

ARTICLES - 4

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1. PEACE

Greetings of Peace to the loving readers of Vision magazine. My one message either to myself or to others is the message of Peace that paves the way towards Universal Peace. What message can I give other than the message of Peace which is the life and soul of our very existence!

Let charity begin at home. If we desire to see Peace reigning all over the world, it is high time for us to be busy, in establishing Peace in our own hearts first.

Have we Peace in our hearts? If so, our lives are blessed. If our hearts are devoid of Peace it is better to be silent, rather than wasting our precious time with empty thoughts and idle words.

The present day world, needs Peace very badly; the Infinite Peace which is the birthright of every individual. It is not health or wealth, name or fame nor even the rulership of the world that brings Peace Eternal.

It is contentment that brings Peace. Contentment physically, mentally and spiritually. It is a taste of His love, a touch of His garment, a vision of His beauty that fills one's heart with Peace.

This Peace must be felt in the stillness of one's heart through the help of the silent meditation so that it can be expressed in the daily activities of our life.

Dear loving readers of Vision magazine! Will you join me in a silent meditation for a while, to feel His presence in the sacred sanctuary of our hearts? Pray, close your eyes only for a little while as you read these lines. Merge within, into the very soul of your being. Now our minds are restful and calm. It is Peace within and without. Ah! The joy of bathing ourselves in this blessed peace, saturating the very cells of our being in Peace is not for expression but for assimilation and recognition in silence. Let us inhale and exhale Peace with each and every breath.

May we breathe, work and live, ever centering ourselves in the soul of peace that passeth all understanding which is our only divine heritage.

May Peace and Good will abide in the hearts of all and May the individual Peace lead to the Universal Peace is the prayer of one who loves you, wishing your Peace.

Hari! Om! Tat! Sat! Om!

*FOOT NOTE:-

The above message was contributed by our swamiji, to the monthly magazine VISION, at the request of the revered editor Swami Ramdasji. As it is an inspiring message we are also sharing it with our readers of Peace magazine.

(Peace April 1934)

2. ANESTHESIA

It was several years ago that I had the opportunity of first taking anesthesia, when I was operated upon by the late noble and noted surgeon Dr. Rangachary of Madras. In those days, for a long period after that taking of anaesthesia, it became a sort of personal and sacred meditation formula. The remembrance of that nameless and formless state, became a path leading to succeeding heights of consciousness.

Anything that helps us to forget the mundane and unreal phenomena about us and to recognize the reality of spiritual and supernal nature, may certainly be meditated upon. Thus the taking of anaesthesia, has been both directly and indirectly a blessing to me, in disguise.

Since I enjoyed the inevitable, pleasant sensation and peaceful effects of anesthesia once, I looked forward to again enjoying this experience, now under the efficient surgical care of Dr. Kini. I longed to make the so-called stumbling block a stepping stone. My taking of anesthesia has proven indeed to be a stepping stone rather than a stumbling block.

Although I felt it quite unnecessary to prepare myself in the event of the incident of death, I set my house in order, to meet the great call if it chanced to surprise me. Who can depend, with certainty, on frail physical life? As is often quoted: TO-DAY MAN IS, TOMORROW HE ISNOT! This minute only is ours, but not the next. How blessed is the one who makes best use of every present, precious moment. How blessed is he who is always ready, centered in truth, having no regrets, who cheerfully lays aside the mortal coil, if need be, at any moment calmly repeating in supreme resignation “MAY THY WILL BE DONE!”

So I too was ready, giving thanks to the Almighty for all His immeasurable blessings, unworthy as I am to receive them. I expressed my deep gratitude to Dr. Kini and to sister Sushila who has been a living angel of inspiration all along, to doctors and other assistants who stood surrounding me. I repeated again and again from the depths of my heart’s gratitude, “MAY GOD BLESS YOU ALL!”

My last visible scene was, my long body stretched out on the operating table with sister Sushila and several doctors near me; and then my mouth, nose and eyes were covered by a mask and I was asked to inhale. Soon came the experience that carried me on undulating waves of light into higher realms, unspeakably lovely.

As requested in a whisper by sister Sushila, I did not resist the flowing vapour but began to deeply inhale peace! The anesthetist’s last kind words were, “Yes, Swamiji you are inhaling well, only a few more breaths now.”

