! OM! OM!

SILENCE AND ITS GOAL

1-2-1952, 3 AM, KAILAS

Question: How can Silence have a goal? Is not Silence God? Has God also a goal?

Answer: GOD Himself is the Goal of all life and existence. The Great Silence, the Wise Silence, the Infinite and Eternal Silence has no goal, for it is complete in itself. But my Silence, the Silence of the individual certainly has a goal in its own way.

Question: What is the goal of your Silence? Is it only individual Peace?

Answer: Individual Peace is most essential, for it is the basis of Universal Peace. Hence, it is the man of individual Peace who can help the Peace of the world. Thus the goal of my Silence is Universal Peace through the individual Peace.

It has been often quoted that speech is silver. Although speech is silver, Silence is considered as pure unalloyed gold. Through the spoken word, the speech, we can only reach those people who are in front of us, face to face with us and who can hear us. But with the potential weapon of Silence, the unfailing panacea, you can reach one and all, you can serve those who are near and far, the known and the unknown. The complete or wise Silence includes all; in Silence not a soul or a tiny atom is excluded.

Nissabhdho Brahma!

Silence is Brahman.

Waveless Silence is God. It is a shining state that cannot be described in words. Finite words can never reach the Infinite Silence. Neither can anyone comprehend it with the mighty intellect.

KNOWING THAT, ONE BECOMES SILENT. For, *THAT* and *SILENCE* are not two but One. Silence meets Silence. Here is the consummation of not only all the words but even of all the worlds of so-called big dimensions.

Question: What is the soul of Silence? Is there a Soul to the Silence?

Answer: Here the soul means the core of Silence, the very heart of Silence. Hence, the soul of Silence is Wavelessness, the Peace that passeth all understanding.

It is something to be understood by rising above body, mind and world. Silence is known only by those God-men of Realisation, the Transcendental Souls who have personal experience of the Highest. The Highest is no other than Supreme Silence.

All this seems to be a mere play of words. THE MASTER IDLER is free of all words and even thoughts, for He is complete in Himself. As there is no one besides Him, there is nothing to write, read, express, do and even to feel. All these acts are possible only in duality, but not in the unity of the Highest. Hence, it has been said of the Sages, the men of God-Realisation, that although seeing they are not seeing and although they appear to be working like ordinary men, they are not working, for the SELF DOES NOTHING, being One without a second, ADVITEEYAM.

As the sacred Vedas teach, let the wise man merge his senses in the mind; the mind in the intellect; the intellect in the ego; the ego in the Self and the Self in the Supreme Silence, the Great Beyond on the incomprehensible Glory!

BE STILL AND KNOW THAT I AM GOD, has been the message of the blessed Christ in the Holy Bible. Bhagavan Sri Krishna says in the Gita that of all sacred things, He is the Silence. Let man learn to respect Silence, practice Silence, to realise the Glory, the deep secret, the inner core and the Soul of Silence. May all Homage be unto the Silent worshippers of Silence!

MAY PEACE BE UNTO ALL!

HARI OM TAT SAT OM!

SOUL FORCE

Soul-force is the Birthright of every man and woman on the face of the earth, it is the Source and Goal of the very existence. Man is everything with the awareness of Soul-force and a mere skeleton without its recognition. Soul-force: what a powerful word it is! One who is centred in the Soul-force is the master of the world. The world is only a mere bubble in the Glory of his Soul-force. What the living waters are to the Ocean, so is the Soul-force to the man of realisation.

Everything and everyone is drawn towards the man of Soul-force, for he is the living Spiritual Dynamo, from where all the life currents of the very existence flow. He relies ever on his soul power, not on outside man-power. Think of the self-effulgent sun. Can you ever separate the light from the sun? Then how can you think of separating the Soul-force from the living man? The very repetition of the word SOUL-FORCE gives one a sacred thrill and fills one with Peace, Poise and Power. Soul is the Being and Force is the Power or Breath in man. The man of Soul-force is ever centred in Omnipresence, Omnipotence and Omniscience.

There has been too much theory and too much talk about Soul-force in the world, and what one needs now is the realisation of Soul-force in the every day practical life. It is to be expressed in thought, word and deed in every moment of one's life. When you are centred in Soul-force the whole world is drawn towards you. Just as the rays of the sun are drawn towards its orbit or centre, the man of Soul-force is free from disappointments, illusions and delusions of every kind, for he is One without a second. Where Soul-force exists nothing else exists except its Self-shining Splendour of Millions of Suns.

Soul is the PURUSHA and the force is the PRAKRITI. Purusha is the Divinity and Prakriti is the Nature. They appear as two but at the same time they are one. Man's happiness lies only in his recognition of the unity of Purusha and Prakriti, in the oneness of all manifested life. Soul is the ocean and Force is the living waters of the ocean. Soul is the SUN and Force is the Effulgent Light of the Sun. Soul is the unmanifested and force is the manifested energy. Verily soul is our being and force is your very breath.

Soul-force can be used both constructively as well as destructively, leading us towards the upward path of illumination or on the downward path of darkness. Soul-force can be used both in the positive and negative paths leading to Heaven or Hades. Atomic bomb is the positive aspect of the Soul-force and the destructive Atom bomb is the negative aspect of the same Soul-force.

Soul-force is the only living Reality and it is an eternally established Truth. There is no need of describing its Glory and attributes. The question that we need to know is how to realise it and how to take a firm hold of it, never denying or forgetting it inspite of a million tests, trials and tribulations.

How to assert and manifest the Soul-force even at the bayonet's point in thought, word and deed? Lord Christ expressed it from his cross in his crucifixion. Today Mahatma Gandhiji is expressing it in his creed of Truth and Non-violence, inspite of ridicule and opposition, both in the East and West.

What is the way to attain or master the Soul-force? The easiest, the simplest, the most direct and the most unfailing way is through SELF CONTROL. Did you ever hear of any man or woman in the East or West having Soul-force without having self-control? To the slaves of the senses, self-control is a myth and to the masters of self-control, Soul-force is the only Reality and the Living Truth. Verily, he who controls himself controls the whole world and he is the embodiment and living image of Soul-force. Peace that passeth all understanding belongs only unto such and none else.

Dear Friend, coming to the practical side of our theme, do you feel Soul-force in your daily life? Do you express it in all your thoughts, words and deeds? If so, your life is a blessing to yourself as well as to others. What is life without Soul-force? What is existence without Soul-force? What is world or creation without Soul-force? It is the vital energy, the life principle, the Soul and Goal of the very life and existence. Did you ever hear of the sun without light, or the ocean without the surging waters, or the existence without life or breath?

Man needs Soul-force for his very existence. It is high time that he should take a firm hold of his Birthright the living Reality, the Soul-force, for man is only a living skeleton, a decaying mummy without Soul-force. Whether man is conscious or not of his inseparable and eternal oneness with the Soul-force, it is always there, pervading and permeating the very cells of his being.

How life-giving and soul-awakening it makes one to feel to recognise the Infinite in each and every cell of his body! The Nectar of Immortality is there, nay, HERE, always present, filling the body from top to toe, throbbing in the heart, pulsating in the veins and arteries, and flowing in the very breath. It is with man, the aspiring man or woman to tap the Source, the Soul-force and thus begin the life of abundance and completeness, ever centred in LIGHT, LIFE and saturated with PEACE, POWER and PLENTY.

Being a millionaire, why beg and starve? Being the King of kings why remain a bond slave? Being the controller of the world why cling to the passing clouds of name and fame? Being a master of himself why become a slave of senses and grovel like a worm in the mire of darkness? Above all, being the Light of lights, the Infinite Light, why beg for a little finite light, hiding your Birthright in thick layers of dark ignorance? Here is the NECTAR OF IMMORTALITY, your Divine Heritage, why be satisfied with restless and outer life of poison?

Now, let us close our eyes and meditate on Soul-force!

O! Blessed Soul-force, Thou Who art in the sun, moon, stars and other planets, Thou Who art pervading and permeating the whole universe from a dew drop to the mighty ocean, from a glow-worm to the effulgent sun, Thou who art expressing beginning, from an ignorant savage to the illuminated sage, bless us now to feel Thy Indwelling Presence, both within and without, in ourselves as well as in others.

As the effulgent SUN is ceaselessly giving out LIGHT to the whole world in each and every moment, nay, from eternity to eternity, may we also radiate the LIGHT OF LIGHTS, the Potential Power, the Divine Force, the Primal Energy, not only NOW as we commune and meditate on Thee, but in all that we do, in all that we say and in all that we think, from dawn to dusk nay, from eternity to eternity, is our earnest prayer!

OM! OM! OM!

MAY ALL GLORY BE UNTO SOUL FORCE!

MAY PEACE BE UNTO ALL!

OM TAT SAT OM!

SOUL GRAFTING

Efficiency is purely the outcome of hard struggle and ceaseless work, in whatever direction it may be. Efficiency comes through personal experience, whatever branch of work it may be. Any profession of work without efficiency is lifeless and soul-less. It can be easily compared to the helpless struggling life of fish on dry land.

Grafting is a delicate art, be it plant-grafting, bone-grafting or soul-grafting. The Gardener with years of experience in grafting different plants and trees, becomes efficient in the craft. Similarly, a Surgeon with wide experience in operations of different kinds of surgical cases of grafting bones, becomes an efficient surgeon. Now comes the Soul-grafting: same is the case with Soul Grafting also. Experience, wide experience and personal experience of the soul is needed for efficient soul-grafting.

It is easy to graft a plant and it is easier to graft a bone with experience, but alas! To graft a soul is rather an up-hill work of ceaseless struggle and endless concentration, achieved by the mighty powerful and one-pointed mind and intellect.

In our zeal for grafting, we should not forget also the inevitable and indispensable preparation which is necessary for grafting a plant, bone or soul. Soul-grafting is no other than JIVATMA PARAMATMA IKYANU SANDHANAMU, the individual becoming the Universal Breath: the JIVA, the individual, realises that all along he has been the DEVA, the Universal, alone. It is in soul-grafting that man remembers his Birthright and establishes himself in the Transcendental State, the Splendour of Millions of Suns. A gardener with a trimming knife gets the plant ready by scraping the bark and the outer portion for the necessary grafting, and he allows it to remain thus while the plant gives out or oozes its watery juice. During my present bone-grafting operation, it has taken three days of preparation to get the bone ready to be grafted. First, the leg was washed, shaved and cleaned. Then some green liniment was applied and bandaged so as to eliminate infection from outside. The same treatment was repeated for two days more, before I was taken into the operation theatre.

Now, let us come to the soul-grafting, what is the preparation needed for this Soul-grafting? It needs not merely days and weeks of preparation as in the case of plant and bone-grafting, but years and years of preparation. Purity in thought, word and deed is most essential in Soul-grafting. A man or woman must be clean and immaculate both within and without. The purity of an unborn babe is needed in Soul-grafting. The least dirt of impurity or selfishness infects the soul, both from within and without and makes the Soul-grafting a mess, instead of a blessing.

Christs and Buddhas, Mohammeds and Krishnas and other world Saviours have been expert Soul-grafters, only by paying the proper price of grafting, through their ideal and exemplary lives of sacrifice, dedication and contemplation. Everything in this world has its own price and man must be willing to pay the price cheerfully, if he wants the thing he longs for. You and I cannot even graft a plant, much less a bone. As repeated, experience, personal experience is needed for efficiency and success in any branch of work.

We have an old gardener in the Totapalli Ashram, who has wide experience in grafting trees. There is a certain mango tree in our garden there, which gives two kinds of fruits. America has made vast strides not only in plant-grafting but also in bone-grafting. Sister Sushila Devi has written in her last letter that bone-grafting is quite common in USA. May it also become soon a common and helpful practise in India! Our Superintendent is a good bone-grafter. His grafting experience has not been gained from words or books but from his personal experience of years in the surgical field.

My Loving Friend, enough of words on grafting. Words lead us nowhere. It is the Silence that helps us to understand the Soul. Soul-grafting is done in Silence, in utter silence, in supreme Silence, nay, in Waveless Silence.

A good plant-grafter uses special thread for tying or uniting his grafting, the experienced surgeon also uses special cat-gut etc., to unite the bones. What is the medium the Soul-grafter uses in grafting Souls? It is the Breath, the Life-breath, the Soham breath, with which not only does he graft his soul, but also draws all the souls towards the Creator of all life, the Soul of human birth and the Goal of Humanity. The Soul-grafting is the only real grafting, the highest grafting that unites man with God, leading one from the depths into Heights, from body-consciousness to God-consciousness. Sooner or later for one and all, for the gardeners and Doctors, the preachers and teachers, it is the Soul-grafting which gives freedom or emancipation from the rounds of deaths and births.

From the Advaitic standpoint, in the Highest State of Cosmic consciousness, there is neither grafting of trees nor of bones. There is neither you nor I to graft or be grafted. But in the plane of duality as one sees, man the individual has to graft himself to the Universal until he realises

in WISE SILENCE that the individual alone has been all along the Universal, the One without a second.

Man may ignore tree-grafting or bone-grafting but he can never ignore, deny or avoid Soul-grafting, for which the present human birth is given to him now. My soul longs to graft all the Souls in East and West of all religions and nationalities to the original tree of existence Absolute, Knowledge Absolute and Bliss Absolute, in the Garden of Eden.

My Friend, now wherever you may be, pray do close your eyes, be it even for a moment, for it is in Silence that souls are grafted and created! Verily, the Soul-grafting takes place in SILENCE. In this Soul-grafting no one is excluded but all are included, for the Universal breath binds all into One Indivisible Whole. Glory be unto the Grafter of trees, bones as well as of Souls!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

SPEECHLESSNESS OR MOUNAM

Speechlessness is of two kinds. One is because of ignorance and the other is because of knowledge in Illumination. We find so many people speechless - are they illuminated souls? I feel sorry for those people who are silent outwardly but engaged ceaselessly in thinking and making plans over something or the other inside. Can you ever call this speechlessness?

Nowadays it is getting to be a fashion or fad to be speechless. Because Mahatmaji is observing a day of silence on Monday, there are many that are observing silence on that day. Souls like Mahatmaji work 20 hours a day all the week, hence they certainly need a day of silence once in a week. But what about the drones who have nothing to do, ever wasting their precious lives? What is the idea of observing speechlessness? Only if they are trying to be speechless because of God consciousness, it helps a great deal.

It is very easy to be speechless outwardly but how difficult it is to be speechless mentally! It has been said by scientific research that when one talks so many organs, cells etc., are active. Every word spoken unnecessarily is taking away some energy. When such is the Truth, are we not to feel sad looking at the men who talk and talk from morning to evening? Some take joy from talking of themselves and some others meddle in the affairs of others, and take joy in talking ill of them or spreading scandals.

There is more talk in the name of spirituality than anything else in the world. Every one teaches others and no one wants to teach himself. In outer teaching there is confusion and disturbance, but in the inner teaching there is harmony and Peace.

In a certain state of development spiritual souls are forbidden not only speak ordinary things of life, but even to speak answering the questions of people - even out of compassion. Why should we talk when God is alive? Only he who has realised the Glory of God-consciousness, can know the great ecstasy of remaining speechless, and no one else.

Talking always leads to strife, whereas silence leads to freedom. It certainly helps every one according to his understanding, to some degree of other.

All men of greatness and those that have done great service to humanity, have always been men of silence--talking sparingly, that too only when quite essential. There is the common saying that is true, that those who talk always can do very little, for their energy is being wasted already.

Every word you speak, is like throwing a stone in the calm water of Blessedness and thus disturbing the equilibrium; thus the more you talk the more you are disturbing the equilibrium. How people engage themselves in so-called important talks, which are really all useless talks!

If we want to talk, we should talk only about God, and that talk should be in silence, for though silence alone we can express Him, for *God is silence*-the Waveless Silence. May we chant Om now, to enter into the heart of that supreme silence!

