

ARTICLES – 3

(Collected from various pamphlets etc.)

Swami Omkar

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1. A LIVING MESSAGE OF LOVE

(To the visitors of the Peace Centre, Kotagiri, Nilgiris)

Dear Friends, deeply grateful for your loving visit to our Peace Centre which belongs to all the devoted and aspiring children of God. The Peace Centre is the Common Property of all devotees in every religion. As God is Omnipresent, you are in the Omnipresence of God now, who is pervading and permeating the very cells of your beings.

You are in God and God is in you. The Peace Centre is here only to help you, just to remind you that God is interpenetrating the very cells of your being. What a great privilege it is just to feel God's Presence Now and Here in the present living moment! The God for whom, we have been searching in temples and churches is no longer outside. He is with you and in you, awaiting to be recognized in the stillness of your own purified heart Now.

The Place to be happy is Here

The Time to be happy is Now

The Way to be happy is to make others Happy

Hence, may we request you kindly to help us by feeling God's Presence Now and in helping all the people to feel God's presence, by repeating the simple peace prayer with heart and soul! In loving memory of your visit to the Peace Centre, please help us by repeating the simple peace prayer now alone, for this moment alone is ours and not the next moment.

May you feel God's Presence with every breath in each and every moment of your devoted life. This is the prayer of your own Omkar who loves you.

With Prayers for your Health and Peace.

May Peace be unto all!

Om Tat Sat Om

2. ANGELS WAIT ON THE MASTERS OF THE MIND

(From Cosmic Fast of 30 days by Swamiji)

It is easy to abstain from every kind of food and drink but alas, how difficult it is to abstain from every kind of imagination and to control the mind from its crowding thoughts of various forms!

What shall one do when one's unity of life and solidarity is dissipated by useless and wandering thoughts that lead nowhere? One way is to let go of all control and wait for the tempest to calm itself. Simply introspect, marking all the thoughts that sweep through your mind. Remain the subject or witness of them. But this is not so easy, if one has not enough control to remain thus. Nevertheless it is worth trying and helpful if one succeeds. The next best way is to insist upon beholding and recognising the Presence of God everywhere and in everything, especially in the things towards which the mind is ceaselessly wandering.

When once we realise with firm conviction that all is God, not theoretically alone but practically, the mind ceases to fly and flutter and finally gets itself settled in the all pervading truth, wherein it is all One and the same Presence. This is the happy, blessed state to attain, for which kings have abdicated their thrones and men in the East and West have renounced the worship of mammon. The summit of this realisation was attained by Krishna, Christ, Buddha and other Saviours of humanity and they have set an example to us so luminous that we may also walk in their sacred footprints. Silence helps immensely; fasting and silence are the imperishable mines of wealth for all seekers of Peace. It saves and conserves vital energy when a person refrains from speech. It is wonderful to desire the Highest but unfortunately how very few and rare are those blessed souls who are living only for the Essential and Eternal Truth! All are desiring only the

enchanting things of phenomena, ceaselessly running after some name and form. It has been said that devils will be dancing always around the man who is full of selfish desires, laughing and pitying his restless and forlorn state. Verily he is to be pitied, for being a child of God and an image of Him, he forgets his imperishable wealth of Divinity, the Substance, and runs after the dark shadows of the changing world.

One who begs never gets anything and never amounts to anything, especially in the spiritual life. Verily begging is death and only giving and sharing is life. Hence one must be careful never to beg and never endeavour to accumulate as much wealth as possible in the world. One should instead try to give and pour out all he has, on the suffering creation. It is a real blessing to be a giver of Peace, Joy and Love! Hence we read in the scriptures that Angels stand waiting on the masters of mind. They are waiting to be serviceable and to fulfil the slightest wish of such realised souls. Angels are ever ready seeking the blessed privilege of serving the masters of the mind. So let us master our restless mind and be ever restful in God. Verily in knowing Him we will be able to know everything. In having Him we have everything. Our selfless desires will be fulfilled. Our life will be complete and a blessing towards Humanity.

May we all be blessed with that completeness or fullness of peace which is the Divine Heritage of all the full self-controlled Masters of the Mind! Let all negativity be consumed in the eternal fire of God consciousness and may Light, Love and prosperity be ushered into all lives to fulfil His Plan for all creation and also our sacred home, Holy Mother Earth.

OM OM OM

3. ALL GLORY TO SWAMI CHIDANANDAJI

(A Tiny offering on the blessed day of Swami Chidanandaji's Diamond Jubilee on 24.9.1976)

All glory be unto our PujyaChidanandaji Maharaj, on the memorable day of his Diamond Jubilee! Glory be unto Sri Swamiji, not only on 24th September 1976 but also on each and everyday of his life of dedication! Unto such selfless and dedicated souls everyday is a happy day of diamond jubilee.

Sri Sivananda Ashram and Santi Ashram have been always One. Thus Pujya Sri Chidanandaji and Omkar have not been two but One. His Diamond Jubilee is the Diamond Jubilee of Omkar also. In memory of this holy day, what shall we do! How shall we celebrate it? Let us begin the holy day by singing Jai Chidananda, Jai Chidananda and Jai Chidananda, feeling His presence in the very cells of our beings, from top to toe, for, Chidananda is within and without, above and below and all around.

The greatest service that we can render to our Pujya Chidanandaji and Divine Life Society and to the holy Diamond Jubilee is, by feeling His presence the presence of Sri Chidanandaji in the very cells of our beings, facing Him as well as, in all the universe. All of us are the living images of the one indivisible Chidananda who is eternal. May we feel His immortal presence now and here, by repeating the simple Peace Prayer as well as the Universal Prayer of Sri Guru Dev and thus merge and dissolve in the glory of millions of suns splendour.

We are in Chidananda
Chidananda is in us.

We are the living images of Sri Chidananda, for Chidananda is One without a Second. May the Diamond Jubilee be a real blessing to all the numerous Chelas, Devotees of Sri Swami Chidanandaji Maharaj in all the East and West! Only Pujya Chidananda can repeat cheerfully—

The world is my home

All people in it are my sisters and brothers

To help and serve them is my religion

May everyday be a happy *vajroutsav divas* to our Pujya Chidanandaji Maharaj. May we all celebrate it by feeling His presence ceaselessly, like *tailadhara*—oil poured from one vessel into another vessel!

All Glory be unto our Pujya Chidanandaji!

All Hail be to our Sri Chidanandaji!

Longest Life of service and peace be unto our revered Swami Chidanandaji!

May we all feel His presence in memory of His Diamond Jubilee in each and every moment of our lives now and always, with each and every breath! This is the ardent prayer of the one who loves and adores Pujya Chidanandaji with universal love in Soham—Sivoham! Silence Supreme! Waveless silence!

Jai Chidanandaji.

OM OM OM

4. ARE YOU A GURU OR A CHELA?

Teachers are many but disciples are a few or none. Everyone is anxious to teach something or other and no one is anxious to follow. Indeed it is easy to teach and very difficult to follow. Hence we find everywhere many masters and no pupils.

‘Physician! Heal Thyself First.’ Are you following what you are teaching? Is your teaching for others alone? Is it not for yourself? Unless one lives the life of what he teaches in every second of his life in thought, word and deed, it will be a mere waste of time both for himself and for his disciples. O, instead of wasting precious time in teaching others restlessly, if every one could teach for himself (even one hundredth part of what he teaches to others) how perfect this world would have been!

Practical, silent and ideal life is needed. That alone spreads real peace and helps others in a long run. So may the ideal of all seekers of Truth be to live the silent life, rising above all forms and names, thoughts and words. Verily an ideal and silent life, be it even of a single individual, is a real blessing unto one and all, nay, the whole of humanity.

OM OM OM

5. A PILGRIMAGE TO THE HOSPITAL IN KAKINADA

All the world is a holy place of pilgrimage, for the one who feels the presence of God within and without facing Him around. As God is Omnipresent even when we walk towards any place - we are only walking towards Him. Strange as it may sound, even when we fall, we fall into the lap of God, for verily all the world is a lap of God. Often and often it gives me joy to repeat, that not a blade of grass moves without His will.

Anything may happen at any moment. After my return from Kotagiri, I was rather working hard day and night for there is so much to be done before the birthday comes to pass, on January 21st. As an example of my daily work, I woke up at 2 a.m. and read the usual Cosmic Flashes and In The Hours of Silence—three chapters in each of the books and wrote a message in English with the heading “If I had the Power”, then a Telugu message with the title “My Three Boons”. When there was glittering light, I proceeded towards the Maitreyi Ashram. Sitting under the shade of the mango tree, I meditated there facing the rising sun. Feeling satisfied with a good work – the gardener Anandam, was doing in the new Maitreyi Ashram, I went towards the Moti Mandir where two gurukul boys were getting it cleaned and were looking after the plants there.

Afterwards I went towards Krishna Mandir where Pujya RamanandaTirthaji was staying. From that place, supervising the work Chy. Santi was with me in all this work looking after me. She was only absent when I had the sudden fall. I wished that she should go and be ready

as I was just reaching there in a minute. She left me unwillingly requesting me to be extra careful. As it rained in the night, the ground became slippery. Suddenly the sad accident happened inspite of a cane in my hand and sandals on my feet. In the fall the sandals went somewhere, even the cane slipped, I fell like a heap of flesh and bones on the ground, stretched on the wet ground, flat, unable to move hands or feet. I was in a daze and I wondered whether I would ever rise from the ground and walk again.

Fortunately I had a boy with me, to carry the news to Chy. Santi about my fall. I was alone with God although there are nearly 200 members, workers, gurukula children, hospital doctor, nurses and patients etc., in the Ashram it was a moment of utter helplessness, for I was unable to move the body. Santi rushed weeping but she was also about to slip unconsciously. I stretched my other hand and protected her from falling down. How good is God for giving me the privilege of serving even in my helplessness. Now how to reach Nirvan Mandir was a problem, for I was too weak to rise, yet I cannot lie there in mud on the ground for ever.

Four gardeners came to carry me on their hands. The least touch of their hands was painful to me. To make the story short, with great strain and hardship I was carried on a chair by four gardeners towards my Nirvan Mandir, where I was given a bath on the chair itself and was stretched on the bed.

At last I felt happy to be alone with God in my own bed. The leg was getting swollen along with the elbow-

joint. The pain was increasing. As an advocate of *prakritichikitsa*—nature cure, I tried to have cold water compresses. The Ashram doctor came and gave Epsom salt compresses. On the next day, the Ashram members, unable to see my suffering and pain, went to Kakinada Hospital to fetch the doctors to examine my accident. Sri Jagadish was kind enough to take the peace van to get Dr.Veerabhadra Rao, The Assistant Bone Specialist and Dr.Satyanarayana, the Assistant Physician of my old friend and well-wisher Dr. K. Suryanarayana, the Heart Specialist, my old Doctor, who helped me in the Vizag Hospital, where I had heart malady. The doctors after examination, suspected a fracture and suggested that I should come to the hospital for getting X – rayed.

The next day being 13th October, the birthday of our Jnaneswari, I did not wish to spend it in the hospital but to remain in the ashram-offering prayers for the Peace of all and the long life of service to our Jnaneswari. She had a peaceful birthday with a bhajan and meeting of devotees with pujya RamanandaTirthaji in a chair with Br. Tarakam, the Editor of 'Dharmasadhani'. Sri J.Kasi Swamy, Hanuman, Sri K.Subbarayudu, Sri Jagadish, Smt. Sita Devi etc., as speakers. Our Mobile Medical Van also served me on the next day in taking me on a stretcher to the Kakinada Hospital. Waiting for me, the devout Doctors made all arrangements for taking the E.C.G., X-rays of the knee-joint as well as the elbow. Unfortunately the results were bad and I was rushed to the Operation Theatre, where my knee and elbow were manipulated into the right position and got fixed in plaster cast. I can never

forget or repay the kindness and attention shown to me by the doctors, nurses and other workers in the Hospital. Even the sweeper boy and woman, Potayya and Polamma were very kind and devoted to me. I requested them to do all their work, repeating God's name always. They were really grateful for my advice, tried to sing His name amidst their work. Hearing of my admission in the Hospital, devotees old and new began to pour in from the morning till the late hours of the night. The annoyance and disturbance of the crowds of visitors was so great that I forgot my fractures and casts in the endless stream of devotees.

In my helplessness, I had to take the permission of my devoted doctors, to make a retreat to the lovely Totapalli Ashram to avoid the crowds. Once again the Mobile Medical Van served me by bringing me safe on the stretcher. As the van served me so faithfully, individually, I pledged before God that I would try to use the van more than ever in the service of the poor and sick by supplying them with medicines by sending it into the villages to serve the helpless and suffering. When I expressed my wish, the old Dr.Markandeyulu, the new Dr.Suryanarayana both of them were happy and kind enough to help and co-operate in fulfilling my helpful wish the outcome, of my accident. Some people say that the Hospital is a veritable hell. But there are a few people also who consider the Hospital as Temple of service, for it gives relief and health to thousands of people everyday. Verily, what we have within we behold without. For a selfish man, anything, looks selfish and negative. For a selfless man everything appears divine. How blessed are

the devoted and dedicated lives of the doctors and nurses who consider their patients as the living images of God. God comes to us in the form of the sick and the poor. It is our privilege to love and serve them in all His names. I often say that the doctors need not offer prayers, for each time they help a patient it is a living prayer to them. What a great privilege it is to serve God, who comes to us in the form of sick and suffering. Blessed are they who can see God not only in the temples of stone but also in the human temples.

Hence it has been said that service of man is service of God! The nurses some of them are like Lilliputs but doing the work of giants have been very devoted. Each nurse used to bring all her friends. Thus almost all the nurses who were on duty and out of duty were kind enough to see me and it was my great joy to share with them our peace prayer, which is the only unfailing remedy in these days of death and destruction in the country. May each one help to the peace in the country, world, by establishing peace in their heart and thus help to the peace of the world!

Dr.Rangachary, the Bone Specialist, and his Assistant Dr.Veerabhara Rao and other doctors have been extremely kind and too good and devoted towards me, crowning my pilgrimage to the Hospital a creditable and a great success in the life of the Ashram. It touches my heart as I still see the ward boys, servants, nurses and doctors, repeating our inspiring peace prayer with great devotion and ecstasy. May all glory be unto God in the highest and peace on earth unto all beings.

On the 15th day of the cast I had to go to the Hospital again to get the cast on the leg removed as I was not able to sleep, due to the heaviness of the two casts. All the Doctors, Nurses and other workers in the Hospital were very happy to see me again Dr.Rangachary and Dr.Veerabhadra Rao removed the cast on the left leg requesting me not to walk with it for 15 days more to come, and also, not to get it massaged. It was rather trying but had to be obeyed and respected under doctor's instructions. There was still the cast on the elbow. It is to be changed, so it was manipulated and fixed again in the right position and then X-rays were taken . The excitement and the manipulations were so severe, I felt feverish and had to stay a day in the tender care of our devoted Doctors. As usual I could not sleep that night, inspite of sleeping pills and injections. There is the thought: When God is awake, why do you worry over sleep?

I was more tired with the flow of the old and new visitors to me than with the cast or fracture. For the sake of my health, I had to be rushed back to the Ashram to be alone with God in silence. Sri Koneru Ramakrishna Rao, came all the way from Vizag to see me, with his friend Sri Kancharla Sri Ramamurthy. Thus I am grateful to all friends old and new who were kind enough to come and see me from far and near. I discouraged the visitors to speak about the fracture and the casts, but always insisted them to repeat the peace prayer chanting His name and thus all visitors were helped to feel God's presence.

Our Mobile Medical Van was kind enough to help me again. As if it did not want to leave the kind-hearted

Doctors and the loving nurses and other devotees, it gave trouble in starting. At last it started with the chanting of the sacred syllable OM. On our return journey we went to see the new branch of our Santi ashram at Kothapalli started by our Secretary, Sri Kasi Swamy. The front gate itself is very attractive with all the inspiring mottoes of the Ashram. It is a miracle how Sri Kasi Swamy got all this monumental work done in no time for the benefit of the children of God! May long life be to our Kasi Swamy.

God has not created one man as all good and another man as all bad. Good and bad are inseparable. So let us assimilate all that is good and best from every one and leave the rest. Divine laws are to be respected by everyone. No one can violate them. Good leads to more good and bad leads to more bad. A selfish man is digging his own grave whereas a selfless man is the greatest blessing to the humanity. It is selflessness that gives us freedom and peace whether we are Doctors or Nurses, Monks or Sadhus.

May Homage be unto our Pilgrimage!

May Peace be unto all!

Om Santi Santi Santi

6. BIRTHDAY MESSAGE

(92nd& 113th year)

As the years are rolling on, with new birth I realise now more than ever, the preciousness of every moment. It gives me great joy, strength and inspiration just to read some of the mottoes in the Ashram.

God is Love and Love is God
 Where Love is, there is God
 He who wastes moments, wastes his whole life
 When wealth is lost, nothing is lost.
 When health is lost, something is lost.
 When character is lost, all is lost,
 When Time is lost,
 as it is invaluable and Priceless, it never comes back.

Religion and Life are not two, but one
 See, nay face God in everyone
 Kindly help for the peace of the world with Love universal

The "Serpent Time" opening its mouth,
 Which is death, is devouring selfish, talkative
 and lazy people and also those who are not
 able to find their own faults but are always
 looking at the faults in others.

If we could not practise some of the ideal mottoes, it gives us happiness and peace.

Every time the birthday comes, I feel the old life is finished and the new life dawns, and I long to serve you all. At the dawn of the birth year my heart longs to touch your devoted hearts with His presence and to fill you with Wisdom, Devotion and Love Universal and thus help for world peace. I am never tired of repeating this.

OM OM OM

7. BIRTHDAY MESSAGE

(100th Year)

Happy Birthday to you, your peace is my peace

May I have the privilege of serving you, to help yourself to establish peace in your heart and radiate it in the home, converting your home into a heaven of peace!

May you express peace in thought, word and deed and help us to vibrate It, from heart to heart, in the community, nation and the world at large, until peace pervades and permeates the whole universe, through your Ideal Life of Peace!

This is the prayer of your brother Omkar.

OM OM OM

Out of the depths fresh strength

Out of the dark new light

Even in the gloom we are on the way

-Abraham Lincoln

This is the Richest Wealth that I received from America, during my four trips to U.S.A. These are the wise words of the sage Abraham Lincoln, which have been the strength, consolation especially in the tests, trials and tribulations of the Ashram.

Yet, as not a blade of grass moves without God's Will, it was all in the divine plan as *prarabdha karma*, in the deeds that were done in the past. Man has to reap it silently, with a smile for his is reaping only what he has sown in the past. 'Omnipotence is working, let the mortal retire'. But the mortal, the ignorant man does not want to retire. He is busy day and night in the name of the diamond jubilee of the Ashram, planning and scheming

to construct Peace Pillar of Light and Peace Prayer Hall, Meditation and Service etc., etc. There is no end for the endless desires of ignorant man.

Knowing that desire binds, one is going down and down with endless desires, in the name of the Ashram, which is the property of all the children of God, in the East and the West, in all religions and nations. When omnipotence is working ceaselessly both day and night, from the beginning to end of the creation, who are we and what are we to disturb, nay to teach the omnipotence—the All-knowing God with your finite and restless thoughts and schemes? Wake up O Man! To the glory of God—the light within—the splendour of millions of suns!

Remember that you are a lion, your nature is to roar, with every breath—Soham, with every breath you are Soham with God-consciousness, do not bleat like a sheep, always clinging to the cage of blood and flesh in the name of Santi Ashram. Do not be a beggar of beggars in the name of anything in the world. Be a giver always like the Niagara Falls or the mighty ocean of Satchidananda, which is ceaselessly praying with every wave, repeating Om Namah Shivaya, Om Shivaya Namaha. Inhale and exhale peace with every breath. When you inhale with every breath it is Namah Shivaya. When you exhale it is Om Shivaya Namaha!

What else can I say or write in memory of the memorable service, wishing the peace of all of you the children of one Indivisible God in the world! Let us not worry over spilt milk. The past is dead and buried. Here is the nectar of immortality. Time is too precious to be wasted in words. Remember, that 'He who wastes moments wastes all his life'.

Visit our Waltair Branch and also our Kailash come and see, that the ocean is praying. Why don't you pray O man! May every breath be a new birth!

Let us inhale, exhale peace making every breath, a new birth of Soham you have come from Soham, we live, breathe, move and work in Soham. Finally, whether we know it or not, you merge and dissolve in Soham, for Soham is your life, soul and goal of your precious birth, as well as the final destination or end of all the creation.

This is the Message of Light, Life and Love, the message of Soham for all seekers of truth in the East and the West. It is to cling to Soham, or follow Soham ceaselessly like *tailadhara*—oil poured from one vessel into another vessel without the least break.

Deho devalayaprokto jeevo deva sanathanah

Thyajet ajnananirmalyam Sohambhavena pujayet

The body alone is the temple of God. The individual alone is the universal. Hence destroying the ignorance of duality. Let us worship Him with Soham consciousness!

Verily, Soham is One without a second. As Soham is Omnipresent, Omnipotent and Omniscient. Let the finite mortal retire—in the infinite and eternal Soham.

Hari Om Tat Sat Om

May Peace be unto all!

OM OM OM

AN OFFERING

A Tiny offering with love that include all, to all the Soham devotees—the worshippers of Universal Energy in all the East and the West, with Prayers for World Peace.

8. BIRTHDAY & NEW YEAR MESSAGE

(86th year)

Happy Birthday to you my loving Readers. May you feel God's presence ceaselessly now and always. Lo! You are eternally in God. May you express Him in thought, word and deed! Years change, but God's love never changes, for He is changeless—eternal.

My birthday is your birthday! Happy birthday to all of you! Our new year's message is a message of all light and no darkness. It is of unity and love and not of hate and strife. It is of harmony and co-operation and not of discord and disintegration. It is of life and happiness and not of death and sorrow. Let the message of Life, Light and Love, be felt in our own hearts and from that luminous centre radiate near and far, filling all the world. Let us realize that this Message of Light is not only for New Year's Day, but for every day of the year and at all times. How blessed are souls who can realize that every year is really a new year of hope, that every month is a new month of peace, that every day is a new day of light, that every hour is a new hour of joy, that every minute is a new minute of life and that every moment is a new moment of strength and inspiration! It is with us now to make best use of the precious moments in His service. Verily, service of man is service of God. Love of man is love of God, for God is love and where love is, there is God.

May we resolve, on this New Year's Day with full dedication of the new year to God, to make best use of not only every day of the year, but every precious hour and moment of all our time! May the New Year also be year of Health, Happiness and Infinite Light for all the readers of peace and may peace and goodwill abide all over the world!

May Peace be unto all!

OM OM OM

9. BIRTHDAY MESSAGE

(99th year)

Dear friends of Peace (magazine) in the East and the West and all over the world! On this Happy Birthday my heart longs to touch your devoted hearts of dedication, with God's Omnipresence, Omnipotence and Omniscience. May you all feel God's Eternal Life, Infinite Light and Universal Love, Now and Here, as you read this message, wherever you may be! This is my ardent prayer and earnest longing, wishing you the happiest life of peace on this birthday as well as on all the birthdays to come in the future.

Verily, my birthday is your birthday—for there is only one birthday—The Birthday of Illumination—rebirth into God-consciousness. Every day is a birthday for wise souls of aspiration. To commemorate this birthday, let us repeat now the following simple, helpful and inspiring Peace Prayer, as many times as possible, making all our dear ones and children also to repeat it with heart and soul!

May this birthday message be concluded with the repetition of the Vedic Peace Chant, wishing the peace of all, invoking God's Richest Blessings even on the Dumb Animal Friends, and other creatures, as all life is One.

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

10. BIRTH DAY MESSAGE (1980)

(102nd year)

May this year commence with a good beginning of Light, Peace and Love! God has no other precious body on earth than ours. So let us experience Him in every moment of our lives now and always, not only on the Happy New Year Day, but also throughout our lives.

Be dead that we may ever be alive to God the light within. This is the message to be practised now in this present living moment as well as eternally.

How true are the words that time and tide wait for no man! How time is flying! There is an inspiring motto in the ashram. The serpent time opening its mouth which is death, is devouring selfish and lazy people. For selfless and dedicated people time is a silent friend and a great blessing too. May this day be the friend of man is another inspiring motto. I am also drawn towards another uplifting motto. You have wasted the day, will you waste the night also?

You have wasted many years, will you waste the remaining years also with words, talking, preaching, bustling and hustling, always busy with something or other in the name of the Ashram and service? Words create confusion. Only silence creates souls. Some wise man said, words are mere stones. All these years I have been feeding you with stones. Some of you are also satisfied with stones. Now after the 80th year, one of my resolutions is to feed you all especially those who love me, considering me as their all in all no more with mere

stones but with real food, heavenly manna—life giving and soul awakening food of Silence.

In the wise words the sage Socrates, if I have learnt anything in these 80 years of long life, I have learnt only one thing. That is—I know nothing. Before His stupendous splendour, the glory of millions of suns, what are we the tiny specks of ignorance. How can we comprehend His incomprehensible splendour. Silence is the only real lesson that the wise can teach and it is the only thing that helps in the onward march of Truth.

Knowing That, they melt in Silence. He who knows does not talk. He who does not know, cannot be silent. He keeps on talking, disturbing himself and others by too many words, with the ignorant zeal of reforming others except himself. I have learnt also in all these years—that everyone is superior to me in some way or other. I have so much to learn even from a child, a bird or from a tiny sweet-smelling flower. The kingdom of heaven belongs to the child like, to children. Be free like a care-free singing bird. How blessed it is to be fragrant like a simple, innocent flower, to give out fragrance, even though crushed under the feet!

I find great joy in nothingness. If you want to be something, there is always something to be criticized. There is someone to find fault with you. How true are the following wise words of sages, if you want to be free of criticism of every kind, Say nothing. Do nothing. Be nothing. If you say something, there is someone to find fault with your words if you do something, there is someone to criticise with what you have done. If you be

something there are some people who find some fault or other with your being. Thus the wise man finds his real changeless happiness in only nothingness, in rising above words in complete supreme silence.

Another thought that gives me great joy and comfort is—so far I have done nothing in all these years. My real life begins now. So far how I wasted all these years in running after the shadows—the will of the wisp of the world—the passing clouds of name and form. But I have the consolation and comfort burying the dead past, that I can begin my new life—real life of God-consciousness from this moment onwards.

You are dead when you are thinking of yourself. You are alive only when you are thinking of the welfare of others. “Happiness is only God. The time to be happy is now. The place to be happy is to make you so” are the wise words of a wise man. How real and true are the wise words—

If you want to be miserable, think of yourself,
If you want to be happy, think of others.

In memory of the happy birthday, my heart longs to share with you that lovely inspiring poem “Others”. Here it is as I want you all, to carry this life, giving and soul awakening poem to be taken by you as my birthday offering to each and every one of the devotees and visitors.

OTHERS

Lord! Help me live from day to day

In such a self forgetful way

That even when I kneel to pray
My prayers will be for others.

Help me in all the work I do
To ever be sincere and true
And know that all I do for you
Must needs be done for others.

Let the self be crucified and slain
And buried deep and all in vain
My efforts be to rise again
Unless to live for others

And when my work on earth is done
And my new work in heaven begun
May I forget the crown I have won
While thinking still of others.

Others Lord! Yes Others
Let this my motto be
Help me to live for others
That I may live like Thee.

Blessed are they who are always thinking of others
in life and death. Such real souls are already liberated.

They are real *Jivanmuktas*. God-realisation Now and
Here is their divine heritage. It belongs to them now and
always. One illuminating sloka stanza from the scriptures
has been the inspiration, strength and joy of my long life.
In conclusion may I share it with all of you, my loving
devotees, the visitors, friends and well-wishers of the
Ashram?

I have known what is to be known

I have seen what is to be seen, it is wonderful

I have suffered enough because of duality as nothing exists except God-the Light of lights

I am resting now in the ocean of *akhanda satchidananda*

The existence—the knowledge absolute and the bliss absolute

As silence speaks louder than all the words in the world, may this happy birthday of silence, be a happy day of rejoicing, blessing each and every one of you with Health, Peace and Longevity, feeling His presence within, in the very cells of our beings as well as facing Him wherever our eyes are resting God has no other precious body on earth than ours. So let us experience Him in every moment of our lives now and always.

Be dead that we may ever be alive to God-the light within. This is the message to be practised now in this present living moment as well as eternally.

This is the ardent prayer of your own Omkar who, loves you all wishing your welfare. No more words, Silence, Deep Silence, Supreme Silence, Waveless Silence.

Glory Glory Glory

AN OFFERING

A tiny and humble offering to all the aspiring children of God in the East and West, who are alive to the real life of *nivritthi*—the splendour of millions of suns—the supreme silence.

OM TAT SAT OM

11. BIRTHDAY MESSAGE

(102nd YEAR)

Happy Birthday to you, my loving readers, for my birthday is your birthday. Verily, it is the birthday of all.

It is good that every person has his or her birthday as one among the 365 days in the year. Birthdays are grandly observed among the rich and the poor alike even in the west. They are observed in the case of little children also.

In our country too, the old and the young celebrate their birthdays with great joy and merriment. Is it not a matter of singular good fortune that there is a fit occasion, for every one even on a single day in the year to review one's life and form some new and pious resolutions at least in the name of the birthday and thus strive to progress day by day. It is sad however to see that generally they are wasted in mere festivity and pomp.

Only the lives of those are blessed that ponder over the idea as to how the rare human existence, with which we have been fortunately endowed, has to be well utilised in all directions and strictly adhere to that path.

1. What is the message that I have to deliver to myself?

2. What is the message that I have to convey to the inmates of the Ashram?

3. What is the message that has to be extended to the devotees of the Ashram?

4. What is this year's Birthday Message to all the Brothers and Sisters in the world?

1. THE BIRTH DAY MESSAGE TO MYSELF

My message to myself is to become perfect even as the Upanishad santi mantra indicates—

Purnamadah purnamidam purnat purnamudachyate

Purnasya purnamadaya purnamevaavasishyate

Om santi santi santi !