I tried to inhale and exhale that peace that passeth all understanding. Only for a single moment did I feel a slight smothering sensation, but this unpleasant sensation led me into a state of unconsciousness. As soon as I began to feel comfortable I began mentally to repeat, “It is all Light –Light of lights.” How I longed to shout out with my last conscious breath, telling of the blessed glory of this incomprehensible Light!NO LONGER WAS I

CONSCIOUS OF THE BODY OR SENSES, EVEN THE MIND AND INTELLECT DISSOLVED INTO THE GREAT NOTHINGNESS OF ENDLESS SPACE.

I was floating surrounded by ethereal vibrations thus I floated away into a formless and nameless state, losing all consciousness. I was no longer conscious of myself or of others, of operation or even of the Wondrous Light.

It seems I was in that state three hours nearly, an hour in the operating room, and two hours in the spacious room of the special ward. When I became aware of the world again and open my eyes. I felt an unutterable sense of peace and love filling my whole being. I was told later, that I opened my eyes with a beaming face and a smile of joy, manifesting what I felt within. There was such limitless peace, joy and contentment that I longed to embrace my loving doctor Kini the expression of God through service. I long to embrace in my infinite love all the doctors, all the nurses, all the friends all things animate and inanimate-nay the whole world.

My main point of observation now is, that when a soul feels such a sacred thrill of ecstasy by merely taking a poisonous vapour like anesthesia, just imagine the state of glory of that great soul who lives and breathes ever merged in that infinite peace!

How glorious is the blessed and transcendental condition of the liberated one who inhales peace with every single breath, who is all Love, Life, and Light! That stupendous state of peace and blessedness of the emancipated souls cannot be understood or even comprehended by those who have not transcended the senses, much less by the slaves of the senses.

Often and often when I want to meditate now, I go mentally back to that operating theater, and visualize myself as taking anesthesia, recalling the whole scene. My imagination is so strong that my body becomes very light, breath even, and mind calm, and I feel a deep state of nameless peace stealing over me the washing waves of love of that shoreless Ocean of Infinity. In taking anesthesia one feels a smothering sensation if even but for a moment and the after effects are rather nauseating.

It is not so however in the divine state of *samadhi*, *nirvana* or super consciousness. In this holy state, no smothering sensation is felt the dew drop gently slips into the sea, and the aftermath is revivification within and without.

It is infinite peace when one goes in and infinite and eternal peace when one comes out. The aftermath of a perfect meditation and *samadhi* are unutterable peace and all-embracing Love surging through heart and brain. In anesthesia one becomes fully unconscious. He is in a state of hypnosis or living death but in *samadhi*, *nirvana* or the Kingdom of Heaven, one is fully conscious, or super conscious of one's Divine Heritage, the wonderful passing into the Sun of suns. In both there is loss of dimensions of form and name to a certain extent, but there is as much difference as between north and south poles in the degrees of manifestation. "One is dark oblivion, the other is all ecstatic light.

Unconsciousness only is not a sign of cosmic consciousness or *samadhi*, as we commonly witness this state in the intoxicated, the hypnotized, the injured, the cataleptic, the trance mediums or in those anesthetized or drugged sufficiently. "Blessed are the poor in heart for they shall see God." The summit of realization lies at the end of the narrow and

rugged path of self purification. We are to purify our thoughts, words and deeds, before we dream of the peace that passeth all understanding.

Almost unconsciously I often find myself practicing the inhaling of peace, whenever I am consciously meditating, simultaneously repeating the following words WITH THE FIRST BREATH I AM INHALING INFINITE PEACE , WITH THE SECOND BREATH I AM INHALING ETERNAL PEACE , WITH THE THIRD BREATH, THE LAST BREATH, I AM INHALING UNIVERSAL PEACE WHICH IS BEYOND SENSES, INTELLECT, MIND, EGO AND UNDERSTANDING. OM! OM! OM!