OM! OM! OM!

SPIRITUAL TRANQUILLITY IS UNCAUSED

26-11-1949, 5 AM, WALTAIR

Question: Why is Spiritual Tranquillity uncaused?

Answer: Because it is One without a second. There is nothing else besides it, either to make it decrease or increase. Peace that passeth all understanding abides or resides only in the One and never in duality, where there is inevitable cause and effect.

What a wonderful, deep and soul-stirring thought it is just to feel, think or even to repeat that *Spiritual Tranquillity is uncaused*, that which has a cause will have an effect. Wherever there is cause and effect, there is change; wherever there is change there is sorrow and disappointment and wherever there is sorrow, there is decay and death.

Hence, let man, the aspiring man, the wise man, seek his happiness, the happiness that knows no change, never in forms and names, but in the formless and nameless spirit or soul which is the only unchanging Reality or Substance in a world of changes. Infinite Peace or eternal happiness exists only where there is no more seeking or seeing, where all attempts of grasping and even comprehending cease, for the Tranquillity of the soul is uncaused.

Question: Then what about our Prayers, meditations and all the other spiritual exercises? Do they not help us to see the vision or to reach the heights?

Answer: Certainly, prayers and Meditations are the stepping stones to help us to climb the Heights and to establish ourselves in that blessed state of Spiritual Tranquillity. They remove the nets of illusion and lift the curtains of delusion; above all, they burn away the dross or the ego in the fire of God-Consciousness, wherein the soul is face to face with the Spiritual Tranquillity which is uncaused and the same in the past, present and future; nay, it is rather above time, space and causation.

I love to pay my homage to that Spiritual Tranquillity by being silent physically, mentally and spirituality.

Question: But is it possible to be silent forever, so long as we have bodies which are ever changing and minds which are ever wandering or fluctuating?

Answer: It is more than possible, if we are willing to pay the proper price of complete self-surrender or the annihilation of the tenacious ego in the fire of Spiritual Tranquillity, the Splendour of Millions of Suns.

In that all-consuming, burning fire the senses are calm, the mind steady, the intellects firm, the ego is mercilessly burnt away and even the breath stops. It is a Transcendental State of melting into the blessed Silence. Verily, the wise seers knowing THAT melt into Supreme Silence!

My Loving Reader, let us worship now this Wise Silence, this spiritual Tranquillity, no more with words and no longer with thoughts but by dumb Silence, Waveless Stillness and by unutterable and incomprehensible Void. May all Homage be unto the Peace inaudible, the Glory inconceivable and to the Transcendental Spiritual Tranquillity which is ever FULL and COMPLETE, eternally ONE without a second!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

STRING THROUGH THE PEARLS

Are you living like a string that passes through all the pearls or living only just as a mere tiny, finite pearl? It is not enough to be a string among the pearls. Here, the string may be separate and aloof from the pearls. One must cover all the pearls. The string should pass through all the pearls, for all the pearls are connected with the string of life Eternal.

But alas, man takes joy or rather is satisfied, whether it is through wrong association or bad habit or Karma, merely in identifying with a particular pearl rather than with the Eternal string which is the life and soul, the connecting link of all the pearls.

Man is not merely the body, the outer shell, the empty pearl but he is the string, the life-current that passes through all the bodies or pearls. He is not merely an evanescent bubble, but he is the ocean, which is the back-ground of all the bubbles. He is not merely a flower that withers, fades and dies but he is the thread that runs through all the flowers in the garland of life. He is the fragrance of every flower, he is the life of every pearl or bead.

Man is not merely a tiny ray, he is the source of all rays. He is the SUN that sends forth all the rays to illuminate the world. He is not a mere tiny atom of earth, but he is all earth, the basis or substratum of existence. He is not a speck of space but he is limitless space, the great void.

Peace which is the Soul of human birth and the Goal of existence belongs only to those rare and precious souls who can identify with the only Reality, the string of Eternal life, but not to those who identify with the passing, empty and lifeless pearls. The body, the pearl, may be beautiful, strong and rich too, but it is only a mere pearl, a body that passes away sooner or later. Recognise the string in the pearls, the LIGHT in the bodies and thus be happy and a blessing to the world.

OM TAT SAT OM!

SUPER SILENCE

22-3-1951, KAILAS

Silence has several grades. To understand it in a clear way, we can divide Silence into the three following sections:

1. Outer Silence

2. Inner Silence

3. Super Silence

1. In the Outer Silence, the beginner has given up talking of every kind and has taken the vow of Silence. It may be due to family troubles, a fight with his wife, loss in his business or death of someone near and dear to him. Some disappointment has made him to be disgusted with the world and he becomes silent.

But he starts to talk not with words with his voice, but by writing on a slate or on a piece of paper with his disciples, friends and other near and dear ones. He wants to know everything of the outer world and he is anxious to teach the visitors and everybody except himself. Sad to say that he is still a slave of name and fame, giving way to honour and disgrace. He feels happy when praised and depressed and sad when blamed or criticised.

Even the lowest grade of Silence is to be appreciated when compared to the needless talk and endless gossip of many a Swami or Yogi, as well as spiritual aspirants who are wasting precious time hurting the innocent and picking holes into the character of others, thus accumulating more bad Karma instead of realising the goal of the precious human birth.

Now let us come to the second grade of Silence.

2. Inner Silence: Here the votary of Silence does not engage himself in conversation, using a slate or a paper. He does not wish to sow new seeds for he knows that he alone has to reap the full harvest of his sowing some time or the other, even in Silence.

Although he is silent outwardly, inwardly he is full of latent thoughts, deep in ideas and high ideals. Out of compassion he longs to be a liberator reforming the whole world. He longs to unite the East and the West on the basis of One Religion, One humanity and One God.

In spite of his Silence outwardly, the lake of his mind is full of rolling waves, the thoughts rising and falling and often clashing with each other. But he is on the way, for selfish interests are replaced by selfless interests or Universal interest. His silent and selfless thoughts are helpful for those who are near and around him and to all his pupils who are near or far away.

Now comes the Highest State:

3. Super Silence: Here all waves in the lake of his mind have subsided and he is free from the fever of doing good to the world. The temptation of restless activity has come down to the normal degree of waveless Silence. He is contented to live an ideal exemplary life of Silence or completeness.

The thought of *mine* and *thine* is absent. He has risen above the thought of "I have done this or that or I still have to do this or that in the future". For him past, present and future do not exist, for he is above time, space and causation. His life of Silence, Super Silence is the greatest blessing to the world. He is the sweetest and the most fragrant flower of humanity.

His Silence is no other than Super-consciousness, hence it is called *Super Silence*. It is the grandest and most sublime state and the ultimate goal of the individual as well as the Universal. But alas, how far-reaching, difficult and incomprehensible it looks!

It is difficult for the gossipers and impossible for the chatterboxes who are not prepared to be silent or to pay the price for the Super Silence. But it is easy, simple and direct, nay, face to face for those who are willing to pay the price, the offering of the tenacious ego, at the altar of Super Silence.

May all homage be unto the souls of Super Silence, the Transcendental State of Blessed Peace!

OM! OM! OM!

SWAMI AND OMKAR

27-11-1950, 8 AM, KAILAS

Vedanta, the essence of the Vedas, the Eternal Law, proclaims boldly in a thundering voice that duality is unreal and that non-duality alone is real and true. The Vedas emphasise again and again, through many an illuminating illustration and interesting simile, the non-existence of duality and the existence of the only reality- the Existence, Knowledge and Bliss Absolute- - SAT CHIT ANANDAM. EKA MEV ADVITEEYAM BRAHMA. That Brahma is one without a second is the clarion call of the scriptures of the East.

Now, coming to the practical side in the life of daily experience, looking at the facts, what about this duality of the Swami and Omkar? Are they two or one? If you say they are two, Vedanta says two things never exist and duality is a big delusion. If you say they are one, then there is the form and name of the Swami, to all appearances existing as the living reality.

The Swami can be seen, but Omkar cannot be seen, for Omkar is Invisible whereas Swami is visible, composed of blood, flesh, bones and with the particular senses of hearing, seeing, smelling, tasting, feeling etc. What we see physically we have to deny and say that it never exists and it is false. And what we cannot see, that which is beyond the eight and other senses, we are to admit sometimes blindly that it is the only abiding Reality. How strange and paradoxical is TRUTH! How difficult and incomprehensible, also, it is!

Whether it is easy or difficult and comprehensible or incomprehensible, Vedanta, the end of all knowledge, persists and insists repeating time out of number, that two things never exist and that duality is false from beginning to end. The only reality in the changing world of phenomena is the changeless, Eternal and Indivisible Truth-- the living OMKAR.

To support its firm stand, Vedanta gives the very interesting and beautiful illustration of the snake in a rope out of fear and delusion. If you recognise the ROPE, with the height of wisdom, the snake disappears. Where there is rope, there is no snake idea. When there is the snake fear, the reality of the rope is absent; thus both the rope and snake cannot exist at the same time, however deluded and ignorant a man may be.

Similarly, Swami and Omkar can never exist together, however, sweet and loving the Swami may be. When there is the consciousness of the Swami idea, the consciousness of Omkar is absent. When there is the Omkar idea, the Highest state of consciousness, the finite Swami is dead. There is a motto-sign on my writing table which runs thus:

But alas, it is not so easy to die. Mottos, signs and affirmations alone will not make the Swamiji to die, to lose all form and name. On the contrary, often I find myself, to see that Omkar is dead and the Swami alone is alive, asserting the non-existing delusive ego in the mirage of the world.

When anything goes wrong in the Ashram, Swami gets all anxious and longs to set everything right. When someone, whom we love and trust dupes and deceives us; when someone with whom we share all that we have misuses our love and hospitality; when someone who is dearest and nearest to us fails and disappoints us; there is the Swami, asserting himself, getting sad, hurt and wounded, instead of Omkar repeating to the Swami: *GET THE BEHIND ME SATAN!*

SOHAM GIVES FREEDOM, is another motto in Mt. Kailas. Soham alone is the basis of all creation, it is the Breath of the breath. As I feel Soham in the still, silent, steady breath, I feel ecstasy to see OMKAR is alive. Amidst the heavy work or deep confusion, when Soham is forgotten, even for the time being, the Omkar gets buried and hidden and the Swami tries to sit on the false and unsteady thorns of self glory with his chief minister the ego, trying to rule in the better kingdom of restless imagination.

When Swami him self is a big myth, where does this other entity the finite ego, come to add to the myth? Verily, one's salvation lies only in giving a death-blow not only to all forms, but to the very ego, which is the source of all creation and root cause of all misery and trouble.

BE DEAD THAT YE MAY LIVE! What a wonderful message, containing the essence of Vedas. Alas, it is so difficult to die. Yet the freedom of the soul consists only in the death of the ego, the form, the Swami idea. The snake delusion must be destroyed once and for all, at any cost. Only the Rope exists. Omkar exists. The Rope alone is the only Reality. Omkar alone is the Changeless, abiding Truth.

My friends, what need is there of wrangling with too many words? For the good of all, for the peace of the world, strange as it may sound, that Swami should die, be destroyed with root and branch permanently and Omkar should live eternally, shining with the splendour of Millions of suns!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

TEMPTATION

Some kind of temptation or the other seems to be the natural weakness of men. Whether temptation is inborn or acquired, it is an admitted fact that it is the most dangerous foe of man's spiritual life. Who is there in this world of bewitching forms and tempting names, that has not been tempted sometime or the other?

Buddhas, Krishnas, Christs, Mohammeds and all the other Saviours and Prophets had their own days of temptations. But they have been the masters of temptations repeating : "Get thee behind me Satan!". They are the conquerors of temptation; whereas the average man has been a bond slave of temptations, going down and down into the depths of ignorance with each temptation. Temptation weakens, degenerates and makes a man less than a beast. It makes one life-less and soul-less, nay, God-less.

Temptation is the burning fire that purifies one if mastered; and it is the all-consuming fire that consumes one if yields.

We have a little boy to serve and help here, in taking care of the dumb animal friends etc. The boy is only 12 or 13 years old, and he is a marvel to his age. His name is SATYAM--Truth. Though young he is very fond of serving, especially religious people. He does not shirk from any kind of work, whatever is entrusted to him he does it very consciously to the best of his ability. He does his prayers and meditations regularly and I never saw him going to bed, however late the hour may be, without repeating his prayers.

One evening I was suddenly surprised when he asked me the following vital question:

SATYAM: Dear Swamiji, can I ask you something that has been troubling me?

SWAMIJI: Surely, what is it?

SATYAM: When there are fruits or other tasty refreshment in your Mandir, although you give me plenty to eat, sometimes my mind convinces me to eat them in secret. I know that it is wrong to eat in secret without permission. While arguing within myself not to eat in secret, often I find myself

eating them. Later on I feel sad! Please tell me or give me such a thing by the help of which I will not do such wrongful things.

The question was so sudden that I was taken aback for the time being.

SWAMIJI: Repeat the name of God, and you will not do such things.

SATYAM: Sometimes I am repeating God's name and eating side by side.

SWAMIJI: Then why don't you tell us and eat? We will allow you to eat as much as you want and furthermore, Sushila Devi takes such good care of you, sharing everything with you!

SATYAM: It happens so sudden when I am alone with fruits and other palaharams that my mind does not give any time to tell anyone. It just yields and satisfies itself, regardless of the consequences.

SWAMIJI: Dear Satyam! Your question is a deep one, it is not an ordinary one. The same problem has troubled man from the dawn of creation. Even Gita and other Scriptures exclaim "*Why does man yield to temptations and do wrong things, knowing that it is wrong to do so?*" The answer is that in the nature of man, the inherent Prakriti is continually goading the individual towards the full fulfilment of his inherent propensities.

SATYAM: O Dear Swamiji! Please give me a Mantram by repetition of which I can conquer my inherent nature!

SWAMIJI: Dear child! I cannot help you. You are to help yourself. My help is only to give you impetus or stimulus. But your help should come first.

SATYAM: Tell me Sir, what should I do?

SWAMIJI: First know what is right and what is wrong. Have a personal heart-to-heart talk within yourself everyday before you repeat your prayers somewhat like this: "My name is Satyam--Truth--so I should never tell lies or do anything wrong. Even if I am alone, I should remember that God is All-knowing and ever-present and He is always watching me. Before God I should not do anything wrong, more so as I entered into an Ashram--God's Abode of Peace--thirsting for spiritual life.

SATYAM: I am very thankful for this helpful advice and I will try my best to follow your instructions faithfully.

I felt so deeply touched with Satya's devotion and love that I remembered the beautiful illustration given by Swami Rama in this connection and narrated the following to him:

It seems once two disciples were troubling a Guru to give them Initiation. The Spiritual teacher was trying to test them to see whether they were worthy or not to receive the Initiation. Since he was pressed too much finally he wanted to test them. So to both of them he gave each a pigeon and asked them to kill the birds at a place where no one sees the killing.

One boy took the bird outside the house and put it under a cloth and killed it in a moment by twisting its tender neck. He brought the dead pigeon and laid it at the Master's feet, saying: "Behold, Dear Master! I carried out your instructions to the very letter. Here is the pigeon dead. Now let me have your Initiation.

The teacher silently said, "Let us see what the other boy does, and wait until he returns also.

The other boy went outside the town seeking lonely places where no one will see him killing the bird, when he was sure that he was all alone, he took the bird for killing according to the injunction of the Master. When he was about to kill the bird, he saw someone was looking out from the very eyes of the pigeon.

Then he thought within himself, "No, this is wrong. I am not alone here. My Master asked me to kill where no other soul sees me. Here is the soul in the very bird, in its very eyes the soul is seeing." Then he roamed far and near and entered into the forests where there were caves. Then he took the bird out again in that forest stillness to do his Master's bidding. Lo! Behold, the bird was looking at him, perhaps pleading for its life. How could he kill it when it is seeing and pleading for its life?