All that is invisible is verily the infinite *brahman*. All that is visible also the infinite *brahman*. The whole universe has come out of the infinite *brahman*. *Brahman* is infinite although the whole universe has come out of it. Om peace peace peace !

So my birthday message to myself is to become like *paramatman*—supreme self, ever complete and perfect. Completeness is the soul and the goal of human birth.

2. THE BIRTH DAY MESSAGE TO THE INMATES OF THE ASHRAM

The blind cannot lead the blind. So the inmates of the Ashram should be full of devotion, spiritual enlightenment and detachment and always enjoy the bliss of divine presence or awareness. This they should cheerfully and ungrudgingly share with their less fortunate fellowmen that happen to visit the Ashram. Not only should they thus progress for themselves but also should help others to become spiritually benefitted. Live in God and help others to live in Him.

3. THE BIRTH DAY MESSAGE TO THE DEVOTEES FAR AND NEAR

They should try to spend even a single day in the month at the Ashram which has been solely established for the spiritual uplift of interested people, in silent prayer

an undiluted meditation. Constant repetition of the name of God confers freedom. In the Ashram *ekaham* (non stop repetition of God's name for full one day) is observed on every full moon day in the month. So they should try to attend it at least, and heartily partake in the *sankirtan* (chanting of God's name), completely forgetting their physical, mental, and emotional selves and becoming blessed with new power and peace instead.

4. THE BIRTH DAY MESSAGE TO ALL THE PEOPLE IN THE EAST AND THE WEST

Dear Brothers and Sisters! Only today is ours, tomorrow is not ours. We have been graciously blessed with this rare human life only to serve all children of God, as a means of God-realisation. Service to God should take the concrete form of service to mankind, never put off till tomorrow what to be done today since that tomorrow may never present itself to us. So let us endeavour, only today, to our utmost.

The past is dead and buried, the future is dim and uncertain. Hence, let us realise God now alone. This is the right time for our efforts to be happy and for the enjoyment of peace. This is indeed the best way.

As a token of this birthday, all the inmates devotees and sympathisers of the Ashram should repeat the peace prayer 108 times, wishing the peace of the world at large and enjoy the consequent bliss of peace. Let peace be firmly established in the individual hearts and then spread to all the countries of the world.

Om Peace

Peace

Peace

12. BIRTHDAY MESSAGE (104th YEAR)**RECOGNITION**

(Birthday Musings in Kailas)

Today is supposed to be birthday of this body, the physical sheath. The very first thought as soon as I came to consciousness from 1.00 a.m. was—Oh God, I have never forgotten Thee. What a beautiful and helpful thought? I have never forgotten Him in all my life from the very beginning. How can I forget Him, when He is the very breath of my breath? Whether I am conscious of Him or not, is He not there now? Has He not been there from the birth of the body? Why from the birth of this body alone, has He not been there from the beginning itself.

He is there always. He is here, there and everywhere. He is the only abiding, infinite and eternal reality, inspite of a million changes within and without. Even if I want to forget God, how can I forget him? Can a bubble ever forget the ocean? Can a ray ever forget the Sun? Can an atom of earth ever forget the mother earth? How can the child of God, forget his creator? Behold, He is pervading and permeating the very cells of our beings as well as the universe.

He is in me and He is in all of you. He pervades and permeates the whole universe from the tiniest atom to the biggest planet. He is the motion in my hand as I write. He is the sight in your eyes as you see. What is there, which is not God? He is both the manifested and the unmanifested. God is silent in the unmanifested state.

He is active in the manifested state. Glory to the birthday, I have never forgotten Him, you too have never forgotten him. None can ever forgotten him. How can we ever forgotten him, when he is our all in all? Nay, He is there in the so-called forgetfulness itself, for He is the self-effulgent light, shining, from eternity to eternity.

There has been one little sacred book that has been my companion, from my boyhood days. As soon as I wakeup, everyday, at the early hour of dawn, I open that book and read only one a single verse. One verse seems to be enough not only for the whole day, but for the whole life itself. Here is the message to me for the birthday from Ashtavakra Gita.

Happiness belongs to the master idler – the man of God-realisation, to whom even the closing and opening of highlights is in affliction and to none else.

When it is an affliction, great trouble to close or open even the highlights, it is really worse than torture to engage myself in gossip, in talking and entertaining people? Everything has its own stage. When I was a child, I spoke as a child. I played as a child with the world of name and fame. Glory to God no longer am I a child now. Even the closing and opening of the eyelids is an affliction, a strain to me. My friends, today as it is the birthday, I took another favourite book of mine: the spirit of the Upanishads. I opened the page at random. Here is the message for me, for you, and for all. May I share it with you now? The supreme self is the ear of our ears, the eye of the eyes, the speech of the speech, the mind of the minds, and the breath of the breaths. The wise

transcending these (the physical ear, eye, speech, mind and breath) and renouncing the world of experience, rest in eternal immortality.

As it is such a wonderful and sole awakening message, not only for this birthday, but for all the birthdays and whole life. I just wanted to keep some paper as a book mark on that particular page and stretched my hand for some paper, then I got the motto card of “God is in You”. As I read it, I felt then, that the birthday is complete. To make my birthday message complete now, in conclusion let me share it with you all!

GOD IS IN YOU

God has no other body now on earth than yours, to work and fulfil his divine plan. Verily, He is working, moving, and breathing in your body, His chosen instrument, ever having His being in you.

God is seeing through your eyes, listening through your ears and walking through your feet. He is working through your hands and thinking through your mind. When you are moving he is the active Shakti. When you are inactive He is the silent Brahman.

God is inhaling and exhaling Peace through each and every breath of yours. It is the peace within, without, above, below and all around. May you ever abide in the infinite and eternal peace, expressing It, in all your

thoughts, words and deeds is the prayer of your brother
Omkar. Verily, God is in You always!

May peace be unto all!

OM OM OM

My friends! My RECOGNITION of the highest on this
birthday, may it be your recognition also. Let us recognise
and be silent. Dear God I have never forgotten Thee,
neither can I ever forget Thee, for Thou art Omnipresent,
Omnipotent and Omniscient.

AN OFFERING

To the ardent devotees in the East and the West of
Sri Santi Ashram-The Mission of Peace wishing their
recognition of the Omniscient God always.

Sri Kailash Ashram

Visakhapatnam

21.1.1952

13. BIRTHDAY MESSAGE – UNIVERSAL BIRTHDAY (124TH Year)

I take joy in Celebrating Universal Birthday instead of individual birthdays as it is a useful way of spending the most precious time. Birds are singing celestial songs on my Universal Birthday. Flowers are spreading divine fragrance. Waves in the Ocean are singing the tunes of 'Pranav'. Stars are rendering divine Light. On this Universal Birthday, your lotus like hearts filled with God thoughts, are all blooming. Look! The wind God is blowing divine breeze. See! The Sun God is filling mankind with sacred light, all afresh and ceaselessly, helping on each and everyone's birthday. On this Universal Birthday, this is the most sacred moment to enjoy Universal Love. World Peace alone is the goal of my birthday. Soul experience by all of you is my true birthday celebration. There is not the slightest difference in the non-dualistic *Brahman*. As existence is only One, my birthday is your birthday! Your happiness is my happiness! For all of us to be happy, with Soul consciousness and divine remembrance, may the moments spent enjoying God's Presence be offered to me as everlasting gifts on this birthday.

Sarvesham Swasthir Bhavathu
Sarvesham Santir Bhavathu
Sarvesham Poornam Bhavathu
Sarvesham Mangalam Bhavathu
Om Santi Santi Santi
 May there be happiness in all
 May there be peace in all
 May there be completeness in all
 May there be success in all
 Om Peace Peace Peace

14. BEING IN TUNE WITH THE INFINITE

“Come out of the cage of the body and be in tune with the infinite.”

I am not content to remain in this body, the cage of bones, blood and flesh. My soul longs to feel oneness with all the flowers, trees and plants, with the birds flying and chirping in the air, with all the stars twinkling in the sky. Verily, God is One. He, the light, is pervading and permeating the entire universe, from the tiniest atom to the biggest planet. Individual Samadhi is selfish. Live in God and help others to live in Him.

A simple and natural way to feel the presence of God is to use a mantram, a holy affirmation, such as—

Hare Rama Hare Rama, Rama Rama Hare Hare

Jaya Jaya Rama Krishna Hari Om

Om Namasivaya

or any other sacred mantras or holy prayers.

- First begin by filling your whole body, from toes to crown of the head with the sacred vibrations until you are filled and surrounded, pervaded and permeated the very core of your being by the omnipresent light. Then, come out of the body I feel yourself in tune with the infinite.
- With the first Jai send forth God’s Love, Light and Peace to the East.
- With the second Jai let there be omnipresent light in the West.
- With Rama the North is covered with love.
- With Krishna the Southern quarter is pervaded by His light.
- With Hari the heights of the heavens to the lowest depths are filled with peace.
- And with the final AUM all of creation, from the depths to the heights is light. Is there an atom of space where He is not present?

OM OM OM

15. COCOANUT IS DENIED

All that I want is only a small cocoanut but alas it is denied to me. I am thirsty and weary of my long travels. Who will give me the cocoanut, in my great need to serve the Ashram? I seek for it here and there. I wait for it at the gates of the rich. I look for it into the gardens of the mighty. I peep for the cocoanut from one tree to another tree in all the gardens.

Alas! The cocoanut is denied unto me. I am weary of wandering. I get foot-sore. I feel tired, dejected and depressed. Cocoanut, cocoanut! Where is my cocoanut, the cocoanut that satisfies my thirst, the cocoanut that gives me joy and strength to serve the cause of peace?

Did you ever hear the pathetic and the touching story of the father and the son going to the market for selling a cart-load of their cocoanuts? The father was a miser and it was a hot day. Both of them were walking in the hot sun. The son was a weakling. He gets tired and thirsty and begs his father only for a single cocoanut, to quench his thirst. But the father gets angry at the very thought of wasting a cocoanut on his son, instead of making money over it.

“My son, since when did you learn to quench your thirst with cocoanut water” was the query of the father. ‘If we can walk only a few yards more, we will get ice-cold water free and we can both drink to our fill and get our thirst quenched.’

The poor boy keeps up the courage and continues to trudge along, but alas his feet falter. He had a sun-stroke too. He falls down and breathes his last, before the very eyes of his miserly father.

Of course, the father feels remorse and compunction. Who does not feel? He cries out saying "My son, please drink the water of not one cocoanut, but of all the cocoanuts.' But alas! It was too late. The boy was dead. Not only one cart-load of cocoanuts but all the cocoanuts in the world, do not help the unfortunate boy, to get life again.

Similar is the case with our Ashram life and its crisis and struggling conditions. It is foot-sore of wandering in the East and the West for the cocoanut. But alas, it is often denied on some plea or other. The war has made the cocoanuts scarce and costly. The trees were not yielding as many as they used to do, in the Golden Age. Yet, we are searching for the cocoanuts everywhere, for they are the life and support of our institution, more so, as it is progressing now, day by day in every way.

In this case, the cocoanut is not for my individual use alone. It is for the use of all and for the good of others. As we are publishing our Peace and Santi journals and as we have now our Santi Gurukula—The residential school with forty children, and the Mobile Medical Unit—service, going from village to village serving the sick and the poor in their own homes, the Ashram badly needs the cocoanuts that give strength and sustenance, to keep the various activities of the Ashram alive.

But alas! Man has become so hard-hearted like the miserly father, who denies his thirsty and dying son to give even one cocoanut, but offers all the cocoanuts in the world, after the son's sad death. Strange as it may sound, I see the vision of the cocoanuts from the East and the West, laid at the doors of Santi Ashram, after the demise of this physical form also. But even after the physical dissolution, my spirit longs only to see the peace prayer should be repeated as often as possible, by all the aspiring children of God in all the Religions and Nations wishing the peace of all, for it is the individual peace that paves the way to the universal peace.

May God's will be done and may peace be unto all!

OM OM OM

16. DANA KARNA

(A Chosen child of God)

Air Commodore Sri C.V.S. Suryanarayana is not only a Dana Karna but also one of the chosen children of God, for his very name is Suryanarayana. Surya is the light of the world and he is also Narayana—the soul and goal of the creation and of the precious human birth, as his very name Suryanarayana signifies and represents.

One day in the last summer, he came suddenly to our Kotagiri Peace Centre in Nilagiris with bag and baggage without even informing us about his coming in advance. We were worried over his sudden visit as the Peace Centre is new and there are no comfortable arrangements for the stay of visitors, as in Mother Ashram of Totapalli Hills in Andhra Pradesh. Any way when we saw him we felt happy and contented for he is such a simple, loving, devoted and dedicated soul. Immediately he began to do nama japa repeating holy mantra Ram Nam from the morning till evening in the new Sri V.V. Giri Prayer Hall. One day he suddenly asked me Swamiji, do you want any place, a plot of land to start our Ashram Branch in Kakinada. Then I began to think of the good work that our devotees Sri Chitturi Swamy and Smt. Manikyamba have been doing in their private house since the last 13 years. Hence consented cheerfully to accept his generous gift, as his gift will be a blessing to all the devotees of Kakinada, who can go freely into an Ashram—the common property of all devotees any time instead of going into a private house.

When I asked Sri Suryanarayana the location of the land, he said it is in the nice locality near the city bus stop where the main road also meets and the land is worth of Rs. 30,000/- now, which has made me very happy and surprised at the incomprehensible ways of God. Verily! Not a blade of grass moves without God's will! I was happy at the thought that it is all the will of God and Kakinada should have a real Branch of Sri Santi Ashram, the real abode of peace and service helping all the inspiring souls as Ideal Abode of Peace. Sri Suryanarayana is not a man of words but a silent and practical man of deeds and services. As soon as he went to New Delhi, as he is working there as Air Commodore, he sent us the documents etc., for registration of the land in the name of the public as the common property of all the devotees, aspiring souls in every Religion and Nation. Good deeds must be done immediately, but not to be postponed for today man is, tomorrow he is not! Not only Sri Suryanarayana gave us the gift of the land so valuable unasked but also became a Life-patron of the Ashok Nagar Santi Ashram Branch in Kakinada by offering a donation of Rs. 1116/- as its first Life-patron. The second Life-Patron is Sri Santi Ashram itself.

As soon as we returned from our Nilagiri Peace Centre pilgrimage, we were surprised to receive a generous gift of valuable books worth more than Rs. 2000/- in two sets from the Branch of the Divine Life Society of South Africa with the blessings of Parama Pujya Sri Swami Chidanandaji Maharaj and Sri Pujya Swami Sahajanandaji Maharaj, as if asking us to set apart one

set of the Books to our new Branch of Ashok Nagar in Kakinada as there are colleges, many schools, learned scholars and professors, and several devotees, the valuable books will be very useful and helpful to all of them. Now we need immediately a good building for library in the new branch of Ashok Nagar and also a Prayer Hall for the public, a kuteeram for lady devotees and another kuteeram for guests and devotees to begin with.

Dear Friend! As desired by God, we are trying to serve you all –all His aspiring children. What is your contribution towards the God-ordained new Branch in Ashok Nagar, Kakinada? Please help us in the God's work by making His new Branch, the ideal Branch of Sri Santi Ashram to all the other Branches. Now at least you can become one of the Life-Patrons by offering Rs. 1116/- thus setting an example for all the devotees of Kakinada and of Andhra Pradesh. We need now more than ever your special prayers and full sympathy for our God-given new Branch. This is the ardent prayer and wish in my closing years with my sincere prayers for your health and longest life of service and peace for you in serving God's children in the East and the West.

HARI OM TAT SAT OM

17. DO YOU WANT HAPPINESS?

The Peace Centre is the common property of all devotees, seekers of peace in every religion in the world. As God is Omnipresent, you are in the Omnipresence of God who is pervading and permeating the very cells of your beings. You are in God and God is in you. The Peace Centre is here only to help you and to remind you that God is interpenetrating the very cells of your being. What a great privilege it is just to feel God's Presence Now and Here, in the present living moment!

The God for whom we have been searching in temples and churches is not outside. He is with you and in you, awaiting to be recognised in the stillness of your own purified hear now.

The place to be happy is HERE!

The time to be happy is NOW!

The way to be happy is to MAKE OTHERS HAPPY!

Hence, may we request you to kindly help us by feeling God's presence by repeating the simple peace prayer with heart and soul.

In loving memory of your visit to Santi Ashram, please help us by repeating the simple peace prayer now itself, for this precious moment is ours not the next moment. Feel God's presence with every breath in each and every moment of your devoted life. This is the prayer of your own Omkar who loves you, with Prayers for your Health and Peace.

May peace be unto all

OM TAT SAT OM

18. FRAIL LIFE

I was entrusted by Sister Sushila Devi to take good care of her dumb animals, especially a loving cat and its two young ones, when she left for America. It touched my heart to see her eyes filled with tears at the thought of leaving these kittens behind her, for they lived with Sister day and night, sharing her love. How blessed it is to have a compassionate and loving heart, not only towards human beings but also towards helpless animals and all creatures! All the animals and the kittens were safe until I returned to the Ashram, looking after the safe sailing of our Sushila Devi at Bombay. I reached the Ashram in the early hours of dawn. Being Friday the day of my silence, I was spending the day in my room in prayer and meditation.

Towards evening two dogs while playing, chased a small kitten towards the corn field. Seeing danger the mother cat rushed towards the kitten. I too unconsciously followed them and saw to my great sorrow that the dogs were playing crushing the tender kitten. I chased them away rescuing the kitten, and lifted it into my arms, but it was too late. It was silently mourning with pain, looking into my eyes. Strange as it may sound, it was the most affectionate and loving kitten, trying to speak with us in its own voice. On the day of its demise it was nestling in my lap for a long time, while I was meditating, as it was preparing for its end. It made me very sad that it should leave its frail life in my hands, for it was too late when I rescued it from the dogs.

Although it was my day of silence, I could not be silent when the kitten was dying. Hence, I called out to two of the comrades in the Ashram and by that time it breathed its last. The friends dug a deep pit at the back of my mandir. Wrapping the stiff body of the sweet kitten in a clean cloth, we gave it a decent burial with silent prayers for its rest and peace. I went to the roof of my place while they were burying the kitten in the grave and pacing restlessly, I was trying to solve the destiny of the frail life and the mystery of creation. The mother cat was with me, with the remaining little one.

As I watched the burial, hot streaming tears began to flow from my eyes for a while. I do not know whether it is good or bad to possess a tender heart that feels for the sorrows of the helpless and the dumb, but I felt consolation in the out-pour of my burning tears. As my tears will not bring back to life our sweet and tender kitten, I reconciled with the great thought that nothing happens by chance. Everything and everyone is only fulfilling the law of karma—action, reaping what one has sown. Further, omnipotence is ever working giving to the mortal the chance to learn and to be silent, with self-resignation. I silently offered the following prayer to the indwelling presence, at that silent twilight hour.

‘Oh! Lord! As it is Thy will to take this tender babe, take it into Thy bosom but bless it with a better, evolved life for its expression, to reach and merge in Thee. May Thy will be done on earth as in Heaven. Amen!’

As I was offering the prayer under the blue sky, with the glittering stars and the full moon shining above,

the mother and the baby kitten were sitting by my side silently watching me, as if they were partaking in my humble service. The mother was sorrowful, the kitten lonely and I too was sad. I want to forget the pathetic incident but often the vision comes of holding in my hands, the frail and dying kitten looking into my eyes as well as my soul, for a little love and help. I gave my love but alas! I could not give it life. How helpless is man, with all his so-called power and intelligence or dominion over matter or world.

Such is life. How frail it is! Today man is, tomorrow he is not. Anything might happen at any moment. Our little kitten is cold now in its grave, it could play no more nor move an inch. Often my eyes wander towards the lonely grave of our kitten, especially when I go on the roof. Looking at that spot I find myself unconsciously murmuring with, 'All forms of blood and flesh, whether they belong to kings or peasants, learned or ignorant saviours or sinners nay, kittens nor pups will go there, into the mother earth, to perish and disintegrate. Such is the end of all flesh.'

Surely this body also, the physical frame, will be cold in the grave sooner or later, covered with mother earth. Who knows, who can tell when that fatal hour comes. However, before the call comes, the wise should wake up and strive to reach those heights of Peace and Blessedness, where death cannot approach. Knowing and repeating that life in every form is uncertain and frail, and that time is more precious than life itself, how sad it is to see men running after little pursuits, to earn a little

fame and name wasting their priceless time. They are selling their very souls trying to be rich and famous crushing the poor, helpless and innocent.

I request my loving readers who have hearts to love and feel, to join me in offering the following prayer to the one God of humanity, in memory of the frail life of our departed little kitten. Oh! Lord of love and compassion, if we cannot do any real good to any one or render any service to any helpless creature, at least bless us consciously or unconsciously never to hurt any one or any living creature on the face of the earth. Oh God! As all are Thine own children, the manifested expression or images of Thy love, beginning from a tiny kitten to a mighty saviour, bless us to behold Thee in everyone and everywhere. Let nothing but peace and love alone flow from us towards one and all, is all that we ask of Thee!

OM OM OM

19. FROM THE PALACE TO COTTAGE

Life is a mixture of living on heights as well as down in the plains. Thus we have to come down from the palace to the lovely cottage of Sri Sivananda Nagar – our spiritual home in Rishikesh. In spite of the best efforts of the Manager of the Maharaj of Tehri, we could not get a good taxi to take us down into the plains from those sublime heights. At last our friends succeeded in getting a jeep which is not so good to travel on the hills jolting especially for those who have the heart malady. To add to the jeep travel as if this jolting was not enough it began to rain also—blessings from heavens too perhaps on our new branch of Sri Santi Ashram in the sacred Himalayas.

As one cannot take all the heavy luggage in a jeep, we were in a dilemma of how to bring all the books, beddings etc., down into the plains. A devoted friend who has come from Lucknow to take part in the celebrations offered to take all our bundles, packages, beddings and trucks of the whole of our part on the bus, as he was also coming down with us. It was a good deed of selfless services to look after all our luggage consisting of nearly 20 pieces. By the time we reached down Rishikesh it was pouring rain heavily and the friend in spite of the rain helped us in getting all our luggage safe. But the sad part of it, in helping us, in unloading our luggage in rain, he lost his handbag which contained his return ticket and some important papers, above all sum of nearly Rs. 500/-.

What a sad calamity of great loss for the devotee, when he was helping us, going of his way, by doing a good deed. It was a mystery to comprehend why such calamities

and losses should happen especially when people are trying to help and serve a good cause. The ways of God are inscrutable for the finite intelligence of the little man to comprehend.

Yet not a blade of grass moves without His will and nothing happens to chances. May we have the strength to repeat May Thy will be done, even in our heavy losses, tests and tribulations.

May peace be unto all

OM OM OM

20. FOLLOW SOHAM BREATH CEASELESSLY

The way to be happy is to follow Soham breath now in this living moment. Follow Soham ceaselessly moment by moment without forgetting or neglecting it even for a second like continuous flow of oil, *taila dhara*. Close your eyes if your mind is restless and wanders. What is restless will be restful as you follow the mind identifying yourself with all that is Soham. The more you forget it let your ideal be this. Remember Thou art That always in both wandering and rest. May all Glory be unto Soham! The way to be happy Now and Here is to recognize God in this present living moment never to forget Him again even for a millionth fraction of a second.

To be perpetually happy is never to forget Him even for the tiniest moment and to feel His Omnipresence, Omnipotence and Omniscience Now and Always eternally with every breath every thought in every moment in thought, word and deed. Less words and more in Silence and Meditation. No more words theory. But Practice, Practice and Practice His Presence in thought, word and deed.

Hari Om Tat Sat Om

21. FROM SWAMI OMKAR'S DIARY

1. DAILY THOUGHTS FROM DIARY (FEBRUARY)

1. The word pranayama, unto a few ears may be like a bug-bear. So let us use the word deep-breathing or deep breaths instead of the fearful word pranayama. Taking of, a few deep breaths early in the morning and also in the evenings, will be very helpful unto all people of every field of life. By so doing the nerves will be cleansed. Body becomes light. Diseases disappear. Physical health blooms. Day's life beginning with energy and new spirit. The very life will have a changed aspect or beauty. This can be understood practically only by seekers of Truth, with a regular practice of even a few days. Practice, regular practice is needed. Nothing can be realized by words. Om!

2. Many desire to hear of these thoughts. A few take pleasure in going through these thoughts. But thoughts from others do not give them real peace. These satiated and dead thoughts, through dealing with Higher things can never give endless bliss or peace. If peace is needed, one must dive deep into his spiritual consciousness and drink deep the nectar of divinity or originality. The second hand things are never permanent. Permanency is in the freshness in the originality, in the depths of one's own inner soul. As such for peace or eternal happiness one should never seek in the thoughts of others, but must seek it only within their own. Om!

3. When the mind (though tiny and worthless in itself) is one with the Almighty, it can work wonders and

perform miracles. When one is living in tune with the infinity he has everything and he can do anything. When the same mind is separated from Truth or Allness, it will be empty or hollow; it will be fit for nothing. It will be lifeless. Spirit alone is everything. As such when the mind identifies itself with the Spirit or God, it is Omnipresent, Omnipotent and Omniscient. But when it forsakes the Glory of Divinity, it becomes nothing. As such let the mind be ever merged in Divinity alone! Om!

4. I am the Self. I am the Truth. I am the Paramatman. As Universal Self, why should I be bound to any form or name. As the all pervading spirit why should I be attached to any Ashram or Mission? As one without a second, why should I be conscious of anything other than my own Divine Glory, the splendour of millions of suns. As I am Divinity let all my ties be snapped. Let all my chains be broken. Let all my shackles be loosened. Let all the iron bars of the prison be removed. I am the free. Om! I have neither limitations nor bondages nor duties. Good-bye to the world of duality. Om!

5. In the deep depths of Divine-consciousness, there is neither seeing nor hearing. In that state of Holy consciousness, there is neither feeling nor thinking. In the solitudes of that fathomless-consciousness there is neither body nor senses. In that Glory of Divine Splendour, there is neither, mind nor individuality. It is all one without a second. It is simply inexpressible and indescribable. No tongue can describe that state of oneness. No intellect can dare portray that Divine State

of Holy Joy. It is a state to be understood only by adepts of Truth or by dinkers of Nectar of Non-duality. Om !

6. A man of surface life can never be steady even physically. He must be ever moving or shaking. He must be always either eating or drinking something. With great difficulty we can make such a one sit for a time. Even then his mind will be wandering or riding on the tempests of his own imagination. Poor things! Unto such beings there is peace neither within nor without. Their peace and joy is only in motion and restlessness. The state of motionlessness appears unto such, as worse than death. The reason is that their life is only in senses. They have not yet attempted even to rise above senses. Unto such is not the Goal distant and far off? Having eyes they are blind to the spirit or God. Om!

7. Some find great joy in reading a novel. Others find immense joy in reading some spiritual book. They can never read a worldly book. Perhaps, they have risen from the first plane to the second plane. In the first plane or elementary state the joy is in the senses. In that second plane the joy is in the intellectual plane. But there are a limited few highly spiritual souls who find no joy or peace in reading anything, be it concerned with the things of the world or spirit. Verily, they have risen above reading and above duality. Indeed any kind of joy that comes from the contact of senses is ever permanent. Joy, Eternal Joy is in unity alone and never in duality. Om!

8. Often and often the doubt comes, whether there is a mania—my writing of this diary. Indeed why should I be attached to writing. Am I a slave of this diary. Is writing

a mania. Is reading a mania? Is every work a mania? Everyone is filled with some kind of mania or other. Some are filled with talking mania, and other with eating and drinking mania. Then what is not a mania, if every work is a mania? That which has no attachment, that which is free from motion and duality that alone is above and beyond mania. May I be eternally free from every kind of mania that detaches or separates me from the infinite consciousness. Om!

9. People are of different kinds and of different natures though one is essence or Truth or God. For progress in any line of work, some men do not require any pressure from outside i.e. from others. They take, others as holy examples, as guiding stars. Such people are very few. And there are some, who need, constant guidance and slight help and suggestions for their upward progress. And there are others who are of brute nature who requires constant whips and kicks. Mild doses of love or suggestions will not reach their gross ears. For every step they require to be whipped and whipped. How dark and thick is maya or delusion unto such people! May their eyes be opened also with God's Presence. Om!

10. There are some who sacrifice anything and everything but not an hour of sleep to hear of the mercy of the Almighty Lord, not to speak of their merging in Him! They cheerfully exclaim that they cannot sacrifice a morsel of food, not a wink of sleep for the sake of God. Unto such though sleeping and eating is everything, they will be the first persons to sacrifice their very food and sleep to serve their own interests, in their own sensual ways. How wonderful and mysterious are the ways of

the world! How pitiable are these earthly atoms who sacrifice living God for temporal things and exchange nectar unto poison. May God bless them to realize their helpless state. Om!

11. Salutations be unto the divinity, which is in the form of all in all. I have been fasting the whole of this day without touching even a drop of water. Though it is evening now, I am neither feeling weak or even thirsty. Hunger can never dare come near me, even though I fast for a week. I am feeling strong and active instead of weak and dull. What can be the cause of this vitality and this new strength. The cause is simple. It is my oneness with the Truth or Divinity. Hunger and thirst are only in body consciousness. Peace and joy are in divine consciousness. Indeed body-consciousness is death and God-consciousness is immortality. Om!

12. My life is in Live and in Oneness. I can live only as love, loving all as my own. I can never live as separate whether from known or unknown. Whether loved or hated I am the Self of all. Whether honoured or disgraced I am verily the Indivisible Truth. None can lessen "me." I am the Self of all, as such I can live only as the heart of all beings. How can I ever forsake my own Glory of Allness or Divine consciousness? What a great joy it is to feel that I am in one and all. Within and without "I" alone exist and nothing else exists; as such I can live only as the Universal Self loving all as my own. Om!