Dear readers of Peace magazine, in east and west! May I request you now to join me in a deep meditation in memory of this “Anesthesia.” Let us imagine that we are now on God’s big, expansive operating table, namely this earth plane. We are surrounded by the various forms of the One Divine Physician. Let us now relax and inhale and exhale God’s anesthesia his Universal Love Essence, pure and unadulterated *prana*, the divine life. With every breath let us inhale all peace, poise, power and blessedness. It is glory within, without and all around.

What else is there to be said? “LET FINITE WORDS CEASE, AND GIVE PLACE TO INFINITE SILENCE. WE ARE FLOATING IN HIM, WE ARE MERGING IN HIM, WE ARE DISSOLVING IN HIM, THE LIGHT OF LIGHTS, THE SUN OF SUNS – THE ONE INFINITE MASS OF ETERNAL LIGHT!”

May we all center ourselves and ever abide by the one interpenetrating light! May peace be unto all!

Om! Om! Om!

(PeaceMay and June 1936)

3. A MESSAGE TO THE LOVING READERS OF HINDI ‘SHANTI’

Beloved sisters and brothers of Rajasthan and other parts of Mother India!

While introducing our Peace magazine, the Universal Messenger of Peace, the Hindi Shanti magazine to all of you, it is my happy privilege now, to commune with you and extend to all of you a hearty welcome into our adobe of peace, as well as into my heart of silence.

Has not one God created all of us? Are we not the children of one God? As children of the one indivisible God, it is not only the privilege but the duty of each and every one of us is to love each other, recognizing His sweet face in one and all. He is the indwelling and interpenetrating presence of not only you and me, but of the whole universe.

“VERILY GOD IS LOVE, AND LOVE IS GOD AND WHERE LOVE IS, THERE GOD IS”

My friends some of you may have heard of the great musician Sri Tyagaraja of the south. He was not an ordinary musician but a divine musician. All his songs were only offerings to god.

In one of his inspiring songs he sang: *SANTAMULEKASOUKHYAMULEDU*—without peace there is no joy or happiness of any kind even to the King of kings or the *Yogi* of *yogis*. Thus, peace, *shanti*, is our life, soul and ultimate goal. It is the beginning, middle and end of all existence. What is life, the life of a man without ‘*shanti*’, but a burden to himself and to mother earth! What is a home without ‘*shanti*’ but a regular and veritable hell on earth! What is a nation without ‘*shanti*’, but a group of bullfighters! What is world without ‘*shanti*’, but a lunatic asylum, filled with selfishness and ignorance!

My sisters and brothers, please extend your welcome and accept our ‘*shanti*’ into your homes and its solacing message into your devoted hearts. Let it fill your hearts and homes with the love of God, making us remember that “SERVICE TO MAN IS SERVICE TO GOD”.

Let us also remember, that it is the individual peace that paves the way towards Universal Peace. So let us establish, first peace in our hearts, then in our homes and communities. Thus, let our peace spread itself among all the nations over the world. We may not reform the world, but we can atleast reform ourselves. We may not change the world, but we can atleast change and elevate ourselves.

Hence, for the peace of all human souls, let us begin this self reformation by the establishment of the peace in our hearts and then in all corners of the world, now and here, today alone. For, “**Todaymanisandtomorrowheisnot**”. Before the call of Yama comes, let us do our good deed. Let not our lives be a burden to mother earth, but a blessing to our innocent children, to all the members of our homes and all those who are dear and near to us, relying on our help and guidance.

May you all welcome ‘*shanti*’ and may ‘*shanti*’ magazine lead you all, to the realization of the goal of this precious ‘human birth’ in the living present moment alone! This is the prayer of your brother Omkar.

May peace be unto all!

Om! Om! Om!

(Peace July 1952)

4. ATMA-RELATIONSHIP

At the very outset, some of our readers might ask “*whatisthisnewAtma-Relationship?*” we have heard of blood relationship but not of Atma-Relationship.

Dear friends, my answer is: Atma-Relationship is no other than our relationship with God, the old truth that GOD IS ONE and we are all related to Him. Blood relationship is confined only to a finite home, a small family and a particular community, whereas God

relationship includes all homes, all families, all communities, nay even all nations and the humanity.