He was crest-fallen and dejected for not carrying out his Master's commands. He thought that he would not be able to receive the Initiation. With tears in his eyes he brought back the living pigeon and laid it at the feet of his Master saying, "Dear Master! Forgive me, I could not kill the bird for the Soul is seeing in the very bird itself. You asked me to kill it where no one sees. Take pity on my helplessness and bless me with the Initiation!"

The guru was overjoyed with the devotion of this boy and embraced him saying, "You are the only person worthy to receive the Initiation. In short you have already received all initiations. When you can see God in the very bird which is about to be killed, you can see Him in every one and every where, for He is verily Omnipresent."

Thus the Chela was tested and taken into the heart of the Guru and was made the inheritor of not only the Initiation but of all the wisdom and experience of the Master.

Our Satyam was thrilled with the interesting story and was beside himself, with tears of ecstasy he began to prostrate at my feet. Lovingly I lifted the boy and said, "Dear Satyam, let all salutations be offered to the Indwelling Presence of our hearts!"

When we do not yield to any more temptations, seeing God in the very temptations, it will be our highest worship to God and He will be mighty pleased with us. I asked Satyam to meditate then feeling the Omnipresence of God not only in himself but in others and everywhere all over the world, as God is seeing in all eyes, at all times.

Then I too tried to enter myself into Himself, forgetting all questions and answers all Chelas and Gurus.

MAY GOD BE PRAISED!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

ESSENCE OF THE MESSAGE:

The essence of this message is that temptations always run away in the Presence of God. Temptations are possible only in the forgetfulness of God.

How could there be any darkness in Light? At the advent of the Sun, all clouds of darkness disappear and the world is filled with Light. Similarly, at the dawn of re-birth or awakening into New Life of God-consciousness and Universal Love, all temptations leave as birds leave a house or a tree which is on fire. The old, old much respected repeated Truth that it is the PRACTICE OF THE PRESENCE OF GOD IN ALL THAT WE DO, SPEAK OR THINK IS ALL THAT WE NEED TO PRACTICE NOW UNTIL WE REACH PERFECTION.

Awareness of God's Omnipresence and His Interpenetrating Light NOW HERE ALWAYS is all that one needs to recognise to be free from every kind of temptations.

OM TAT SAT OM!

THAT

5-6-1952, 4 AM, KAILAS

You are eternally THAT.

In the past you have been THAT.

In the present you are THAT.

In the future you are bound to be THAT.

There is not a moment of time when you are separate or aloof or not THAT. Verily THAT you are eternally. It is with the help of THAT, the One Universal Primal Energy, the Living SHAKTI, that I am writing now and you are also reading. It is THAT which helps us to think, scheme, plan, work and move; for we are ever filled and surrounded by that Spirit, always having our beings in THAT.

Whatever you may be doing you are THAT. Thou are THAT. Even if you do not do anything else, you are THAT. Both in action and in inaction you are THAT, for there is only one Reality and you are that Reality. It is wonderful to be THAT always, in the past, present and future! Verily, you are eternally THAT, all that you need now is the awareness of THAT in your daily life, not now and then but always.

Even in forgetfulness you are THAT. What a consoling and wonderful thought! THAT is above thought too. You can understand THAT perfectly, nay, completely only when you can rise above every kind of thought.

You are eternally THAT, you are THAT with each and every breath, you are THAT with each and every heart beat. You are THAT amidst crowds of people and you are THAT in Silence when all alone. You are THAT both in work and worship.

Now, remain as the One Reality giving up writing even these thoughts on THAT; for whether you write or not write, you are always THAT--the same Truth. Your writing does not add anything to THAT, as nothing can be taken away or added to THAT.

Dear Loving Reader! May all homage be unto you for you too are the manifestation of THAT. May Peace be unto all the various emblems of THAT!

GLORY! GLORY BE UNTO THAT!

HARI OM TAT SAT OM!

THE BRAHMIC SPLENDOUR

The Brahmic Splendour, the Light of Millions of suns--is the Life, Soul and goal of human birth. But alas, there is hardly one in a million who is centred in Brahman, the Highest, expressing one Light in each and every moment of his life.

What is life without Light? Yet, man has learnt to love darkness, hugging ignorance to his bosom. The inevitable results are bumps and knocks, heartaches and disappointments, suffering and misery; finally ending in death, the deep oblivion.

It is rather difficult even to grasp and understand the Brahmic Splendour, not to speak of experiencing personally in one's own life, because It is above comprehension and beyond the senses, mind, intellect and ego.

To have even a faint idea of it vaguely, let us take some illustrations in the form of simple questions and answers.

Question: What is the relationship between the Brahmic Splendour and the world?

Question: What is the relationship between the Brahmic Splendour and the body?

Question: What is the relationship between the Brahmic Splendour and the breath within?

To solve these deep and intricate questions let us take the illustration of the ocean which is in front of us now.

Question: What is the relationship between the ocean and the wave?

Question: What is the relationship between the Ocean and the bubble?

Question: What is the relationship between the Ocean and the friction or motion in the waves of the ocean?

Answers: As a wave is never separate from the Ocean and as it is inseparable one and intertwined in the Ocean, so is also the world never aloof or separate from the Brahmic Splendour. As a wave is nothing but all water, one and the same substance as the Ocean, so also the body is part and parcel of Brahman, the One Indivisible Truth--the Eternal Light. As the ebb and flow, the constant friction--the ceaseless motion is the life and soul of the Ocean, so also the LIFE-BREATH is the fulcrum or Substratum, the very Core and Source of the Brahmic Splendour.

All that one needs now is only to feel and practice in one's own life, the Interpenetrating presence of the Inner Light, the Indivisible Light of the Millions of Sun's Splendour. Whether our eyes are closed or opened, we are filled, surrounded, saturated, pervaded and permeated by the Infinite Light, not only NOW, in this living present moment but always, from eternity to eternity. It is with us now to express the Brahmic Splendour in all our thoughts, words and deeds.

Man--the Living Image of God-- is the Light of the world with awareness of the Brahmic Splendour. Devoid of IT, however mighty and rich he may be, he is only a mere living corpse, a disgrace to humanity and a burden to Mother Earth. The greatest consolation is however materialistic and gross the man may be, he cannot run away, be aloof or escape from the Brahmic Splendour, for It is interpenetrating the very cells of his being.

**AWARENESS OF THE BRAHMIC SPLENDOUR IS LIFE
ETERNAL.**

NON-RECOGNITION OF IT IS DEATH INEVITABLE.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE BREEZE LIKE MIND

13-12-1949, 10 AM, KAILAS

Basking in the soothing and warm sunshine of December in the morning hours, sitting on top of Mt. Kailas, while the cool breeze is blowing from every side, I am starting to give

vent to my inner thoughts and feelings, on the above all-important, vital subject: **THE BREEZE-LIKE MIND.**

From where does this breeze come? Where does it go? How does it start and how does it subside? No one seems to know. At least the average man, the ordinary man does not know the subtle workings of Nature; perhaps the scientist knows the origin of the wind, and its workings and destination.

Anyway, it does not help us now to know the origin, workings and destination of the wind, whether we know it or not it is immaterial. What really matters is to know the origin of the mind, its workings and its destination. Where does the mind start, how does it work and where does it lead? Finally, when does it subside, where does it cease to exist?

These are the vital problems that the students of Truth and the Seekers of Peace should try to solve through self-analysis of the mind and through intuition and introspection. For, the Peace that passeth all understanding belongs only to those rare and blessed souls who are the masters of their minds and unto none else.

What is life without Peace? Life without Peace is empty, shallow and hallow nay, a living Hades on earth. Hence, the sooner we probe into this deep subject and understand the subtle workings of the mind and watch its ceaseless fluctuations and endless imaginations. Finally with great personal effort if we can master the wandering faculties, the better it is for us.

Lord Krishna in the Song Celestial, the Immortal Gita, says that it is easier to control the WIND rather than the unruly and restless MIND. Then is there no way out of this darkness and chaos? Are we lost forever in the mire of deep delusion, with dazzling fancies? The same Lord Sri Krishna says that the very unruly and restless mind can be controlled through *ABYASA* and *VAIRAGYAM—Practice and Renunciation*.

These are the only two unfailing methods that lead anyone to master the breeze-like mind. These two methods—Practice and Renunciation, although appearing different, cannot be separated; for they are one in essence. Without renunciation all the practice you do results only in mere waste of time. Without practice, all the renunciation you have will not lead you to the Goal of Life, namely **PEACE** the Infinite, the Eternal and the Transcendental State of **SAT CHIT** and **ANANDA**, the Existence, Knowledge and Bliss Absolute.

We have to practice and practice until we become perfect in the control of the mind. We have to renounce and renounce, until there is nothing left, except Truth, Peace or God. The ego is to be renounced. The Truth is to be asserted. One should practice to feel the Presence of God in each and every moment of one's life, expressing Him in thought, word and deed.

One great consolation is we may not be able to see how and from where the breeze is starting, but with a little practice and personal effort we can see how the breeze-like mind begins to wander and imagine, goaded by desire, the root cause of all maladies. As we give up desire, the mind dries up itself and perishes in no time. But it is not so easy to give up desire of every kind. Here alone renunciation and practice come to the rescue of the aspiring soul.

Dear Friend, if you wish to realise God in this human birth, if you long to be free of all the death-like worries and agonies of the finite life, then it is high time for you to begin to practice to **control the mind**, to be a master of the mind, standing on the firm rock of renunciation. Giving up running after the delusive toys of name and fame; and renouncing all that is passing and unreal, is the foundation for the structure of the control of the mind.

Mind is both your friend and foe as you make it. Let it be your friend from today onwards. Be a witness of your mind. Follow it wherein it goes or leads you. Give up all struggles. Only follow, ever remaining as a Witness of the mind. As you practice and practice, standing on the steady and firm rock of renunciation, remaining as a Witness, step by step, slowly and steadily and gradually you will be lead towards the portals of Heaven, where it is all floods of Light, Infinite Light and Eternal Light. May we ever abide in this Effulgent Light!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE CONCENTRATED ESSENCE

26-7-1949, 2 PM

The ESSENCE itself is the gist, the heart and the soul of anything we seek. Here we are seeking the Concentrated Essence of Truth or GOD; the essence again is concentrated into an highly potential condition.

What is THAT concentrated essence? Who can tell anyone of IT in finite words? What is the essence of God? What is the concentrated essence of Truth? Shall we say Omnipresence, Omnipotence and Omniscience?

Verily, we are filled with Omnipresence, we are saturated with Omnipotence and we are centred in Omniscience. This is something to be felt but not merely to be read or repeated. One should recognise the Omnipresence, Omnipotence and Omniscience NOW and HERE, both within and without.

Surrounded, saturated and filled as one is with these mighty soul forces, ONE IS INHALING AND EXHALING PEACE, his Birthright with every breath, both day and night. As we breathe in and breathe out Peace, we feel again the concentrated essence of the inhalation and exhalation of Peace is in Soham, the Universal Breath.

Again, as we continue to meditate, the Soham, the Breath slowly and steadily subsides or dissolves into AUM, the word of Glory, the manifested Word of God.

As we meditate on Aum, rising above even breath, the Breath disappears and the word disappears into the Glory of millions of sun's splendour. There is only the great Void, the Supreme Silence. This is the Concentrated Essence, where mind cannot comprehend, intellect cannot go and the ego dissolves in the all-consuming fire of Cosmic Consciousness.

May we ever work, breath, move, merge and dissolve in this concentrated Essence!

OM! OM! OM!

THE DAY OF BLESSINGS

This is supposed to be the Aseerwad Day--the Day of Blessings. Who should be blessed and who is the one to bless? Should the children of God, the Living Images of God, be blessed? It is sacrilegious to think of blessing the living manifestations of God! When all is God, when all is filled, pervaded and permeated by God--the One Presence--who is to bless and who is to be blessed?

Those who have forgotten God's Interpenetrating Presence need blessings from outside and outside persons. When all this is God and when nothing else exists except God, how can we bless anything or anyone? Blessing is possible only in duality and in division but never in unity, in Truth.

All that we can do, is only to see the sweet face of God in every face and to behold the Living Divinity in everyone and become silent. RECOGNISE AND BE SILENT.

Question: *What should we recognise?*

Answer: The Living God, the One Presence, the Only Truth, the Inherent Divinity.

It is really wonderful, how we are supposed to greet each other with that life-giving and soul-awakening salutation, "OM NAMO NARAYANA", when we meet or depart from each other; for all is Narayan. When all is Narayan, who is to bless and who is to be blessed? Narayana blessed Narayana!

This reminds me of one of the beautiful illustrations given by Sri Ramakrishna. It seems once a so-called mad-man was eating his food along with a dog. People laughed at his foolishness. The saint answered: "*As all is Narayana, Narayana is eating with Narayana. Why do you laugh O Narayanas?!*"

Above all Dear friends, in the first place why do you need the blessings of an outside person, knowing that God pervades and permeates the very cells of your beings? Is not the Presence of God within you, enough? Is not this Interpenetrating Presence, the ever-present Presence, the greatest blessing for you?

Why do you hide the Light within and pretend ignorance and darkness? Being the Light of lights, why beg for a little more light? All Light is within, thou art the Image of Light, thou art the Light. May all Glory be unto the Light!

The Light does not need the endorsement of something else, some other light to prove its existence. Does the burning sun need the tiny light of the glow-worm to attest to the sun's existence, its presence and Glory? When the sun shines, everything shines. When the sun is hidden, it is all darkness.

Similarly, it is only when God is forgotten that we need all the Aseerwadams and Blessings from outside or from outsiders. The Images of God do not need any kind of outer blessings so long as they are aware of their Divine Birthright.

When once the Light is hidden--the Truth is ignored and the Divinity is killed, we grope in ignorance, we seek help from outside and we bemoan the loss, like the simple-minded man who was weeping over his unfortunate wife's widowhood. How can his wife become a widow when he was still alive? But he did not understand even when he was told, he thought that others did not understand his sorrow.

Similar is the helpless state of the people who are seeking blessings from outside, forgetting the Living Divinity inside. The Divinity does not need any blessing from anyone. It needs only the blessings from yourself, TO BE TRUE TO YOUR OWN INNER SELF, THE VOICE WITHIN.

Pray, do not bemoan the loss of your own Divinity. You are yet alive. You are the Living Truth. You are the only Reality. Pray assert and manifest your Birthright, the splendour of the sun of suns, it is not yet too late. Only in the name of God, the only abiding Truth, do not be a mere beggar, begging for the blessings of others. It is high time for you to assert and manifest your Divine Heritage, your True Birthright.

It was Emerson who said that **EVERY MAN IS A GOD BUT PLAYING THE PART OF A FOOL**. How long shall we indulge in playing the part of fools, being living Images of God? It is only the ignorant that need outer support and outer blessings, but not the Living gods.

The essence of my teaching can be summed up into three simple short sentences:

1. *Do not rely upon me.*
2. *Do not rely on anyone else.*

Then the question comes, on whom should we rely? Why should you rely in the first place on anyone?

3. *If you have to rely, then rely on God within.* Rely on the Indwelling Presence who is sparkling in your very eyes, throbbing in your heart and flowing in your breath. Thus, your life will be a blessing to others as well as to yourself.

Dear friends, do not think that I am cold and hard-hearted towards your love and devotion. My heart goes out towards all of you. I long to help and serve you all, above all, to see you

standing on the firm rock of your PERSONAL EXPERIENCE or GOD REALISATION, never depending on outside help.

Wake up dear ones, from your long dreams and deep lethargy. You are no longer babies crying for milk. You are the living divinities, drinking the Nectar of Immortality.

The lest that I could do for you is only to recognise God the HIGHEST, in all of you, to see the sweet Face of God in all of your innocent faces and to persist in beholding nothing but God within, without, above, below, all around and everywhere and in everyone.