13. The God for whom I have searched in hills and dales, the God for whom I have wandered in the thick

forests and Himalayas, the God for whom I have roamed from one end of the world to the other end, the God for whom I prayed in many a monastery and silent cave, the God for whom I worshipped in temples and churches, the God for whom I have hunted everywhere and the God for whom I wept with silent tears, is verily within me alone. He is verily in my eyes alone. Indeed He is in my heart alone. How close is God to me! How inseparably one am I with God! Om!

14. So long one is conscious of his physical life, he cannot be free from depressions and oppressions. So long one is conscious of his body, mind and world, he must be a dupe and slave of these things. Verily, change, decay and death are by nature in all names and forms. As such what is the use of relying on these momentary things that give us only perpetual worry and continuous misery and sorrow both in the beginning and end. Depression is in body. Peace or bliss is in God. So, if peace is needed, peace that knows not depressions and dejection, one should seek it only in his divine-consciousness, the splendour of millions of suns. Om!

15. There is a beauty in controlling the wandering mind. There is a joy in making the mind steady and one-pointed, even after long restless struggle. This inner beauty can never be understood by slaves of passions. It can be understood only by masters of the mind. Weakness will be the result of yielding to the whims of the fickle mind. Strength alone will be the outcome of controlling the various modifications of the turbulent mind. Steadiness is life. Fickleness is death. So lovers of

Truth must be ever the masters of the mind under any circumstances. Om!

16. I will not recognize sin or evil. It is not in my nature. Sin is not my Birthright. My Birthright is only Divinity. In the glory of my divine splendour sin can never find a place. Sin is phenomenal. It is only on the surface. It is never within or in Truth. Sin is nothing but weakness. Weakness is a mental hallucination. In divinity, there are no mental hallucinations. It is free from all dual aspects of life. As divinity I am one without a second. In my infinite consciousness there is no space for anything finite, momentary or imaginary. I recognize only Truth, my God-head the one without a second. Om!

17. The central doctrine of Hinduism is that everyman is Divine. Divinity of man alone, must be the fundamental principle of every religion. This is the basis and central truth on which, the whole of Hindu religion stands. Verily, this is a firm basis having a deep foundation. What a great joy it is to feel and consider that every being on the face of the earth is not human but divine. But this divinity is to be manifested in one particular way but in many a way, according to the temperament of the individual. Om!

18. I am strength both within and without. My legs are filled with strength. My hands are filled with strength. My mind is filled with strength. Every part of this body is filled only with strength. Every atom and every molecule in this body is filled only with strength. Strength, strength, strength is the watchword of my soul. I breathe strength.

I exhale strength. I eat strength. I drink strength. I emit strength. Verily, I am a dynamo of strength. From this dynamo, are going thoughts of strength for the welfare of all humanity. I shall shower oceans of strength for the well-being of my all in all. Om!

19. "Early to bed and early to rise" is a noble maxim, which is worth its weight in divinity. By waking up late, one feels lazy, sleepy and heavy. Dullness never leaves his eyes. But by waking up early, one feels strong, active and divine. The whole of the day's life begins with fresh strength. When one sleeps early he can comfortably rise early in the morning. Even then if he feels sleepy, he has just to wash his eyes and face. If possible taking a little physical exercise also helps in restoring one's inner activity. Practice alone makes one perfect. Without practice one cannot realize the Truth of these divine maxims. May peace be unto all! Om!

20. Cheerfulness is an important factor in everyone's spiritual life. Life is not worth living without cheerfulness. Why should one be in dumps and blues always? Is this life intended for depressions and oppressions? Even at the point of death, under any circumstances, one must be cheerful. Cheerfulness is one's birthright. This divine heritage of cheerfulness should not be exchanged for the momentary things of the world. Cheerfulness is the life of religion. Let all be cheerful, so that I may be cheerful. Real greatness lies in laughing at difficulties and disappointments and even remaining cheerful irrespective of conditions in the external life. As self I am eternally cheerful. Om!

21. Fear is weakness and it is death. Life is not made for petty cares and fears. Why should one fear always, when all is nothing but Self. Is he to fear his own Self? Everyone is my own Self who am I to fear? Verily, fear is only in weakness but never in strength. The weak only fear, even at the fluttering of leaves. The strong will laugh even at the roaring's of lions. Fear weakens one's vitality. Body consciousness can never be free from some kind of fear or other. But the spirit consciousness is eternally free, from every kind of fear. Even when in forests or amidst millions of people one must be ever fearless. This state comes only as the result of self-reliance. Om!

22. Dear Boy, there is no joy for thee in the body consciousness. Search not for thy joy in the physical. Neither can thou find joy in the mental plane. Why struggle with dead matter? Rise above the plane of matter if thou want to enjoy real joy. Thy real joy is only in thy spiritual plane, in the state of superconsciousness, where all forms and names dwindle unto nothings. Try not to seek thy infinite joy from the deep intellect or from thy long prayers. Joy, real joy, infinite joy is within Thee alone in the inner most recesses of thy heart of hearts, where thou art one without a second. Om!

23. Is this the darkest day of the month? By our own feelings and deeds we make our day bright or dark. A day is a day like any other day. By itself it can never be the darkest day or bright day. When the mind is dark everything is dark. When the mind is bright everything is bright. When we give way to many wild passions and unruly desires, the very brightest days change into darkest

days. When we are free from desires, enjoying the bliss of united oneness, the very darkest days appear unto us brightest. Verily, we are the cause of everything. Om!

24. When the unreal material riches are lost or stolen, men search after them, hours and hours and even for days and months. But alas, for the priceless treasure of heaven, no one cares to hunt or search for! Even if there are a few devoted souls searching for these heavenly treasures also, their zeal is not worth mentioning. They are too much tired by searching for them, with a few minutes outer meditation! In short men are ready to search after momentary things if needed sacrificing their whole life but never so to go after the forgotten treasures of divinity! Such is the power of maya! Om!

25. Often and often I experience great pleasure, when I get my night sleep disturbed by my dear sister wind. When the whole atmosphere is filled with perfect stillness, a sister wind from somewhere creeps on me coming through the port—hole of my cabin, asking to awake to the beauties of silent darkness and glorious oneness. Those who have ears can hear anything. Those who have eyes can behold everything. Those who have feelings can feel and experience the heart beats of the mother nature. How grand it is to be ever alive for the divinity that surrounds us both within and without. Om!

26. Knowing that peace is neither in form nor name, it is a wonder I find myself seeking for it in this physical sheathe. I take one organ after another to see practically whether peace is residing there. But alas, how

can I find the eternal peace in the dead matter? Thus I proceed from one organ to another examining every particle of this body, until I rise even above mind and intellect. There to my satisfaction I find a ray of peace, when the very doubt or question is forgotten or given up. Indeed peace is there where there is neither question nor answer in perfect oneness. Om!

27. I am He, who differs from me in my thoughts, words and deeds. I am he that mocks at me. I am he that disgraces me. I am he that robs me both right and left. I am he that abuses my love and kindness in an unworthy way. I am he that lives for oppressing me. I am he alone that crucifies me, for I am ever one without a second. Whether loved or kicked honoured or disgraced, I am the self of all. I can never live aloof even from a single individual. I love to live as all in all for all are my own self. May glory be unto God, the universal self! Om!

28. The infinite never becomes the finite. It cannot change its unchangeable nature. It is verily an impossibility. But by delusion or ignorance, it thinks and acts like the finite, forgetting its own nature. And then the results are hard experiences filled with misery wretchedness and down falls. Thus it tries to wake up from its night mare and to cling again to its own birthright, the infinity, which is all joy and peace. The infinite is infinite, for ever. All the trouble and misery begins, when one forgets or disconnects himself from the infinity. So may everyone feel his united oneness with infinity always. Om!

2. TWENTY SHORT MESSAGES FROM DIARY(MARCH)

1. Sunday is considered as the holiest day by the people of the Christian world. By many more it is considered as a holiday, instead of as Holy day, for them they get leave from their various duties of life. From the spiritual point of view everyday is a holy day, when we are one with the Almighty Lord. Since many souls all over the world keep this day sacred by attending churches etc., this day must be twice blessed. This particular day being the first day of a new month this must be a thrice blessed day. May the glory of the divine sun fill the Sunday more and more.

2. My dear sweet self of mine, be cheerful and ever happy, for thou art never this momentary body of two days. Thou art always the infinity either in the past, present or future. These forms and names of the unreal world can never bind Thee. Thou art bound with the ties of Truth and Divinity. Never be a dupe of the senses or a fickle mind. Thou art above the senses and the mind. Live aloof always in thy own divine glory, rising above names and forms. As infinity be ever blissful and peaceful. Nothing in this tiny world can change or mar thy infinite joy. Om!

3. As infinity I have no time to think of anything, nor am I to be confined to the finite space. I have no cause to think at all. Verily, I am above, time space and causation. Infinity never thinks even of itself. All thinking is only on the lower plane. In the infinity there is no

thinking. It is above thinking, for thinking begins only in duality. Thinking begins, when one has forgotten, his divine birthright the infinity the glory of millions of suns. And this dual aspect of thinking stops. When one identifies with, merges in, the unmanifested, namely infinity. Om!

4. Whenever I sit in the tub in the both room and begin to have my usual bath, rubbing my body, the thought comes to me, that I have been wasting my precious time, rubbing and cleaning this worthless body. Sooner or later, this body, of which we are taking so much tender care, is bound to perish. This returns verily, unto dust, for it is nothing but dust. Why so much of rubbing and scrubbing over a perishable thing? Oh if all this attention and loving care of rubbing and scrubbing to be utilized for cleaning the rust and dust of the divinity, peace and perfection will be the result. Soul must be clean and pure. But oh people neglect the divinity, taking every care of the unreal body. Om!

5. In everyone there is an inner war going on ceaselessly. It is a tremendous and fearful war between flesh and spirit. Flesh desires to drag the spirit towards the sensual things in the external life. But the spirit resists its sweet temptation and tries to tone the flesh, to draw within by sound admonitions. But alas in this raging and constant war often and often we find the flesh alone riding on the spirit. But if one ponders a little, he realizes that flesh is weak and spirit alone is strong. Though spirit is dominated by the flesh in the beginning, but in the long run, the spirit alone conquers completely annihilating the flesh.

6. There is no joy higher than blankness. Blankness does not mean blackness nor darkness, neither nothingness. It is everything. It is all power. It is divinity. Verily, real joy is in vacant state alone, where thoughts are all dead and the very mind is dissolved into formlessness. Indeed the greatest joy is in allness in the state of oneness, where it is all one without a second, where there is no duality and where reigns only the indivisible divine consciousness. This state alone is called by some as nirvana by some as Samadhi and by others as peace and by many more by many a name. Though names differ, the highest joy is in "That" alone. Om!

7. I love to live as living God who is both within and without pervading all from the biggest sun to the tiniest atom. I do not want to be a teacher or philosopher, even teaching and expounding about God's forgetting my Divine Birthright. I believe in the power of Silence, in the power of living life, but not in empty talk. Talking is quite different from practice. In practical life there is no talking at all. The more one talks the less he lives in the Spirit. The less one talks, the more he lives in the Spirit. May I be an ideal teacher not of talkativeness but of peace and Silence. Om!

8. There is a divine secret to remember anything that one is bound to forget in this world of duality. By the help of this secret we can remember all that we have forgotten. Verily, this is an open secret. If you forget anything and if you want to remember it, just make your mind free for a time. Have a dip into your own consciousness. Merge more and more in the deep depths

of thy divinity, forgetting the very idea of your wish to remember. There in that perfect oneness the idea, thy forgotten thought, flashes in a moment. It comes and stands before you. This is an unfailing divine law. Seek within always, rising above the idea, you will surely find it. Om!

9. Often I find myself engaged and perplexed amidst various duties. Why should I be a slave of these works and duties? Who has placed these duties on my shoulders? Undoubtedly no one other than myself. Then what need is there to grumble? If I have made myself bound I can make myself free also. Why should I be a slave of writing? Why should I respect these momentary fashions and passions? Have I not got a little Self respect left for my living God? Why should I not be a slave of divinity ever merging in Him? Restlessness and endless pain is the result of all actions. The real joy is within in inaction, in my own divine glory. Om!

10. Today is a full moon day. How full are my eyes also with tears of joy, peace and inexpressible love. Dear sweet eyes of mine, are you never tired of this weeping? Do you find so much joy and ecstasy in this weeping for thy divine beloved. By all means, I do not mean to discourage you from your madness of weeping. If your joy is in weeping, weep weep, more and more. Weep unceasingly for your beloved the interpenetrating lord of everything. It is a joy to weep for the Highest but under no circumstances, try to weep for worldly things. I will allow you and even encourage you to weep for your God; but never for the temporary things of body, mind or world, will you get my consent from me. Om!

11. In some stage or other, emotions will be helpful in the course of spiritual development. Emotions are nothing but love. A man who has no emotions must be an idiot or a heartless man. True, the highest state of divinity is also free from emotions. As such emotions alone are not the be all and end all of everything. Emotions are only a step in the spiritual unfoldment. As such one should not discard these emotions, but with the help of these, everyone must exert to rise to the emotionless state of the divine consciousness. May peace be unto all. Om!

12. To long one believes in a name and form there is neither freedom nor salvation unto him. The finite mind can never fathom the great Infinite consciousness, however much it may try repeatedly. But it can dissolve and thus become One with the Infinity. The easiest and shortest way for freedom or salvation is just by asserting one's God-head. Take hold of the Truth thy Divine birthright and you can thus enjoy the peace and Bliss of Divinity. Why beating about the bush, when you are the very Truth. As Truth, you represent the past, present and future. You have nothing to seek or expect. Everything is with in you. Everything "Thou art That." So remain always in your formlessness alone. Om!

13. There is a beauty in the surging waves. There is beauty in the howling winds. There is a beauty in the flashes of lightnings. Verily, there is a beauty of their own even in tempests and fearful storms. This inner beauty can be understood only by born lovers of peace. In the same way if one can remain in the position of a witness,

surely there is unfailing beauty, in the turbulent wanderings of the mind. For seekers of Truth, there is beauty even in strife of the surface life. The waveless state of the calm mind has a beauty of its own. So has the state of the roaming mind, if one can remain ever aloof and be a witness, the one without a second. Om!

14. Meditation is not sitting in a cross legged posture, closing one's eyes. Neither meditation is kneeling in the church before the cross of Holy Christ. Meditation has nothing to do, with the body and physical consciousness. Neither the state of Real Meditation is concerned with the mind and mental consciousness. Meditation is a state of Oneness and allness. It is above all duality. It is above mind and intellect. Meditation is deep absorption into the "Great within" where even the idea of the meditator or of the little ego, disappears completely. Verily, meditation is all peace, inexpressible peace. Om!

15. Do not be over anxious to teach others. Have you taught yourself, sufficiently? Forgetting yourself why you run after teaching others? It is truly said by sages, that disciples are few and rare, and Masters are many and common. It is very easy to take the role of a Master or Teacher. How very difficult it is to be true disciple to the living Spirit. Practice is better than precepts by many times. There are enough of precepts and preceptors. Now the world or humanity is in need of silent workers and practical teachers. If you want to be a practical teacher be ever engaged in teaching yourself. Thus you will not

have time even to teach others. Your Silent life alone will be a Blessing to Humanity. Om!

16. The study of the mind takes many a life. When the simple study of the mind is taking many lives, its control must take ages and ages. Of all the problems in the world, the problem of the mind alone is the most difficult and intricate one. This hard problem cannot be solved by attending Churches and Temples. No theory can really help us. This requires, hard and persistent practice. Practical course and systematic training is needed as in the branches of physical sciences. These Sciences can be learnt by any impure or unsteady man. But the Science of the mind can be realized only by the Pure in Heart. "Blessed are the pure in heart, for theirs is the kingdom of heaven." Verily, purity is the foundation of mastering the mind. Om!

17. Relaxation is one of the important steps for realizing the inner beauties of Higher Meditations. This state of relaxation has got a certain kind of calmness, rest and peace. This state of Rest or Relaxation can never be realized by reading or by hearing. It requires a steady and systematic practice. Any one by giving a trial only for a few days, can understand and realize its great effects. Mental relaxation is greater than physical relaxation, through physical relaxation alone one attains gradually mental relaxation. The Highest state of relaxation is nothing short of death in physical life. "Be dead that ye may live" represents the whole truth of relaxation. As such relaxation is real life. Om!

18. Fools are restlessly engaged in doing some work or other. They can never be free from actions. Neither can they be free from the innumerable desires of the monkey-like mind. They will be running after actions seeking rewards for their little works, whereas men of wisdom, will never be engaged in restless pursuits. Even if they are engaged in every work, they do it for the sake of work, never caring for the reward or fruits of the same. Thus even though they seem to be working, in the eyes of the world, they are not working at all. It is the desire, the offspring of ignorance, that makes one to jump from one place to another, with feverishness either mentally or physically. Desirelessness alone brings real freedom from all actions. Om!

19. It is always when one is jolly, laughing and blissful, he gets very fine and beautiful thoughts from within. The heart must be ever free from cares and worries. It must be ever open like a fully blooming rose. It must be never cringe or closed. The way of more cheerfulness is by being happy, contented and cheerful as we are, with our present circumstances. If you are all joy, more and more joy will be added unto you. But if you are gloomy, sorrowful and heavy laden with cares and worries, your lot will be darkness and damnation. The like attracts the like. So under any trying circumstance one must be blissful and ever happy. Om!

20. Whether one is doing spiritual practices or not, if he examines his daily life regularly just before retiring into sleep, he will find himself, progressing wonderfully

in a very short time. If there is no Self-examination in us, how can we dare call ourselves human beings? Can we not as well call ourselves human beasts, for, they two are wasting their lives without Self-examination. It is just because of this self-examination faculty one is called a human being. If it is not utilized or misused, he is to be called a two legged beast or animal. Men spend hour after hour over their material accounts, can they not as well spare a minute or two for their spiritual account also. Sooner or later everyone will be compelled to answer his spiritual accounts. Om!

21. It is very difficult to live as individuals or as members of a society where they are not united by inflexible bonds of love. When the minds are different, there cannot be either rest or peace for any one of the fold. When the nature of the mind is one and the same even millions can live in an organization as One. But he alone is the greatest of the great men, who can live peacefully never losing his balance, even when others differ from him. Anyone can live in a congenial company of his own. But he alone is to be called a sage, who forgets not his divinity, and his nature can never be disturbed in any company or society. Greatness is in the state of equilibrium in sameness and oneness. Om!

22. The God of the white can not be a white God. The God of the black can never be a black God. The God of the brown can never be a brown God and so also the God of the dark can never be a dark God. How ridiculous is this very idea. In the same way the God of the Buddhists cannot be a Buddha. The God of the Mohammedans

cannot be a Mohammed. Whether can the God of Christians can ever remain a Christ nor the Hindus God a Hindu. The central Truth is that which exists is one and many call the same Truth or God by many a name. The differences are only in us but never in God, our common Father. As our God is one without any differences may we all be also one, without any feeling of colours or religions. Om!

23. When you happen to hear anything bad about your friend or a foe, it is better to forget it immediately. As far as possible it is better to avoid even to hear everything that is not good regarding anyone. If we are to hear, we are to hear only something good. It is really a fortune to fall into spiritual company and thus to be blessed always with spiritual discourses. All that is good should be silently absorbed and digested. All that is bad should never be allowed to come near us! Not only harm even a hard word should never come out of us! May peace alone flow from us unto the whole of humanity. Om!

24. Is this a dark day? When God is not yet dead how can this be a dark day? So long God is alive, no day can be a dark day. In the same way so long as God is not dead, no man can be a wicked or hopeless man. Hopelessness or wickedness is nothing but weakness. Weakness must be conquered by asserting one's God-head. When God is living in every second of the day either in the past, present and future, how can any day be a dark day? When God is filling from the tiniest atom to the biggest sun, how can anyone be called a wicked or

hopeless man? Everyday is a bright day provided we live in tune with God. Om!

25. It is most pitiable that man being a living image of the Almighty, calling Himself as One with the Almighty God, feels afraid for every whiff of wind. Verily, if the wind blows a little hard he is afraid of it. He is afraid of water. He is afraid of fire. He shivers and wither in chill and cold. Indeed so long one believes in form and name there is no end of his fears and miseries. It is only when one rises above duality then alone he will be free from every kind of fear and will be the master of all elements. He will never be a slave to them, but he will be a Master for he has risen above name and form. Om!

26. There is hope for one and all. Verily, no one will be lost. Sooner or later all are bound to reach the same good, for we are all the children of the same Almighty Father. As expressed in the Holy Scriptures, there is more joy in Heaven, when one lost soul joins the Holy fold. For the sake of the Heaven's joy may all the weak or the so-called sinners exert, to regain their Divine Birthright the kingdom of Heaven. Indeed the Lord is born for the salvation of the lost sheep alone. When the mercy of the Almighty is so boundless and at hand too, why depression or despair. O my own dear ones rush on into the gates of Heaven. Om!

27. There exists but one Reality or Truth alone in all the worlds of past, present and future. Nothing else can exist besides it, the all pervading God or Divinity. That which exists is One, but sages call It by various names.

This is the central doctrine of the Universal Religion of Vedanta of the Hindus. As there is but one Reality, I must be verily that Reality and Truth alone. I am not a nothing. As I am something, I must be undoubtedly the Divine Truth alone. As Divine Truth I am all Peace, All-joy and all Divinity. Verily, I am ever one without a second so art Thou. Om!

28. As Indivisible Truth I am He whom the sages of India have called Brahman, the one without a second. As all-pervading Self, I am He, whom the Mohammedans worship as Allah, the God. As Almighty Spirit I am He whom the Christians worship and adore as Father in Heaven. I am the inexpressible peace, whom the Buddhists have described or expressed as Nirvana, the Freedom of life. Thus though called by many, by many a name still, I remain an Incomprehensible and changeless Truth. Om!

29. Whether I am working or resting I am the Self, the one without a second. Whether I am happy or dejected I am the Supreme Self alone. Whether I am a sinner or saint I am the Divine Self. Verily, I am the self alone, whether in the form of an Emperor or a Beggar. Indeed I am in the body of a poor outcaste or in the body of a great pope. Truly I am the Self whether I am laughing or weeping, whether I am suffering or enjoying. Verily, everyone I am. everything I am. I am all in all. Om!

30. Often and often I meditate like a crane or heron, awaiting to catch the fish or like a fisherman awaiting to draw in his net. My meditation can as well be compared

to the fowler who spreads his net for catching birds. When the birds are caught in the nest, he folds his nest and he is satisfied with his lot. So will I be contented and will be folding or stopping my meditation, when I get a few inspiring thoughts into the trap of my mind. Why should I be satisfied with these little thoughts. I must be satisfied only with the Highest. My meditation of flow. Om!

31. If I want to write anything for the sake of writing, it lacks the life and vitality. Such writings will be lifeless and spiritless. But if I am forced to write something from within, such a writing will be filled with spirit, beauty and vitality. What can be the cause of this. The cause is simple and it is not far to seek, for it is only in "I" ness. In the former case there is the presence of "I" the little ego, killing the Universal Self. But in the latter case the "I" is absent and even annihilated, so the writing shines in all the Glory of the Spirit. So may all rise above the little "I". Om!

3. TWENTY SHORT MESSAGES FROM DIARY (APRIL)

1. My dear sea-sickness, I am glad you will be visiting me often and I thank you for the same. I can never shun or hate you. You are welcome to me as any other thing. But I am sorry today you are to excuse me as I have no time to spare for you. I cannot even think of you as I am very busily engaged with many other things that are near and dear to me. Pray do not think that I am inhospitable with you. Here is the spitt pot for you. Whenever you want, you may vomit heartily, but without disturbing my inner peace. What else can do for you,

dear? I have a request to make of you, if you but grant it. Kindly take away with every vomiting a little body consciousness of mine. Let me be ever busily engaged in my own Divinity more so as I am engaged in writing an essay on the sacred syllable om. Om!

2. Facing the Sun as am chanting Om, tears keep rolling on, I feel no desire to move my organs or leave my seat. I feel great peace and joy in my steadiness and motionlessness. When such is the case how can I work and live in the external life, wearing this dress and that dress, wasting one's precious time with boots, pants, belts, braces and etc. O Lord make me free from all these artificial things of life. You are wearing as clothes, then why should I? Am I not a child of thine? Dear Lord if I need them, let them remain but not for my use. Use those belts and braces for whipping on my backs, when I forget thee. O Lord, I am contented with thee alone. As such I need nothing else but thee. Do not try to bind and fetter me with boots and suits. Let me be free. Om!

4. LEAVES FROM THE DIARY OF 1925

1. What am I to write in this diary of mine, except that I am the Self and Self alone whether in the past, present or future. As such, let me remain always as Self alone, filled with the splendour of millions of suns. In my divine glory thoughts of weakness or misery can never dare approach. I am all joy. I am all peace. I am all divinity. I am akhanda satchidanandam. I am existence absolute. I am knowledge absolute. I am bliss absolute. May peace be unto all. Om!

2. Another day has passed off so soon! Have I changed in any way? As self how can I change? Am I not above changes? I will be the same even though ages pass off. Time is for the body and it is never for the Spirit. Verily, the Spirit or Self is above time, space and causation. I am not an object either to decrease or to increase with the passing of the time. I am the subject alone—the witness of everything, both animate and inanimate. Everything is within me. Nothing can contain me. I can contain everything. In fact, nothing exists besides me. Om!

3. What am I to write today? Am I to write about my progress? Is there progress for Self or Truth? Progress is always for the finite things. It is never for the Infinite Truth. Progress is always for the unreal body. It is never for the spirit or Truth. As such let me always live as nothing but divine consciousness, the birthright of every individual. What a great joy it is to live as one without a second. This is not selfishness. But this is selflessness. It is really a privilege to consider everyone and everything as my own self. Verily, in every atom I am existing. Om!

4. The wind is so free. Am I free like this wind? I am more free than the wind or air, when I am conscious of my own Divinity or Godhead. The stars are so bright and selfless. Am I shining like those innocent stars filled with Glory and Selflessness? As Universal Self, as one without a second there is not selfishness in me. As Divinity I am all Glory. Congested life is only in the physical consciousness, in name and form. In the Nameless and Formless Truth, there is nothing but Freedom, Glory and Universal Consciousness. Verily, I am that Truth.

5. How to be ever merged in that Endless Joy or Eternal life? By forsaking all that is unreal and momentary. By ever living as nothing but the Spirit. Merge, merge within alone. For the source of all joy is within thee alone. Draw thy senses within thee alone, for the endless joy is within thee alone in the life of the Spirit. Seek not for Eternal Joy in the things of the world. Thy Joy is never in the finite things. It is in Infinite alone. Thou art in no way different from Infinite. Verily, Thou art the Truth, the Infinity. Om!

6. Why should one always worry himself over his progress day and night, even if it is Spiritual Progress? Why should there be this fretting and worrying in the first place? The forgetfulness of the Self alone makes one miserable running after the shadows of progress. Perfect contentment is the law of Divine life. Cheerfulness is in contentment alone. As Self let me be contented with my own inner joy. Let me not growl in the mire of delusion like a beetle ever dwelling on the lower plane, never caring for the Higher life. As Self I am nothing but contentment. Om!

7. If one gets himself dejected and sorrowful for every trifling thing, what for is this Divine Life? What is the utility or benefit of this God-head or Divinity? The world itself is nothing but duality, the play of the fickle mind. If one attaches himself to the world of imagination, he will be compelled surely, to realize, in the long run, that misery and sorrow alone are the fruits of this blind faith or attachment. One must be ever filled with divine

consciousness in every second of his life, or maya or delusion. Verily, I am the Self. Om!

8. Whether one is conscious or not there is an inner power ever working, making one and all to realize the goal of life, never allowing to attach themselves to forms and names. However near or dear the form and name may be, this unseen and inner power teaches everyone, to rise above name and form, visiting them in the form of disappointments or heart breakings and a thousand other forms of dejections and miseries. Whether one is worldly or spiritual, he is never allowed to be attached to and adore his beloved form. He will be made to forsake it, for the sake of Truth. Truth is in Infinity but never in finite things of name and form. Om!

9. How fickle is the tiny mind, ever wandering hither and thither. Poor thing it never takes rest even for a time. It seeks peace from wandering from one object to another object. It feels misery and heart breaking pain when steadying or merging into one object. Knowing what is unreal it still runs after it. Knowing what is Real, it never cares to rest on it. How wonderful it is this tiny mind even by forgetfulness never cares to linger on Truth or Almighty God. Such are the thick curtains of maya or delusion. Verily, the veil of maya is impenetrable. Peace be unto the mind! Om!

10. Away ye dark clouds of bondage and attachments. You have no room in the heart of thy mighty Omkar! How can darkness approach the Glorious Sun! In the splendour of my Divinity, Oh! Ye forms and names

you will be scorched up. Here there is no room, for anything smacking sensuality, there is room enough here only for God the Infinite Truth. When such is the glazing Truth, how can you dare hide the Divine Truth, with false imaginations of thy fickle mind. In every second, let me enjoy my Divine Birthright, the glory of millions of Suns. Om!

11. "Despair not" is the central and the bold doctrine of the men of realization. Why despair or be miserable being the Self of the selves! There is but One Reality, One Divine Truth, One Infinite God-head, and that ye are! That Truth ye are! Verily, That God ye are! Assert your God-head only under all trials and examinations. Rise up again even though ye fall down a thousand times. Ever aspire for the goal, your God-head. Arise, awake and stop not until the goal is reached for 'Thou art the Self. When such is the Truth what need is there for despair? Om!