As a man or woman, belonging to a home or family or even to a particular religion or nation you are different from the people of other religions and groups which constitute the rest of humanity. But as *ATMAN*, you are related, nay, you are one with all the people of all religions and nationalities, nay, even with our dumb animals and other creatures that live in the world. Now it is for you, to choose, whether to cling to relationship of blood and flesh or to Atma relationship, living in the spirit which includes all and excludes none.

Yet, in the face of the wide and broad faced open truth, the identity of man and God, man by virtue of his utter ignorance takes joy in identifying himself with a particular cult or nation calling it, the special and privileged group superior to all others. Theory is one thing and practice is quite another. It is easy to admit one's AtmaRelationship, but what one needs is its practice in daily life, even during moments of death. A recent event in the life of the Ashram, has deeply touched and moved my heart to the core bringing out the splendor of Atma Relationship.

Where is long beach in California, U.S.A.? Where is Rishikonda beach, Waltair in India? There must be atleast twelve thousand miles between them. Who is Dr. G. Friss Holm and who is Swami Omkar, either in respect of blood relationship or national affinity? Outwardly there is hardly any relationship, but spiritually, from the one indivisible, all-pervading *ATMA* stand point, SisterGudrum Holm and Swami Omkar are one and the same. They are the different waves of the same ocean, the different sparks of the one light and two rays of the one effulgent sun.

Dr. Friss Holm visited Santi Ashram in Totapalli hills nearly thirty years ago and spent some time there and felt deeply impressed with its silent work. It was her one ambition and aspiration to return to the Ashram, her own spiritual home, and retire there, serving the poor and sick around. She made all arrangements to join the Ashram and even booked her passage to India but alas, how uncertain is life!

“Todaymanisandtomorrowheisnot”. The call from the great beyond came suddenly. In spite of the sudden call, Dr. Friss Holm, remembered her Atma relationship with her own abode of peace in the far away India and bequeathed her estate, the little she had, not to her blood relations or close friends, but to that far away Atma relation in the distant India.

In its humble way, the Ashram is endeavouring to perpetuate the memory of our good old friend Dr. Holm by constructing something which will be helpful to the poor and sick, whose service was her one ambition in life.

How true are the words that: **“POOR AND NAKED WE CAME INTO THE WORLD AND NAKED WE LEAVE THE WORLD.”** But blessed are they whose lives are dedicated both in life and death to the love of God and the service of His children!

May the Good Lord, the indweller of all hearts bless the spirit of our sister GudrumFriss Holm, with eternal rest in Him is the prayer of all the members of the mission of peace!

Glory be unto the Atma relationship, where one feels for all, loving all as our own. The basis and foundation of true Atma relationship is contained in the following words:

“The world is our home; all people in it are our sisters and brothers and to love and worship them is our religion.” May peace be unto all!

5. A PILGRIMAGE TO BRINDAVAN

Brindavan is considered to be the holiest place, being the birth place of Bhagavan Sri Krishna. Any place where there are many sacred *tulsi* (basil) plants is also considered as a Brindavan. I also consider every lovely place where we can feel God's beauty and glory in silence is a Brindavan. Any place where God is worshipped in the form of serving sick and poor, the neglected and oppressed is also a holy and most precious Brindavan. During one of my walks in the Totapalli hills, I felt happy to come across such a charming place at the foot of one of the hills, hidden from the eye of the ordinary and the worldly minded people. It was a happy surprise also to see there many sacred *tulsi* plants, as if they were planted in lines and bowers with a plan.

Whatever I enjoy, I long to share it with others if it helps them also. Hence, yesterday I took the Ashram members, young and old along with me to that holy and lovely spot, Brindavan. As the path to Brindavan of *tulsi* plants is narrow and rugged with full of thorns and stones, I have requested them all to provide themselves with slippers and also to be prepared for a hard and trying trip. A child of eight years insisted to follow us, even without any footwear. Unfortunately, we started a little late, but we took the battery light with us. The path as already mentioned is steep and rugged, passing through thick jungle and corn fields. At some places, the crop on the fields was so high that we were hidden in their tall stalks.

As I was leading them, the young and old of every age, through those trackless foot paths in the jungle, I began to realize my responsibility more than ever. No one knew where I was leading them, but they were all blindly following me. When I went alone I was always reckless and care free, trying every new path and shortcuts too, but having now the party behind me walking in my foot prints, I tried to be extra careful and watchful, in order to avoid any thorny bushes or rugged stones. Had I not known the path and the goal, would I not be leading them all into trouble and darkness, like a blind man leading the blind and all of us falling into an abyss, great darkness, with needless trouble?