May Peace and goodwill abide among all the people in all the religions and nations and may Glory be unto the Highest, is the prayer of your own brother Swami Omkar!

OM! OM! OM!

THE DAYS OF MIRACLES

13-7-1950, 4.30 AM, WALTAIR

Many a man thinks that days of miracles were over with Christ, Krishna, Buddha and other Avatars, Saviours of Humanity. The days of Miracles are not yet over. The sun keeps on shining now today, as in the past in the good olden days of the Saviours and Prophets. Miracles do happen even today, but man needs eyes to see, ears to listen and brains to comprehend and understand the LAW OF LOVE, which is ever the same either in the past, present or future.

Question: What is a miracle? It is to make the blind to see the deaf to listen, the lame to walk, and the dead to rise?

Answer: All these are miracles. Yet, there is a higher miracle, the transformation of the mind, the very heart, leading towards the Highest the Soul and a goal of existence! What miracle is more touching and glorious than to see the so-called enemy who has tried to do the greatest harm, when in ignorance, paying homage to you and embracing you, uttering the sweetest words, PARDON ME, on his lips!

The change of heart, the transformation of the soul from the evil to good is the miracle of miracles. To err is human, all people make mistakes. An ignorant man cannot understand his mistakes. A coward does not have the strength to admit his mistakes. It is only a hero, once in a while comes out with all the latent strength within with the miraculous words, "PARDON ME!". I bow my head in deep adoration unto such heroes of strength! How good is God! He tests his chosen ones with fire and brim stone. He purifies His children in the fire of tribulations, he gives us only such crosses that can be carried by us but anxiously waiting for us at journey's end, to whisper the most consoling words, patting us on the back! WELL DONE MY CHILD, I AM PLEASED WITH THEE!

Man may fall a hundred times, nay even a thousand times, but in the end he rises, never to fall any more., the greatness is not in never falling down but in the rising each time he falls. The miracles is not in the possession of wealth, health, power and opulence. It is in the recognition of harmony, understanding, meekness, faith and charity above all in LOVE. Verily, where LOVE is there is GOD and all the miracles exist in Him.

Is not the SUN a living daily miracle in the world, in the day time? Are not the twinkling stars, a glistening miracle in the night? Above all, the LOVE of the man of sorrows is the greatest miracle of the world. Unto those who LIVE as LOVE every day is a day of miracles. Every simple act is an act of miracle. Even the aspiring thought that ascends like the smoke of the incense is an offering, a living miracle to God.

Let each day be a day of miracles, leading us from the unreal to the Real, from darkness to Light, from mortality to Immortality. Indeed, every day is a fresh beginning to recognise God's Omnipresence, Omnipotence and Omniscience in each and every face, for all are His manifested Images, the living children of the One Indivisible God. May all Homage be unto the God of all Miracles!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE DIVINE BATTERY

15-5-1950, KAILAS

My Loving Reader! What is your Soul's cry? What is your aspiration, aim and ideal in this birth? What is the Soul and Goal of this human existence? Are you working and living for Peace? Is the cry of your soul for Peace? Do you wish to have Peace in your life? Do you realise at least that Peace is your Birthright and it is your Goal, sooner or later? If so, here is your Kailas Ashram, OUR LEGACY TO YOU. This is the Abode of Peace from where Peace generates. It flows in torrents and rivers. All that you have to do is to attune yourself with this Universal Energy.

The Divine Battery of Peace is installed on Mt. Kailas, on the top of the Hill in Kailas Ashram, for the good of all. The Seekers of Truth, the Lovers of Peace, whether near or far, in East or West, from all corners of the world, can tune in their lives and connect themselves with the Divine Battery, which is ever operating both day and night incessantly. In this Divine Battery, Peace is the Life force, it is the reservoir of Soul Force. It has innumerable cells working ceaselessly, giving connection to millions of wires all over the world. Anyone from anywhere has easy access to connect himself or herself with this Divine Battery, for it is a Universal Battery, that includes all forces from every source.

My Loving Friend, do you wish to taste Peace which is your Divine Heritage and which passeth all understanding? If so, here is a blessed opportunity. Do not waste any more of your precious life or time in day dreaming and idle talk, for **THIS MOMENT IS YOURS AND NOT THE NEXT MOMENT**. Before the advent of the rising sun, at the early hour of dawn, the gong is sounded, the ringing of the bell continues to vibrate far and near to wake up all the sleepy and weary souls, from their long slumbers, to open their dedicated hearts to attune with Peace Eternal and Joy Everlasting.

The weak and the strong, the sick and the healthy, the poor and the rich, nay, the sinner and the saint, one and all, can tune in and connect themselves with the Universal Battery of LIFE, LIGHT and LOVE. The connection is free, there are no fees or charges for repairs, advise or current. You can use or draw in as much current as you can utilise and make best use of it in your life.

My Friend! It is this Divine Battery, in spite of all the intricate and invisible wires, that unite and connect all the people of all the religions and nations into one world of One Humanity, One caste, One creed, One colour and One religion of Love. **DISCONNECTION WITH THE DIVINE BATTERY IS LIFELESSNESS AND DEATH** and inseparable and eternal connection with the Divine Battery, the Source of Existence and the soul of all manifestation, is Life Effulgent.

Now, let us close our eyes and try to tune in with the Universal vibrations, connecting ourselves with the Divine Battery, to be blessed in the stillness of our purified hearts with the vision Universal, where it is all Waveless Peace and Supreme Silence.

Let us **INHALE AND EXHALE PEACE WITH EACH AND EVERY BREATH**, drawing from the Universal source, the Soul Force from the Divine Battery which is installed not only on Mt. Kailas, but also within ourselves in the thousand-petalled lotus, *Sahasrara*, with Indivisible and Eternal connection of Soham or "I AM". Behold the Glory, the Transcendental Splendour of Millions of Suns, the moving power of the Divine Battery within YOU! Let us tune in, to be in tune with the Infinite!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE EIGHT LIMBS OF SOHAM

22-2-1952, 5 AM, KAILAS

Question: At the very outset the critic might say, "In SOHAM there is only Inhalation and Exhalation, it is plausible if one says there are two limbs in Soham, but how can you say that there are Eight Limbs for Soham?"

Answer: What one needs is the understanding and the assimilation of the spirit and essence of Soham. To understand and comprehend the Soham you can use not only Eight Limbs but even Eight Thousand Limbs.

Apparently, although Soham appears with the process of Inhalation and Exhalation, as having two limbs, it is above duality. It does not have even these two limbs of Inhalation--taking the Divinity in; and Exhalation--leaving the Divinity out. It is all One Divinity, the Height of heights, the Indivisible. How can the Indivisible Truth or Soham, be divided even into two? It is only to comprehend the Incomprehensible, the unconditional that we take the help of finite limbs, the conditioned words.

Now let us take these Eight Limbs of Soham one by one and enter into the Soul of Soham, to experience the real beauty on the beatitude of the glorious Soham.

1. Completeness--hearing.
2. Eternality--covering past, present and future.
3. Immortality--same eternally.
4. Self-effulgent--shining itself.
5. Existence Absolute--stability or immovability representing Omnipresence.
6. Knowledge Absolute--potentiality expressing Omnipotence.
7. Bliss Absolute--happiness expressing absolute Bliss.
8. Waveless Peace--Silence Supreme expressing Transcendental Splendour.

Now let us try to comprehend these Eight Limbs of Soham, as far as our limited intellects help us in an intuitional way.

1. COMPLETENESS.

Judging from the Highest, the personal or Intentional Experience of Soham, it is wrong to say that it is divided into twenty one thousand six hundred parts (21,600). Soham is One without a second for it is INDIVISIBLE. As already stated, it is not even two but One.

Can you say that the ocean is two or many, although there are millions of waves in it? It is all one vast mass of water. Similar is the case with the height of the sun. It cannot be divided into rays or sparks of light, although it has millions of rays. Similar is the case with Soham.

Question: Then, how is it there is inhalation and exhalation?

Answer: It inhales and exhales because of its completeness. To understand this better, let us take the helpful word HEAVING. It heaves, inhales and exhales, because of its completeness.

We see the waves, the ebb and flow, the heaving of the ocean because of its Completeness.

2. ETERNALITY OR CONTINUITY.

Anything complete must be eternal, it must be the same either in the past, the present or the future. Soham is always there from the beginning to the end, whether the finite is aware of its existence or not. It gives a happy thrill of ecstasy that the Soham which is flowing now in us is eternal, and continuous like a stream of oil poured from one vessel to another. It has been there, and everywhere being One, from eternity to eternity. There is not a moment when Soham is absent.

We are one with Soham in the past.

We are one with Soham in the present.

We are one with Soham in the future.

We are all eternally one with Soham!

3. IMMORTALITY.

As Soham is complete and Eternal, being One without a second, naturally it must be Immortal and Imperishable. Nothing can be added to it. Neither can anything be taken away from it. Death cannot touch it, neither can birth change it. Even in forgetfulness, it does not decrease. Neither does it increase with awareness, even with all pujas, worships, prayers and meditations; for Soham is Immortal.

4. SELF-EFFULGENCE.

Being One without a second, completely Eternal and Immortal, Soham is Self-effulgent. It does not need the help of anyone or anything, for it itself is shining splendour. Further there is nothing besides it, even to lend or give any support. Because of its existence all else exists. Because of its shining all else is shining.

5. ABSOLUTE EXISTENCE.

Soham being One, Complete, Eternal, Immortal and Self-effulgent, it is automatically established as Existence Absolute, on the rocky foundations of stability. These are poor words, helpless words to express the Absolute Existence. It is to be understood only by becoming Absolute, being established in Soham.

6. KNOWLEDGE ABSOLUTE.

From the Existence Absolute proceeds Knowledge Absolute. Here shines the WISDOM LIGHT in all its full glory. It does not have knowledge, but it is All Knowledge. It is not the knowledge of finite, but it is the Knowledge of the Infinite, the Eternal and the Indivisible; which makes One silent.

7. BLISS ABSOLUTE.

Where ever there is Existence Absolute there is Knowledge Absolute and where ever there is Absolute Knowledge, there is Absolute Bliss. This bliss is not the outcome of outward possessions or even the ownership of superior worlds; it is inherent within Soham. It is there because of its fullness, its completeness.

The Bliss Absolute cannot be separated from the Knowledge Absolute and Existence Absolute. It is the finite of Soham, expressing in unspoken language SAT CHID ANANDA, the Existence, Knowledge and Bliss Absolute.

8. WAVELESS SILENCE.

One who is blessed with Sat-Chid-Ananda-Existence, Knowledge and Bliss Absolute, naturally becomes Silent like the Waveless Ocean. There is nothing for him to talk, to express or even to think, for Soham is above all words and sounds and it is above all expressions and thoughts.

There is no more rise and fall, no more inhalation and exhalation. Even the ebb and flow subsides in the One self-effulgent and transcendental Splendour of Millions of suns, which leads unconsciously to the Bliss of the Beyond or to the Peace that passeth all understanding. There man is united with man and nation is united with nation and all the surface differences of

castes, creeds colours and nations are dwindled into nothingness or absorbed or evaporated in the Universal Whole. Here remains only Completeness, continuity, Immortal Self-effulgence Existence, Knowledge, Bliss and Silence.

My Loving Reader, fellow pilgrim on the path of Light, let me have the privilege of offering you these Eight Limbs of Soham, for your assimilation and Relaxation and to attain the Highest. As it has helped me, may these Eight Limbs help you also, to establish you on the Throne of Glory NOW and FOREVER, is the prayer of your brother Omkar.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE FIVE DIVINE ATTRIBUTES

14-11-1951, KAILAS

In the Spiritual life, in the evolution of every man, when he is reaching the Heights of Glory, he is filled with the consciousness of the following Five Divine Attributes or Holy Characterises.

1. IMMORTALITY 2. FEARLESSNESS 3. HAPPINESS
4. FREEDOM 5. PEACE

These Five Attributes are not separate from God-man, as stars are separate or aloof from the earth or as the earth is separate from the sky. They are a part and parcel of God-man, the illuminated soul's, life. Just like the wave is never separate from the ocean, the heat from the fire, or light from the sun.

When God-man identifies with the Eternal Spirit, and no longer with the physical form, naturally he feels a sense of Immortality, Fearlessness, Happiness, Freedom and Peace. Now let us dwell on these five Attributes separately to understand each of them thoroughly.

1. **IMMORTALITY**: The Soul is Immortal and man is the Soul, but never the finite perishable passing body. As Soul, he feels that he is Eternal, Birthless, Deathless and Immortal.

2. **FEARLESSNESS**: Fear is in body-consciousness, fearlessness is the outcome of Soul or God-consciousness. All fear is in duality, in ignorance. When you are One without a second, what is there to be afraid of? Even the death-dealing destructive atom bombs can never touch your Immortal Soul, nor create the least fear, in your Soul- consciousness on Atman.

3. **HAPPINESS**: Happiness is man's Birthright, yet how few and rare are they who are perfectly happy! Why? What is the cause of missing this mine of happiness? The cause is simple: man is chasing his own shadow, forgetting the Substance. He is seeking happiness at the wrong place, in the ephemeral, in the changing things of name and form.

Happiness is in union with God. It is in the recognition of the Indwelling Presence, the Light of the world as well as the Source of all manifestations. Happiness is not in the outer shadows, but within in the Soul or Atman, the One Indivisible Truth.

4. **FREEDOM**: Freedom is the goal of all life, it is the song of the bird, beast and man. Every creature wants to be free, yet all are bound from the tiniest atom to the mightiest planet, not to speak of man. Why? Because of ignorance. MAN KNOW THYSELF. If you know your SELF you are free, you are already free. You are eternally free. When you are One without a second, what is there to bind you, especially when there is nothing else besides you? As body you are bound. As Self, the Light, you are always free. It is high time for you now to realise that you are never bound hence you are eternally free.

5. **PEACE**: The last of all comes Peace, man's life, soul and goal, the waveless Peace the Peace that passeth all understanding. Peace can be realised only by the masters of the mind, but never by the slaves of passion. Peace shines from the temple of pure and dedicated hearts, it is the crown of the structure of the consecrated life. Hence, let us take a firm hold of this Infinite and Eternal Peace which is Universal and Brimful, eternally.

When a man is filled with these Divine characteristics, it does not make any difference whether he is engaged in work or in meditation. It is the same to him whether he is honoured or disgraced. The ups and downs of life and the changing conditions in the world can never touch or mar the happiness of a God-man. He is the changeless in the ever changing, the Infinite in the finite and the Immortal in the mortal.

Who can understand such a one who is happy even in disappointment? Only a God-man can understand a God-man. All disappointments are only on the relative plane of the world. In the plane of God, Truth or Reality there exists only Immortality, Fearlessness, Happiness, freedom and Peace, the Holy characterises of all men of God-Realisation, in the East and the West and in all the nations and religions.

A free soul is a free soul, whether he belongs to this religion or that religion, or to no religion. He is not bound to any nation. He belongs to the whole of humanity, like the air, the sky or the sun, the light of the world. We can recognise greatness in others when we have it within ourselves, for what we have within, we behold without.

May the Blessings of all God-men of past, present and future, in all the world, be ever on us, to lift our vision from the finite to the Infinite, from the changing to the changeless and from the mortal to the Immortal.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE INHERENT DIVINITY

Every moment is precious and sacred to me as well as to yourself. I cannot afford to waste even a single second without feeling the Indwelling Light. When I am the Divinity, how can I live forgetting my all in all, the Infinite Light, my very life and soul, my Birthright, even for a second? Life is not worth living if I forget the Light of lights, the Divinity, even for the time being, in the name of finite duties and delusive outer responsibilities.

In every task, in each and every duty, I am determined to feel and express Divinity. When I am inseparably one with the Divinity, how can I live forgetting "IT"? Nothing can separate me from the Light, for I and the Infinite Light are not two but one alone. Even death dare not come between me and my Divinity, the Indwelling Presence.