12. When I can fast comfortably for 108 hours, I can fast any number of hours and days. Why not even months and years? As Atman, I do not require any food or drink. I can live cheerfully without even touching a drop of water. The beauties of fasting can never be understood by gluttons. The utility of fasting cannot be compared to anything in the world. The life develops silently in days of fasting. Latent and inner powers will be awakened, when one is fasting over stepping the life of the world, or senses! After all, fasting is not obtaining from taking diet or food alone. Fasting is to subdue the evil propensities of the fickle mind. Real fasting is death for the physical life and Eternal life for the Spirit or God. Om!

13. Strength, strength, strength is the most effective the life giving word, in all the languages of the world! There is not any bolder word than strength, either in the past, present or future, even in the whole of world's literature. Omnipresence is in strength. Omniscience is in strength. Omnipotence is in the word strength. Life is in strength alone and never in weakness. Weakness is death and whereas strength is life. Strength of the mind paves the way unto Realisation of the Divinity. Strength of the Spirit, makes one to reign in his own Divine Glory, reckless of the delusive world and its weaknesses. As darkness can never dare approach the burning Sun so, weakness or sin can never come near the Almighty strength. So may every one remain strong in body with Spirit! Om!

14. Everything that has a birth, has its own day of death. Even the world taken as a whole, since, it has come into existence it shall have its own dissolution also. Every name and form is bound to decay and perish. Constant change is the life of nature or prakriti. When such is the inevitable law of Truth how foolish are people who ever run after shadows considering them changeless and eternal things. When the world itself is bound to perish, what to speak of these tiny clay bodies, that came yesterday? Verily, these are bound to perish though not today, perhaps tomorrow. As such, one should never rely on anything that has a name or form. One must rely on God alone, the Nameless and Formless Truth. Om!

15. Everyone wants to be a living God but how very few they are who are ready to pay the price for it! If the

price is ready God-hood is also at hand. No sooner one determines to live as God than he forgets his God-head, in one second alone. What can be the cause of this? The desires! The eternal life alone is the cause! The root cause is in forgetting the Divinity. Then what has man to do? He must remember his Divinity, in every second of his life. He must live as nothing but Divinity. In spite of his resolutions if one still forgets his Divinity, he must again and again repeatedly exert to remember his Divine Birthright, the glory of God. Try. Try until you succeed is a simple law that takes one to Realization. Om!

16. In the life of every individual, there are moments, when one feels the pangs of weakness, misery, dejection and sinfulness. Then life seems heavy, desolate and utterly lonesome. Then appear all around ruination and utter darkness. Is the life so burdensome? What can be the cause of this exhaustion and weakness? The root cause is only in physical consciousness. Then what has one to do under such helpless and trying circumstances? He has to simply wake up the sleeping lion, the Brahman in him. He has to exert more and more to rouse himself from body consciousness unto Divine consciousness. God-head alone dispels all weaknesses and sorrows. Om!

17. A class of silence or peace. Here there is neither talking nor taking. Here there is neither seeing nor hearing. Here there are neither lectures to be given nor sermons to be preached. It is a class of silence and peace, where everyone must merge within, enjoying the Nectar of Divinity or Oneness. Here there are neither questions to be raised nor answers to be given, for it is a class of

peace, where all talk, arguments and discussions are given up. In this class of peace all doubts are cleared and all questions answered from within alone without the help of talking. Verily, the Kingdom of Heaven is within alone. Om!

18. When I think of my beloved ones who love me as their living God, it makes me weep and weep for all their wonderful love and great adoration. Often and often on such occasions those tender eyes of mine are filled with nothing but tears of gratitude and affection. Tears keep rolling on in torrents. What a blessed joy it is to feel and weep for those who love us! How much more is that Happiness intensified when we can feel for one and all, irrespective of the ideas, friends and foes! How to be fully worthy of my beloved ones? By ever living in their heart of hearts as one without a second filled with Purity, Innocence and Divinity. May I grow more and more worthy of my all-in-all! Om!

19. What a blessed thing it is to give up talking entirely. There is beauty in speechlessness which cannot be understood by talkative people. Every kind of talk, be it worldly or spiritual, is concerned only with the surface life. It is only when one gives up talk, that he will be blessed with a vision of the inner life. In moments of speechlessness and silence alone the splendours of the soul are revealed unto the lovers of peace or divinity. So long one is busy with talking, he is not yet busy with the life of the Spirit. One who lives for the life of the Spirit will be dead for the physical life and for those numberless vain talks. Glory be unto lovers of peace! Om!

20. How foolish are the people who run after glass beads in external life, when they have gems of Spirituality inside themselves. Even an ignorant child gives up eating clay when it is given a piece of sugar candy. Knowing what is poison, it is indeed, most deplorable men hunting after it still. Knowing what is Nectar of Immortality it is most unfortunate that man discard and forsake it. The priceless Gems of Spirituality are ever within us, waiting to be taken out from the depths of our inner consciousness. When Nectar is within what is the use of drinking poison. When pearls of Divinity or Truth are nearby why should not one be contented with these inner treasures? Om!

21. O Let me have a drink of that Divine consciousness, which is my own Holy Birthright, drinking which my organ of taste will be diversified to the external tastes. Let me plunge into that inner consciousness which is the heritage of every individuality and which is the nearest of the nearest and dearest of the dearest. Let me merge, nay, even for a second, in that Glory which suspends that of millions of Suns, which is no other than my own Indivisible Self. Verily, a spark of that divine consciousness dispels the darkness of ages and ages! Where it exists nothing else can dare to exist besides it. For indeed I am That, the one without a second. Om!

22. Verily, to be blessed with a glimpse of that super-consciousness one must become blind to the world of senses. Indeed one must become stone deaf to listen to that music of Indivisible Oneness. Truly one must become lame, to attain to that perfect state of motionlessness. In fact one must become dumb and

numb, to enjoy the indescribable beauties of the Inner Life of the Universal Self. In short one must be dead to the lower life or physical life to realize that Higher state of Spiritual life. “Be dead that ye may live” is a cruel and stern fact. Om!

23. It is the company that moulds one’s character or degenerates one’s life. So one should be careful of the company he chooses or in which he spends his valuable life. If a good man mingles in bad company, he will find himself, at no distant time, contaminated with evil thoughts and worldly imaginations. If a badman happened to spend his time in Holy spiritual company, he will be surely transformed into a spiritual man, consciously or unconsciously. Such are the powerful effects of the company. A man who is working and living to taste the Nectar of Divinity and to realize his God-head, should not under any circumstances, mix with the people of surface life, who are working and living for the material prosperity, filled with worldliness. Om!

24. To examine one’s present state of life and mind alone is the first step in the path of Religion. When he begins to examine his mind and its weaknesses, he will be able to overcome them by practice, day by day. Self-examination is a most important step in the spiritual walk of life. Without Self-examination there will be no progress at all. The more one examines himself, the more spiritually he will be trying to progress. As such, every day it is better to allot a little time for self-examination of one’s daily life. The best time for it is when retiring to sleep. Om!

25. A seeker after Truth or Realization must be ever watching his mind, whether it is constantly running after things of the world or of spirit. He should see for himself, whether his Bliss is in sensual plane or in spiritual plane. One must be very careful of his thoughts. Thoughts alone lead to things. As the bodily diseases are painful and harmful to the physical life, so are these thoughts, harmful and dangerous to the spiritual. Verily, thoughts are mental diseases sucking one's vitality mercilessly. What a blessed thing it is to rise above thoughts! Om!

26. Some find happiness in sleeping, lying down, wasting their time in a lazy manner. Some in eating and drinking. Others in talking and wandering. And some more in hunting after name and fame. And many more in picking holes in others characters. Many in wicked deeds and a few in virtuous deeds. But in every case this kind of happiness is connected only with senses. As such this is momentary and brings only misery in the long run. But the happiness of the saint is within himself. His happiness is above the senses. As such his happiness alone is endless and changeless. Om!

27. All spiritual life is centered around the mind. When the mind is given to the momentary things of the world, there can be no peace for such beings. Who possess such minds, in every second are filled with innumerable thoughts of the finite things. They have no time to think of the Spirit or God. Not only so; they have no time to think about themselves; even if they chance to fall in the company of spiritual people, they cannot sit there or appreciate their holy orders even for a second.

Their minds are so heated with worldly things that they do not give a chance to spiritual things to enter into their minds. Om!

28. Worldly fools take pride in performing wonderful deeds in their own field of life. Even in such things as cooking, eating and drinking, they consider it a great honour and privilege to be gluttons and drones. It is a pity instead of feeling ashamed of their worthlessness and their living death in God they take joy and pride controlling their external lives. How very far are such pitiable atoms from the Glorious life of the Spirit. Poor things, they have not yet understood what life is and what for it is intended and why they are borne as human beings in this present cycle. “Eat, drink, marry, multiply” is the ideal of such poor things. Om!

29. Verily, the mind is ever ruffled with numberless waves of thoughts and with innumerable ripples of imaginations filled with the bubbles of desires. Verily, it is so on the surface. On the surface it is all a constant war of the flesh with the spirit. There is no rest on the surface. There is no peace on the surface. There is no joy on the bosom of the mind. But this is not the whole Truth. Deep within the mind, in the depths of the inner life, it is all joy. There, no desire or no thought or no imagination can ever dare to approach. As such seekers of the Truth, drinkers of Nectar of Divinity must dive deep into their minds, forsaking surface lives. Om!

30. Verily, the life on the surface is a most dangerous thing. The life in the senses is a most harmful

thing. Indeed the life in the duality is a most contagious thing, verily, the life in the emotions also is a poisonous thing. For emotions may be for the time being, may be momentary. As such the life in the Spirit alone, is blissful, changeless and eternal. One should not be duped by surface feelings. Under these feelings and emotions there may be poison hidden, enough to kill the spiritual life at any moment. As such one must lay his hands on the root cause of all miseries and sins. Purification must begin from within, from the very root. Om!

31. My dear blessed diary, I felt highly happy, whenever I keep company with thee writing my inner thoughts in thee confining all my joys and sorrows, all my aspirations and inspirations unto Thee. Dear holy diary of mine, though thou art lifeless and inanimate, how full of life and life-giving art Thou. Tears roll from these tender eyes of mine whenever I commence with Thee. I have been closely keeping company with Thee for the last one month. Bless me to keep Thy holy company until end of the life, why not till eternity? Dear beloved of my inner life Glory be unto Thee. Peace be unto Thee. Long life be unto Thee, for all Thy blessings on me. Om!

22. GOD

He has no other body on earth than yours,
 He is sparkling in your eyes,
 He is thinking in your mind, and listening in your ears;
 He is flowing in your Breath, as Soham,
 He is the Breath of the breath.

Worship Him with Soham, Thou art That,
 Tat twam asi, Meditate deeply,
 Pray ceaselessly.

23. GOD IS IN YOU

God has no other body now on earth than yours, to work and fulfil his divine plan. Verily, He is working, moving, and breathing in your body, His chosen instrument, ever having His being in you.

God is seeing through your eyes, listening through your ears and walking through your feet. He is working through your hands and thinking through your mind. When you are moving He is the active Shakti. When you are inactive He is the silent Brahman.

God is inhaling and exhaling Peace through each and every breath of yours. It is the peace within, without, above, below and all around. May you ever abide in the infinite and eternal peace, expressing It, in all your thoughts, words and deeds is the prayer. This is our ardent prayer.

May peace be unto all!

OM OM OM

24. GRACE OF GOD

Grace of God is in all of us at all times whether we know it or not. It is in all of you and all of us. It is only to be recognised Now and Here to be happy, healthy, loving and wise. In the Grace of God there is no more forgetfulness. No more worry and hurry. In the Grace of

God it is all Light, Life, Love. It is illumination within and without. It is all blessedness and peace. Grace of God is complete itself. It is purnamidam and purnamadah. It is completeness within and without.

Eyes closed it is Grace of God.

Eyes opened it is Grace of God.

May all glory be unto the Grace of God, which is ever present, and which is never absent, which is sat chit ananda—existence absolute, knowledge absolute and bliss absolute.

May peace be unto all

Hari Om Tat Sat Om

25. GOD-REALIZATION

(Practical Suggestions to Feel God's Presence Now and Here in the Present Moment)

1. Repetition of the following are immensely helpful:

I am in the Light

The Light in me

I am the Light

2. Deho devalayah prokto, jivo devah sanatanah

Tyajet ajnana nirmalyam,soham bhavena puyayeth

Body alone is the Temple of God, the individual is the universal . Destroying ignorance of duality, worship him with Soham with each and every breath.

3. God has no other body on earth than yours.
4. I cannot afford to forget God, even for the millionth fraction of a second.
5. Everything I do is my Puja, the worship to him.
6. Thou art brahman—the unmanifested, thou art the brahman sakthi—the manifested.
7. Dear people everywhere I love you all. I love you and pray that you may be divinely blessed with the peace of God.
8. *Anta Rama mayam, ee jagamantha Rama mayam.*
All is God. All the world is filled with God.
9. Follow Soham ceaselessly and this leads to God. Soham is the divine string of eternal life.
10. Saturate yourself with the repetition of the three following mantras—

Jaya Jaya Rama Krishna Hari Om

Sri Rama Jaya Rama Jaya Jaya Rama Om

Om namah Sivaya, Om Sivaya namaha

11. Be like the Sun radiating light with every ray or thought to all the world.
12. Be like the ocean praying ceaselessly making every thought a prayer, bearing everything in silence.

13. Let there be peace in the East and the West and let it begin with me.

As it is the individual peace that paves the way to universal peace. Let each breath lead us towards the infinite.

14. Silence creates souls. Thou art that, tat twam asi.

26. GREETINGS OF PEACE FROM THE ABODE OF SILENCE

Dear Loving Reader, wherever you may be in the East or the West, however busy you may be, pray join me in silence, especially at the sacred hour of dawn, the sunrise and dusk, the sunset hour even for a few minutes to listen to the still small Voice of God, the Voice of Silence, in your own life too.

Started silence on 21.1.1951, the birthday of this physical sheath with the above aspirations and resolutions! The essence of this message is "Omnipotence works, when the mortal retires."

May all glory be unto the Omnipotent God, who is the silent witness of all the manifested words as well as worlds! This is the prayer of your brother Omkar.

May all Homage be unto Silence! May peace be unto you, my loving friend of peace! May peace be unto all.

Om Tat Sat Om.

The Mission of Peace,
Sri Santi Ashram, Waltair.

27. HAPPY BIRTHDAY TO SWAMI CHIDANANDAJI

All hail to our Pujya Sri Sri Sri Swami Chidanandaji 21st
January 1980

As Swami is dead and Omkar is alive in param puja Sri Swami Chidanandaji, my heart longs to see this birthday belongs to Sri Chidanandaji, The present President of the Divine Life Society, Rishikesh, Himalayas and also nominating him as Honorary President of Sri Santi Ashram—The Mission of Peace as suitable substitute of our beloved Viswanathji! Hari Om Tat Sat Om.

28. HELPFUL HINTS TO REALISE PEACE IN THE CAVE

1. Do not go into the cave when you are restless and when you do not feel like meditating.
2. When once you go in, sit in the cave in Silence, knowing that you are filled and surrounded by Light.
3. Please do not write, read or whisper in the cave as it disturbs others too. Please do not sing songs in the cave.
4. Try to enter into the cave of your heart and enjoy real Peace when you are in the cave.
5. When you are restless and cannot meditate anymore, leave the Cave in stillness without disturbing others who are meditating.
6. After you leave the cave also, don't begin to chit-chat or talk. Be silent recognising God's Presence within and without.
7. When you feel like meditating again you are welcome into the cave.
8. Do not leave the cave unless and until you realise God even partially.
9. When you are in the cave, repeat 108 times your mantram or the name of your *ishta daivam* or even Hare Rama mantram.

It is most helpful to repeat also the Peace Prayer wishing world peace. When your mind is restless, repetitions of the Peace Prayer makes you restful and helps to feel God's Presence.
10. At the end of your meditation, before leaving the cave, you may chant three times the sacred syllable Om, so as to fill the cave with its holy vibrations.

May God bless you

Hari Om Tat Sat Om

29. JAYA JAYA RAMA KRISHNA HARI OM

Do you want to realise God, the Goal of precious human birth with one mantram or holy affirmation? If so here is the sacred mantram.

Om jaya jaya Rama Krishna Hari Om

First, begin by filling your whole body from the toes to the top of the head with these powerful words.

- * With the first Om you establish yourself in God's Omnipresence.
- * With the first jaya fill the whole of your right leg.
- * With the repetition of the second jaya the ceaseless spiritual current passes into the left leg;
- * Thus both legs are filled with Light, God's Presence.
- * Then Rama fills your left arm, from shoulder to hand.
- * Krishna brings the spiritual consciousness into the right arm.
- * With the holy name Hari fill your whole being, from the top of the head, the sahasrara, the thousand-petalled Lotus, to the tips of the toes.
- * Finally, with the sacred syllable aum return from the depths to the heights, from toes to sahasrara.
- * Now you are filled with his presence, his omnipresence, omnipotence and omniscience. God or Truth, Light, Love or Peace pervades and permeates every cell of your being. You are filled nay, you are the Light of lights eternally.

OM JAYA JAYA RAMAKRISHNA HARI OM

30. KAILASH, THE ABODE OF GODS

It is blessed to be without any desires — even in the name of the Ashram of humanity. Selfish desires bind and fetter anyone, whereas selfless desires give freedom and joy. They are like the burnt rope; not useful to bind. Yet, desires are desires as fetters are fetters, be they of iron or gold. As I sit in my sick bed in the hospital room, looking at the horizon beyond the ocean, it gives me a thrill at the thought of constructing the “Temple of all religions” with their “respective libraries” and the “shrine of silence” on the top on the second storey. I long to see that this monumented temple of learning and shrine of silence should be my parting gift— my loving legacy to all the aspiring children of God, in every religion, in the East and the West.

This “Temple of all religions” with their libraries and shrine of silence above, is the first of its kind, not only in India, but in all the world. May God grant this helpful aspiration before I close my eyes for the good of all . I am ashamed to say, that there is another desire that harbours in my heart. It is of Kailash Ashram on the top of the hill, which commands a glorious view, having ocean on three sides and hills on the remaining side. It is an abode not for human beings, but for Gods— hence no wonder, it is neglected by the finite man, who is running after the fleeting clouds of name and fame, with endless desires. Our eyes should not be on our stomachs alone— ever living like the money-making machines. As children of God— our lives should be for the service of His children and to realise the goal of the precious human birth.

God alone knows with what strain and years of struggle, we have acquired, the costly buildings from the Government and tried to convert a war base into a peace base. During the war days, the Government constructed

six buildings at a cost of five lakhs of rupees to serve as a radar station. The road alone to reach the top of the hills, it seems, cost nearly two lakhs of rupees. Such a costly road, the ruthless contractors ruined it, by making it a quarry. With great difficulty, we were able to stop the quarry and protect the valuable road with the help of Government— in the last moment after the road was nearly ruined with quarrying for stones to make a few rupees. Now unless the road is repaired, even the jeeps cannot go and we are getting it repaired now. May God help the Kailash and bless it to be a world abode of peace.

I had the privilege of staying in Kailash for six long years in stillness alone — *in mounam*— observing silence. Even now, I repeat, if you want God or Peace, Kailash is the place for you. You need not even repeat prayers or strain yourself to have deep meditations. You are in God's presence without any need of natural or unnatural practices for Kailash is the abode of God, as He is Omnipresent, Omnipotent and Omniscient. All that you need to do is only to recognise Him and be silent. Verily, Kailash has been my own child. Hence, my heart longs to make my child helpful and useful to all the aspiring children of God in all the world.

May God in His infinite mercy and compassion enter into the devoted hearts of some of his chosen children and make Kailash a real abode of peace to all the seekers of peace all over the world. May peace abide among individuals and good will among nations. May the temple of all religions and the abode of Gods — Sri Kailas be a blessing to all the seekers of Truth, paving the way to universal peace.

May Peace be unto all.

OM OM OM

31. LAST DAYS OF PUJYA OMKAR SWAMY MAHARAJ

(By Mathaji Jananeswari)

It is proclaimed by all scriptures, philosophers and pundits (scholars) that everyone born in this world must die and leave his body, however great he may be, whether he is a philosopher, devout devotee, a great yogi or even a jeevan muktha. But when and where, that great event of death comes, it is difficult to know. The ways of God are inscrutable and none knows what he does.

It was on the 21st January 1982, the 88th birthday of our Pujya Omkar Swamiji was celebrated happily and joyously in the presence of hundreds of devotees under the presidentship of Pujya Chidananda Swamiji. From the time of the sad demise of our president Sri Tenneti Viswanatham, swamiji wanted Pujya Swami Chidanandaji to be the honorary president of this Ashram. But as Chidanandaji was out of the country his consent could not be obtained. Finally when he visited the ashram to preside over the birthday celebrations on 21st Jan'82 he gave his consent and gladly accepted the presidentship of the ashram. He said that he could not go against the wishes of our swamiji, whom he considered as his great guru, as that would be an act of sin. Swamiji was moved by his words with joy and spent his last days with supreme contentment and satisfaction.

Swamiji worked hard all these 64 years in establishing, developing and building Santi Ashram. This peace centre was expanding and developing radiating

peace as widely as his heart was. The branches also began to develop and progress as well. Previously whenever a well known devotee visited the ashram swamiji was seeking his assistance for the development of the ashram. But last 3 or 4 years he never sought any help from anybody however close he was to him. He lived almost as a detached person with the air of an onlooker. He lived not in him but he was, probably, living in all of us and in a world of his own. Thus he enjoyed all his last days well until his day of mahanirvana when he left his mortal body.

Many devotees who came to participate in his 88th birthday celebrations stayed on till February, spending their time in prayers and meditations in the holy presence of swamiji and were fortunate to receive swamiji's blessings.

Thus, two months have passed. Swamiji was a little unhealthy, this year, when he lived at Waltair Ashram. Usually whenever we took a trip to Kotagiri we consulted Dr. Pitchaiah on swamiji's health. The doctor used to say, "How can we change the wish of swamiji? Let things move as per his wish". But this time Dr. Pitchaiah was very much unwilling to permit swamiji to make a trip to Kotagiri. But swamiji was very insisting. I would like to quote here the conversation that took place between Dr. Pitchaiah and swamiji.

Doctor: Pujya Swamiji, on your health grounds, we request you to cancel the trip to Kotagiri this year. In view of your delicate health, long journey to Kotagiri would be taxing.

Swamiji: I am grateful to your love. But I promised that I would visit Kotagiri this year also. Sri Guruswamy, Secretary, Kotagiri Ashram, and his wife Saraswathamma, are very great devotees. They will be waiting for me. I should not disappoint them.

Doctor: In a such a case, swamiji, we will ask them to come here. They will feel very happy.

Swamiji: I am happy at your suggestion. All devotees may come here, but I must see the great work they are doing there in Kotagiri Ashram.

Doctor could not tell anything. Swamiji had deep love for Kotagiri Ashram and the devotees there. The devotees were forgetting themselves and their personal affairs and serving swamiji with intense devotion and deep love as long as swamiji was in Kotagiri. Swamiji was enquiring daily about the Kotagiri trip. As we could not decide we told him that we had not yet reserved accommodation. He said that he should visit Kotagiri this time and asked us to make necessary reservations.

As we could not get railway accommodation for 15th or 19th April '82, we made reservations for 30th April '82 to Kotagiri. As Kotagiri trip was nearing, many devotees suggested that it would be better for swamiji to stay on at Waltair Ashram. The doctor was kind to visit swamiji every day and he found swamiji's health perfect except for minor things, natural to old age. Knowing the stay of swamiji at Waltair Ashram Sri Karunakara Nambiar and his wife Janakamma came to the Ashram for swamiji's darshan. After prayer and meditation they enquired

swamiji about his health. Swamiji's reply was instantaneous "If I can serve and help you all, it is my good health." As they were visiting swamiji almost daily they brought a famous Ayurvedic Doctor of Kerala one day along with them. The doctor gave some suggestions. According to his advice, Mr and Mrs Nambiar were visiting swamiji every day and massaging his body for an hour. All the time they were chanting and singing hymns of God. They were sure that it was their great fortune to serve this living God. They continued thus for 15 days. Swamiji told them that God was not somewhere but where love was and so to never forget God and he blessed them. They felt very happy.

As Kotagiri trip was nearing we left Waltair and came back to mother ashram in Totapalli Hills. He asked us to get everything ready for Kotagiri as only five days were left for the trip. But on 28th April '82, swamiji was very weak, and as his health was not good, we got our tickets cancelled. But swamiji recovered within two days and began questioning about Kotagiri trip. We told him of the cancellation of tickets and requested him to cancel the trip this year as it would be difficult to get reservations here and at Madras. But his mind was set on Kotagiri and was bent upon visiting it. Finally we told him as much of the summer this year had passed off, we could cancel our trip to Kotagiri. "Are we going to Kotagiri for summer?" he asked, "We are going there only to see our devotees and their good and loving work", he said. We had no words to reply. He also asked Sri Ramarao garu, the father of the Ashram to accompany him to Kotagiri. Hence we got accommodation reserved for all for 15th

May '82, leaving everything to God, as His will alone will be done.

On the way many devotees came to the train, to have swamiji's darshan, at Kakinada, Rajhamundry, Nidadavolu, Tanuku, Gudivada, Guntur and at many other places. When the devotees of Vijayawada Santi Satsang Mandali came to see swamiji, swamiji told them, "I am living only for the sake of devotees like you. I am really happy of your service. Real joy is only when you share, what you have, with others. Mould your lives with the truth that the joy of others is your real peace and joy. My prayers are always for your progress. Welcome to Kotagiri".

We reached Madras at about 7.00 am on the 16th May '82. Sri P.N. Ramachandran, Sister Yogeswari came to receive swamiji at the railway station. They were close devotees of swamiji. We spent that day in a retiring room of the railway station. Many devotees came for swamiji's darshan. Peace prayer was made to be chanted by all of them. We left Madras by Nilgiri Express for Mettupalayam. Owing to some mistake, we had our reservation in Coimbatore bogies. As that compartment would not go to Mettupalayam we got down from the train at Coimbatore railway station. As many devotees would be waiting at Mettupalayam station we sent an inmate of our ashram, Sri Anjaneyulu, in the same train to inform them at Mettupalayam station. Immediately, devotees waiting at Mettupalayam station came to Coimbatore station, garlanded swamiji and received him with utmost devotion.

Kotagiri is 40 miles away from Coimbatore. We reached Kotagiri by noon and we were received at Kotagiri ashram with garlands, bhajans etc. Swamiji was very happy at Kotagiri and he sat for sometime in the prayer hall. He told all of them, “nobody including doctors wanted me to undertake a journey to Kotagiri. It is your deep devotion that has brought me here. Hence, learn to live in God better than before. I wish you all to develop and progress and make others also to have spiritual progress. No blade of grass moves without His will. It is that great will of His, that brought me here. So, know this truth and make best use of the time here.”

Kotagiri is a hill station near Ooty, surrounded by mountains, valley and tea estates. It is picturesque in its natural surroundings and nature is bountiful in its virgin beauty. Devotees were coming to the ashram at Kotagiri, had darshan of swamiji and received his blessings. Days went off in peace and joy. People from Vijayawada, Proddutur, Kallur and Madras came from their distant places to spend summer in this cool place in holy presence of our swamiji. The whole ashram was filled with devotees, prayers and bajans.

Mr. Guruswamy, Secretary of the ashram arranged Bhagavatha saptaham for seven days. Swamiji was coming out now and then and sitting in the soothing rays of Surya bhagavan (Sun) in that cool climate. He was immersed in the beauty of nature and he was revelling in it. There is a small Vinayaka Mandapam in Kotagiri ashram. Many devotees, school children and many other people come and worship Lord Vinayak. Sri Gruruswamy

felt to construct a small Vinayaka shrine and completed its construction by that time. On June 3rd, installation of the idol, kumbabhishekam of this new Vinayaka shrine, was performed by great pundits as per ritualistic injunctions. All the learned Pundits and devotees who attended the function had the darshan of swamiji and received his blessings. Swamiji appeared that day very happy and very active. When the old devotees of the ashram Sri Kumar Nayar, and Sri Rajan (karanam) called on swamiji, swamiji expressed his happiness to see these old devotees. He told them that he was happy and asked them to ever remember God and never forget him even for a moment, and it is that, that leads to realization. Mr Kumar Nayar told swamiji that Kotagiri Santi Ashram was safe in Guruswamyji's hands and would fast develop and progress in his hands. Nearly 10 to 12 days went off like this pleasantly and peacefully.

Then suddenly swamiji got fever and as swamiji took rest the temperature came down. But by evening the temperature rose to 103 degrees, and the doctor Sri B. Belliraju thoroughly examined swamiji and said that there was congestion in lungs and gave necessary treatment. Dr. Belliraju was very kind and attending twice during day time and he remained with swamiji in the nights carefully watching the health of the great soul. But swamiji's health did not return to normal and he was taking only liquids and at times he took nothing. It gave us a little worry and anxiety. So we decided to return to mother ashram, Thotapalli Hills, and reserved accommodation for 17th June '82.

On 7th June '82, as usual Dr. Belliraju visited swamiji in the morning and expressed satisfaction at swamiji's health. But by afternoon, swamiji was sweating and we were surprised to see this symptom specially in the hilly cold climate. Soon, the doctor arrived, examined swamiji and suspecting something summoned a heart specialist from Coimbatore. The heart specialist arrived at midnight between 11 and 12 o'clock, thoroughly examined swamiji and told us that swamiji's heart condition was not satisfactory, and at that juncture he should not be moved, but since all facilities required for his treatment were not available there. He suggested that swamiji might be shifted to Coimbatore and left the decision to us. What were we to do then? We were placed in dilemma.