While musing thus trudging in the rugged paths, it flashed to my mind of the great responsibility of the *guru*, the spiritual guide to lead his innocent and devoted following who trust and rely on him implicitly. How can the *guru* take the *chelas*, when he himself does not know where he is going or when he himself is ignorant of the goal? Hence, the real *sadguru* studying the nature and temperament of his respective disciples, initiates them, first into *bhaktiyoga*—the path of devotion and then into *karmayoga*—the path of service. Gradually, he leads them through *rajayoga* and *dhyanyoga*, the princely *yogas* of concentration, meditation and contemplation, and then finally to the highest *jnanayoga*—the *yoga* of wisdom or illumination. Leaving aside the *gurus* and *chelas* for the present, let me lead the devout readers towards my present pilgrimage to Brindavan. All were happy, blindly following me. Sometimes, the child was ahead of me, talking within herself, as I do not encourage to talk much, more so being a silent one. As I am silent, naturally all others who

follow me or who are with me also become silent, feeling God's presence within and without and recognizing Him in every sound.

Often I make them repeat the sacred syllable OM for every step. Even this repetition contemplating on his omnipresence, omnipotence and omniscience for every step, as one walks, also is very uplifting and inspiring. Atlast we reached our Brindavan, the beauty spot of *tulsi* plants. There we did a *PRADAKSHINAM*—going around them, and chanted the mystic syllable OM and then kept on walking deeper into the hills with the devoted souls following me faithfully. Through many a curved, long and steepy paths, I lead them on and on, to another place of Brindavan, where Lord Krishna lives in the form of sick and poor villagers. The whole village was happy at our surprise visit and we made them all chant with great devotion the following *mahamantra* as per *KALISANTARANOPANISHAD*!

**Hare Rama, Hare Rama,
Rama Rama, Hare Hare
Hare Krishna, Hare Krishna
Krishna Krishna, Hare Hare.**

KumariJnaneswari was carrying for me a copy of cosmic flashes with paper and pen, hoping in case I wanted to say anything, I might express my wishes by writing. Then I wrote the following words wishing the welfare of the villagers.

- 1) How are the sick people who got medicines from us last week?
- 2) Let all those who are sick get medicines from the Ashram.
- 3) Please send your children everyday to study in the Ashram school, Shanti Vidyalayam.
- 4) Remember God always repeating his names even amidst work.

After Sri Ram has conveyed my views with his loving words of advice. We made all women, men and children of the village to repeat the holy word OM and trudged back our way taking another path and reached the Ashram safe, before it got dark listening with joy to the deep resonant song of the bird *PIPPAHA*, seeking its beloved, crying in pathos "*PIUKAHA*—where is the beloved?" verily, the beloved is ever within awaiting our recognition in the stillness of our purified hearts.

The poor villagers in the Brindavan were really happy, to see you all. The *chelas* were happy and the *guru* also was satisfied immensely in having had the privilege of serving spiritually so many poor and innocent people rather unexpectedly without any forethought or previous plans. It is impossible to know how and when God uses us to serve his children. It is only when we are able to serve selflessly any helpless, poor and sick, we can be happy that we are born as human beings by His grace.

May all glory and homage be unto Him!

May He bless us and give us the strength to make every neglected village, a living Brindavan with the fragrance of the sacred *tulsi* plants—our fragrant divine thoughts, for the well being and peace of humanity! May peace be unto all!

Hari OM Tat Sat OM!

(Peace June 1954)

6. ARE YOU A SHEEP OR LION

As I look around, as I gaze at the faces of people, as I see the fisher people by the beach side, running to catch fish, as I look at the people who are passing through the Ashram with anxious faces, with little desires and low aims and weak aspirations, with a heavy heart, I see only sheep-sheep everywhere, flocks of sheep all-around. For a change, I long to see a LION anywhere among these flocks of sheep. But how can I expect to find a LION among sheep?

How thick and dense is *MAYA* the delusion that's makes even lions into sheep?