Verily, I am the Light as the Light is One without a second. If I have work to do I shall do it as Divinity. Now I am writing as Divinity alone for it is the Light within that writes. If I sleep, I sleep as Divinity, I wake up in Divinity, I move in Divinity. I talk in Divinity, I live as Divinity and I

breathe as Divinity. Within or without, there is nothing to me but the Divinity, the adorable Light. Divinity I am and so is every one, for that which exists is ONE and sages call it by various names.

O, to feel and express Divinity, to live in the Divinity, to spread the Divinity far and near, to vibrate the Divinity from heart to heart, is all that I crave! What else do I want other than to feel the Light within and the face it without? Peace is in God and God is in Peace. God, the Universal Presence is all in all. Verily thou art That! TAT TWAM ASI.

May we close our eyes and meditate now on the SELF-EFFULGENT LIGHT, which is One without a second, pervading and permeating the whole Universe!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE LIGHT HOUSE

Man's life on earth is like the Light House, not the ordinary Light House, but the Revolving Light House. My Loving Reader, did you ever see a Revolving Light House? What do you see in it? What do you learn from it? One moment it is all light and the very next moment it is all dark. Why? Because the frame around the light is constantly revolving. Similar is man's life, one moment he is all God-consciousness and another moment the very next moment, he is all body-consciousness. One moment he is selfless and another moment he is full of selfishness.

Why is man, not only the average man but even the aspiring spiritual man, revelling both in light and darkness? Why has he become a slave of his enticing senses? Because his mind is always fluctuating and revolving from light to darkness and from darkness to Light, from one object to another object. It is all Light and Illumination within the Light House. The Lights is ever steady and effulgent, yet during the process of revolving and focusing, there appears light in the West and darkness in the East. When it revolves towards the East, the West seems to be enveloped in darkness.

Similarly in man, when he allows his mind to wander, fluctuating and revolving towards the objects of senses, there is darkness and chaos in his life, but when the same mind introspects within, when it is steady and one-pointed, there is LIGHT and Illumination. It floods his being with the splendour of Millions of Suns. Man is a Light House, nay, every man in the Creation is a living Light House, but he has forgotten his very Birthright, the Divine Heritage, the real source, the Origin, the Indwelling Light and has become a slave of restless senses and the ever-wandering mind, thus dwelling in both light and darkness alternately.

What about the man who sees always darkness, ignoring the LIGHT within and without? Who forgetting the aim of human birth does not know what Light is, and who does not care to give even a thought to God-the Soul and the goal of his very existence? Such miserable lives are very pitiable and they can be aptly compared to DWI PADA PASUVULU --two-legged animals as mentioned in the scriptures.

Oh Man! Wake up to the LIGHT within! Even if you think of a thousand things do not forget the Light within,, your very SELF the SOUL. Let your mind fluctuate or revolve towards North, South, East or West, but always remember that you are the SUN and the mind--the thinking principle is only a tiny ray of the SUN within yourself. Do you wish to be the Revolving Light or do you wish to be the steady, one- pointed, nay the permanent Light within? Blessed is the life of the one whose dedicated life is a ceaseless Light to the suffering world of humanity, blessed is the one whose Light is not confined to a form or name, to a caste or Community, to a religion or a nation!

May all Homage be to the Blessed One whose Light is All-Embracing, Universal, Indivisible and Ever-lasting! May we repeat now the Prayer for world Peace, to be Blessed with Peace in our Individual hearts.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE QUIET ROOM

NEW YORK

Friend Dear, you are privileged now
To be in the Quiet room,
The room where Peace pervades,
The Peace of a waveless Sea.

How quiet it is, within and without.
To be quiet in the Quiet Room
Is the greatest of all opportunities
To all lovers of Quietness.

Friend Dear, pray do come
To have a spiritual bath
In the Silent room of quietness,
Where Love Divine doth reign.

Disturb not the deep stillness
Of the sacred quiet room
With the thoughts of Mine and Thine,
But worship in Silence Divine.

Friend Dear, realise it now,
The living Truth of thy Divinity,
That the very cells in thy form
Are filled now with Light Divine.

Be waveless in the Quiet room,
Be motionless in the Sacred Room,
To listen to the still small voice of God,
In the closet of our hearts-in this Quiet room.

MAY PEACE BE UNTO ALL!

THE SELF DOES NOTHING

31-3-1949, 9 AM

When I use the word SELF it is not the finite self, but it is the Infinite, Eternal and Indivisible SELF, which is ONE without a second.

This morning I was climbing the hill, trudging my way towards the Kailas. The path was slippery and rugged; and at some places as it was steep, I felt tired and exhausted and was sitting here and there because of getting out of breath.

Under such a strenuous state, the thought flashed that the *SELF DOES NOTHING* and it is ever FREE and COMPLETE. As I began to ponder over the SELF, the Self that pervades and permeates the very cells of my being as well as your being, nay, the whole universe itself, all weariness and exhaustion began to disappear.

I began to feel fresh strength, new power and Peace began to creep into the very cells of my being. The SELF, does nothing. I have been the SELF always. No weariness for the SELF. The Self is self-effulgent. Because of It, everything exists; as it shines everything else shines.

With such thoughts of Life, Light and Love, feeling Peace within and without, facing Light all around, I wended my way towards Kailas cheerfully without the least strain to the body or mind. I was walking in the air, in God's air, for I was filled and surrounded by God's Glory on every side.

The Self does nothing. It is only a mere Witness: the Life, the Soul and the Goal of all existence. It is because of the SELF, you work, breath and move, ever having your being in the Light of lights. Everything exists and shines only because of the Self-shining Self.

It is high time for the restless man, the selfish man, the finite man to realise that he has been the SELF in the past and now and forever. Because of the forgetfulness of the real SELF the wrong identification, the deluded man suffers the agonies of death. Even the most excruciating pains, the terrible death, cannot approach the effulgent SELF, the Witness and the subject of both the manifested and unmanifested worlds.

When man realises that he is the SELF, either in the past, present or future, he wipes away all his past, be it good or bad, light or dark, with one stroke of SELF REALISATION. Verily, we are the Self, for that which exists is only ONE, now and always.

Man's freedom lies only in his identification with the Reality, the living One, THE ONE INDIVISIBLE SELF, now and here. With such thoughts of inspiration, feeling the Self within and without, recognising It above and below and beholding it all around, I became disembodied, and my feet touched no longer the earth, but I climbed the rest of the hill unconsciously and reached the Kailas, filled with Peace, Bliss and Glory. May all Glory be unto Him, The ONE WHO IS THE INDIVISIBLE SELF!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE SELF-SHINING LIGHT

8-1-1950, 6 AM, NIRVANA MANDIR

There is a LIGHT in every heart, as well as in the universe, that does not need the help of any other Light for its existence, for it is the SELF SHINING LIGHT. But the finite light in the world, be it the flame of a candle or the light of the sun, all need the help of the Self-shining light for their very existence.

The Self-Shining Light is ONE without a second, it is complete in itself, it exists within, without, above, below and all around. Even if we are not aware of its existence, it is always here, there and everywhere. What a great joy, consolation and strength it gives just to know and feel that we are all filled and surrounded by the Omnipresence of the Light of lights NOW and ALWAYS!

How can we ever deny or forget the Self-Shining Light, when it is the only Reality, when it is Light in all and when nothing exists besides it? Even in forgetfulness there is the Light,. Even in non-recognition there is the SAME LIGHT, even though apparently hidden. Amidst your very work there is the SAME ETERNAL LIGHT.

EYES HAVE THEY YET THEY SEE NOT. Open your eyes NOW! Behold the Light! The Light which is within, is without also, for it is the ONE LIGHT of all existence. When it shines, everything shines, when it ceases to shine, the PRALAYA, the destruction of the worlds, the great darkness begins.

But, where is the time when the Eternal Light, the Infinite Light, the Universal Light ceases to shine? It is beyond the comprehension of the finite intellect. So, let the intellect lose or bury itself in the Omnipresence, Omnipotence and Omniscience Light, the Self-Shining Light, the only Changeless Reality, in the changing world of forms and names!

May all homage be unto this Light of lights, the life, soul and goal of all existence!

Question: How is it possible to forget the Self-Shining Light which is pervading and permeating the very cells of one's being as well as the Universe?

Answer: No, it is not possible, it is impossible to forget it. Does the sun ever forget its light? Then, how can the Sun of suns, the only reality, the Self-Shining Light forget itself even in a dream? Self-Shining Light is above the waking, dreaming and sleeping states.

Hence, let the knower of Truth, the man of God-Realisation exclaim in ecstasy, "**I CANNOT AFFORD TO FORGET THE SELF-SHINING LIGHT EVEN FOR THE TINY FRACTION OF A MILLIONTH OF A SECOND!**"

Such a Blessed one lives, moves and breathes in the LIGHT, feeling it within in himself and facing it without, in others.

May Adorations be unto the Light which is in everyone and above all, which is shining now in YOU, my Loving Reader! May we ever abide in this Self-Shining Light NOW and forever, is the prayer of your brother OMKAR.

OM! OM! OM!

THE SILENCE

8-1-1930, NEW YORK

They--the men of the world
Call it silence
When all bustle and hustle
is hushed into inactivity.

They--the men of the forest
Call it silence
When all sound and noise
Is stilled into stillness.

They--the men of the spirit
Call it silence
When all words and thoughts
Are stilled into nothingness.

They--the men of lonely paths
Call it silence
When the desires of heart
Are cooled down completely.

They--the men of the West
Call it silence
That Peace that passeth understanding
in the Kingdom of One's heart.

They--the men of the East
Call it silence
That Nirvana or Samadhi
The common heritage of man.

Somebody--who is nobody
Calls it silence
The space between
One thought and another thought.

O! Seekers of Silence
Realise this great Truth

Worship the Space
That exists between one idea and another
In Supreme silence.

OM TAT SAT OM!

Offered to the Supreme silence in all Silence by silence. AMEN!

THE SILENT FACE

I watch and watch
The silent face
Of Christ Divine,
From my bed of roses.

It is a face
Preaching sermons
That are endless
In words unspoken.

As I smile,
It smiles at me.
As I weep in ecstasy.
It weeps with me.

I can find
a million faces
In that one silent face,
For it represents all faces.

The essence of the Bible,
The face teaches
In one single word:
Self-resignation.

In the Blessed Face
The little self is buried.
It is free eternally
From the thoughts of mine and thine.

It mocks at me

Every time I speak an idle word.
It mourns with me
Each time I think an empty thought.

Often I close mine eyes
To find myself
As that Blessed Face
Of Silence Divine.

Ah! The Divine ecstasy
Of identification
With this Sweet Face
Is beyond expression.

This Silent Face
Is teaching the world
The great Truth:
"May Thy will be done."

The Silent Face
Speaks only to silent ones.
So may you be silent
To realise the Silent One.

THE SOUL IS EVER COMPLETE

The Soul or Atman is ever complete. It is the Soul of Souls, nay, it is the OVER SOUL, the one Indivisible SOUL. Nothing can be added to the Soul. Nothing can be taken away from the Soul. Whatever man has done in the past cannot mar his Soul. The heinous crimes and the blackest thoughts can never touch his Soul.

Whatever one may do now, in the form of penances, fasts, prayers, painful postures and death-like struggles of contemplations and meditations; they do not help the Soul to grow fat or increase in size. All of them cannot add even an iota of growth to the Soul which is already Perfect and Complete. Spiritual Tranquillity is uncaused, for it is the Highest, ever complete and brimful, with the basis of Sat: Existence Absolute, Chit: Knowledge Absolute and Ananda: Bliss Absolute.

Verily, the SOUL DOES NOTHING, for there is nothing besides it and it is One without a second. In the effulgent Soul, sin and virtue, weakness and strength, nay, even birth and death, are big delusions. Forgetfulness and awareness are great delusions. Even meditation and Samadhi are bigger illusions.

The son of the barren woman is running after his own shadow, in the mirage of the world. He is chasing the will o' the wisp and he is thus finally digging his own grave with the horn of the hare; all ending in chaos, oblivion and death, leading to greater darkness and deeper ignorance.

Question: Where does it all lead to, all these death-like struggles and unnatural practices?

Answer: To confusion and restlessness.

Question: Hence, what to do?

Answer: Do nothing.

Remain as your own sweet Self, doing nothing. Give up all the fever of restless work and self-interested service. The greatest service one can render to himself and to the world of suffering is to remain WAVELESS without any selfish motive and finite thought.

May all Glory be unto the Self-effulgent Soul, the splendour of Millions of Suns! May all be Complete!

OM TAT SAT OM!

THE SOUL IS NEVER BOUND

25-12-1951, KAILAS

- ♦ *The soul is never bound, because it is Free.*
- ♦ *The Soul is never bound, because there is nothing besides It to bind it.*
- ♦ *The Soul is never bound, because it is Omnipresence, Omnipotence and Omniscience.*
- ♦ *The soul is never bound, because It is One without a second.*

Freedom and bondage, Light and darkness, wisdom and ignorance, strength and weakness, nay even life and death cannot exist together. Where one attribute exists, the opposite attribute or quality disappears. Light dispels darkness and where there is knowledge, there cannot be any ignorance.

Can you see both the rope and the snake at the same time, in one object? As long as you mistake the rope for a snake, the rope disappears from your vision and only the snake exists. When you recognise the rope, illusion of the snake is dispelled, just as darkness is dispelled by light.

Thus man cannot be both free and bound at the same time. As soul he is eternal free, but as body or mind he is ever bound. Can the Sun, the Light of the world, be ever bound? Then, how can the Sun of suns, the Light of all the manifested and unmanifested worlds, be bound? Man in his colossal ignorance, makes the sad mistake of attributing freedom and immortality to the mortal body and mind, and thereby makes a complete mess of his whole life and thus suffers untold agony and pain.

Let the wise man learn to identify himself always with the eternal and imperishable soul, and not with the perishable body and mind, for his own Peace as well as of others; for all is ONE SELF, One without a second. The soul is never bound! It is eternally free. What a life-giving and soul-awakening deep thought this is! This great thought contains the essence of all religions,

the experience of all the sages of the East and West in a nut-shell. The soul is never bound and it can never be bound, inspite of man's forgetfulness or non-recognition.

**THE PURE SELF WAS NEVER AT ANY TIME B BOUND, NOR
WILL IT EVER BE.**

In the Presence of the effulgent splendour of Millions of Suns of the SELF, the body, mind and the world are burnt up and consumed. They are like mere froth on the waveless Ocean of Knowledge, Existence and Bliss Absolute. May we centre ourselves in the SOUL, as we are nothing but the SOUL and thus express the soul's inherent attributes: Freedom, Immortality, Fearlessness, Happiness and Peace, rising above the dreamy hallucinations of the body, mind and the world.

OFFERED to Mother Mariya, the Free Soul, my ideal Mother, at the dawn of Christmas Day, invoking God's Richest Blessings on her and all the seekers of Peace in East and west.

MAY ALL HOMAGE BE UNTO THE FREE SOULS OF FREEDOM!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE THREE KINDS OF ACTIVITY

21-3-1952, 5 AM, KAILAS

1. *Activity of the Body----Physical*
2. *Activity of the Mind----Mental*
3. *Activity of the Breath--Causal*

In the manifested world there are these three kinds of activities both individually and universally. He who understands it first in Macrocosm--in himself first, understands in Microcosm--in the Universe. This means that when you can understand a bubble you can understand the whole ocean, for that which is in the bubble is in the ocean.

Now let us examine these three steps on the stages of activity one by one: in the Body, Mind and Breath.