But, many devotees and mahatmas who visited swamiji seeing his facial serenity felt he was in yoga Samadhi and advised us not to disturb him. But doctors advised us otherwise, but we somehow or other, decided to move swamiji to Coimbatore and we got him admitted in Ramakrishna Hospital at Coimbatore on 8th June '82, morning. He was treated by doctors and from that afternoon he became conscious and appeared normal. Though he was not talking loudly, he was speaking mildly and he was in perfect consciousness to understand what we say. He was also taking liquids given to him. On 9th June '82 he appeared to be in perfect condition. Meanwhile we asked for the ashram van to be brought from Totapalli and it also arrived. Then on the 10th June '82, we decided to move to Totapalli. But he suddenly developed some trouble and began to give us and a little

anxiety by noon. But we decided to move to mother ashram in Totapalli Hills. Swamiji was brought and laid in the van by noon. Dr. Belliraju accompanied him in the van with all the required medical equipments. Van moved with “AUM” sound and we left Coimbatore by noon. Dr. Belliraju was constantly watching swamiji throughout and we travelled 18 miles from Coimbatore, Doctor suddenly asked us to stop the van. Van was stopped. Putting the hand on the head of swamiji for a minute, Doctor cried out, “Narayana”. We were stunned. The great light that was radiating peace and joy was no more. It was about 1.45 pm on 10th June 1982.

The great living God, Omkar Swamiji, the great, grand old rare jewel saint of Bharat attained mahasamadhi. His soul merged in that great oneness of universal self, kaivalya sthithi.

Immediately all the medical equipments were unloaded from the van and entrusted to some known people nearby. The van proceeded to Totapalli and reached mother ashram by about 3.00 am, early morning on 12th June '82. As telegrams had already been sent that swamiji's condition was serious, many devotees had already gathered at the ashram. The physical body of the mahatma was brought by the hands of Kotagiri devotees to the room where swamiji lived all these years.

Swamiji loved Kotagiri devotees with all his heart and he spent his last days in that natural hill beauty sought by all his loving devotees of Kotagiri. Really he felt happy, satisfied, contented and he spent his last days in Kotagiri

Santi Ashram with joy and peace. Probably, Kotagiri people loved swamiji so intensely, swamiji gave only to them the last chance to serve this mahatma in last days. Blessed are they, truly.

On the 12th June '82 early morning, by 6 am, swamiji's body was given bath with sacred water Ganga, Godavari and Krishna and his body profusely garlanded and decorated and was kept to public view in nirvana mandir. Hundreds of devotees walked slowly in front of the body paying their homage to the departed soul, chanting slokas from Bhagavad Geeta , hymns from sastras and mantras from Upansihads. The whole ashram, wore a melancholy appearance, everybody was in tears, trees, plants and flowers in the ashram were grieving in their silent language.

Suddenly the Rani of Bobbili, Smt Saraswathi Devi (jamindarini of chikkavaram) who was a great devotee of swamiji arrived. She was moved so much that she performed abhisheka to the lotus feet of Guru Maharaj with Ganga water and wrote OM on his chest with sandal wood paste (gandham), and also pointed sandal wood paste at his middle of eyebrows (brukuti). She expressed her rare experiences to the devotees.

By 2.00 pm as per swamiji's expressed wish, his mortal body was lit, and it was consumed by the fire God. The great grand mahatma's physical body slowly disappeared consumed by fire.

It was a wonder to see his physical body in tact, without any signs of decomposition. No ice was put, and

inspite of a long journey for two days in the van, his body never showed signs of a dead body. He appeared as asleep in mahayoga. His face was radiant, serene and peaceful.

Swamiji does not belong to one man, one place and one ashram. He preached universality, loved in universality and his soul mixed up only in that great Universal soul. It was his expressed wish to love and serve all human beings, nay, the entire creation in cosmos until his last breath. He so lived until his end.

Many devotees had his last darshan on his last journey in the van. His soul is now pervading entire ashram. His vibratory radiance and blessings are in full swing in the entire ashram atmosphere. But we have lost a great fortune to see that great mahatma in living form. Ashramites and devotees have become poorer to that extent. The thought of separation from that soul throws us all into melancholy moods and it takes sometime to recover from this sudden shock. Let us pray to swamiji himself to give us strength, stamina and mental vigour to regain tranquillity to serve one and all, which is his supreme wish.

I am giving this small message to all his devotees in the world and dedicating it to the Lotus Feet of Sri Omkarji Maharaj. With his richest blessings to one and all.

OM OM OM

32. MORE MIRACLES

I feel that I am the Richest Man in all the world, for I woke up early today from sleep, after the midnight hour. Having all the time—so much time at my disposal, to do with it what I like, am I not the richest man in all the world? These days, while the construction of the Prayer Hall is going on, everyday is a day of miracle in Lakshmi Vihar in the Nilgiri Hills. The stone-strikers are beating the stone. Five devoted carpenters have been working over the prayer hall. Five coolies, four of them females have been carrying heavy stones towards the prayer hall, climbing up the steep hill. It is hard work, yet somebody or other should do the hard as well as easy work.

The evening fell and they should be paid Rs.50/- for the carpenters, Rs. 40/- for the stones men and Rs. 10/- for the coolies, who carried the stones, Sri Suryanarayana who was looking after the works came to me for one hundred rupees and I sent him to our cashier and accountant, chy Santi, to pay the amount. She came to me and said that she had only Rs. 90/- what to do? There is no one in the Peace Centre to borrow the remaining Rs. 10/-, except two swamijis from Jnana Ashram of Parliiked, Kerala. It is not good for us to ask the money from the sadhus even on loan. The head carpenter Kuttappan, a devoted Malayali, consented to take only Rs. 25/- saying that we might pay him leisurely next week. The stonemen took Rs. 40/- and said, the other Rs. 10/- might be paid on the morrow. In our crisis, as usual, I suddenly remembered the charity box and asked Chanti,

our little musician errand boy to bring the box and open it. Lo and behold, there was an amount of Rs. 11/-, just the same amount as before—when we opened it once in our great need.

Do we get Rs. 11/-, the same amount every time we open the charity box! As in the stories of the olden days of devotees or like the blessed Christ who fed the multitudes—in the wilderness—five thousand people with 5 loaves and 2 fishes. The more we empty the box, the more it accumulates. Our charity box gives whatever we need—whenever we need. How good is God! After paying Rs. 10/- there is a balance of one rupee! How rich we feel. Am I not the richest man, not only in Nilgiri and India but also in all the world! With this single one rupee in my hand, I feel happy and contented as the Millionaire of millionaires! Verily, as written in the interesting article on budgets, all wealth belongs to me, for I am desireless. Even if I desire for anything, it is not for me, it is for the good of all.

Dear loving reader, if you don't believe it, pray come and see our prayer hall that looks like a castle now. All glory belongs to God and credit to all the devotees who helped us towards its completion, including the little boy Subhash aged 4 years, who sent me 10 naya pisa (10 paise equivalent to one tenth of a rupee), towards the prayer hall. May God bless our little Subhash and other children also. In moments of introspection, I feel prayer hall is not the only miracle of God. There are greater miracles that God performed in my life, out of His overflowing and

ever protecting love for me. I only murmur often with ecstasy in inaudible voice: How good you are, my God always!

Glory Glory Glory

My heart longs to share with my fellow sisters and brothers only one recent miracle. During my stay in the peace centre here, I have been Rich, Healthy and Happy except once, when I had the passing cloud of tooth-ache. One of the front teeth began to pain and shake. All the members and the visitors predicated that the tooth should be taken out, to get relief from the pain. As it is the front tooth, I was hesitating to get it pulled out. As the pain was increasing, there seemed to be no other alternative than to get it plucked. We began to make inquiries of a dentist who is devoted, who can pull out the tooth easily. I myself began to shake it, for some days, to make the work easier for the dentist. It became so loose and shaky, that I thought any day it might come out or fall down, without the need of a dentist pulling out. Lo and behold, the miracle happened! The tooth became strong and steady, no longer shaking. The pain also disappeared. It is now good as any other strong teeth. Is not this a miracle of God! How good and loving He is always! As we love and trust in Him with child-like trust and innocence, He alone takes full care of us, in little things, as well as in big things.

It was another helpful miracle when help came suddenly from the far away Africa to install electricity in the prayer hall, library, and guest rooms. Verily, Africa

belongs to me. All the gold in Africa, belongs to me. A devotee at Kakinada offered to give the Universal Symbol. Devotees from Pithapuram offered to give the statue of Lord Christ. Another devotee offered to give Lord Krishna's statue. Another devotee from Rajahmundry offered to provide with all the books etc., for the library. How good is God to enter into the devoted hearts of all the well-wishers of the ashram! May God bless all His children with peace and may the generous donations of the devotees be multiplied for the good of all!

Verily, God is the greatest miracle worker. Is not this wide world, with all the manifested things, the lovely hills, the blue sky, the sweet birds, the fragrant flowers the miracle of God! The heavens above, the sky with all the millions of stars, the wide ocean below, and above all, His great miracle worker—the Man. God's living image: Is he not the greatest miracle? All that we see in the world is miracle of God! Everything that comes is a miracle of God, from the tiniest atom, to the biggest planet, I see His face, in the face of the effulgent Sun—as it comes out everyday from the horizons. As I bask everyday in its warm rays, as its healthy and balmy rays enter and penetrate into the very cells of my body, in the lovely and cool Nilgiri Hills, I feel God's Presence deeply and intensely. God is not only within, but also without, filling and refilling our bodies, nay-interpenetrating the very cells of our beings, as well as the universe. What else can I write or say of the Glory of the Greatest Miracle Worker, in these finite words!

May we have the strength to face Him in little things, such as the crawling of the tiny ant, in the fall of a sparrow and in big things such as volcanic eruptions and even in the selfish and cruel man-made wars, causing destruction and needless bloodshed to His children. Blessed are the lives of those to whom every little thing, every manifestation in the world is a living miracle. Let us recognize the Miracle Worker always within, without, above, below and all around and be silent!

May peace be unto all

Om Om Om

33. MESSAGE OF LIFE, LIGHT AND LOVE

(On the occasion of the opening of Sudharma Community Hall, Stree Seva Mandir, Saligramam, Madras – 600 093 on 18.7.1974)

Stree Seva Mandir and Sri Santi Ashram are not two but one. More so as some of the children of Santi Ashram are receiving education and staying as the inmates of Stree Seva Mandir. Where is Totapalli? Where is Madras? Where is Nilgiris? How God unites kindred souls in a mystical way to serve His children and to do His work is incomprehensible. I am one of those who believe that not a blade of grass moves without His will.

To begin with, my heart longs to express its grateful thanks to all the members of the German Committee of action for development and partnership for their generous grant to build this Community Hall, which belongs not to any one particular community, but to all communities of all Religions and Nations, in the East and the West. How blessed it is to belong to all the communities in the world!

“The world is our Home, All the people in it are our sisters and brothers, to love and serve them is our true religion.”

Such few and rare souls alone are the harbingers of peace and blessed peace makers, who are spreading peace from heart to heart, thus creating world peace.

“Let there be peace in the world and let it begin with me.” This should be the ardent prayer of every

individual, who is longing to establish peace in the world. Do you wish to establish peace in the world? If so, establish it first in your devoted heart of consecration now and here. This is the time to establish peace in the present living moment. Sudharma the Community Hall is the proper place to start the programme to establish peace. The simple and easy way for one to become happy is to make others happy.

In memory of this happy day, let us promise God to love and serve all His children in the world—considering them as our own, as God is love and love is God. Verily where love is there God is. The heart devoid of love is a cemetery. I do not wish to open on this auspicious day the Community Hall alone, but I long to open your devoted hearts, nay, touch them with universal love that includes all and excludes none, in the world. I wish to enter into your hearts now, to make you all world citizens. May this day of opening of Sudharma be the starting day of world citizenship, let us all feel happy by belonging to One God, to one community, to one religion of all-love, that does not exclude even the tiniest creature on earth.

Verily, love of man is love of God. He who excludes any of the least of God's children is not to be called a human being at all. It is a crime to see anything other than God, the One Omnipresent, Omniscient, Omnipotent and indivisible God and face God's Light, in all His manifested forms. May Sudharma—the community hall teach us more of God's infinite love and to see His presence in this world, in our daily lives. May Sudharma be the greatest blessing in the whole world, to all the

seekers of truth, paving the way to world peace. Let us sow the first seeds of peace and love in the hearts of all, who feel for all, in the love that excludes none but includes all, even the dumb animal friends.

May God's richest blessings ever be upon Mrs. A.C. Krishna Rao, the Vice-President the ideal and selfless worker of Stree Seva Mandir, and upon all her devoted staff of loving workers, and may their devoted lives continue to be a great blessing! May this happy day of opening of community hall for the benefit of all the citizens of the world, ever remain memorable to the aspiring lives of all of us.

In memory of the happy day, may we even repeat our simple peace prayer to spread it from heart to heart near and far in the East and the West. This is a prayer of your brother Omkar. Let us conclude now with our inspiring vedic peace chant.

AN OFFERING

A humble offering to all those who belong to all communities but who are not confined to any one community in the world.

With prayers for the establishment of world peace.

OM OM OM

34. MY VACATION

Part – I

1. LONG-DELAYED VACATION

Sister Sushila Devi, who has been the life and soul of Sri Santi Ashram—The Mission of Peace, has been persuading me for many long years, requesting me to take a vacation. In the West everybody both the rich and the poor take a vacation almost every six months or atleast once in a year. Thus, our Sister began to insist, saying that I will become nervous and sick, if I do not take a vacation, as I have been working hard for a last twelve years, without a change. She gave illustrations of the lives of certain people who have become nervous and insane on account of overwork. Several times, I tried to go to Himalayas but the Ashram activities prevented me from leaving the half-finished works. I even resolved to go to America, since all arrangements were made for my passage and entry into U.S.A., along time ago, with the hope of having the long sea-voyage, as my vacation. Even then something or other, came to prevent me from leaving India. A sudden black conspiracy also sprang up to gobble the whole Ashram. By God's blessings, the thickest clouds were dispelled and everything was set right and finally the day and month was fixed for leaving for the States. Then, came the Korean war on the horizon of peace so suddenly, threatening to grow into a world war. With self-resignation, I had to postpone my visit once again disappointed, repeating, "May Thy will be done."

2. PILGRIMS TO THE ASHRAM

Often and often, pilgrims of different faiths flock to the Ashram everyday. On an auspicious day, an Engineer came with his children to pay his respects. We had our discourse, prayer and meditation and when he was about to take leave, I saw the leg of his little child in a cast, and I asked him with concern, what was wrong with the child. Then he told me the sad story how the little child, when she was six months old, had an accident and her tender leg was crushed in the door of a bus, and since then all these four and half years, she had been having treatment and operations in many big cities and finally the doctors decided that only Bone Grafting will cure the child.

3. NIRMALA IS IN NEED OF A BONE

Who will give the bone? The father is an earning member with a big family and weak health and the mother is too sickly and no one else came forward to give the bone. I saw the situation and had a vision of selfless service and felt from within that I should serve the sick child; so I offered myself, feeling that it is my great privilege to enable the helpless child to walk again. The father went away feeling dazed and puzzled and he never came back again to the Ashram for a bone. How could he ask me to give my bone? So, I was after him and also after the good doctor who had promised to do the bone-grafting operation, for I too promised God that I would serve the helpless child the moment I saw her tender leg in the cast.

4. UNIVERSAL BLOOD

A new difficulty arose. It seems that my blood group should be the same as the blood group of the child Nirmala so that they could mix together. It is so disappointing to have more obstacles when one wants to do a little good. Anyway with an anxious heart, I was taken to the Hospital along with the child Nirmala. Our blood specimens were taken then and there. To my great joy and relief, my blood group was found to belong to 'O' group. It is also called universal blood and it seems that it mixes with any blood. How good is God to bless me with universal blood—the "O" group blood or let me call it Om Blood, that can be shared with one and all in the world! May all glory be unto Him!

5. BEGINNING OF THE VACATION

Death, the inevitable change comes to one and all. When the call comes, all the bones will be burnt away into ashes; hence, what a great privilege it is before the change comes to make the best use of a little piece of bone in the service of one of His little helpless and innocent children! The very thought of this truth had been a great source of joy, strength and inspiration to me. How good is God to me! What other vacation is more blessed, life-giving and of soul-awakening than to spend our lives in sharing what we have with the sick, poor and helpless patients! Thus, began my vacation in the King George Hospital of Visakhapatnam. I was admitted, yesterday, on 27.8.1950 into one of the special wards. I felt funny to be lying on a bed without any sickness, feeling strong like an

ox. By morning, while bathing, strange as it may sound I had a little sprain in my back, some liniment was applied and hot-water bottle was fixed on my back. Thus. I too, feel now like a patient among the other patients. In the afternoon my leg, beginning from the knee where the bone is to be taken or scraped out was cleaned, shaved and some green ointment was applied and carefully bandaged in preparation for the operation day. With the sprain in the back and the bandage on the leg, I no longer feel strange or out of place to remain in the hospital.

6. WHAT ABOUT THE PAIN?

The cynic might say here, what about the pain, after the bone gets scraped, cut and taken out? My good friend, there is only one pain in the world—which is the real pain. It is the pain of separation from the beloved—the Creator of you and me and all the creatures and all the people in the world. What is life or the ownership of all the world if one denies his very Creator? What good does it do to anyone, if he gains the whole world, and thereby loses his soul? Love of man is love of God. Service of man is the service of the Creator. Verily, where love is, there is God.

All the doctors, nurses, ward boys, sweepers, the fellow patients—why everybody, are too good and extra kind because they are all the emblems of love. They are overwhelming me with love and kindness and the least that I could do is to share my peace messages and to help them to feel the presence of God, now and here, facing Him within and without. Often and often,

unconsciously I repeat: May God bless all the several hundreds of patients in the hospital with health, peace and long-life. May He bless all the people in the world including you—my loving reader with His richest blessings and this is the prayer of your own brother Omkar.

May peace be unto all

OM OM OM

K.G. Hospital

Dated 28.8.1950

P.S.: The remaining parts of the message will be written at the end of My Vacation in the Hospital, sharing with the readers all the rich and interesting experiences.

Part -2

1. THE SPINAL INJECTION AND THE OPERATION

As the surgeon was about to begin the operation I have requested him and his assistants for a moment of prayer saying that I have heard of a great surgeon in the West who never operated without having a prayer first, invoking the blessings of the almighty. Hence, let us have a silent prayer now for a moment.

“Dear God! Bless all the doctors with Thy light and vision, all the patients with health and strength, above all, bless all Thy children in East and West all over the world with Thy presence and peace. May peace be unto all. OM OM OM”

Every sacrifice has its own ordeal. It will not be sweet like sugar or honey. For this bone graft-operation, I was

first given a spinal injection after my body was bent, especially at the back, into a curve. My leg was be numbed by the anaesthetic but during the operation I could hear the hammering, chiselling and drilling that was going on. After a while I could feel the stitching up of the skin and tying the knots. The surgeon then pronounced cheerfully that the operation was over. I felt from within that it was complete success. He is so conscientious that he has personally put a leg in a plaster cast extending from the toes to the middle of the thigh. Offering my sincere thanks to the good surgeon and his assistants, I left the operation theatre being carried, part of the way on wheel carriage and part by a stretcher. When I got back to the special ward, the ashram devotees were waiting there with long, and anxious faces. I made them all smile, for I was so happy that the operation was over so easily and in such a short time.

2. THE SUPERINTENDENT AND THE VISITORS

The Superintendent of the hospital has been extra good and kind towards me. Every moment, busy as he is, he comes to me bringing joy and strength, whenever he can spare a few minutes of his valuable time. The whole afternoon and night brought many visitors to the ward, including several doctors and nurses from amongst the hospital staff. Brother D.V.S. Ross, Advocate, Kakinada, the Secretary of our Peace Mission, has rushed to Visakhapatnam with intent to prevent the operation; but thank God, he arrived only a little too late, to stop my humble offering. The second day also passed away in rest and peace. There were visitors on this day also. I spent

some time in writing my thoughts and communing with the dear and near ones of the Ashram in the East and West. But the night was terrible, and I began to have some temperature and was restless. My getting a slight rise in temperature is not surprising, considering that during the operation how my bone received so much hammering chiselling and drilling! It was all so raw inside and I could feel the blood oozing from the wound. The cast has become wet and blood. The staff nurse put a bandage around it; but the bandage also became wet. I could feel the drops of blood dripping slowly and spreading over the leg.

3. NEEDLESS ORDEAL, THE PAINFUL INJECTION

The kind-hearted Superintendent of the Hospital who is also my surgeon left written instructions to the night nurse that I should be given a sleeping injection at 9 pm. I was tossing in bed with restlessness and there was no sleep. No doctor came to give the prescribed injection. After many attempts on the part of the nurse, one of the house surgeons arrived with a syringe in his hand, nearly at the midnight hour. He tried to give the injection into the right arm which was already sore. When the nurse requested the doctor to give the injection on the left hand, instead of on the right, he bent over my body and thrust the needle into the left hand, evidently he considered it too much trouble to walk around to the other side. Probably the house surgeon is new to his profession, for at the spot where the injection was given there loomed a big swelling within a short time. Instead of getting the anticipated rest and sleep, I begged to get needless pain and extra restlessness. The nurse, however, did her best to alley the pain by fomenting often, but alas, no sleep came. Is not this a needless ordeal?

4. A LITTLE LEARNING IS DANGEROUS

Any profession be it of a Doctor, Lawyer, Minister, Teacher or Preacher, when it is not based on universal love, it is rather a curse than a blessing to the world. Love Thy neighbour as Thyself is not a precept for mere repetition, but for practice in our daily lives for saving our souls. I do not wish to criticise or condemn any doctor, but my prayer to all novices is, that they should be kind-hearted, considerate and thoughtful especially towards those who are poor, helpless and suffering. Verily, a little learning is a dangerous thing. Any amount of learning is of no use, when the practical side is neglected. It is well for all of us to remember the golden rule. "Do unto others as you wish others to do unto you."

5. COMPARING OUR ORDEAL WITH THE MORE UNFORTUNATE

Man in his ignorance does not compare his ordeal with those of others, for if he did, he would invariably feel that his troubles were nothing compared to some of the less fortunate brotheren. For instance, my next door neighbour i.e. a patient in the adjacent ward, is in such a serious condition and his case is so complicated that the surgeon had inserted two tubes into his anatomy, one for passing urine and the other for stools. Before his ordeal, what is the ordeal involved in getting a little bone scraped? Amidst such ordeals the wise man should be happy and contented to repeat cheerfully and gratefully! "Glory be unto God for all His blessings."

6. MOMENTS OF DEEP MEDITATION

Inspite of the ordeal and pain I am glad to say that I did not miss my deep moments of meditation or God vision, the moments during which I did not know whether it was my right leg or left leg that was operated. Believe me dear reader, when I say, that the injection given by the thoughtless and inexperienced doctor has hurt me more, than the operation

carried out efficiently by the experienced and thoughtful surgeon, by God's blessings the temperature has now gone down. The oozing of blood has nearly stopped. The ordeal is over. Good days are ahead. Above all, the little girl Nirmala, who was operated side by side with me and who has received my bone is doing quite well. She is laughing and playing in bed. May God be praised! May all Glory be unto Him.

7. GIVER IS THE HAPPIEST MAN

Q Who is the happiest man in the world?

A The Giver

My Dear Reader! Let us all be the givers in life and death. How can we ever be givers in death? So, let us give only before the call the inevitable death comes. If we have nothing else to give, of the material goods of the world, let us give our blood, flesh and the very bones to glorify God, if the call comes to us. God does not want us all to part with our blood, flesh and bones. All that He wants us is only to share our love and sympathy with His less fortunate children; for, what the sad struggling world needs more than anything is not more creeds and more religious but only a little bit of true kindness and human sympathy. The ordeal is only in the beginning, never in the end. In the end it is all Glory, Glory, Success and Peace. May all Glory be unto Him the Giver of all Blessings.

May peace be unto all

OM OM OM

PEACE PEACE PEACE

OM TAT SAT

K.G. Hospital

Dated 1.9.1950

35. MY RELATIONSHIP WITH BHAGAVAN

I have been related with Sri Bhagavan not only in the past, but also now in the present and future. To me Bhagavan is Truth Incarnate and Light Effulgent. Where is the moment when we are separate or aloof with that self-effulgent light, either in the past, present or future? Although the essence is one and the same, temperaments vary and differ. By nature, from my boyhood days, I have never been after forms and names and crowds but always longing for Silence, and to be alone ever striving to feel His presence within, in the stillness of the heart. If someone says to me. "God is outside – please come", then I will say, "He is inside me, within, in the waveless stillness. I am happy to see Him within myself in silence."

These eyes never saw Mahatma Gandhiji even, although he came to Kakinada within 25 miles distance to the ashram. Yet, I feel that I have known and seen Mahatmaji. The ashram is blessed to have the blessings of mahatmaji and his special blessings during my long fasts. Similarly, although physically never seen Bhagavan, with these eyes, I feel such a oneness with Him, that it hurts me the very thought, that I have not seen Him. For I see Him even now. In the inquiry who am I, Bhagavan and myself are not two but one. How blessed it is to feel that indivisible atman – the infinite and eternal light, to be no other than our own self-the one without a second.

Bhagavan used to send His blessings every year for the anniversary of the Ramana Ashram. It was a moment of ecstasy to hear that Bhagavan used to glance over the

pages of our monthly magazine Peace. Our another great blessing has been, those who have been dear and near to the heart of Bhagavan, devotees like H.H. Swami Rajeswaranandaji, Dr. Mahadeven, Sri K.K. Nambiar and other friends, used to grace Santi Ashram and spend days and months in rest and peace. All these seeming trivial incidents bring me nearer to Bhagavan establishing my eternal relationship with Him.

During my silence of six years—Bhagavan has been nearer to my mind, heart and soul more than ever. Another recent happy incident has brought me nearer and dearer to Bhagavan more than anything else. During our pilgrimage to Kotagiri—south, while returning, myself and ashram members, were blessed to stay in the Upanishad Vihar—the lovely place of H.H. Rajeswaranandji and Dr. Mahadevan enjoying their kind hospitality. One night, friends arranged to take us to a certain home to attend the bhajan and share the message of peace. Several devotees were invited to the home. When I was getting ready to go to the place, suddenly Sri K.K. Nambiar comes on the scene and requests me to go with him to his home, as he planned to show the movie picture of Sri Bhagavan and the Ramana Ashram.

How could I disappoint the devotee who was waiting for me, arranging the bhajan and meeting, inviting all his friends? I was in a great dilemma. Br. Nambiar insisted that I should come in his car atonce. I too was anxious to see SriBhagavan and Ramana Ashram more so, as I never had the opportunity of seeing Him and the Ashram physically. God's ways are mysterious. The devotee who arranged the bhajan and meeting came and I introduced

him to Sri Nambiar. Both being devotees, they loved and understood each other. Br. Nambiar said that he would take me to his home to see the movie of Bhagavan and will bring me to the home of the devotee in an hour. Until then, I too requested our devotee to be engaged in bhajan, chanting God's name.

We spent a happy hour in the lovely home of Br. Nambiar, filled and surrounded by the presence of Sri Bhagavan. The life-size picture of Bhagavan on the wall, is very inspiring. Unconsciously I began to introspect thus—Is Bhagavan confined to the picture on the wall or is He throbbing in my heart, sparkling in my eyes and flowing in my breath. How blessed it is to feel His presence, pervading and permeating the very cells of our bodies! As I saw scene after scene Bhagavan meditating, Bhagavan reading, Bhagavan walking, Bhagavan with the devotees, Bhagavan with Lakshmi the Cow, Br. Nambiar's home disappeared, the movie disappeared. All forms and names disappeared—only Bhagavan the self-effulgent light existed. It was light within, without, above, below and all around.

It has been Light in the past. It is Light in the present. And it is bound to be the same Light in the future. It is the self-shining splendour of Millions of Suns! All homage be unto Bhagavan. May we ever abide in this completeness.

That is full, This is full, the full comes out of the full.

Taking the full from the full, the full itself remains.

Om Peace Peace Peace

May peace be unto all

OM TAT SAT OM

36. MESSAGE AT THEOSOPHICAL SOCIETY

(To the Sisters and Brothers of the 52nd Annual Conference of Telugu Federation, Theosophical Society)

It is my blessed privilege to extend a hearty welcome to all of you, not only into Santi Ashram—The Abode of Peace and into my heart that longs to serve you all; but also into the presence of God who is Omnipresent, Omnipotent and Omniscient. If we believe in one word that God is Omnipresent, we must feel His Presence now, for, we are ever filled and surrounded by God's Omnipresence.

How blessed it is to feel that the God for whom we have been seeking and searching in temples and churches, is here now, pervading and permeating the very cells of our beings! We all know this Truth theoretically but what we need now is to feel His presence in practice. Verily, God is throbbing in our hearts, sparkling in our eyes and flowing in our very breath. Let us pause for a moment and feel, feel, and feel His presence Now and Here, for, with God we are everything and without Him we are nothing. In my religion there are no strangers or outsiders, for, all of us have come from Him and live, work and breathe in Him. Hence, love of man is love of God. If we cannot love the man whom we are seeing, how can we love God, whom we cannot see with these physical eyes?

More than 40 years ago a little booklet with the name My Creed was written. The very first sentence in it was My Creed is to see God in You. My Creed is to see God, not only in those who love me or come to me. For

me, all is God. Everyone is God. Everything is God. All of you are the living images of the one indivisible God. Let us see Him, recognize Him not only within, in ourselves but also outside in all the world.

God-Realisation Now and Here is another helpful book-let, rather a bed-side booklet, that gives inspiration making you to feel Him, in the sight on the sound, in the taste, in the motion and motionlessness.

All that we see is God

All that we hear is God

All that we smell is God

All that we taste is God

All that we touch is God

As not a blade of grass moves without God's will, all motion comes only from Him. Because of His presence I am writing. Because of Him you are reading. Let us only feel and feel God's presence in all the motion and activities of life, so that they will lead us to motionlessness, the goal and soul of our birth. My heart longs to help and serve you all, for, in helping you, I am helping myself—the one universal self, the atman. Theosophy is Truth and Truth is God and God is Love, Love leads to selfless service. Selfless service ends in silence.