- I. All are aware of the activity of the Body: writing, reading, walking, talking, eating, seeing and even opening and closing the eye-lids; all this is the activity of the body. This is an activity in Gross state.
- II. Now we come to the activity of the Mind. Scheming, planning and thinking of every kind, all imagination, all movements of the subtle mind, comes under this heading. This activity is refined and it is Subtle.
- III. Now comes the activity of the Breath--the Soham, this is the most refined and highest form of activity. It can be called *Superfine* activity. It is invisible to the naked eye but visible to the spiritual eye. It has its root in the Causal body and the Source in the Primal Energy.

With a little effort the aspirant can control the physical activity of the body. This is called steadiness of posture, etc. With much effort an advanced aspirant, with ceaseless struggle, can control the mental activity to a great extent. But to control the Pranic activity, the activity of the breath, the Motion of Soham, is rather an uphill work. It is the last and final stage.

One should bear in mind that all activity be it gross, the physical—done with the help of the body; or Subtle—the mental done with the help of the mind; or the Causal or spiritual activity, which is done unconsciously with the help of the breath Soham; all have their source in Brahman. It is the One Universal whole which is beyond the manifested and Unmanifested: in the world of activity, it is the Shakti, the Divine energy, that manifests in the form of activity of the body, mind and breath.

Peace Profound, Nirvana or Samadhi, belongs only to the Master or Yogi who has mastered all the three kinds of motion, in body, mind and breath, it is helpful in the beginning to know the source of the activity while engaged in work. This is called the **PRACTISE OF FEELING GOD'S PRESENCE.**

Thus one can feel God's Presence both in work and meditation or even in rest, for it is all One Energy One Force and One Shakti, expressing either in a gross subtle or causal manner. Be a witness of your bodily movements. Then try to be a witness of your mental activity or imaginations. Finally be a Witness of your own Breath—Soham.

These three steps, gradually, lead any aspiring soul in a most simple and natural way, to the Heights of God-Realisation.

Question: When shall I be free?

Answer: When the "I" which is in the form of ego, expressing through body, mind and breath, dissolves in the Universal Whole, just like a bubble in the ocean. The result will be freedom, Jivan Mukthi: Liberation in life, Now and Here!

As there is nothing else to be said or taught, may He, the One Universal Presence, the Light of all the manifested worlds, bless you my Loving Reader, with Vision Universal or Completeness, by making you a Master of all the three kinds of activity, physical, mental and causal or Spiritual; and keep you on the Heights of Realisation, is the prayer of your own brother Omkar.

OFFERED to Sister Sushila Devi, wishing for her the Highest, the Peace that passeth all understanding, for the Happiness and Peace of all seekers of Truth in East and West.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE THREE STEPS INTO THE LIGHT

1. I AM IN THE LIGHT

What great joy and infinite strength it gives just to feel that we are in the Light! We are always in the Light, whether we know it or not. In the past we have been in the Light, in the present we are in the Light in the future we are bound to be in the Light.

Where is the moment when we are not in the Light? There is never a moment of time when we are not in the Light, either in the past, the present or the future. We are eternally in the Light! Glory! Glory! Glory!

2. THE LIGHT IS IN ME

Not only are we eternally in the Light, but the Light is in us perpetually, whether we are conscious of it or not. If we are conscious of the Light, our life is full and complete and if not, it is dull and dark.

The Light has been in us in the past. It is now in us in the present and it is bound to be in us in the future. The Light is eternally in us, in the past, present and future.

3. I AM THE LIGHT

There is only one Reality in the past, present and future. Two things never existed as the Light is not aloof, separate or different from us; therefore naturally we are that Light. This is the last, final, the highest step, wherein we feel the Omnipresence, Omnipotence and Omniscience within, without, above, below and all around.

In the first step we are walking, working and moving only in the Light; wherever we are, we are in the Light. We sleep in the Light, dream in the Light and wake up in the Light. We even take our daily walks only in the Light, walking towards the Light and facing the Light all around and everywhere. We cannot find a corner of a place or an atom of space where Light exists not.

In the second step the Light is within us. The Infinite, the Eternal and the Stupendous Light is always within us, whether we are awake or asleep. It is the Light that speaks, thinks and meditates. It is the LIGHT, the One and the same Indivisible Light which is filling our being from the very toes to the top of the head; the very cells in the body are pervaded and permeated by the Light.

In the third step, in the last stage of evolution, there is nothing to speak, describe or express. We comprehend the Light and become silent with dumb ecstasy. In the Light of lights, nay, in the Splendour of Millions of Suns, in the beginning there is only a slight vibration within, in the stillness of the head or in the brain centre. There is only the silent vibration of SO-HUM in the Sahasrara, the thousand-petalled Lotus. The wise man should follow it ceaselessly with each and every breath, without allowing even one single breath to slip by, without a single break or any kind of disconnection. The awareness of the SO-HUM, the lightening Light within, is to be felt always. Thus we become the Subject or Witness of the manifested world of phenomena.

As we follow the SO-HUM with all the patience of our mind, heart and soul, with undivided and concentrated attention, the inhalation and exhalation becomes one, nay, they meet at a pint of Illumination. That is the Goal, the Soul and the all in all: the Completeness, the Perfection, the Wise Silence, the inaudible, inexpressible and incomprehensible Silence.

What else is there to be said, in these finite words? The very repetition of the following dynamic statements, the powerful affirmations, the Holy Mantrams, give Peace, Poise and Power, the Divine strength:

I AM IN THE LIGHT.
THE LIGHT IS WITHIN ME.
THE LIGHT I AM.

*"My child, you have long been in the
noose of body consciousness. Severe it with the sword
of knowledge, 'I am Intelligence,' 'I am Light', and be
happy."*

--Ashtavakra

Gita

May all Homage be unto the Light of lights! May the Light bless all, with the LIGHT! Behold!
It is the One all-comprehensible and Incomprehensible LIGHT!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

THE TRANSCENDENTAL STATE

17-4-1949, 12 AM, KAILAS

It is foolish of man to try to write or describe the state of TRANSCENDENCE in finite words. When that state is beyond words and beyond thoughts, who can write in empty words the finite thoughts?

That which transcends the senses, mind, intellect and ego is the Transcendental State, also called the GREAT BEYOND, God or Peace. Words mean nothing, there is One substance or Substratum as the basis of the whole existence, from which all of us have come and we are living in it and are bound to merge, go back or dissolve in it sooner or later. Sages have called it by many a name and let us now call it by the name of this message, viz., **THE TRANSCENDENTAL STATE.**

Whether we can describe it or not, whether we can comprehend it or not; our happiness, the happiness that knows no change, lies only in Transcendental state and no where else. The happiness that comes with the contact of the senses is finite. It comes and goes. It has a beginning and naturally it will have an end. Man is happy when he tastes the happiness that comes from contact with the senses and becomes miserable when he loses that happiness.

Question: Hence where is that happiness that has neither a beginning nor an end, neither comes nor goes; the happiness which is same, Eternal, Infinite, indivisible and the only changeless Reality in a world of changes?

Answer: Undoubtedly that Infinite and Eternal mine of happiness is within alone, and never in the fleeting life of finite senses. It is deep within, in the stillness of the purified heart. It is there where the boisterous waves of remembrance and forgetfulness exist not in the ocean of endless life.

Man is trying to be happy by remembering God, without knowing the Law that wherever there is remembrance, there is forgetfulness also. Forgetfulness follows the remembrance, as night follows the day. Man is happy in the day and sad in the night; likewise, he is happy in remembrance and is sad in forgetfulness. Thus he eats both the sweet and the bitter fruits in the life of the world and alternately laughs and cries, enjoys and suffers. What a childish state!

What else can you expect in duality, the seat of all ignorance? Is it not duality to try to remember even God? What is there to remember, when there is one without a second! Remembrance is possible only in duality, where there is one, two or many. But God is One, Peace is One, Truth is One, Love is One. Call it by any name. That which exists is One. Feel and merge in it. Recognise it and be silent.

Man in ignorance, in this dual condition has become sad and worried, nay, restless and perplexed, chasing his own shadow, in feverish haste with the tempestuous thoughts of REMEMBRANCE and FORGETFULNESS, ignoring and denying the Substratum, the only basis and the soul of his life, namely, the Super Consciousness, the essence of the Transcendental State.

Blessed is the man who has transcended the finite senses, mind, intellect and ego! Blessed is the man who is established in his natural Glory, the incomprehensible state of the Splendour of Millions of Suns!

My Friend, my Loving Reader, what else is there to write or express? Out of the fullness of my heart the mouth tries to speak unintelligible and childish words.

Now let us be silent and still to understand, nay, to be finally established in the Transcendental State, which is the only Reality and the beginning, middle and end and the Soul and Goal of man. May all Glory be unto the Inexpressible and incomprehensible!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE UNTAINTED SELF

30-5-1952, 6 AM, KAILAS

Self is untouched both in sleep and death.

Sleep is only for a short period of a few hours. Some need many hours of sleep too, according to their age and the particular work they are engaged with. Similarly, death is of a longer duration. According to the temperament, desires and life of the individual, death too may be for a short period or longer duration.

Man wakes up from sleep sooner or later. Thus he wakes up from death also some time or other, though not in the present form but in some other form. In Kailas Ashram in the Visitors Kutir on one of the walls inside, the following motto is written:

WHEN GOD IS ALIVE WHY DO YOU SLEEP?

It does not mean one should not sleep at all. However spiritual one may be, if he does not sleep at all, he will ruin his health and will pave the way to physical death. What it means is: As God is Omnipresent, do not be blind to His Interpenetrating Presence, but wake up to His Presence in the very cells of your being.

Thus, the daily sleep can never touch the self or soul. In spite of the sleep the self the Atman is resplendent with light. It is ever full or complete. Same is the case if we can ponder and understand the state of death also: it may be of longer duration, because the body changes and integrates. But you wake up in a new, fresh body.

In the moments of silence when the body is tired, the Inner voice repeats often: *"Dear child, if you are tired, sleep. Your sleep does not hurt or touch the Soul, for the Soul is sleepless. Even if you wish to have a change from this body, if you are weary and disgusted with the finite body, do not hesitate to have the long sleep in the arms of death, for the soul is deathless. Sleep and death, the ever changing conditions of the body can never touch the self-effulgent, taintless self."*

When you come to your own full Glory, complete realisation of the Highest, the one without a second, you rise above sleep and death. Then there is no more change of short or long durations. Verily, the Atman, the Indivisible self is above sleep and death.

He who realises this Truth becomes fearless. He is not worried about sleep or Health. He welcomes death as he welcomes a friend, for death also is a mere change. It is this understanding that gives freedom, and makes man realise that he is the changeless in the change and the immortal in the mortal.

Indeed, the Self is ever untainted in spite of a million changes in the world. All the destruction and death, all the famines, wars and pestilence can never touch the taintless Sakshi Swarup, the Witness of all the worlds of phenomena.

As it is the same man who wakes up from sleep everyday, as it is the same man who wears and changes clothes everyday; so also it is the same Atman that changes bodies as mere clothes, yet remains unaffected and taintless, ever shining with the Splendour of Millions of Suns.

May all Glory be unto the Taintless Self, and may we ever abide in It inspite of the daily sleep and occasional death, the inevitable and natural changes in the life of man, in the world of manifestation! May all Homage be unto MAN, the conqueror of sleep and Death!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

THE WORLD OF LIGHT

22-12-1951, 4 AM, KAILAS

The World of Light is the Birthright of every man, yet man is satisfied to live in a world of darkness and confusion, ignoring his Divine heritage, the Effulgent Light. I long to live in the world of Light where there is neither day or night, where there is neither remembrance or forgetfulness nor past, present and future. Verily, the world of Light is above time, space and causation.

Whether it is in work or rest, in service or meditation, whether eyes are closed or opened, one is living always in a World of Light, for Light above is the only Changeless and Everlasting Reality. But the constant awareness of the ever-present Light is what is needed, from personal experience.

In the world of Light, the JIVA--the individual--is Brahman, the Universal. Here, there is only one kind of worship, the worship of the Universal. It is ceaselessly going on, flowing like that of the Ganges from the Himalayan heights. It is the Worship of SOHAM, inhaling and exhaling Peace with every breath, in each and every moment of one's life.

Duality is the only biggest stumbling block of the World of Light. Ego is the greatest enemy here. With the dawn of Knowledge, the ego is rooted out and annihilated and duality disappears before the Light of lights. How blessed it is to work, move and breathe in the World of Light, not now and then but always, eternally! Blessed are they who can recognise LIGHT in pain and pleasure, in poverty and wealth, in sickness and health, nay, in disgrace and honour; and above all in death and life, for the Light of lights is above all these dual aspects of life. These dual aspects exist only in the dual world of duality, but never in the Real World of Light.

There--in the Kingdom of Light, it is ALL LIGHT, within, without, above, below and all around. Nothing else exists there except the one interpenetrating LIGHT. May all Glory be unto this Infinite Light, Eternal Light, Indivisible Light!

May this Self-effulgent Light pervade and permeate not only the very cells of our beings, but also the whole Universe from the tiniest atom to the biggest planet. May we all be as sparks of the One Light, Rays of the One sun, waves of the One Ocean, Images of the One God, express nothing but LIGHT in thought, word and deed, Now and Always! This is the prayer of your OMKAR.

OM! OM! OM!

OFFERED to Sri Swami Ramdasji Maharaj, the Light of Anandashram, invoking the Richest Blessings of the Light of lights, for the Peace of all!

THOU ART THE LIGHT

29-12-1950, 1 AM, KAILAS

(Happiest and most consoling news, unto all the earnest and aspiring Images of God.)

Man forgets God and worries over it. This has been a common malady everywhere, in the life of seekers of Truth in all the old and new religions in the world, both in the East and the West. Man is happy when he is aware of God and he is miserable when he denies, ignores and forgets HIM. There is but One Reality, whether we call it by the name of God or Peace, Truth or Love, Light and IT is One and the same.

Now the Happiest and most consoling news to the forgetful man is that he has been always THAT, inspite of his momentary forgetfulness. The SUN may be covered by a passing cloud but what is that to the effulgent sun? Does the cloud lessen the effulgence of the sun? The Sun is the same inspite of a million clouds of thick darkness. Sometimes mist, especially in the early hours of dawn, in the wintry days, hides the ranges of hills and even the ocean too. Does it mean the hills

and the ocean do not exist anymore? The hills and ocean are there, inspite of all the mist in the world.

Similarly, O Man! Let tests and trials come to you, one after another, let tribulations and catastrophes visit you in numbers to test and try only your mettle and strength; but believe me, you are always THAT, the Changeless Reality. Your real Self is above change. HOLD ON and HANG ON to this highest thought tenaciously. Cling to this sublime Truth with heart and soul and you are safe, even in the ocean of vicissitudes and in the very fire of crucifixion itself. For YOU, the Inner Self, the Immortal and Immutable SOUL, there is no forgetfulness, for you are above duality. You are verily the One without a second. Forgetfulness is possible when there are two or many but never in the one.

A King may be dreaming that he is a beggar. Does the dream ever make him a beggar? O Man! Wake up from your long dreams of ignorance or forgetfulness. The necklace is there around your neck, in spite of your forgetfulness, your heart is ever beating, your breath is ceaselessly flowing, INHALING AND EXHALING PEACE, amidst your very deep sleep.

Let us ponder on this HAPPIEST NEWS, the Truth of the Self-effulgent Splendour of the Indwelling and Indivisible LIGHT and meditate for a while on THAT, to be blessed with the VISION of the Perpetual Light, the Changeless Light, the Eternal Light.

My Loving Reader, pray, join me in asserting and recognising this LIGHT, the EVER LASTING! You are the LIGHT always. THOU ART THAT. May all homage be unto thee, O! Light of lights! May the Inner Light bless YOU, my friend, the Loving Image of Light, with the Vision of UNIVERSAL LIGHT, not only NOW, as you read this message but also forever, is the prayer of your brother OMKAR.

HARI OM TAT SAT OM!

VALUABLE MANGOES

3-6-1948, 11 AM

It was a valuable mango. Perhaps it had come from Northern India. It bears a Hindi Name and it is considered as the king of mangoes.

A devotee of our Ashram, an advocate friend, received only six Mangoes as a special gift, maybe from his rich clients. He was kind enough to offer two of them to me, with a special request that I should eat them. In great joy I told him that I would be happy to share the mangoes now with many devotees, as the Ashram is full of visitors from far and near. But our Vakil brother was rather sad to hear this news for it was his wish that I should enjoy these mangoes. Hence he has requested our Brother Kavi-the Secretary of our Ashram, to see that I should enjoy at least a big portion of them.

In the afternoon we were having our meeting consisting of all the members of the Ashram and visitors from far and near. After the meeting I surprised our Brother Kavi when I asked one of the big valuable mangoes to be cut and distributed among all the people.

Brother Kavi who was entrusted by the Vakil friend to see that I should eat the mangoes, was rather sadly puzzled at this suggestion, and began to look at me pathetically. The ripe fruit was cut and all the audience enjoyed it and I too had my share, a big share too. For, one who shares is always rewarded well!

Suppose I take this mango into my room and close all the doors, lest someone sees, and devour it alone? How would it make me feel? Would I be happy in sharing it with others, or in eating the mango all alone by myself? If there is happiness anywhere in the world, the happiness which does not change, it is only in SHARING.

My friends, have you any mangoes with you? Perhaps you have too many. Maybe you have hidden them in dark closets and iron safes! Please, get them out for sharing. If you hide them too long without sharing, they will get rotten and wormy. Your mangoes may be stolen by thieves, so it is better to share even a portion of them with the deserving and the needy.

As days and years roll by, I realise more than ever the joys of sharing and the burden of storing and accumulating. Just now a devotee brought a big sized mango and immediately it was given away to be served among all people in the Ashram. The happiness of sharing without expecting any reward cannot be described, but can be felt only by desireless souls who are sharing not only mangoes but all the goods of the world, and what they have with others, who are no other than the Living Images of the One God!

Blessed is the one who is sharing not only mangoes but all that he has, with the children of God! Verily, in sharing anything, whether it is a mango, a book, a dress, material food or spiritual wealth, we are sharing it only with God, for all are His Living Images!

MAY ALL GLORY BE UNTO GOD!

OM! OM! OM!

VITALITY

16-3-1950, TOTAPALLI

Vitality is of three kinds. It is in three grades:

1. Low 2. Medium 3. High

Dear Friends, is your vitality low, medium or high? To answer this question, let us first know what VITALITY is and how it can be made low, medium or high.

Of course LIFE itself is Vitality. It can be made dull, active or powerful by man himself, to the extent of his living in tune with Nature; also by partaking of vital food and by thinking vital thoughts.

Verily, these are the three real sources from which man can become fully vital.

1. By living in close touch with the five elements in Nature:

a. Earth b. Water c. Air d. Heat e. Space or Akasa

2. By eating vital food, not the dead food of carcasses.

Food is of three kinds:

- a. The TAMASIC, the dull food, the food of dead animals and old and putrefied food.
- b. The RAJASIC, the food of the average man such as rice, wheat, pulses; cooked and highly spiced.
- c. The SATWIC, the fine food of the juicy fruits and vital nuts, to eat as nature gives such as coconuts, bananas, sapotas, oranges etc.

3. By thinking good thoughts, selfless thoughts and God thoughts.

Verily, thoughts are things. They can make and unmake a man. By thoughts one can become lifeless or full of vitality. So my friends, let us see whether we are thinking always of ourselves and of our dear ones or of others, wishing the Peace of all.

An open air, out of doors life in touch with Mother Earth, inhaling and exhaling pure air, bathing in the cool waters of a river or the ocean, assimilating the vital rays of the life-giving sun and soaring in Akasa, the space, makes anyone feel vital both within and without.

Many a man is lifeless, devoid of vitality because he shuts himself up in closed rooms and is afraid to come out into nature's lap. He is happy eating dead food and thinking dead or selfish thoughts, all about himself. It is only the God man, whose care-free life is in close touch with the five elements of nature and who has forgotten his little self in the service and welfare of others, who is expressing one hundred percent of vitality.

The more selfish one is, the less vitality he expresses although he seems to be full of activity. The more selfless one is, the more vitality one expresses and radiates. The Day of Freedom belongs never to the weak and low in body, mind and self, but to the physically strong, mentally powerful and spiritually vital, expressing the Inherent Splendour of Millions of Suns in all their selfless deeds, powerful words and silent thoughts.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

WAR IS FINISHED

Is the war really finished? Yes, it has ended in East and West, North and South. It is finished everywhere in the world, except at one place.

Question: Where is that place?

Answer: It is within yourself.

No need of denying the facts covering the glaring Truth. One can dupe and delude one's fellow sisters and brothers but one can never deceive the Indwelling Presence, the All-knowing God.

Let us admit that the war within us has not yet ceased. It will never cease so long as the tenacious ego persists. As long as man denies and forgets the inter penetrating Presence, the endless war between the lower self and the Higher Self keeps on raging, making a wreck of spiritual life.

The war has ended in the outer world, but not in the inner world. It has ended among nations but not between the ego and the Spirit. So long as darkness reigns in the world and man clings to the finite self, identifying with the nest of flesh, blood and bones, considering the will o' the wisp of the world as his all in all, running after its fleeting shadows and denying the substance, the Living Truth, war keeps on raging furiously forever. Thus the ignorant man is unconsciously sowing the seeds of hatred and bitterness, thus paving the way to the future wars without, in the world, by his selfish life.

There is always a war in the selfish and self-centred man. War has ended only in the pure heart of a dedicated man, who has vanquished his little self--the ego. Verily, victory belongs only to those rare and precious souls in whom the little self is completely annihilated. Self-control is the only proper path that leads one right to the portals of Peace.

Dear Friends, do you wish to help to establish Peace on earth and goodwill among nations? If so, begin to walk on the noble path of Self control, practising charity, faith and love, loving all, in all religions and nations.

The war has ended in you when you begin to love all instead of only yourself. Blessed is the one who can say truthfully that the war has ended not only without in the world, but also within himself!

Cessation of the war within, in individuals, is most important and essential for the Peace of the communities as well as for the world at large. War has not ceased in the hearts of almost all the people, hence the communal controversies and conflicts. When does the reconciliation take place? Only when the war ceases within themselves. Then alone there will be Peace in all the groups and communities in East and West.

What is the use or benefit of conquering the whole world, losing God? Verily, he who conquers himself or the little self is the greatest hero. May all homage be unto such blessed souls in whom the struggle of every kind and war in every form has ceased and their very existence is a blessing to all humanity.

MAY PEACE BE UNTO ALL!

WHAT IS THE DISTANCE

If you are an Advaitist--a Monist--one who believes in the absolute ONENESS of GOD--that God is One without a second, nay, that nothing else exists besides God, you will say that the very question is ridiculous. The distance is only in duality. Where is the distance in God or Truth, where there are never two but One? Undoubtedly, these are the greatest and most sublime Truths from the Transcendental State, but alas, in the practical life, God seems to be far away. Although man is the living Image of God he is playing the part of the fool, clouded with the delusion of duality or ignorance.

If you are an Vistadwaitist--a qualified non-dualist, you will also say, *"Where is the distance when I am inseparably One with God, like the wave with the ocean or the ray with the sun?"* but, in practical life we see often instead of connection, disconnection and the result is assertion of egoism and selfishness, thus denying God both in himself and in others.

If you are a dualist of the lower type you will say that God is in the sky or Heaven. If you belong to the higher type of dualism, you will say that God is within, even if He is within there is separation. Whether God is within or without, where is happiness in the first place? It is only in union with God and nowhere else. It does not make any difference whether we are Monists, Qualified non-dualists or dualists, but it makes all the difference if we fail to recognise our inseparable, eternal and indivisible oneness or union with God. With God we are everything and without Him we are mere nothings. Separated or divided from His presence we are lifeless, soul-less and mere skeletons like fish on dry land, restlessly and ceaselessly struggling. Struggle is not real life. Poise is real life.

Think of a bubble which is separated from the ocean. Imagine a ray which is disconnected with the sun. Or consider the state of an atom separated from Mother earth. Similar is the case of a lifeless and soul-less man who is separated and disconnected from his Creator, the Indwelling Truth, the only Realty. Often and often in the silent moments of the blessed solitude and even in the busy active life of the Ashram, the question springs unconsciously from within: "WHAT IS THE DISTANCE BETWEEN GOD AND YOURSELF?" As God is the Mind of the mind, Heart of the heart, life of the life, the Soul of the soul and the Breath of the breath, it gives me such a great joy and strength to recognise Him in the very breath nay, in each and every breath.

Where does this simple breath lead? Just follow it slowly, steadily, and silently, observing its slow rhythm. It leads you into a state of formlessness, into ecstasy, into the inexpressible joy and above all into that ineffable and indescribable Glory. Here is a helpful exercise, a most practical exercise--a Holy Sadhana--that has helped me and which will surely help all the aspiring souls who are pining for God, to reach the Heights not in the uncertain future, but NOW and HERE, within the space of a single breath, if you are deserving and ready.

Pray! Sit in a relaxed posture, selecting your own easy and comfortable posture in which you can sit a long time, without the least strain. In the beginning with closed eyes if you repeat the Word of God, the Mystic Syllable **AUM** or the name of your favourite deity, it will be helpful.

Now meditate on breath. Try to feel God's Presence in each and every breath. Follow the INHALATION as it begins and watch it as it ends. Just see where it is leading you. God is so near in your very breath. He is within, He is all this, nothing exists besides the Universal Breath. In the beginning it is helpful to feel that the distance between God and yourself is that distance you feel from one breath to another breath.

As you follow your breath from the point it begins to inhale until it reaches the end, before it begins to exhale again, how close, how near and how inseparable one is to God! Remaining as a Witness as you watch and follow the breath one inhalation, it will lead you the Heights. You can realise God in one single breath's time or space.

As you practice this simple but most powerful and potential exercise, the INHALATION leads you to EXHALATION, and exhalation into inhalation. Verily, the inhalation and exhalation merge into each other, nay, disappear. The atom merges in Mother Earth, the bubble dissolves in the Ocean of Glory, the ray in the Effulgent Sun, the breath in Breathlessness.

Here, there is neither a question nor answer. There is neither space or distance between you and God. There are neither Advaitists or Vistadwaitists or Dwaitists, in this Holy State. There is only one silent and steady, rhythmic vibration, that too in the beginning. As we follow it ceaselessly, it leads to that Transcendental condition, which is free from all vibrations.

Glory! Glory! Glory! May Peace be unto all beings and Glory to the Highest, the inexpressible and the Incomprehensible, the Splendour of Millions of Suns!

OM! OM! OM!

WHAT NEXT?

5-9-1950, 3:30 AM, K.G. HOSPITAL

The three-day wonder, the Grafting of the bone is finished, for this is already the sixth day. Yet, the bone is raw and the cast is soaked with blood. But my heart is rejoicing over the great privilege the Lord has given me, by choosing me to serve one of His little unfortunate children. The sweet child Nirmala is happy too, playing with her dolls. May He bless her to walk soon in His name, is my prayer.

Having nothing to do in the Hospital lying on a comfortable bed, I rest, relax, pray and meditate, wishing the health and welfare of all the other eight hundred patients. The first three days I spent in a dazed condition, without knowing what was what; but doing a little work now and then to satisfy my chronic fever of service.

It was on the forth day that I remembered my favourite motto: **HE WHO WASTES MOMENTS WASTES HIS LIFE**. So what should I do now, lying in bed and tied to the cast? Probing into the very depths of my very Soul, it began to repeat in the silent still hours of the dawn, "What next?". What Next Dear God? What next, may I be privileged to do?

Has my humble offering been acceptable by the Lord, in the service of one of His children? Is He pleased? What else will please Him? What will make us happy? I too feel like a little child as our little Nirmala, so helpless. I want to know now, what it is that makes God really happy?

My friend, it is not necessary that one should give blood and flesh, bone or life to please God. The most acceptable thing in all the world to be offered to God is our own dedicated, purified and concentrated heart. **Blessed are the pure in heart**. God dwells in the hearts of the child-like, innocent and pure. Verily, the heart too belongs to God, for He abides there in stillness.

Question: What next?

Answer: Go back to the Source.

Question: When?

Answer: Now.

Question: How?

Answer: Through the LIFE BREATH.

Let Soham, the Life-breath, lead you to the Universal Breath, not now and then but always. Repeat with ecstasy that *I CANNOT AFFORD TO FORGET GOD EVEN FOR THE MILLIONTH FRACTION OF A SECOND*. When God pervades and permeates the very cells of your being from eternity to eternity, how can you ever forget Him? He is our all in all. He and we are always ONE. Our hope, joy and strength, power and Peace lie only in recognising this Eternal and Indivisible Oneness, Now and forever, with the Indwelling Presence of our hearts.

On one of the testing days of wonder, once I was so deeply still and withdrawn into the very Silence, floating as if in ether, that I exclaimed "*This is my world of Life, Light and Love, which is eternally free from gross selfishness, vile competition, base suspicion and other ills of the dual world, it is Peace within and without, it is Love above and below, it is Light all around!*"

How long has one to play with the little glittering and glamorous toys of life wasting precious time arguing and defending oneself with self-righteousness? Where does it all lead to, except into greater depths of confusion, darkness and ignorance?

The bone-grafting is finished, let the soul-grafting begin now! Let the individual become the Universal, finally leading into the Brahmic splendour, the Para-Nirvana, the Peace Profound.

I am weary of all words and thoughts, this is the time for deeds. May the cast of the body in the life of duality, lead now to the non-dual state of Peace, towards the Heights of Kailas, the Mount of Glory, to abide there in silence and completeness. BE DEAD THAT YOU MAY LIVE, has a deep and glorious meaning.

Question: What next?

Answer: Kailas, the Abode of the Gods!

SUPREME SILENCE, SUBLIME SOLITUDE, INAUDIBLE PEACE!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

WHAT SHALL I DO?

It was the early hour of 3 AM. It was raining outside. It was breezy too. I sat at my writing table longing to do something. What shall I do now? *Do nothing, say nothing, write nothing, be nothing!* How blessed it is to be nothing! Peace belongs to those rare and blessed souls who are ever complete or full.

I opened the book Cosmic Flashes and Hours of Silence and read Chapters 47, 48 and 49, which are very helpful. **Face the One in the many**, is one of the messages of one of the chapters. Another chapter says **Religion is Cheerfulness**. It is the realisation of God's Presence NOW and HERE.

Then I wrote my usual Spiritual Diary, wishing the Peace of all the members and children in the Ashram first; and then the surrounding people and finally all the devotees who are near and far in the East and the West.

Still, there is a longing to do something. What do you want to do? Do you want to read or do you want to write? Do not waste your precious time in doing little things. What have you to read, when you are the One without a second? What have you to write when there is nothing besides you? Still I am writing now. Is this Maya, delusion, even this writing? Out of the fullness of heart the mouth speaketh. Let the hand write also, out of the fullness of the heart and mind, that which is useful and helpful to all the children of God. All are the children of God in the One. The Ocean is One but there are many waves in the Ocean.

Can we deny the waves and say they do not exist? The waves do exist in the ocean, but they are not separate from the ocean. They are all part and parcel of the One Ocean. Similarly, O Man! The world exists with all the oceans and continents. There are stars, moon and sun. There are plants, lovely flowers, sweet singing birds, wild animals, bad and good people too, with selfishness and selflessness. Yet, they are all a part and parcel of the One Akhanda Sat Chid Anandam, the Existence Absolute, Knowledge Absolute and the Bliss Absolute.