SILENCE IS BRAHMAN

If I have known and realized anything in these 75 years it is only the preciousness of every moment. "He who wastes moments wastes all his life."

As every moment is precious, let us not waste it in mere words. Let me have the privilege of entering into your devoted and dedicated hearts with my message of love and peace, above all, with the message of universality, where no one is excluded but all are included. How blessed it is, to feel that the wide world is our home and all are our sisters and brothers and to love and serve them is our real religion.

It hurts me to ask any one, of his or her nationality or religion. Hence I never ask anyone's nationality or religion. There is only one Nation—the Nation of God's children. There is only one Religion of Truth and Love. Sri Santi Ashram—The Abode of Peace, is my contribution to all the aspiring children of God in the East and the West. This belongs to you as much as it belongs to me. You are welcome to stay here temporarily or permanently. This is my legacy to all the aspiring children of God, now and always, even when the body is no more.

My another legacy is the inspiring Peace Prayer which is the essence of all religions and which makes you feel His presence—the indwelling Light, even as you repeat it. My friends! As one word is enough for the wise, may I request you kindly to help me, by feeling the indwelling light, His presence now and always. Let us help to establish peace on earth and let it begin with us!

In conclusion, I wish to share with you two of my inspiring prayers, the prayers that give me inspiration and strength, as I repeat them now-a-days. "Dear God, let others be great and famous and let me be unknown and

insignificant doing my service in silence.” The other prayer that gives me joy is, “Dear God, when others see me, let them not see this body, this form, but see only Thee, for Thou art the only changeless reality in the world of changes.” Blessed are they who can see the one in the many. It is my privilege to see Him in all of you.

Universal brotherhood of humanity is the foundation of peace structure, as fatherhood of one God is the edifice and roof. Canopy is the Universal Love that includes all the children in the East and the West. May I lead you all now into His presence by repeating our helpful, simple peace prayer. Kindly repeat with me, feeling His presence in the very cells of your beings, for, He is with you, within you, in the very cells of your bodies. Let us close our eyes now and feel Him in our beings as we repeat the peace prayer.

AN OFFERING

An offering to all the ardent followers of Theosophy in all the world. With prayers for world peace, for it is the individual peace that paves the way to the peace of the world, universal peace.

OM TAT SAT OM

37. MY RICHEST GIFT

God's richest gift to me is Jnan—Wisdom
Jnan is so sweet, so utterly selfless
How blessed it is never to think of herself
Always to think of others, others, others, others
Where are others in the delusion of duality
Verily all is Jnan—and Jnan is all in all
Jnan is the goal of life
It is wisdom—Jnan that gives you liberation
Longest life to Jnan
Glory to Jnan-the Wisdom
Life's nectar of immortality, the light which is
ever-effulgent, self-effulgent
Om Om Om

38. OUR LITTLE RAMMY

Since the departure of Sister Sushila Devi, Rammy has been staying with me as my friend and companion, and I want to share all the little things I learn from him, with all my loving readers of Peace magazine. Rammy is quite black and cute, looking like a little heathen. He is intelligent and very affectionate. He is affectionate not only towards those that feed and take care of him but also towards one and all. Law of equality—sharing one's love with all, without any difference, is the first lesson that our Rammy teaches us.

When it comes to happiness and contentment, it should be seen in Rammy's face and in his whole body. He is perfectly happy, for one finds him always wagging his tail ceaselessly. One should see Rammy to find that he is not only wagging his tail but his whole body, his face ever beaming with contentment. What a blessed state it is to be contented and always cheerful! Verily, cheerfulness is real religion, and Rammy expresses it unconsciously.

Rammy also believes in the saying that God created food and devil created the cook, for he shuns and avoids at a distance the smell of chillies, tamarind and other spiced stuff. He starves with self-resignation rather than eating anything spicy. His simple food is raw milk and rice. He is very fond of pea-nuts and occasionally a banana or a piece of mango. How blessed are they that are contented and satisfied with nature's simple food, that too eating only to do His work and not for the enjoyment of the palate! When we live not to eat but only eat to

live, to fulfil God's plan of work, we have achieved a great state, for one who has controlled taste has controlled everything else. Ofcourse, our Rammy does not worry about his food or raiment, nor think of the morrow. We see him always living in the present moment, with a contented heart.

Strange as it may sound to some of you, our Rammy attends almost regularly our morning worship. Being loving and affectionate, he snoops and greets one and all going near every one respectively. Sometimes he takes his seat under my chair and silently begins to meditate or sleep, of which I am not certain.

I can feel sometimes from the looks of some of the orthodox people that they are thinking thus—"What right has a dog to come inside the sacred sanctuary of the worship room?" If they could only invert or turn the word Dog and read it, they will not fail to find the very God for whom they have been seeking hither and thither, manifesting in front of them in the form of every living creature on the face of earth.

In what way man is superior to our Rammy if he is filled only with body-consciousness, ever clinging to the little self! If we raise the question whether our Rammy receives any benefit by coming to the worship room, the answer depends on Rammy's outlook and assimilation. But how many people are there, that visit temples and churches for mere formality receiving no benefit and making no substantial progress!

As I am writing this article, Rammy is stretching himself at full length at my feet. When it comes to perfect

relaxation we should see Rammy relaxing especially when sleeping. He keeps his body also quite clean and neat by always licking and washing himself. Sometimes as a mark of respect and affection he tries to lick my feet.

Once Rammy and myself had our breakfast and coming to our room began to meditate and we both fell asleep and Rammy began to bark in his dream. Then I was awakened and feeling ashamed of following Rammy's example, I started to meditate again steadily.

It makes one feel that Rammy is almost human in his love, patience and devotion. When he takes his bath, like an obedient child he lifts one foot after another to be washed and thus goes thru the whole process of bathing with an understanding heart, without giving us the least hurry or worry.

Our Rammy is intensely playful. Often when he plays with me, he takes my foot or hand with his sharp teeth but never hurts. He only kisses, licks and plays. How considerate he is! It was most touching to see how he used to carry the small pussy with his sharp teeth holding its neck and play, never hurting it. Strange as it may seem the kitten also liked to be carried thus and be played with. Even when his body was torn to pieces and big cuts were made by the claws of a Cheeta, when the doctor was stitching, we felt surprised to see Rammy hardly struggled or moaned. What a great lesson in patience and resignation!

Often and often I watch Rammy to see whether I could help him to feel consciously the indwelling presence. Yet it is He who is shining in the very sparkling

eyes of Rammy. I ask him to repeat the sacred syllable Om, but he barks and growls with futile attempt, looking at me helplessly, as if pleading for my help. Alas! I am helpless here, to help our Rammy. This reminds me of the many people that are in the worst stage than our Rammy. Having eyes they are not seeing Him; having ears they are not listening to His still small voice. Having minds they are not dedicating the same for His worship. Having immortality as their divine birthright they are not drinking the nectar divine, but are satisfied with the restless life of finite senses.

Our Rammy having the misfortune of remaining in the form of a dog may not be able to repeat the sacred syllable AUM, and to comprehend the incomprehensible and to cognize the unmanifested—the indwelling presence, but what prevents men that are created in the images of God from the conscious manifestation of His glory and presence, having the rare privilege of the blessings of human births! How my soul craves not only for Rammy but for all the children of God to see their conscious realization and cognition of their God-head!

In Puranas, the sacred books, we repeatedly read about the devotees whose love was tested in so many ways by God to see whether they have that universal aspect of infinite love or not. Some devotee used to pray and pray to the almighty to manifest to him in his favourite form of worship, and God said that He will come to his house at such and such time. The devotee being overjoyed, fixed and decorated everything for the grand reception of God. While he was waiting and waiting—ready for God's reception, a dog appeared on the scene and touched the food, the devotee gave a severe beating

feeling that everything that he kept ready for God's arrival was polluted by the touch of the dog.

Thus the devotee waited and waited for days and days and the expected God never came. Then, he wept appealing to the almighty. The Still small voice whispered—Lo! I came to you in the form of a dog, but all that I received was only a severe beating. Then the devotee would retire with a repentant heart, to be little more humane and universal in his love.

My essay on Rammy will be incomplete if I fail to add another instructive story from the Puranas. Once a saint was about to eat his bread with Ghee—clarified butter. Suddenly a dog came and snatched the bread from his hand. What did he do? He did something that none of us would do, even in these days of spiritual unfoldment and advancement. He followed the dog with the ghee cup repeating, "O Lord! The bread will be tough and hard for you without ghee, please soak the bread in the ghee before you eat it."

The story tells us that the saint followed the dog thru hills and dales even though his body was bleeding with cuts and wounds. He did not leave the dog until it accepted his ghee also. At last, his universal love was rewarded thru such severe tests and trials, for, God Himself manifested in the form of that dog and said, "I am well pleased with Thee my son." Extreme instances and illustrations like these may be shocking to our civilised ears, but freedom or liberation comes only to those who can see Him in everything, and everything in Him and unto none else.

In these trying days of struggle and competition economically, socially and spiritually, when one man is trying to live on another's toils, when one is trying to be great at the risk of others, when one is ready to sell his soul for a little

name and fame in the name of religion, how hard it is to follow the Lord with the ghee cup in hand!

When individuals are filled with fear, distrust and egoism, when communities are divided by differences of caste, creed and colour, and nations are filled with a sense of false pride oppressing the weak and helpless, how many ages does it take to behold the Lord not only in man but in each and every creature! As children of the almighty father, as sisters and brothers of one family instead of drinking from the same cup of universal love, living in peace and harmony, how sad it is to see individuals seeking their own selfish interests, communities fighting with each other out of hatred and bitterness and nations concentrating their attention on the destruction of their sister nations?

How long will it take for these people of surface lives to follow the foot-prints of the Lord with the ghee cup in hand to feed Him, who is manifesting not only in man but in all the kingdoms of life? May the world of outer civilization realize its helpless state of materialism and try to make a retreat from the unreal to the real; from the name and form to the nameless and formless Truth above all mortal to the immortal. May our ideal be always to detest and discard anything that breeds inequality or duality even if it comes from a highly civilized man, and to learn, accept and assimilate Truth if it comes from a loving and devoted soul like Rammy.

May God bless our Rammy with long-life and help us also to have the true vision of His beauty and glory, in all that lives and breathes is the prayer of Rammy's friend and brother Omkar.

OM OM OM

39. OUR BABY KITTENS

We have a little cat in the ashram and its name is “Aum” and everybody loves it as it responds to the love of one and all. It is the special pet of our Sister Sushila Devi as it lives day and night with her in the Santi cave. As days rolled on, it became a mother, bringing forth children in sorrow. At an auspicious moment our pussy gave birth to three kittens and our Suhila Devi named them Akara, Ukara and Makara—the three aspects of the sacred syllable “Aum.”

I too had the opportunity of being present, when A-U-M were born or brought forth into existence. It was an hour of silence. We were meditating. There was stillness within and without, when suddenly we heard, the sweet and tender cry—the first cry or meow of the first baby Akara. Although the incident appears to be common, we were thrilled to be privileged to listen to the first cry of Akara, as it came into the manifested world. Then followed the cries of Ukara and Makara, and the mother cat was busily engaged in washing and licking its new born precious treasures.

Somehow in the birth of A-U-M we had a taste of His love, a glimpse of His glory and a touch of His hand and we felt overwhelmed with peace and happiness, recognizing God’s interpenetrating presence and His universal intelligence. Out of prakriti, the mother womb, comes the trinity of A-U-M. The mother cat in its trust and confidence allowed us to stretch forth our hands as if in blessing and to write the sacred word Om both in her head and on the little ones. The love of the mother

cat and the silent expression of His presence in the new born ones, cannot be described in words, but can be felt only, by those who have hearts to love and souls to recognize unity even in tiny things, both in the manifested and unmanifested. Thus the kittens were thriving well day by day, with the deep love of their mother and with the tender and ever-tiring care and attention of our Sushila Devi.

Dear Loving Readers, did you ever find unchanging happiness in this changing world? As every day is succeeded by a night so each joy is followed by sorrow. It was an hour of deep sorrow when Sushila Devi came to my kutia carrying two kittens wrapped in a white sheet of cloth. Alas! Our new born kittens are no more alive. They were butchered, mutilated and killed in cold blood, by a blood thirsty weasel-like creature while the mother cat and Sushila Devi were away for a few minutes. The unknown enemy pounced on the helpless babes, wounded their tender heads and sucked the blood. Their sweet and innocent faces were smeared with blood. How can I express or describe our sorrow. I leave it to your imagination and sympathy.

God has given and so soon He has taken them away and may He be praised in both joy and sorrow. With a heavy heart, but with a firm step, recognizing His presence alone, I walked towards Susuhila Devi's cave where the tragedy took place. By the time I reached there I heard with horror that the silent enemy came to attack once again the remaining kitten. Maha Maya Devi and Sushila Devi protected the little kitten with the help of the mother cat.

I sat by the side of the cat and its remaining kitten—the wounded baby and stretched forth my hand again, the same hand that was stretched only a few days ago, to bless and write the sacred syllable Om. This time I stretched forth my hand to stroke its body gently and softly, with all the strength of my love and sympathy. At first it was panting very heavily and not purring at all. Then the cat raised its big eyes and looked at me recognizing my love, in the form of streaming tears that began to fall drop by drop on the floor. The cat looked at me again and again tenderly at the sound of the tears as they began to drop near it.

Entering into its heart I repeated, “Dear Beloved Pussy, accept my tears of love and sympathy. Oh! If only I could bring back to life, your two departed ones with these tears of mine, I shall shed them for you forever but alas! All the tears in the world will not bring back your babes to life again.” As I continued to stroke and pass my hand over the cat, it seemed to respond to my love and understand my feelings of sympathy and began to purr and be contented with its sad lot. May all glory be unto Him, the source of life and death.

The whole night we were awake watching to protect the remaining kitten as the enemy having tasted blood, returned to attack again and again the little one. As the morning dawned, we buried the two little kittens that were stiff and cold with blood, in the flower garden in front of our Sushils Devi’s dwelling place, with a silent prayer to the almighty, to bless the souls of these two innocent babes, now at rest and peace. Now comes the

saddest part of the experience. The mother did not see her mutilated babes nor the blood stains on the cloth, for our Sushila Devi had changed the living kitten into a fresh basket immediately, with clean cloth and now it was wondering where the missing kittens were taken.

All this day the cat is sad and restless. It does not eat or drink and cries and cries most pathetically. It would bring tears to the eyes of the most hard-hearted people, to hear her. We want to help the cat but how can we? It cannot understand the deathlessness of the spirit or the immortality of the soul, as an evolved big brother in human form could. It walks around our feet, jumps and sits near us on the chair or pail piteously looking into our eyes as if saying, "Where are my babes? I love them too dearly. Please return them to me. Don't you see how I am suffering without my babies? O please help me.." Thus the mother is pleading with us as I am writing these thoughts now. As I am feeling powerless to help this helpless mother I am sending this appeal to you, to help us and our cat, with your love and sympathy above all with the solution of life.

Dear Beloved Ones, as I am writing these lines, my eyes are filled with tears of love and unity. I offer these tears for all those who are pining for the sweet beloved like our cat, pining and searching for her young ones. Are you unable to eat or sleep like our cat, until you realize the object of your search? If so, blessed are your lives-the lives that are consecrated and dedicated in His worship, ever breathing, working and living for Him!

In conclusion coming back, to our baby kittens, the only consolation in our sorrow is the thought of the one reality which is one without a second. In the highest sense there is only one reality and that reality or Truth is our own Self or One Self. In this state even the trinity is reduced to unity or oneness. Hence we are feeling that our Ukara and Makara have been taken away, leaving only Akara the existence absolute, which includes everything.

Sooner or later we are to recognize only one life, from the most insignificant creature to the highly evolved life of a human incarnation. Until then we cannot help but feel sad as we see one life sustained by another life, one life devoured by another life. Infinite peace and eternal happiness belong only to those souls, who can assert and manifest the one endless life which is running like a string, through a garland of beads, uniting all forms and names into one Life of lives.

Dear Loving Readers, as we are privileged now in feeling His presence in all intensity, recognizing unity in diversity, will you join me in offering a short prayer to the indweller of our hearts, who is the fountain-head of all life?

PRAYER

Thou the Infinite Source of Existence, Knowledge and Bliss Absolute, Thou who art creating, preserving and dissolving in the world of manifestations! Thou who art vibrating in thunder and in the feeble cry of a mother cat! Thou who art the Creator of world as well as of little kittens, as sages exclaimed of Thee, Thou art

compassionate and merciful. So bless us now with that absolute surrender, intense zeal and death-like craving for Thee.

As the pussy is restlessly engaged in searching after its missing kittens, help us also to restfully desire, crave and meditate on Thee. As Thou art the goal and the soul of all life, let us not rest until we realize Thee in stillness and express Thee in activity.

Bless the little kittens, whose life is equally dear and near to Thee. Bless our cat in its sorrow and bless all of us with the true vision of Thy manifested glory in the world of activity and with nirvanic bliss in the world of supreme silence.

May peace be unto all.

Om Santi Santi Santi

40. OUR HOMAGE

(To H.H. Vimalananda ji Maha Samadhi)

Sri Santi Ashram and Sri Vyasa Ashram have never been two but one. Sri Maharshi Malaya Swamiji and Sri Vimalananda Swamiji loved Santi Ashram dearly and blessed the Ashram with their presence. H.H. Vimalanandaji was kind enough to lay foundation stone for Prayer Hall during his loving visit here. It was a shocking surprise to hear of the Maha Samadhi of Sri Swamiji so suddenly.

Nevertheless we feel his presence as well as of the great spirit of Sri Malaya Swamiji in Santi Ashram, hovering around us blessing all the members of the Ashram. In my religion these days I feel there are neither departed nor living. Hence it is my great joy and privilege to feel the infinite and eternal spirit of Sri Swamiji's not only in the flowers, birds and children but also in the stillness of my own heart.

May Vyasa Ashram under the able guidance and leadership of Sri Vidyanandagiri Swamiji continue to the greatest blessing to the Andhra Desha. Sri Pujya MalayalaSwamiji did lot of spiritual awakening in the telugu area. We all expected that Pujya Vimalanandaji will silently continue the great work. Now, it is the blessed turn of Sri Pujya Vidyananda Giri to carry on the spiritual torch, especially during these days of great unrest in Andhra. Dharma alone helps to bring real santi. The younger generation needs spiritual awakening. May Bhagavan bless thy noble work!

Hearty Welcome to Santi Ashram to the members and devotees of the Sri Vyasa Ashram as well as to the humanity. This is the ardent prayer of Omkar.

Dated: 2.4.1973

May peace be unto all.

OM OM OM

41. OUR MAD MUSICIAN

Who is not mad in this mad world? Everyone is mad after something or other. So is our divine musician mad after his music. We often say that a certain man is mad after money or fame and name. Here money, fame and name are different from the man, but in the case of our divine musician, it is not right to say that he is mad after music. Why? Because, music and himself are not two but one. Music comes out of himself spontaneously and unconsciously.

It seems once a boy was whistling, disturbing the peace of the people and hence he was asked to stop his worship and the boy replied, “Sir, I do not whistle myself, it whistles itself without my knowledge.” Similarly, our musician is always singing Sri Thyagaraja’s songs or some other classical musical song, both day and night continuously. It does not make any difference whether he is bathing or cooking, he is there singing, *santamuleka soukhyamuledu*, without peace there is no happiness, or *bhakti leni narajanmamenduku*, why this birth without devotion? Or *entho brahmanadamu, eeswaruni bhajana*, the worship of God alone affords limitless happiness, etc., songs.

Thus he continues to sing song after song—awakening the sleeping souls. One night he was singing the nagaswaram, snake music and I had to request him to kindly stop singing that particular time lest the snakes might be drawn towards his music. His music is so life-giving and soul-awakening that it draws not only the

people who are dead to the music even dumb animals to listen to him. I am confident that he can make not only dumb animals but plants and even the stones to dance and sing for he is one with all.

Our music teacher is 72 years young. He is so child-like, sweet and innocent playing with young children—running by the beach side and also swimming, but all the while singing some song or other. I am sure even in his sleep, he is singing, for we hear him murmuring in his sleep. Blessed is the man who has found his life work. Blessed is the man who identifies with his art.

Here our musician and music are not separate. They are not two but one. When he sings it is Thyagaraja who sings to us, nay, God himself sings through our music teacher. What a privilege to have such a devoted and God loving musician in our Ashram and especially to have him as the Musician of our Sri Santi Gurukula.

May the almighty bless our Divine Musician with health, peace and long-life, and may music, be the connecting link to bring the goal nearer, thus connecting the individual with the universal.

May peace be unto all

OM OM OM

42. ONE LITTLE NAP

(He who controls little naps, controls himself as well as the world)

These tiny naps, little neglects, simple procrastinations and deep lethargies, have been the cause of wrecking many an unfortunate life. What a great lesson the following short poem gives us, in simple and wise words!

A thousand years a poor man watched before the gates of paradise, But while one little nap he snatched They opened and shut. Ah! Was he wise?

Think of the great zeal and a burning fever of the poor man who watched for a thousand years at the gates of paradise. Mark, he did not watch merely, for a day or two or for a year or two but for a thousand long years.

What about ourselves? Can we wait and watch even for a day concentrating, waiting on the Lord? A thousand times 'No'. Our bodies are too restless, minds too fickle and desires too numerous to wait on the Lord, even for a few minutes. In the life of an average man, not only days but also years being wasted in the worship of mammon, instead of watching at the gates of paradise, even for a few minutes. It would be more apt to say that the man of the world is so busy with the mundane thoughts of life, that he has no time to give to God, except perhaps the duration of a moment of a little nap that the unfortunate man had while watching at the gates of paradise for a thousand years.

When the poor man failed to enter into the paradise because of his little nap for a moment—even though he watched a thousand years—just imagine the hopeless and forlorn state of the worldly-minded people who are engaged in taking long naps, in all the thousand years, from birth to death! Is there any hope ever unto such ignorant worshippers of mammon?

The cart is put before the horse, the shadow is pursued neglecting the substance. God is ignored and the mammon is worshipped man does not care to wait at the gates of paradise at all, he would rather wait at the gates of hades. Immortality is shunned and the poison is longed for. How tables are turned topsy-turvy and the real has become unreal and the unreal real!

Hence, what do we see in and around ourselves, in every home and in every nation, all over the world? Ignorance of God and deep depths of selfishness, self-aggrandisement, worship of mammon are rampant everywhere and the result is death and destruction, in a million forms all over the face of the earth.

The law of sowing and reaping works both in individuals as well as nations all over the world, universally too on a large scale. Man should make a retreat from the mammon worship to God worship. He should discriminate that which is passing and ephemeral from the permanent and the eternal. He should shift the center of his consciousness from the unreal to the real, from the darkness to the Light, above all from mammon to God. Then, alone, there is the possibility of peace in the heart of the individual as well as goodwill among people on earth.

When a rubber ball is allowed to slip even for a single tiny moment from the hand, standing on a staircase, down goes the ball, into the bottom of the floor. Such is the pitiable state of the fickle and restless mind. One little nap in ignorance darkens the light of a thousand years. One little slip has ruined many an innocent life. One false step has wrecked many an aspiring soul and several others.

So, let us beware of these little naps, tiny slips, false steps especially in the spiritual life. No wonder forgetfulness of God, even if it is for a single moment is considered as death by men of realization. These little naps, tiny moments of shiftlessness, lead a man more and more into degeneration and destruction sooner or later.

If one cannot realize and appreciate the preciousness and the pricelessness of a single moment he can never realize the value of his whole life. He who wastes tiny moments, wastes his long life also. He who takes care of his precious moments takes care of his invaluable life also, as the adage goes, 'Take care of the pennies and the pounds will take care of themselves.'

Think of a vessel which is full of the living waters of life—the nectar of immortality—with a small hole at the bottom! Drop by drop, how the precious water is wasted until the vessel becomes empty of its golden contents! Such is the inevitable result in the life of a man who neglects his life, with little naps. One cannot too strongly emphasize the preciousness of these tiny sacred moments. Awareness of God's indivisible presence in each and every moment, is essential to realize the God of one's life, it is the best use of these little moments, that makes a life full, brim-full and perfect.

Dear Loving Reader, let us close our eyes and imagine that we are in the state of the poor man sitting

patiently, awaiting at the gates of the paradise, to be opened at any moment with the following prayer on our lips.

O Lord! Help us, not to indulge in little naps. Bless us with the strength to overcome lethargy of every kind, so that we will be free from all the tiny slips and false steps. All things are possible unto those who trust in Thee. Where Thy effulgent light shines, nothing else can exist and everything else shine. Help us to merge in Thy effulgent light, now and here. This is all that we ask of Thee. Om!

O little naps, goodbye to you, lead us not into temptation or weakness. The Lord is our Shepherd and we are above wants. He leadeth us into green pastures where it is all perfection. Our hands are in His hands now. He leadeth and we follow, without any more little naps Or tiny slips and false steps.

Where God shines and abides, it is all sun-shine the splendour of millions of Suns' effulgence. We are centered, nay, saturated in that light now, for, it is light within without, above below and all around. In the Light of lights, the little self is gone and the ego is dead. And the gates of the paradise are opened.

Hail O Lord Thou the infinite and eternal light! We are feeling Thy presence now, for, Thou art the indweller of our hearts. Bless us all—all Thy children—in both the East and the West with perfection. Completeness and illumination for, Thy light is our goal and only divine birthright. Verily, we are in the paradise now.

May peace be unto all

OM OM OM

43. PRACTICAL HINTS FOR GOD-REALIZATION

1. Try to go to bed early and get up at 4 a.m. daily during brahma muhurta. This time is very useful for spiritual practice.

2. Get up from bed thinking of God. Pray to Him; let me live and serve Thee in all forms.

3. Attend to your ablutions. Purity of heart is essential. As you bathe preferably in flowing water of a canal or river, think of Him only.

4. Try to face the rising sun for at least half an hour. Drink eight tumblers of pure water daily. The water kept in copper vessel is preferable. The bowels will be cleaned. Health is real wealth. Good health is very useful and essential for spiritual practice.

5. See God in your Guru, Mother, Father and Guest. Trust in the reality of God, concentrate on Him in the form which you like most, sitting in a comfortable posture.

6. Fill your body with love and peace. Practise to chant always the sacred name of God or Om.

7. Practise should be regular, without any break, for a few minutes think of or contemplate on Divine Light—try to read spiritual literature as a part of your spiritual practice, such as Gita, Bible, Quoran or any other holy book.

8. Be Good and Do Good. Try to put into practice immediately what you have learnt. Speak Truth. Practice Dharma. Show love in your practical life to all living beings, not merely in words. Remember always that you

are merely a trustee of God and all your belongings are really His. Never covet others' properties. Justify your trusteeship always.

9. Take only satwic food. Avoid intoxicants. Eat just to live. Never think of living only for eating. Vegetarian diet is always good.

10. Set apart a room separately to worship or contemplate on God. Keep portraits of great saints or souls with their good messages in it.

11. Keep in that holy room whatever portraits or pictures that are helpful for your concentration. Let the room be purified with the fragrance of incense sticks (agar bathis). See that the room is surcharged with holy atmosphere.

12. Practise to give charity always. Atleast, 5% of your income should be given in charity. Remember the motto, 'As you sow so you reap.'

13. Observe brhamacharya strictly. Shunning bad company, unnecessary words and playing cards etc. Practise asanas and surya namaskars. Make religion and life as only one. They should never be two. Practise all good principles in life always and thus make your life divine.

14. Silence is golden. Speak only when it is absolutely necessary. Control of speech is very good. Think twice before you speak. Your speech should be sweet, brief and useful.

15. Control your sense organs (indriyas). Regular fasts are very useful once in a week or at least every fortnight. Take only fruit and milk on the day of fast.

16. Practise simple living and high thinking. Try always to help the poor, those who are in want, in all possible ways lovingly seeing God in them.

17. God is Love and Love is God. Observe non-violence (ahimsa) towards all, seeing God in them. Let your thoughts, words and deeds be pure and loving.

18. Self-reliance is always to be practised. Never depend on others. Depend on God alone, who is ever permanent and who never disappoints.

19. Your real friend is one who points out your mistakes. Never look into mistakes or dark side of others. Remember always that it is easy to find a mole in the eyes of others than a beam in one's own eye. Be therefore lenient to the faults of others and serve towards your own.

20. It is good to maintain a spiritual diary. Note daily in it whether you are progressing or not. Note your hindrances and weaknesses.

21. Never waste your time, which is very precious. Never postpone till tomorrow what you can do today. Those who waste their precious moments, waste their lives. Remember always—If wealth is lost nothing is lost, If health is lost something is lost, If character is lost everything is lost, If time is lost it is lost for ever.

22. Repent sincerely for your past mistakes. Never allow them to recur again.

23. Do always as your conscience dictates. Lazy people have no right to eat. Work is worship. Whatever you do treat it as worship to God.

24. Human bodies are given to us to do always selfless service to others. To do ever good to others is the duty of every human being.

25. The God for whom you are ever pining is always awaiting your recognition, awaiting unseen in your own heart. If the heart is pure, he can be experienced provided egoism does not hinder.

26. Live in God and help others to do so. Remember always that the kingdom of heaven is within you.

27. God is Truth, Love, Dharma, Peace and Bliss. If one begins to experience Him, worldly pleasures will not attract.

28. Never forget the goal of human life which is God-Realization. Always try to achieve it in this very life.

29. Bhakti (devotion), Jnana (knowledge) and Viragya (renunciation) are very necessary for emancipation. Soham japa leads you to salvation.

30. Chant the world peace prayer daily with all the members of your family. Prayer is the only bridge which connects man with God. Individual peace paves the way to universal peace.

May the almighty, the indweller of your devoted heart, bless you with Health, Happiness, Prosperity, Peace and Long life-nay, with the Liberation in this very life!

May peace be unto all.

Om Santi Om Santi Om Santi

44. PERSONAL LETTER TO SWAMI CHIDANANDA

Our Parama Pujya Swami Chidanandaji Maharaj,
Om Namo Narayanayah.

To commune with you is to commune with God himself, for you are Chidanandaji, the omnipresent, omnipotent and omniscient spirit of Sri Viswanathji.

One cannot believe that our Viswanathji is no more. It hurts me terribly to feel, even to think that our precious Tenneti Viswanthji is no more, and that we will not see his sweet innocent face of truth and non-violence and longer. The very thought of it hurts me terribly. Hence for the joy and consolation of my soul, I take joy in repeating, Sri Viswanthji is alive now more than ever. He is always alive to me. He is still there in his own Santi Ashram teaching us all with his simple and ideal child-like life.

Here is a message written after so-called demise of our Parama Pujya Viswanathji for your blessings.

May I request you not only to bless it but also to occupy the vacant place of Sri Pujya Viswanathji as Honorary President of Sri Santi Ashram. The Mission of Peace, the International Peace Centre of Culture of all the aspiring souls in all religions in the East and the West. I closed my eyes and tried my best to find for a good substitute, a worthy president in both the East and West, in all the world, but sorry could not find any one except your holiness. So I am writing this letter to you dear swamiji to accept our love-offering Presidentship. All that

you have to do as a President is only to come for the birthday once in a year and to bless me with the essential state *sahaja sthiti*, to be fully worthy, more of the blessings of our Gurudev Sri Swami Sivanandaji Maharaj and of his stay in his own Santi Ashram sanctifying it with His Holiness holy bhajans, prayers and meditations.

Sorry for these too many words, for one work is enough for illuminated soul like our Parama Pujya Swami Chidanandaji Maharaj. As I am writing this letter, I feel my heart is heavy, so let me close this letter repeating our Sri Viswanthji is never dead and he is eternally alive both in manifested and unmanifested, in flower, plant, bird, beasts and in all the human kingdoms of peace.

With the holy blessings of our Pujya Sri Swami Chidanandaji may Santi Ashram, the Mission of Peace, under his Presidentship continue to be a greatest blessing day by day serving all the aspiring children of God, in every way in all the religions in the East and West in all the world. This is the ardent prayer of your own child Omkar, who loves you deeply, as Pujya Sri Chidanandaji and Omkar have never been two but one eternally.

Hari Om Tat Sat Om

May longest life of health, service, peace and illumination be to our Parama Pujya Sri Chidanandaji Maharaj.

May peace be unto all

OM OM OM

45. STRAY THOUGHTS

I. With one breath, man says,

“O God! I will never forget Thee even for the millionth fraction of a second and with the next breath he forgets God— as if for a million years.”

How thick and dark is maya, deluding even the devout and learned.

Q. How to overcome this endless maya that envelopes even the wise?

A. By rising once for all above mind and ego.

Verily, wherever there is remembrance, there is forgetfulness and wherever there is forgetfulness there is remembrance. Tied mercilessly to this wheel of remembrance and forgetfulness man is revolving round and round, without ever reaching the goal, often getting crushed under the wheel with ups and downs of life.

Man know Thyself. It is high time for you to look back, rather to look within and to recognize your real self. Your true self which is above the dual state of light and darkness, joy and pain, health and sickness, even life and death.

Recognize God and be silent, wherein there is neither recognition nor forgetfulness but which is all light, within, without, above, below and all around from eternity to eternity.

Glory Glory Glory

May we ever abide in this Infinite Glory.

May peace be unto all.

Sri Kailas Ashram

Dated 16.2.1952

1.00 am

OM OM OM

II.

1. It is helpful to close ones eyes often, for it is easy to feel God's presence with closed eyes—within. When you can see Him within, you can see Him without. When you can feel Him within, you can recognize Him, without. Open your eyes only when you are sure to behold Him without, in all the world. Verily, what you have within, you behold without, for what is within is without also, as it is one without a second.

2. Whether you are aware of It—the living truth or not, you are like a piece of iron on a ball of fire filled and surrounded by the self-effulgent light of the Millions of Suns Splendour, both when engaged in work and in meditation. Only try to be aware of this great truth for the happiness of your soul now and here.

3. Do not worry even if your mind wanders, inspite of your best efforts, but realize then and there, that which wanders in your mind is a part and parcel of yourself. As an example, you are the sun, and your thought is one of the rays of the effulgent sun. What does the sun lose by allowing the rays to penetrate into the world ! similarly, you do not lose anything by allowing your thoughts to wander near or far. Only, try to spiritualize all thoughts, knowing their source.

As every bubble comes back to the ocean, as the rays merge in the sun, so also, let all your thoughts finally dissolve in the thoughtless one. Many people ask, Why am I silent? I am silent because God is silence. I am silent in advance, because sooner or later I had to be silent. Dead people are compelled to be silent. Some souls try to be silent in advance. Silence is completeness.

4. When God is one, when all this is God, when all of you are the living images of God, what is there to speak except to be silent, with dumb ecstasy, recognizing Him in all of you.

5. I can pray no more. I can read no more. I can write no more—nay I can think no more for the object of my prayers, the goal of my study, the essence of my writings, the source of my thoughts is pervading and permeating the whole universe within and without as the one without a second.

6. All that I see is Rama, all that I hear is of Jaya Rama and all that I think is of Jaya Jaya Rama, hence I offer these stray thoughts to Sri Swami Ramdasji—the living flame of Ram Nam, the nectar of immortality invoking Sri Rama's richest blessings on His child Rama, on this happy day of his blessed visit to Kailas wishing your welfare and the peace of all in the world.

Hari Om Tat Sat om

OM OM OM

46. SRI VISWANATHAMJI IS CALLING ME

Sri Viswanathamji and Sri Omkar have never been two but one since the time of school days. “Sri Viswanathamji is alive more than ever”. It was a strain for me to go to Visakhapatnam a distance of 100 miles, now since his demise of Samadhi it is no longer a strain.

As Viswanatham pervades and permeates all the universe, It is no longer a strain to feel him there and now within and without in myself and in all the world. Viswanatham is here and now in my heart alone and in all the universe. He pervades and permeates all the universe from the tiniest atom to the biggest planet covering all the universe. As it is raining now Viswanatham is here filling all the universe within, above, below and all around covering all forms and names expressing the bird, beast, plant and every dumb animal and also expressing in every tiny flower.

Selfish people are dead even though alive physically. Whereas selfless people and selfless souls like our Sri Viswanathamji are eternally alive even though disembodied expressing in all the manifested world even though without body. May we ever walk in their foot prints and be a blessing to the world of humanity.

In every rain drop the holy spirit of our Viswanathamji is blessing from heavens all the universe with health and peace. Sri Viswanathamji is blessing with every breath all the children of God in the East and West. No more forgetfulness or break in *thailadhara* the Viswanatha—the eternal and infinite and invisible and indivisible the one without a second.

Hari Om Tat Sat Om

THE PRESENT MOMENT

The Present Moment contains in its tiny bosom God's Omnipresence, His Omnipotence and His Omniscience in a potential manner. Blessed are the few, rare souls who are using its inherent powers in their daily life.

This is the anushtana vedanta, practical Vedanta God-consciousness in daily life. God-Realization Now and Here, in each and every moment is ideal, aspiration, soul and goal. Blessed are they who are eternally centred in God expressing God's presence in each and every moment in thought word and deed unto such God-conscious soul, alone belongs cosmic consciousness or God-Realization and unto none else not to the pundits and philosophers who are happy chewing dry bones satisfied with their intellectual study etc.

Blessed are they who are eternally centred in God-consciousness which is their divine heritage and their holy birthright. All homage unto such rare and precious souls of liberation or illumination. Such few souls of liberation alone can cheerfully explain.

"The world is my own spiritual home and its people are the children of one indivisible God are my sisters and brothers. To love serve and worship them all is my only religion- highest religion."

Hari Om Tat Sat Om

A LOVE-OFFERING

A tiny offering to our ideal President Sri Viswanathamji on his unexpected sudden demise on Saturday night 10th November 1979 with prayers for his great services to the Motherland and to Sri Santi Ashram.

Hari Om Tat Sat Om

47. SRI SAI WORSHIP

(How it was started in the ashram)

Owing to the past merit of the ashramites, and owing to the good fortune of the ashram, Sri Sai has established himself in Santi Ashram. I am one of those who have believed from childhood that it is the same whether one is called Sri Sai, Jesus, Buddha, Sri Rama, Sri Krishna, Atman, Soham or Santi. The Vedas have been declaring from time immemorial that there is only one existence and sages call it by various names.

The goal of human life, which is difficult to attain, is to reach God-Realisation or Brahman by any worship. It is an imperative necessity to realise God while this body lasts. Those who catch time by the forelock must cross this ocean of worldly existence by spending their time beneficially. To become one with God, one has to hanker after Him very earnestly. The lives of such people are blessed.

THE BEGINNING: Sri Sai is worshipped throughout the country. Why and with what intent people are worshipping Sai is known only to their minds. This year, for the birthday celebrations of this form, a family of devotees of the ashram came here from Rajahmundry and spent their time peacefully for two months. In spite of the daily prayers in the Ashram, every Thursday they were worshipping Sri Sai as they were doing at home. The thing required is to become one with God by remembering Him under whatever name, hence some

of the ashramites also began to take part in the worship of Sri Sai.

One day I went to the puja room. It was very small and congested, and there was a picture of Sri Sai in a corner. Immediately I told them to carry on the worship in the newly constructed room just above that room.

SRI SAI MANDIR

The new room that was being constructed at great expense and with great trouble, for my prayers and meditation, was getting its finishing touches. Everything was ready. Without even a second's thought I dedicated that room for Sri Sai worship and named it as "Sri Sai Mandir". As though in loving appreciation of the said dedication, Sri Sai began to show His leelas' manifestation.

LEELAS OF SRI SAI

Whatever fruit was offered as naivedya, offering Sri Sai began to write the letters SAI on it. He was also enjoying or taking away part of the offering (which disappeared). Thinking that the letters on a plantain would not be permanent, I sent a wood apple as an offering. The sacred letters were written on that also. Thinking that would not be permanent, and with a view of keeping it permanently, we placed a small hard coconut in the puja, and the name of Sai was written on both sides of the same. While I am writing this article, that sacred, small coconut is by my side on the table and I am seeing the sacred letters Sai on it. The coconut is so hard that

even if we scratch it with a sharp knife no mark would be left thereon. But there is nothing impossible for Sri Sai. Not only on plantains and coconuts but also on any fruits offered, the name of Sri Sai was appearing. When cashew fruits and dates were offered, the name appeared not only on the fruits but also on the nut below.

While two lady devotees of Sri Sai were leaving my cottage at dusk big snake crossed their feet. One of the devotees stepped on the tail of the snake. Immediately they cried OM SAI, and the snake went away with a bent head and slowly ascended a tree. I was seeing all this from my cottage. I saw them stopping and also heard them uttering the words “Om Sai”. Sai devotees ascribe such incidents to the greatness of Lord Sri Sai. Others may say that the snake did not bite on account of the merit acquired by the devotees in their previous lives.

One of the devotees of the ashram hailing from Pithapuram put his gold ring in the puja and said if Sri Sai wrote His name on the ring, he would give it as an offering to Sri Sai. The name of Sai did appear and he paid thirty rupees, that being the value of the ring, and he kept the ring as a memento. Several devotees placed their rings, chains, watches and lockets in the puja and on all of them Sri Sai's name appeared in writing.

It is indeed a great pleasure to keep the letters written by Sri Sai, to enjoy His presence constantly and to attain spiritual advancement. But with the idea that it was necessary to make Sri Sai's help actually available to the ailing and poverty-stricken people, a ball of vibhuti

(ash) was placed in the puja, and the letters “Sai mandu” (Sai medicine) were found written on it.

One of the ashramites was shivering with high fever and the above mentioned medicine was mixed in water and administered to him. Not only did the fever subside, but it was a pleasure and a wonder to see him attending to his normal duties. For some reason, the milk of the ashram cow was bitter and not drinkable for two days. The Sai mandu was smeared on the body of the cow, and then the milk became sweet as usual. In this way, we could render service to several people with help of Sri Sai udhi (ash). In the name of Sri Sai, udhi is being sent to patients far and near. All are regaining their health— it is a wonderful leela—demonstration! While the leelas of Sri Sai are causing wonder in our minds when we are actually observing them, people at a distance may not even believe them. We have only to say that it is all in one’s mind and it depends on the prarabdha—past karma of each individual.

SRI RAMA NAVAMI

I woke up at the dead of night, it was only one o’clock. I wrote the leelas of Sri Sai and His message on that day. All the ashram members and other visitors heard the message and were filled with delight. As Sri Sai has been showering His limitless grace on me, I keep His photo in an almirah and place a fruit or a flower before it. Even on every petal of a sampangi - champa flower, the sacred letters SAI are found. If any human being attempts to write the letters on the petals they will immediately drop out of the stem. It is an indescribable

wonder to see the letters SAI inscribed on the inside of flower buds!

When I woke up at midnight and went into the presence of Sri Sai, as though in commemoration of Sri Rama Navami festival, Batavia fruit (offered as naivedya to Sai) was cut into two halves and one half was eaten away. Oh! How can I convey this bliss to you all? In these sacred days, wherever I may be, whatever I may be doing, I feel some highly sacred divine presence pervading not only my being, but also above, below and all around. This divine presence is protecting us even as the eye lash protects the eye. It looks upon us without duality, as the mind of our minds, as the heart of our hearts, and as the breath of our breaths, all day and night. In this state how can we work with our minds, speech and action with a feeling of separateness or duality? It gives me untold pleasure to feel that Sri Sai is by my side and is making me write this article. We cannot by ourselves move even a small blade of grass. Everything is due to divine grace.

SRI RAJAJI

One of our selfless ashramites and an embodiment of love and devotion, our Rajaji, constantly observing many of the leelas of Sri Sai, wanted to construct a spacious and artistic temple for Sri Sai. He placed his decision before Sri Sai and to the wonder and astonishment of one and all, Sri Sai wrote on a piece of paper, "This is Sai's Residence." The same words were found to be written on the wall of the puja mandir, that I have dedicated—the new room, constructed for my own

use, to be used as the shrine room of Sri Sai, as a small offering on account of my unmotivated love for Him.

Sai's consent to settle down here extremely delighted the ashramites and devotees. Already several temples of wood and stone have been installed therein. To do something better than this, and to serve God in travellers, animals, birds, trees, ashramites, devotees and to be of permanent use to all living beings, it was decided to dig a Sai Tank, pushkarini, and the first sod of earth was turned on the sacred day of Sri Rama Navami. But the grace of God, may the Sri Sai Tank be finished early, and may it be of permanent use to all devotees of Sri Sai, ashramites and all living beings.

INVITATION TO DEVOTEES OF SRI SAI

From several places, devotees of our ashram are writing to us expressing their intention to come to the ashram to observe the leelas of Sri Sai. We welcome all devotees filled with a yearning for God, but they should not come with a view to obtain writing on fruits and rings. They are always welcome, but they should come filled with a yearning for God, to enjoy the presence of God, to become merged in Sri Sai, to taste the selfless universal love, to serve Sri Sai and to work for the uplift of the country and for world peace. This is the invitation which Santi Ashram extends to one and all.

MY POWER OF ATTORNEY TO SRI SAI

Ever since Sri Sai has established Himself in ashram, I have been leading a life of bliss with detachment. Several

devotees come to me with numerous desires. Now I send them all to Sri Sai. Even to those who write to the ashram from distant places wanting our help. And to people in any state, we send Sri Sai's udhi and tell them to worship Sri Sai, who is abiding in their hearts also.

Recently an Ayurvedic physician asked me for my blessing for issue. Immediately I sent him to Sri Sai Mandir. A master of arts, working in a first grade college and a devotee of our ashram, has been incessantly requesting me to recommend him to the Vice-chancellor for some help, and I sent him to Sri Sai. May Sri Sai give him all satisfaction that he deserves. Last week another devotee wanted my blessing for success in a just cause of his. I sent him to Sri Sai Mandir. Whoever comes to me with whatever desires, I hand them over to Sri Sai—the atman. A lady devotee wrote to me from Madras that her father was ill, and I sent her Sai's udhi. Another devotee, a Hindi teacher, wrote to me for my blessing for her success in some examination. In this way I have given vakalat to Sri Sai to satisfy the desires of all devotees, who come to me, according to their merits, and I am enjoying the beatitude of my own self, by remaining as a witness.

MY OFFERING

As I have been enjoying the presence of Sri Sai internally, externally and on all sides, I have no inclination to eat anything in these days without first offering it to Sri Sai. When a bottle of honey was brought to me from the bee hives in the ashram, I placed it before Sri Sai. The cork of the bottle was tightly fixed, but the next day the

cork was found to have been opened. The next day two ounces of honey was found to have been consumed. Nobody ever comes into my room. Only I and Sri Sai live in the room. Either He must open the cork or I must do it. Either of us must eat the fruits and other things. I have not been eating them so I feel Sri Sai himself has been accepting them with love, and I feel delighted at the idea. We read in the Puranas—sacred scriptures that God was accepting the offering of devotees. Now, today it is our good luck to see it actually in our ashram.

DAILY WORSHIP

For sometime Sri Sai worship was performed only on Thursday nights. Why only on Thursday and why only in the nights? So, I told them to do it everyday, both morning and evening. Now, as a rule, Sri Sai worship is being performed everyday both morning and evening. Sri Sai is constantly proving His presence. So I have been telling the ashramites to do the worship, without any limit to time, every hour, every minute, at all times and in every state, and to worship the atman the indwelling presence with devotion, faith and full of yearning.

Why any fixed hours of time for enjoying the innermost self of all and who resides in the hearts of all beings? Why any time limit? Only those lives of people who can enjoy the divine with every breath are the best and pure lives of blessedness.

LAST WORD, MY SONG

Dear readers of the magazine Peace! It has been said that it is unwise to disclose spiritual experiences with

the worldly-minded people. They should be kept secret and sacred, for sharing only with deserving kindred souls. As you all belong to the cause of peace, blessed with devoted hearts of love and service, I have the joy of sharing my personal thoughts and experiences with you, wishing your welfare physically.

May Sri Sai, the indwelling light of your dedicated, hearts, the one who is expressing ceaselessly in the form of soham, bless you all with the fulfilment of your ardent wishes, finally leading to the peace that passeth all understanding, the goal of precious human birth.

May I convey to you the song of my soul, which I sing these days, and conclude this article on Sri Sai! I felt Sri Sai himself, the adorable presence, has made me write this article, hence this is dedicated to him. Will you kindly sing this small song along with me.

I am in Sri Sai, Sri Sai is in me

Sri Sai and I are not two but one

Only the one exists, this is you Tattvamasi

Hari Om Tat Sat Om.

May all the worlds be happy.

Om Santi Santi Santi

48. SITTING IN SILENCE

With Krishna on my right
And Jesus on the left;
Buddha and Gandhi in front and
Rama in my heart.

I will sing Thy name,
I will drink Thy name,
Until I get all drunk,
O, with Thy name.

- Krishna is in the sahasrara, the thousand-petalled lotus, blessing us with His wisdom.
- Lord Buddha is in the ajna chakra, the centre of discrimination, blessing us with assimilation of the ideals of the eight-fold path.
- Saviour Christ is in the heart, the anahata filling us with compassion and love and with outstretched arms, calling to all 'come unto me.'
- Mahatma Gandhi is in our legs and feet inspiring and leading us onward to the heights with the message of humility, service, non-violence and truth.

What more do we need? All the saints and saviours, the avatars are within us, expressing in each and every moment of our lives.

Verily, the whole universe is within us for we are one, never separate from the limitless ocean of *akhanda sat chitananda*, the existence absolute, knowledge absolute and bliss absolute.

We cannot afford to forget God for the millionth fraction of a second. Verily, it is impossible to forget Him for we move, work, live, breathe and have our being in Him, from eternity to eternity.

We are in the light

The light is in us

We are the light

Om Om Om

49. SONG OF THE SOUL

He is nearer to me than my hands or feet,

He is closer to me,

Than my very breath,

Verily, God is the Breath of my breath,

He is the Soham Breath,

For the peace of our souls Let us follow our

Own Soham breath,

Like the ceaseless flow of oil,

Taila dhara, poured from one vessel to another.

This alone leads to the Heights of perfection,

Where it is All Light.

Hari Om Tat Sat Om.

50. THE SIGNIFICANCE OF THE MYSTIC SYLLABLE OM

FOREWORD

The Significance of the Mystic Syllable OM by our Swamiji in the form of this short message contains the essence of all scriptures.

This booklet contains also two inspiring exercises for meditation. The photo print of the sacred syllable OM in Sanskrit is added as it will be helpful as an object of meditation, for all seekers of Truth. It is most uplifting and ennobling to identify ourselves with the sacred syllable OM and to feel that we are ceaselessly radiating and sending forth, rays of Light and Love towards the whole of humanity.

It is our request that the loving readers should read this message keeping their centre within, recognizing the presence in each and every sound for all sounds are the emanations of the one universal sound OM. May nothing but the mystic word OM vibrate both in the stillness of our hearts as well as in the activities of our busy lives, is my prayer.

Sister Sushila Devi

AUM

“The goal which all *Vedas* proclaim, which all penances declare and desiring, which lead to the life of *brahmacharya*—celibacy—I tell it to thee in brief—it is OM. This syllable is Brahman, this syllable is also the highest. Having known this syllable, whatever one desires, one gets that.”

-Katha Upanishad

“The sacred word OM is called the bow, the arrow, the soul and *Brahman* its aim. It should be pierced by him, whose attention does not waver. Then it will be of the same nature with him, as the arrow becomes one with the aim when it is pierced. Within the heart, where the arteries enter as the spokes do the nave of the wheel, He moves—becoming manifold. Meditate on Him—through the word OM. Let it abide with you, so that you may cross the ocean of ignorance.”

—Mundaka Upanishad

THE SIGNIFICANCE OF THE MYSTIC SYLLABLE OM

Our daily worship in the Ashram begins with OM and ends in the prolonged chanting of the mystic word OM, followed by meditation. Many friends and visitors of the Ashram, have asked me to explain the significance of OM and I often gave them only the essence of it, promising always that I would write a comprehensive message on this sacred subject in our magazine Peace. Hence this is a theme that has been long ago promised to several friends.

Now, as I sit to write on the seventeenth day of my fast, meditating on the sacred syllable OM, I feel so incompetent to exhaustively explain this holy word; for the subject is so vast and sublime that it seems beyond the comprehension of my intellect as well as my mortal mind. I like to refer my loving readers to Swami Rama Tirtha's masterly addresses on this sacred syllable OM, to realize its complete significance. Hundreds and thousands of books have been written on this mystic word OM, from the beginning of the dawn of philosophy and from the day when religion began to be discussed. In the early hours of the dawn, nearly at 3 a.m., sitting all alone now, I feel so helpless and do not know where or how to begin my subject. Hence, I silently murmur a prayer, to the creator of the word as well as the universe.

O Lord! I feel so helpless that I can do nothing by myself. As Thou art pervading the very cells of my being, pray, write this message for me, so that it may be helpful and inspiring to my fellow sisters and brothers—the readers of our magazine Peace. Thou art fulfilling even the unexpressed desires of the dumb and mute; so I beg you to listen to my prayer and bless me with Thy Spirit, Love and Strength, so as to allow this little self—the mortal to retire, so that Thy great Law may be fulfilled. Amen. 'In the beginning was the word; and the word was with God; and the word was God.' How striking and thrilling are these words about the word! It is needless to say that the word referred to above is no other than the mystic syllable OM.

You may say, why should it not be X or Z, Christ or Krishna, Buddha or Mohammed? Why should it be the sacred syllable Om alone? Because, Om is the most simple, natural and all-embracing sound that even the mute and the dumb can pronounce. It is a word used in every religion, in some form or other. It is a word expressed in every language. OM, Amen, Ahmin, all refer to the highest state of consciousness represented by Truth. Again when you repeat Rama, Krishna, Christ, Buddha or Mohammed, they are only names and mere words; and you feel, in spite of all your veneration and worship towards; them, they are separate from you. They are not a part and parcel of yourself. They are outside of you. They cannot come from within, as the sacred syllable Om comes from the depths of your heart. Just try yourself by repeating the mystic syllable OM. It does not come from outside, because it is always within; it comes from the inner core of your heart or from the depths of your being. In repeating Om, there is no effort. One can repeat it without the least exertion, either without or within. Often it comes out of its own accord. Hence, we see children repeating it when they are happy. Even people in sickness and suffering repeat it unconsciously, as it gives them some relief. The repetition may not be exactly OM, but with a little variation it resembles AUM.

In the Song Celestial—the Immortal Gita, Lord Krishna says, those that meditate on the mystic syllable OM, forgetting everything else, will realize God in no time. Again, oft he repeated in the same book, those that leave the body, meditating on the sacred syllable OM, at the

time of their physical death or demise, will reach only those blessed heights from where there is no more rebirth or return. Many people ask again, whether it should be OM or AUM. Both are the same. When A and U are pronounced together, according to the rules of the Sanskrit grammar, they blend into O, hence it is often written as Om instead of as AUM.

If you notice by repeating A U M separately, you will be astonished to see how these three letters are covering the whole range of sound production, for A begins from the root of the tongue, from the lowest boundary of the origin of sound. U comes from the middle, the region near the palate and M comes from the extremity—the tip of the tongue. Thus the three letters A U M, in the mystic syllable are covering the whole range of sound production. Hence, it has been said, ‘By repeating the sacred syllable Om, one is repeating all the sacred books and scriptures in the whole world.’ It has been asserted also, that no *mantra* or sacred affirmation is efficacious and powerful, if it is not commenced with or followed by the repetition of Om, for it is the soul of all *mantras* and the goal of all meditations.

Om is the beginning, middle and end of not only the scriptures but of everything in the creation. The sacred scriptures—Vedas begin with Om and they are ended with OM. There is not a mantra, ritual or worship which is not connected, in some way or other with the sacred syllable Om; for it is the life and soul of all forms and names. Devoid of Om, every worship and meditation is a mere skeleton without life.

Now let us consider what this OM is. It is the most important thing that we all should know. The letters A U M, in all the sacred books and by all the learned authors have been compared to the triple stages or aspects in the world such as :

A	U	M
Brahma	Vishnu	Siva
Father	Son	Holy Ghost
Past	Present	Future
Waking	Dreaming	Sleeping state
Body	Mind	Spirit
Harmony	Activity	Passivity
Life	Light	Love
Gross	Mental	Subtle body
Omnipresence	Omnipotence	Omniscience

Thus using a little intelligence, we can bring many more triple aspects of nature to add to the above.

If ever there is a universal name to the Almighty, a simple name that can be pronounced by the mute and the dumb, it is the sacred syllable OM. It is the sweetest word which even a child or a patient can repeat without the least effort. OM is not exactly a mere word. Yes, it is the word of God—the manifested and the highest word of God. Through the word alone you can know God. If you know the mystic word Om, you will be able to know in a most natural way the mystery of God, for the mystic word leads you direct into the presence of the universal God.

In all the triple aspects mentioned above, let us take only one aspect to show how A U M are covering the

whole of our life, in every plane. As already said, A represents the waking state, the gross world of phenomena; U represents the dreaming world, the world of imagination and fancy; and M represents the deep sleep state, the unknown world. The most important thing that one has to remember now is, about the fourth state, Which is beyond waking dreaming and sleeping conditions. And how is this super conscious condition represented by OM? As you repeat A U M, the sound resulting from the repetition of the mystic word, is leading us into the fourth state of cosmic consciousness. This is to be contemplated upon in stillness.

So when you repeat OM as you pass with AUM through waking, dreaming, sleeping conditions, at the end of every repetition try to be still to recognize in silence, the marvellous effects or results in the fourth stage. The resultant sound of the repetition of AUM is leading us into the highest state of peace. It is a state to be meditated and understood in silence through intuition. OM is not a mere common word, but it is a mystic word. It is a powerful word with hidden strength or latent energy. It is the only life-giving and soul-awakening word. To realize its full benefits, it is to be repeated not only understanding its meaning but in a most rhythmical way and feeling the inspiration both within and without.

If you watch in the repetition of OM, you feel it is coming out from the very depths of your being. It is gushing from your very cells. It is a word that can never be separated from one's life. The most astounding fact is, whether you believe it or not, whether you know it or not, the mystic word Om is always expressing through you—not only

through you but through every human being, nay, through every creature on the face of the earth. In your very breath, if you watch, there is the *Soham*, operating in you, day and night. In the *Soham*, the consonants represent the gross world and vowels the Spirit or Truth. If the consonants are removed, there is OM in you, flowing in your very breath, unconsciously and ceaselessly proclaiming in every breath—

“I am the Truth. I am the Divinity. I am the Universal Breath. I am the One without a second. I am all in all—the Indwelling Presence of every heart as well as the whole creation.”

Behold! Recognize and be silent! OM! OM! OM!

The essence of this message so far is, that Om is the divine energy—the Interpenetrating Presence—as such it cannot be confined to any individual or religion. It is the Common Heritage of all the children of God—of the whole of Humanity. Consciously and unconsciously, it is the mystic syllable expressing through all our thoughts words and deeds. Infinite Peace, Eternal Poise and Limitless Power will be ours, when we can recognize its full significance consciously and attune ourselves, with the Holy Word, in every moment of our lives, both for our good and for the common good of the world.