Verily, THOU ART THAT. Thou art That from the beginning to the end. In all eternity, Thou art nothing but That. Do not try now to be anything other than That, the only changeless Reality, the Living Truth. It is the Immortal Truth, the one Eternal LIGHT, which is sparkling in your eyes, throbbing in your heart and flowing in your very breath. As often repeated NOT A BLADE OF GRASS MOVES WITHOUT HIS Presence OR WILL. So it is HE, who is writing in you now. It is HE alone who reads in the loving readers, when they receive the PEACE journal with the latest message.

My Dear Loving Reader, the Living Image of God, the Light of lights, what message can I give you now other than repeating Thou art That, Tat Twam Asi? Being the Light of lights, why beg for a little more Light?

Be Thou the Light of lights, Now and Always, ceaselessly. This is my only prayer to you. All homage be unto the Light of lights, the One Self, the effulgent Indivisible LIGHT!

*All offering to all the living Images of the Infinite and
Eternal Light, where there is neither East or West, nor time,
space and causation.*

MAY PEACE BE UNTO ALL!

OM! OM! OM!

WHO IS A TRUE CHRISTIAN

He who beholds the Sweet Face of Christ in every face, considering the whole world as the Home of God, and all people in it as his brothers and sisters, irrespective of the man-made differences in castes, creeds, colours, denominations and nations, is a true Christian.

He who has love in his heart, not only towards himself and his sheep but towards all the children of God, the people of different Flocks all over the earth; and whose love excludes all, is a true Christian.

He who is not a slave of outer conversions that create trouble and confusion-the root cause of all ignorance in the finite man-made wells of darkness; and he who is trying to change himself instead of the whole world and whose sole aim is the purification of his own heart, is a true Christian.

Above all he who does not speak ill of any of the least of God's children anywhere, belonging to any fold, and he who cannot bear to listen to evil of others and to whom the least forgetfulness of God, even if for a tiny moment, is crucifixion and death and to whom the service of God's Children and the love of humanity is the real religion, is a true Christian.

May all homage be unto such devoted followers of the Blessed Christ, the earnest and true disciples of the Lord, whose lives are a blessings to Mother Earth and to all the people all over the world!

Adorations be to the Indwelling Presence, the Interpenetrating Presence of Christ, the Lord of individuals as well as of the world.

MAY PEACE BE UNTO ALL!

OM! OM! OM! AMEN.

WHY AM I FASTING

1. To purify myself, to be worthy of all of you and a real Blessing to Shanti Ashram, my life work.
2. To be worthy of Omy's loyalty and it's unflinching Love, it's day and night care and protection.
3. To protect the life work of 60 years from selfish people, who live for themselves.
4. To be free of all begging, even in my 80th year, in the name of the Ashram and to take care of the Gurukula children etc.
5. To create interest in the workers and members of the Ashram to make NAMA SANKIRTAN into AKHANDA NAMA SANKIRTAN: day and night ceaselessly chanting God's name.
6. To create a little more interest in the Committee Members and Trustees of the Ashram, to take greater care of the suffering children and workers in the kitchen and garden.
7. To pay more attention to every visitor who is blessed to come inside the Ashram gate, by making them to feel and to chant God's Name with every step.
8. To make every visitor to take part in the NAMA SANKIRTAN for at least 15 minutes.
9. To take the visitors to the SPIRITUAL HEALING CENTRE and to give them a chance to pray for the sick people in all the world.
10. To make every visitor memorise and repeat the PEACE PRAYER regularly both morning and evening, and to spread it near and far among their dear ones and friends, for the Peace of all.
11. To request the Committee Members, Trustees and other friends and well-wishers of the Ashram to do something practical, to avoid daily worry and trouble to our Jnaneswari, Sir K.S.R., and other selfless workers.
12. To make our SUSHILA HOSPITAL a great blessing to the poor and sick, never sending away the suffering poor patients with the heart-rending cruel words, "NO MEDICINES."
13. To be worthy of the Love and Trust of our Dr. Pitchaiah, Dr. Ramani, Sri Vidwan Bhasayam Appalacharulu Garu, Sri Narasimha Rao our Panchayat president, Chy. Jnaneswari, Chy. Santi, Seshamma and other devoted souls who are trusting and relying on me with great confidence.
14. Above all, I am fasting for God consciousness Now and Here, forgetting all the Ashrams, lands, schemes and plans and their great future work and service.
15. As it is the INDIVIDUAL PEACE that paves the way to UNIVERSAL PEACE, in memory of this FAST, may Peace begin in the heart and spread itself over all the world.
16. To practice to live in the PRESENT LIVING MOMENT NOW, forgetting the dead past and ignoring the dim, uncertain future.
17. To see God in every face of man, women, bird, beast, plant and flower, wherever my eyes wander.
18. To see God or Light within in each and every cell of my body, so that I can see Him everywhere without, in all the Universe.

19. To see God, to hear of God, to open my mouth only to speak of God.
20. To make everything I do a PUJA, a real worship to the Almighty, the Omnipresent, Omnipotent and Omniscient ONE, THE ONE WITHOUT A SECOND.
21. The last but not the least is Silence: may Supreme and Waveless Silence be the Soul and Goal of my FAST!

Let us establish Peace first in our own hearts with Prayers for the Peace of all in the world, including dumb animal friends, for God is ALL LOVE, excluding none and including all.

OM TAT SAT OM!

WONDERS OF MEMORY

Similar incidents awaken similar notes, bringing back to memory the experiences of even years. Suppose you have tasted a mango fruit some fifty years ago and today you are tasting it again; the incident takes you back to the day of your tasting the mango fruit fifty years ago. If you had seen a picture sixty years ago and if you see it again today, the experience or incident joins you with the experience that you had sixty years ago. Same is the case in every field of life. Who can fathom or describe the wonders of memory?

These days as I play with our little deaf boy Sharma, making him to understand me through signs and as he tries to speak to me through the same signs, it brings back to my memory an interesting experience, an opportunity that I had in my life twenty years ago, when I was in Philadelphia, USA. It was in a big hall, fully packed with hundreds of devoted people in the audience. I was requested to give them my message. Alas! They were all DEAF AND DUMB sisters and brothers, of various ages. You may say, "How can you speak to a Deaf and Dumb audience?" Yes! I gave my lecture as desired by them, and it was highly appreciated too. It was a memorable and happy moment in my life also.

An interpreter of the deaf and dumb who is an expert in their language was engaged to translate my message to the members of the Deaf and Dumb Society. The Interpreter explains in signs as the message is given, sentence after sentence. Thus any number of lectures can be given. Verily, God opens a way to make the inexpressible, expressible; and the impossible, possible. For He is the friend of even the deaf and dumb nay, He is heart of one and all!

The essence of the message that was delivered on that memorable evening to the Deaf and dumb Society was:

"Blessed are they who are deaf to the world of wrong sounds, ugly notes, to the life of separation and duality. Blessed are they who are dumb to the world of useless words, to all empty talk. I would rather be deaf to all the bustle and hustle of outer life or restlessness and misery, and alive to the God within."

It is a privilege to be dumb and alive to the God within, instead of wasting our precious life with all the empty and lifeless talk. Make your so-called draw-backs the impediment of your lives-the stumbling blocks into stepping stones, becoming deaf to the world of discordant sound and dumb to the world of finite expressions. Blessed is the one who is deaf and dumb to the temptations of the SATAN outside and to the prompting of the carnal mind within!

Thus ended my message to the Members of the Deaf and Dumb Society so highly appreciated. Many of them approached me at the close of the lecture, and offered their gratitude with tears of joy and beaming faces of gratitude, shaking my hand in a warm grasp again and again. Indeed it was a memorable evening. May all Glory be unto God and may He bless all the

Deaf and Dumb people all over the world, especially our innocent little Sharma, with His Richest Blessings!

MAY PEACE BE UNTO ALL!

WORTHY THOUGHTS

5-5-1950

A worm in the mire thinks only wormy thoughts, a beetle in the cow-dung thinks only beetle-thoughts. A dog in the manger thinks only dog thoughts and a fox in the hole thinks only foxy-thoughts. A wolf in the den thinks only vicious thoughts. A cow in the barn thinks only gentle and loving thoughts. A lion in the forest roars only the thoughts of power and strength.

What about you, O man, the Living Image of God! What are your thoughts? Are your thoughts finite and self-centred? Are you thinking only about your father, mother, wife and children; their education and how to provide for their future at the cost of others, ignoring their interests and welfare? Are you selling your Soul for a mess of pottage?

Are you living in a finite well of the family with communal feelings or are you living in the Infinite Life of the Ocean, embracing the whole world, considering all people as your own and their welfare as your welfare? Pray, stop for a moment, wherever you may be and introspect your thoughts and life. See what you are thinking, examine your thoughts. Try to come out of your finite well of suffocation into the unlimited ocean of the Living water of Peace.

Be worthy of your precious birth! Be worthy of your Divine heritage, be worthy of your Birthright, the Splendour of Millions of Suns! Think as the Sun of Man and walk as the Saviour of the world. Call all men to prayer and self-surrender like the powerful Mohammed. Annihilate desire and speak as the Living Buddha. Act as the wise Krishna.

As a living Image of God, think of the One World, One Religion, One Humanity and One God. As the Living Truth, the Indwelling Light, your thoughts should be only of Omnipresence, Omnipotence and Omniscience. Pray, give a death-blow to all the finite, selfish, unworthy thoughts of little self, tiny family and finite community. Let your Self be the Universal Self. Let your family be the wide world including all the people in all the religions and nations. Let your community be the community that embraces all, excluding none. Let not even a crawling worm on earth be excluded or deprived of your Love, much less your fellow neighbour, who is the Living manifestation of the Loving God.

Verily, *LOVE OF MAN IS LOVE OF GOD*. He who treats his neighbour with suspicion and indifference is in the lowest rung of the spiritual life, rotting in his tiny well of self-delusion.

O man! Wake up to the Truth that thoughts are things and that **AS YOU THINK SO YOU BECOME**. Hence, if you are to think, think of Universal love. If you are a slave of thinking, think of Infinite and Eternal Peace. If you cannot help but think, think of Supreme Silence, the Waveless Silence.

Let posterity, the world of humanity be proud of your wise universal and constructive thoughts, now and forever. As you are the **INDWELLING PRESENCE**, may your thoughts be ever full of **LIGHT, LIFE and LOVE** and may your consecrated life bring PEACE ON EARTH and GOODWILL AMONG NATIONS, is the prayer of your brother, Swami Omkar!

OM! OM! OM!

YE OF LITTLE FAITH

30-5-1946

In these days of advancement in every field and progress of civilisation in every walk of life, especially with all the spiritual renaissance and awakening in the East and the West, we read so much about faith, we listen so much from all the sermons, nay, we even talk too much about faith. But in the practical daily life of the individual it is sad to see that man is having more faith in his one hundred and fifty pounds of flesh and blood than in the Almighty God.

Do we really have the least faith, even as much as of a little mustard seed in the Omnipresent, Omnipotent and Omniscient God? If so, why all this fear, worry, hurry and death-like struggles to keep up the vain prestige of the selfish personality? Why are we running like hunted deer, after the shadows forgetting the Substance? Man only talks bagfuls of God's Omnipresence but does not feel or believe even in an iota of His Interpenetrating Presence.

This lifeless, soul-less and faithless state reminds me of one interesting conversation that a Robin and Sparrow had in an orchard. Here it is:

Said the robin to the Sparrow

"I would really like to know,

Why these anxious human beings

Rush about and worry so?"

Said the Sparrow to the Robin,

"Friend, I think that it must be

That they have no Heavenly father

Such as cares for you and me."

Dear Friend, where is your faith? Is it in the glamour of wealth? If so, the richest persons become the poorest beggars. If your faith is in physical health and outer strength, the strongest and the healthiest persons become the weakest and the most sickly after the passing of time. If you keep your faith in any form and name, all forms and names change, ending in sorrow and disappointment. Peace that passeth all understanding belongs only to those rare and blessed souls whose minds are ever centred and anchored to the Rock of Ages, the only Reality in the ever-changing phenomena of Life.

Man has faith in form and name instead of in the formless and Nameless Spirit. He has more faith in blood and flesh than in Light and Love. He has faith in the visible rather than in the invisible. He is chasing his own shadow instead of being quiet, recognising the substance, the God within. What is the result of all this outer restless life? The result is agony and suffering: life in darkness and death in ignorance.

What should man do to be free of all struggles and to wake up from this deathly nightmare? He should begin NOW to practice what he has known already in his daily life. The faith in which he believes, should be asserted and manifested in all his thoughts, words and deeds. How strong one feels with the manifestation of faith in his daily life! How lifeless and soul-less one feels devoid of faith!

How true are the words that FAITH MOVES MOUNTAINS! With faith the impossible can be made possible. Lord Christ healed sick, gave sight to the blind, made the lame to walk and even made the dead to rise. Why are we not able to do the same things? It is because of our little faith or no faith. It is with faith alone that Christ walked on the sea and also multiplied the loaves and fishes and fed multitudes. Man is a mere living skeleton and a disgrace to his Creator without faith.

As it does not help to worry over spilt milk or dwell on the negative side of this theme, let us dwell on the constructive side and practice to have faith in God's Omnipresence, Omnipotence and

Omniscience. How strong it makes one feel to be centred in Omnipresence! How energetic it makes one feel to be in tune with His Omniscience!

May we close our eyes now and meditate on God's Interpenetrating Presence, with all the faith of our minds, hearts and souls! May our little faith be converted into Infinite faith and may our lives be a blessing to ourselves as well as to others.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

YOU

You are no other than THAT. THOU ART THAT! There is only one Reality and thou art THAT Reality. AUM is YOU.

In the beginning there was the Word and the Word was with God and the Word was God. You are the Word. You were with God in the beginning, you are now in Him and in the end also will be the Word. There is never a moment of time when you are not You, either in the past, present or future.

You are in the Light, the Light is in You; nay, you are the LIGHT itself. You are present in the waking, dreaming and sleeping states. You alone exist, at all times. Nay, you are above time, space and causation.

The essence of the Delphi oracle is **KNOW THYSELF** is YOU. You are ONE and the same, in birth and death, for they cannot mar or touch the real YOU. Even world deluges and volcanic eruptions can never touch YOU.

In the real you, the world, with all its planets and suns, moons and stars is a mere speck of intelligence; the finite you is only a tiny reflection of the Infinite YOU, the Brahman.

As breath leads to breathlessness, as you meditate on the Reality, the very finite 'you' leads you to the Infinite YOU. There is only one YOU, as there is only one SUN. The sun is reflected as a million mirrors on dew drops; yet it is the same ancient one Sun. Similar is the case with 'You', though expressing in a myriad forms and names.

It was Emerson who said that *every man is a God playing the part of a fool*. When the nectar of Immortality is your Birthright, why drink death-dealing poison? Wake up to take a firm hold of your Divine Heritage Now and Here! All adorations be unto you, O YOU! Verily, as Truth is one without a second, there is no one besides YOU. You are the all in all.

When you speak, it is the Infinite that speaks in you. When you write, it is the Infinite that writes in you. When you work, it is the Infinite that works in you, and when you meditate, it is the Infinite that meditates in you.

The world of phenomena exists because of you. The tiny bubble exists because of the limitless waters of the Ocean. Let the tiny bubbles merge and dissolve in the Infinite Ocean; similarly, let the little "I", the imaginary finite you, merge and dissolve in the Infinite, Eternal, Immortal and Indivisible You.

My Loving Readers, what is the relationship between the 'You' in me and the 'you' in you? These two 'you's' are only one you. Duality is delusion. Two things can never exist in the one Truth. Are there two suns or one sun? Let us recognise the One in the many! That which exists is One and men call it by various names. Peace belongs to the one who sees the one in the many and unto none else. Let us close our eyes and meditate now on that Birthless, deathless and Immortal you, which includes all and embraces all, from the tiniest atom to the biggest planet. May all Homage and silent adorations be unto you, the all in all, O Self-Effulgent LIGHT of lights!

OM! OM! OM