In conclusion, before I end my message, I love to add here one of the most helpful illustrations given in the sacred scriptures and also mentioned in Swami Rama’s works. It is called *Kalinga Mardana*—the killing of the snake. There was a snake living in a lake in the days of

Krishna. It was so poisonous that everybody who went near the lake—even birds and animals—died instantaneously. So Krishna jumped into the lake and stood on its head consisting of a thousand hoods and began to dance, taking his flute and chanting the sacred syllable OM. And he did not stop the chanting of OM, until he completely crushed all the hoods of the snake. Thus he came out victorious, and lived as a benefactor of humanity.

Now this vicious snake is no other than our mind. Its thousand hoods are our numberless desires, cravings, passions, such as jealousy, spite, envy, anger, sorrow, conceit, arrogance, selfishness etc. These are hurting and doing harm to everyone who is coming near us—like the waters of the poisonous pond. So it is time for every one of us, to do what Krishna has done, to plunge ourselves into the lake of our beings and begin to chant the mystic word OM, crushing one passion after another. The more we crush the more they rise. Yet, with persistent practice, we surely come out triumphant like Krishna, for he has set an example for us, to follow in his foot-steps.

This is not a mere story for enjoyment, but a practical exercise to overcome the evil with the help of the good and the virtuous and above all, with the holy vibrations of OM. It is also an uplifting thought to think that our bodies are the flutes and when we empty these bodies of all passions and thoughts of mine and thine, the Lord Himself sings through us, celestial songs of Peace, Harmony and Blessedness. Now coming to the most practical part of our message, let me share with you my meditations on Om, out of abundance of love for all of you.

MEDITATION

On the front page of this booklet you can see the photo print of the Sanskrit OM. Have a look at it concentratedly. Observe its self-shining splendour and its manifold brilliant rays, now close your eyes. Do not think that Om is any longer outside of you. It is within you. You are that OM. Your body itself is the physical aspect of OM. From top to toe you are the OM figure. Feel that the middle curve is passing through your navel centre and the downward curve, through the lower region of your body and the upward curve, towards your head. Behold! There is the crescent on the top of your head. In the crescent, there is the Sun of suns, shining in full splendour. Identifying thus with the mystic word OM, meditate on its great significance which is Life, Light and Love.

You are to chant thus identifying yourself with the sacred syllable OM, first aloud with all the strength of your heart and soul. As you get absorbed within, chant only with lips; and finally inaudibly, feeling only its great significance. As you inhale you are taking in all the rays of the sun or Om, within yourself; as you exhale, you are giving out the rays of light, spreading and radiating them, far and near, all over the world with every breath. What a wonderful thought! Thus try to practise this meditation especially in the early hours of the dawn, facing the sunrise and in the sunset hour, facing the retiring sun. As the rays merge in the sun, at the time of dusk, let the world also merge in you, as you get absorbed into deep meditation. Om! Om! Om!

HIGHER MEDITATION

Meditate on the top of the head in the *sahasrara* centre—the thousand petalled lotus, where it is Infinite Light, within, without and all around. Here, there is either the repetition or chanting of OM. There is neither inhalation nor exhalation. In the Light of lights, in the beginning, in this highest centre, you feel only a little recurring pressure. As you merge deeper, even this sensation dissolves you will be nothing but thee. This is the significance of the mystic word OM, the Infinite, the Eternal, the Incomprehensible Splendour of millions of suns. OM! OM! OM!.

“In the beginning was the word, and the word was with God, and the word was God.”

Dear loving readers of our magazine Peace! May you be that word and may you as that word, be with God, as that word itself is God. Above all may you all be the living flames of the mystic syllable Om, is my constant prayer.

Hari Om Tat Sat

51. THE UNFULFILLED DESIRES

There is nothing like an unfulfilled desire in the world, for every desire, whatever it may be, is bound to be filled sooner or later, though not in this birth, even in the births to come. Man is a bundle of desires ceaselessly sowing and reaping. We are speaking about the average man of the world. Blessed are they who are desireless, even in the name of humanity, religion or God. If it is in the name of God especially even in the very thought, for God is complete and above thought. It is the desire that binds a man, who is free from his nature.

Even the good desires and selfless desires also are strong bonds like the chains of gold. A chain is a chain whether it is made of iron or gold. Now let us deal with the theme of our heading; The Unfulfilled Desires. Of all the things Peace has been dear and near to my heart from my very boyhood days. Hence, there is the peace prayer, Peace mission and peace journals etc., to offer peace for all the seekers of peace.

Next to peace there is another word that occupies a big place in my heart. What is that word. It is light. My desire now is to enter into the heart of one of the learned devotees of the ashram and see that a magazine by the name of light issued, spreading its light in East and West all over the world. Is this all? are do you have any more desires? There is one more desire now, rising its head often.

What is that? There has been another life-giving and soul-awakening word which gives me a thrill of ecstasy

as I repeat it, so I wish to see that another magazine is started in its name, someday by somebody who loves that word life myself. What is that word now? It is the dynamic and inspiring word, the simple word of three alphabets with which the life of every man on earth in all religions and nations, be he a believer or non-believer is concerned. It is the most simple word now—the present living eternal moment, where the three alphabets represent the past, present and future.

In God's divine plan when the time comes, I wish to start this magazine now, through some other devotee, and draw all the children of God, towards now, the present moment which has in its bosom, the divinity of Omnipresence, Omnipotence and Omniscience. Along with peace, may the light now go forth into the four corners of the world, into all homes and hearts giving life, light and love and blessing all, with peace now, alone is the ardent wish of brother Omkar.

May peace be unto all

OM OM OM

AN OFFERING

Offered to my little baby Santi on this day of her demise wishing peace, light and life now and always.

Sri Kailas

4th July 1952

52. THE POUND OF FLESH

The world is the same world, whether it is in the past, present or future. Shylocks are not confined to Merchant of Venice's, to the Shakespearean age, to the past and to the West only. We have Shylocks in every age and China even now today, who are anxious to have the Pound of Flesh, according to the world of law in the written deed.

A selfish man is always after the selfless man, trying to hurt and wound him. It does not make a miser happy to see a charitable man thriving and flourishing. He waits for the opportunity to corner the good man, to mock and disgrace him over some trivial thing.

The man who demanded the Pound of Flesh in the Merchant of Venice was a cruel and heartless Jew. He was envious of Antonio, who was a good man with a heart of gold and generosity helping all the needy. When he was in need of money, our Shylock made him to write a document, promising to pay a Pound of Flesh in case he fails to pay the amount of money by a certain date.

Poor Antonio could not pay the amount in time, because of certain losses and unavoidable circumstances but he took the money on the next day, but our Shylock did not want the amount or all the wealth in the world, but only insisted that the Pound of Flesh should be given. He began to sharpen the knife in the court itself. All the begging and pleading, in the name of mercy failed to touch the heart of our Shylock. He wanted only the Pound

of Flesh from the good-hearted Antonio and nothing else. The judge decreed, to give the Pound of Flesh, according to the written deed, for the law must be fulfilled.

How sad, cruel and heart-rending. But there is a higher law operating silently, protecting all pious and innocent people. There is the all-knowing God and He watches and cares over the troubles of His trusting children. Almost in the last moment a friend of Antonio comes to the court and plead on behalf of Antonio. He too says that the law must be fulfilled and our Shylock beams with gratitude and joy to hear that the law must be fulfilled.

But our new advocate continues to say—that the Pound of Flesh may be taken but not a drop of blood should be spilled or taken, according to the deed. The Shylock's bottom falls down. His strategy did not work. He was caught in his own trap. Now, he wants his own money at least, but he was given a momentous and memorable decree.

Similarly, we face such cruel and cunning Shylocks in the present day world even in our humanitarian work, who demand the Pound of Flesh according to the law, but God does not forsake His trusting children. He comes in time—almost in the last moment to protect His innocent children, from the cruel hands of the present day, modern Shylocks. May we trust in God more than ever. As vultures are after the carrion, selfish people are always after the flesh and blood of the innocent children of God.

May Peace be unto all.

53. THE TRAGIC LIFE OF A WAIF FROM BURMA

(Attribute to our Baby Santi)

Our Santi was only five years of age when she came to Sri Santi Ashram and into our lives. She was ten years when she left her mortal coil after passing through all the misery and agony suffering from many of the diseases in the world. At first there was the bombing over Rangoon when she was only a mere child. How she had to lose her kith and kin... father, mother and all that was near and dear to her heart and property of every kind when she was so young? Someone, while fleeing from Burma brought and left her in the King George Hospital in Visakhapatnam. She suffered there from small pox, fever etc. and as a result she lost her eye sight partly.

Sister Sushila Devi practically adopted Santi as her own child and got for her a passport for taking her to America for the sake of her general health and to get her eyes also treated. In the meantime she had the terrible disease malaria and as a consequence, enlargement of the spleen, which has resulted in several complicated ailments. In the end, poor little child had to suffer from every sickness..pain in the heart, loose motions, indigestion and finally dropsy.. swelling in the feet, legs and the stomach.

It does not help us now, to dwell on the negative side of her life, her sickness and suffering but our point now is, how she bore with and understanding heart silently, without a murmur, thus offered her last breath to God with self-resignation. In spite of her unbearable

and heart-rending pain it makes one consoled that she was unconscious in her last hour of suffering, groaning and moaning in a stupor when she closed her eyes to the outer world.

In this world it will never be, all sunshine or all darkness. Each day of sunshine is succeeded by a night of darkness. Similarly our Santi did not have all pain and suffering in all her life. She had also the happiest moments of life especially when she was with Sister Suhila Devi. Santi was in an earthly paradise when she was privileged to be under the tender and loving care of our blessed Sister Sushila Devi. Where Santi's welfare was concerned, no food or raiment was too good or costly. If ever one had a tender, devoted, and compassionate mother.. Sushila Devi had been such a wonderful mother, to the helpless and gentle waif, from the far away Burma.

Our Santi was taken by Sister Suhila Devi to Madras, Poona, Bombay and other big cities. Santi was following Sushila Devi like a calf after its mother, nay like the shadow of Sri Sushila Devi herself, for she was taken wherever she went, whether it was for a walk to the beachside or for a trip to Bombay. Thus, Santi had some of the happiest days in the forest retreat of Totapalli Ashram, in the Nirvana Ashram near Rishi konda and in Kailas Ashram on the top of the hill. How she used to love the ocean laughing, playing, frolicking often, on the beachside. She was learning to swim also in the ocean when the waves were still and calm. As for her compassion toward dumb animals she was a miniature example of Sister Sushila

Devi. It was most touching to see her talking with cats and dogs as if they were human beings. When big boys and gardeners were unable to manage and hold a dog, Santi was there patting and managing the dog, in giving it a bath or in rubbing some ointment for its itches.

Santi was the terror and fear of lazy and selfish people for they were afraid that she would report against their laziness to us. And she was the joy and comfort of those who are active and selfless. Whenever she was taken out of the Ashram people wanted our Santi for themselves, to play with their children. But Santi refused to leave us even for an hour or two to stay with anyone else. Even when someone asked her to visit their home, she used to weep for she loved the Ashram so much considering it as her own home. We are her all in all.

In her last days she was always active and busy learning something or other. She was learning music from the musician of the Ashram and playing Harmonium. She longed to play on the Violin too. She was also taking fine thread every day on the spinning class on her wheel. As she was in the Hospital for a number of years she was a good nurse too taking good care of the sick, bandaging the cuts or wounds or placing a wet cloth over the head of the sick to relieve headache. Out of the blue sky, she came into our lives and departed suddenly to the same source from where she has come. God has given her to us for a purpose and He has taken her too for a purpose. May all Glory be unto God and may our Santi... His Shanti rest in Him eternally!

Whenever I look now at the starry heavens, I remember with joy and sorrow too the following conversation Santi was having with me, when she was a little child, looking at the twinkling stars.

Myself: Dear Santi what is that which is shining in the stars?

Santi: It is Light.

Myself: What are the stars saying to you?

Santi: They are saying, Please come to us.

Myself: What for?

Santi: To be with them and to shine like them.

After as I look now at the stars with misty eyes, I often wonder whether our Santi is there above in the sky, shining as one of the brightest and brilliant stars as Santi lived such active life of selflessness and love universal. We can never confine her to one little finite star, for we love to see her in all the stars. We followed Santi until her last breath on earth, sitting by her bedside.

Q. Where did her last breath go.

A. It has gone to God, from where it has come.

Q. Where is God?

A. He is everywhere.

As our Santi came from God and as God is everywhere, we love to see Santi in everyone and everywhere.

When a flower blooms it is our Santi in its fragrance. When a bird sings it is our Santi who sings. When a baby laughs, it is our Santi in its laughter. When we see a student studying industriously it is our Santi. When a soul is praying and meditating it is our Santi. We feel in the melody of the Violin and in the humming of the spinning wheel, Santi 's presence.

When the cool breeze is blowing on us and when the warm rays of the sun are flooding the world, we feel visibly, the invisible presence of our Santi. It is our Santi singing the sacred word OM, in the rolling waves of the ocean. We love to feel our Santi in every sound as well as in silence... the life Soul and goal of our Santi.

May our tribute to our Santi be, the recognition of Santi within, without, above, below and all around in us, as well as in others! May Santi-Peace ever abide in our hearts and may we abide in Santi-the infinite and eternal Peace..our life's soul and goal!

May peace be unto all.

OM OM OM

Waltair

22.08.1948

5 am

54. THE MESSAGE OF THE MOMENT

(For Seekers of Truth)

TO YOU—MY LOVING READERS

Dear Sisters and Brothers all over the world,

I love you all, for God is love and love is God, and where love is, there is God. The heart devoid of love is a cemetery.

My heart longs to help and serve you. In serving you I am serving God. To me God is not far away in the sky or heaven but He is only in all of you. He comes to me in the form of you all.

My heart longs to touch your devoted hearts with His presence—the glory of the splendour of millions of suns.

Kindly help us by feeling His presence now and always. The greatest service that you can do now is to feel His presence, the indwelling light now and here, and to live, work, move and breathe in that Light of lights ceaselessly.

I am in the Light

The Light is in me,

I am the Light.

The repetition of the above holy statement gives us inspiration, joy and strength. The way to be happy is to make others happy. Thus, let us live in God and help

others to live in Him. As love of man is love of God, let us love all the people in the world as our own, considering the world as our home and to love its people as our higher religion, irrespective of man-made differences of caste, creed, colour and nationality.

He who wastes moments wastes all his life—so let us make the best use of every moment by feeling His presence and helping all His children to feel His presence. The constant repetition of the simple peace prayer helps us all to establish peace in our hearts and paves the way to universal peace.

Let us memorise and repeat and spread the peace prayer near and far for the peace of all. Let us repeat now the peace prayer as well as the peace chant for the peace of all.

OM OM OM

55. THE INFINITE POTENTIALITY OF THE PRESENT MOMENT

The “Infinite” connotes Omnipresence, Omnipotence and Omniscience. To feel, realise and express these in thought, word and deed is the goal of existence in the human form. The concentrated essence of all scriptures and teachings consists only of being ceaselessly aware of the infinite in all the above three phases.

In the finite world the past coalesces into the living present and the present, into the future. But in the world of the infinite, there is no past, no present and no future. Time, space and causation, do not exist for the one who is aware of the infinite.

Q. What exists really in the infinite?

A. The splendour of millions of Suns, which is beyond the imagination of the finite man.

Q. How can one be consciously aware of it?

A. By being silent and then plunging deep within, into the glory of the supreme splendour of the self-effulgent light.

I wish to make this message the best one, the most powerful one, so that it may be most helpful and practical, in our onward march of God-realization. Let me therefore come down from the heights of theory, into the plane of practice.

Let us begin with our simple and finite breath, which is near and dear to all of us. Can we call it the finite breath? Is not the breath one and the same, in everyone and everywhere? Is not the breath one without a second? Is it not universal and complete?

The breath which is flowing in us, as inhalation and exhalation is the same breath, that sustained the lives of all the prophets and saviours of every religion. This tiny, precious, present breath flowing in our nostrils represents and includes the breath of all the avatars, the incarnations—of the one eternal existence, the infinite light, the one without a second.

The man who is aware of the infinite potentiality of the present moment, in the very breath, becomes one with Sankara and Buddha, Mohammed and Christ, nay with all the benefactors of humanity from the very birth of the world. To him is added peace infinite, peace that passeth all understanding. How wonderful, life-giving and soul-awakening is this divine revelation.

My Loving Readers, we are not merely expressing now in our life, only a particular phase of finite life but the experiences and realizations of all the sages, saints and saviours of the past and present, for this present, living, precious moment represents the whole eternity as we breathe in the awareness of the infinite.

Verily, the infinite is in our very breath, now and here. The present moment has the potentiality of the infinite. Let us therefore be aware of it in every breath that we inhale and exhale.

May we inhale and exhale peace our birthright, the splendour of millions of Suns, now as we read this message! This is my prayer wishing ever the peace of all.

May peace be unto all

OM OM OM

56. THE SOUL OF OMKAR

I AM IN THE LIGHT

I have been in the Light in the past,
I am in the Light in the present, and
I shall be in the Light in the future.

THE LIGHT IS IN ME

I am eternally in the Light of lights.
the Light is Omnipresent, Omnipotent
and Omniscient. The Light is eternal.

I AM THE LIGHT

I have been the indivisible and eternal
Light always. Glory be unto the Light
of lights! Within, without, above, below
and on all sides. The Light is pervading
and permeating the very cells of our beings.

OM OM OM

57. THE POTENTIAL BOMB OF GOD-CONSCIOUSNESS

It was a cold day in Kotagiri cloudy too with drizzling as if the even heavens were weeping over the world crisis. I was under the magic quilt musing thus.

The thought came of the great scientists of the world, with their mighty and ingenious intellects how they are able to make destructive and poisonous bombs that could cause destruction and death to millions of people. They pride themselves in their deadly ingenious and cruel inventions as benefactors of humanity.

Is there not any remedy or panacea for this great devastation, destruction and death of the innocent? There must be a right royal way, an unfailing way to protect the world. Verily, God did not create this world for the finite man, to mend or change and destroy it. All his wisdom and intelligence, what is man, before the incomprehensible glory and divine splendour and limitless intelligence of God! Yet the ignorant man prides himself as all-knowing and all-powerful, because of making a few dangerous atom and hydrogen bombs. What are the ingredients of these poisonous missiles! Not being a scientist, I am not able to write here the exact ingredients of these harmful bombs. They may contain the poisonous and the concentrated atomic energy of molecules and electrons that can destroy all life and the world itself. The unfailing remedy, the real panacea is only the atomic bomb – the *brahmastram*, the divine instrument of God-consciousness. God-consciousness and universal love are not two but one. It is the basis and

source of all worlds. Call it by any name you like—such as substance or universal energy or soham or soul force or brahman. The names do not make any difference. But it is the awareness and identification with IT that makes all the difference. The spiritual scientists of India, the yogis, swamis and other mahatmas have renounced the world and dedicated all their lives only to seek, search and investigate the secrets of the soul the indivisible atman, which is beyond mind and intellect.

The ordinary scientists of the world are only working with the help of the mind and the intellect to find out more harmful and poisonous instruments that can conquer their enemies and destroy the world. But whereas, the spiritual scientists, the yogis and maharshis are ever working, rising above mind and intellect, to find out the unfailing and infallible remedy, for all the ills of the world. In my magic quilt, I was musing thus, to find out the ingredients of the atmic bomb of peace. Omnipresence, Omnipotence and Omniscience are its chief ingredients. There is the interpenetrating presence pervading and permeating the very cells of the body as well as the universe. Love universal that includes all and excludes none is also one of the ingredients of the atmic bomb. Above all, the splendour of millions of Suns is the core of the brahmastram—the instrument of God—the atmic bomb. From my magic quilt, these atmic Bombs are being hurled one after another on the war-mongers and on their blind followers, who are trying to deluge the world with needless slaughter and cruel destruction. They are being smothered by the out-pouring or descent

of these atmic bombs. Ours is only to do our duty, for the sake of duty, never seeking any regard. The results are with God!

But I seek now the prayers and sympathy of all the well-wishers of humanity, the friends of peace, to join me in creating these atmic bombs of peace and goodwill, truth and non-violence, above all the Light – the splendour of millions of Suns to miraculously change the cruel hearts of these warmongers, to whom the death of innocent is nothing, being non-believers in God or Truth. May we, as believers in God—the indwelling Light—the sustainer of all the worlds, do our part to the best of our ability, in this world crisis, no longer with mere words, but through our ceaseless prayers, with immense faith and deep meditations, going deeper and deeper within and sending out waves of infinite peace and eternal love and thus avert the impending danger and establish peace throughout the world.

Soham- the universal breath is the fuse that explodes the atmic bomb, the bomb of God-consciousness. Each time I inhale, I feel that I am creating an atmic bomb, and each time I exhale, I feel that it is being hurled out, on the warmongers in China, Pakistan and all other war zones. The divine scientists of yoga say, man inhales and exhales 21,600 times a day. Thus, a God-man is creating an atmic bomb with every breath of Soham. If there are any mahatmas with supernatural powers either in the holy Himalayas, Tibet or anywhere in the world; either in the East or the West, this is high time to protect the world from all the evil forces. I appeal

to all the peace lovers in the world, heartily to co-operate, with their prayers, for the protection and the peace of the world.

Thoughts are things. As we sow so we reap. As a man thinketh, so he becomes. What we are is the result of our past. What we will be in future, will be determined by our present thoughts. Let our thoughts with great faith ever be for the peace and happiness of the world. It is not the individual peace alone that we seek, but it is the universal peace. Yet, the peace of the individual leads to the peace of the universel. May all our thought forms in the form of peace waves both from the ordinary scientists, the materialists, and the divine scientists-the yogis and the other spiritual souls all over the world go forth ceaselessly towards China, Pakistan, Russia, England, America and towards all the nations in the East and the West for annihilating the ignorance and egoism and thus bring peace and goodwill among individuals, communities and nations.

May there be peace in Heaven, Sky, Waters, Earth, Herbs,Plants and Trees, Birds and Beasts. May all the celestial beings radiate peace at all times.

May Peace pervade all quarters.

May peace be unto all

OM OM OM

58. THE SIX YEARS OF MY SILENCE

An ardent friend and an old devotee of the ashram writes with the request that I relate some of my experiences in silence during these six long years, for he desires to translate them into German and Russian for the benefit of friends in different countries who cannot read English. This message is the result of his request.

To begin with, the silence of six years has so far passed away like six days. I can hardly believe that six long years have passed away since the silence was started in January 1951. All things are possible only by His grace, especially, so, for those who trust in Him, the indwelling light. For the man of the world, it is very difficult to be silent even for a single day. For one who is used to the company of people, if he is left alone in silence, he will go crazy.

To begin with, apart from the inspiration and inner peace that I have had during these six years of silence, the greatest help is the time-saving benefit that I had from the people of the world who are fond of arguments, and discussions, finding all their joy in chewing the dry bones of lifeless words. They have left me to my silence, considering me almost dead to the world, with the thought that they would be wasting their time if they were to sit in silence with one who does not talk. Thus, often I have been left to my silence, as the master of all my precious time. What is difficult, unnatural and impossible for the man of the world is easy, natural and possible for the man of God.

In the first place, what is silence? Let us understand what silence is, before we proceed further. Silence is not merely to abstain from talking; I have the statues of three monkeys on my table with eyes, ears and mouth closed, teaching the vital lessons of—See No Evil, Hear No Evil, Speak No Evil.

Silence is more deep and sublime than giving forth outer talk. Hence sages have taught us that the voice of God is silence, voicelessness is brahma, nissabdo brahma Waveless, silence, both within and without is the highest state.

The sage is silent because God is silence, the highest advitiyam, the one without a second; thus the sage can never talk but help with his silence. The one who clings to blood and flesh, identifying with form and name, such a one may be silent outwardly but he is scheming within, thinking and planning, how to annex all the outer things that he desires. Be dead that ye may live. One who is dead to the outer life can afford to be silent. What greater tribute can I pay to silence than what I have already said; six long years passed away like six days. Not only six years but any number of years will pass away unnoticed, without the least worry or strain when one observes silence, for silence is above time.

NOW, COMING TO THE PRACTICAL SIDE OF SILENCE

1. Silence draws all the souls of silence in all the world towards the centre of truth.
2. Silence creates souls without the need of the word.

3. Silent Buddhas and Christs, Blessed Krishnas and Mohammads and other world-saviours are the result of wise silence.
4. What one cannot do with all the words in the world can be done, achieved in no time through wise silence.
5. Silence is not selfishness but selflessness. It is not aloofness but all-pervading love that unites all in the one spirit.
6. Silence is the height of the world, giving our life, light and love without need of words.
7. Above all, silence is *brahmabhava*, God-consciousness, which is waveless and excludes none but rather includes all.

Besides serving hundreds of devotees who have come to Kailas, the substantial results of these six years of silence are, by His grace, one thousand messages in English and Telugu and three volumes of *In the Hours of Silence* (one hundred and eight chapters in each volume).

My friends, silence is our soul and goal whether you know it or not, whether you recognise this glory of silence today or tomorrow, it is your birthright; for you have come from silence, the great void, the incomprehensible splendour. The sooner you realise this truth of silence and try to practise it in your daily life, the better it will be for you.

As an experiment, please try to practise silence once a week, as Mahatma Gandhiji used to do every Monday. If that is not possible, then try to be silent at least once a month. If that is not possible either, then try to be silent even once in a year. Anyway, all of us have to be silent once in life, then life departs. So, why not realise the glory of silence while there is yet life in us? Let us wake up while there is yet light, making hay in the daytime rather than groping in the darkness when it is too late. Remember that one does not lose anything by being silent; on the contrary, one gains everything in silence by being silent both inwardly and outwardly. All power lies in silence. Omnipresence, Omnipotence and Omniscience are the core and heart of silence.

In conclusion, I love to repeat, that silence is not laziness or inactivity but is really intense, waveless activity and dynamic power which cannot be understood or appreciated by gossipers and talking machines. Time hands very heavy on those who have forgotten the goal of precious human birth and to whom the fire of aspiration has been extinguished. Words create misunderstandings and troubles often, whereas silence smoothens all differences and spreads harmony and peace and leads finally to success and bliss in every line of endeavour.

In these six years, a certain wise saying of the seers has been very close to my heart as a source of strength and inspiration. Let me share it with my loving readers and especially with those in the far away West. *Maunam*

sarvarthra sadhanam. Silence is the unfailing way to success in all undertakings.

Dear friends, as one word is enough for the wise let me not disturb this waveless silence with any more words but let us now be silent and thus understand the wise silence and assimilate its power and peace and feel it in the very cells of our beings.

PRAYER

O blessed silence. Bless us all, all the restless people in the East and the West, with a glimpse of Thy transcendental glory so that we may be better fitted to be Thy chosen instruments, to discharge our respective duties without much strain or too many words. Let the Sun, the light of the world, who fills the world with Life, Light and Love, without the need of any works from day to day, from the very beginning of creation, be our living guru, the silent teacher, leading us from ignorance of works into the light of silence.

May silence, the still small voice of God, bless all the seekers of truth, all the lovers of peace, all over the world, with peace, the peace that passeth all understanding.

This is the prayer of your Brother Omkar.

OM OM OM

59. WHY I AM SILENT?

1. I am Silent because, God is Silence.
2. I am Silent because, I am weary and tired of all words even in the name of religion and God.
3. I am Silent because, I can save precious time avoiding all the vain questions, arguments and prattle of the men of outer life.
4. I am silent because, silence speaks louder than all the words in the world.
5. I am silent because, I can help, serve and reach people better through wise silence than with finite words.
6. I am silent because, words may help only a few who come face to face, whereas silence helps many who are near and far, known and unknown.
7. I am silent because, I am losing faith in many a man who is absorbed in selfishness and interested only in himself than in his neighbours and in the welfare of the suffering humanity.
8. I am silent because, there is the most sacred place within, where evil criticisms and deep hurts cannot reach and affect one from outside.
9. I am silent because, when all words fail, it is supreme silence that wins and succeeds.
10. I am silent because, I long to love and serve you and all His children in East and West through silence which excludes none but includes all.

11. I am silent because, it is through complete silence, I can serve you best, nay I can serve the wide world in the highest manner, in a silent way.
12. I am silent because, silence is a vital force, a moving power, the primal energy that can change the destinies of individual as well as nations.
13. I am silent because, an example is better than all the precepts in the world and I long to help the seekers of truth with silence, setting an example of the glory of silence.
14. I am silent because, it is in silence that souls are illuminated. As the clouds of ego disappear, they shine in full glory experiencing cosmic consciousness.
15. I am silent because, I want to listen to God, who is speaking with a million tongues, in a million voices on every side. Verily, God speaks both in silence and sound.
16. I am silent because, although speech is silver, silence is golden. Verily, all the rishis of yore, the wise seers did tapas, austerity in silence. Even Buddha realised nirvana in silence.
17. I am silent because, silence is completeness. Silence is the peace that passeth all understanding. It is the complete annihilation of ego, leading to the highest state of God-consciousness.
18. I am silent because, as atman the one-without-a-second, I have nothing to speak. Silence is *brahma bhavana* consciousness of the indivisible brahman.

19. I am silent because, silence is the soul and the ultimate goal of precious human birth.
20. I am silent in advance because, any way I have to be silent, when the call comes from the unknown great beyond.
21. I am silent because, swami is dead and Omkar is alive. Verily, God manifests, when man learns to be silent or dead to the outer world.

The flower of silence is golden, the source of life and its goal, that makes one crave the highest, in search of God and the soul.

OM OM OM

60. MY BIRTHDAY IS YOUR BIRTHDAY

There is only One Birthday, the Birth of Cosmic Consciousness, when we feel oneness with the Indwelling presence of God.

In Memory of this Birthday let us all repeat our helpfull peace prayer 108 times, or as often as possible.

This is the Prayer of the one who loves you all !

May there be Peace in Andhra Desa, India and the whole World. May we establish PEACE first in our own purified hearts of dedication.

Lokah Samasthah Sukhino Bhavanthu

May Peace be unto all !

Om ! Om! Om !