O man, are you a sheep or lion. In your daily life, in the practical life of everyday world, are you living like a sheep with innumerable desires and fears. Or are you living like a lion. Rising above all desires and fears?

Desires create fear, in some form or other. Fearlessness belongs only to the man or woman of desirelessness. Desire brings expectation, restlessness and misery. In the man of desirelessness there is not the least expectation, restlessness or misery.

On the contrary he is blessed to be filled and surrounded with peace that passeth all understanding. Happiness that knows no change belongs only to the man of desirelessness. Alas! How difficult it is to be free of all desires? Even *sanyasins* who renounce the world, with all its desires, start some kind of Ashram and begin to beg people for money waiting at the doors of the rich for their favours or frowns. Thus the delusive Ashram life becomes a net, binding the free soul in its strong and refined threads of name and fame, in a most subtle way. It is pathetic to see the man of God, forgetting his inherent divinity and running after the shadows of the world, bleating like a sheep with many a fear and worry!

Often and often I long to see a man, a full man, a complete woman who can never sell their soul for the baubles of the world, who can never exchange their imperishable wealth, for all the perishable goods in the world. How pathetic it is, to see the people who are selling their souls for a mess of pottage, for a little fame and name, running after the will O' the wisp in the mirage of the worlds. This is all only due to the forgetfulness of the infinite and eternal light, the self effulgent light within. This is greatest delusion, the deepest *MAYA*. Blessed are they who can conquer *MAYA* the delusion in every form and be the masters of their minds. Such alone are the harbingers of peace.

In the everyday practical life, are you living like a sheep or lion, is what we need to know now. In the first place are you a sheep or a lion? Know this vital truth first, for if you are a sheep, you can never be a lion. If you are a lion, you can never be a sheep. A sheep cannot be changed into a lion, neither can a lion be changed into a sheep.

How to know this fact or the truth, whether you are a sheep or lion. The scriptures teach us that any fact to be proved as truth is to be judged by the experience of three things.

1. What do the scriptures say?
2. What do the sages and saints say, from their own experience?
3. What does your experience say, when you are at your best, expressing the Highest?

1. The scriptures teach us, that God is one- *EKAMEVA ADWITEEYAMBRAHMA*. *Brahman* is not two but one. There is but one Reality and thou art that, *TATTWAMASI*.

2. The sages and saints have proclaimed with authority in one voice from their personal experience: *PRAJNANAMBRAHMA*. The intelligence in you alone is *Brahman*. Be still and know that 'I am God'. It is in stillness, that you realize that you are *AYAMAATHMABRAHMA*. Thou alone art the *BRAHMAN* and there is no one else besides the one indivisible truth, the indwelling light.

3. What does your own experience, when the body is no body, when the world is no world, when you have risen above body, mind and world say? It teaches the *AHAMBRAHMAASMI* consciousness or the holy state in silence. There is the *SOHAM*, repeating itself, both day and night, with breath saying. All this I am.

THE LIGHT I AM.

In the past I have been the light.

In the present I am the light.

In the future I am bound to be the same light.

I have been the lion of Vedanta, the living truth eternally in the past, present and future. Where is the moment, when I am not the lion, either in the past, present or future? I have never been a sheep even in dream. I have been always the living truth the lion of *SOHAM*. Man's freedom or salvation lies in following *SOHAM*, in clinging to *Soham*, the Universal Breath. Hence, it has been said that *Soham* leads to freedom. *Soham* gives liberation.

Being the Light of lights, why beg for a spark of tiny light? Being the Sun of suns, the lion of Vedanta, eternal truth, why bleat like a frail sheep.

O Image of God, O Living Truth, Infinite Light, it is high time for you, to give up bleating, ever identifying yourself with the perishable body. Identify with the living truth, the only reality, the self effulgent light and begin to Roar, with each and every breath, the *soham* glory, expressing the same in all your thoughts, words and deeds, your inherent glory of the splendor of millions of suns.

Everything in this world is beset with fear, except the *soham* splendour which is the outcome of desirelessness. Desirelessness comes from selflessness. Selflessness dawns from God consciousness, which is no other than the *Soham* consciousness. BHARTRIHARI says "the world is full of fears. Man from birth to death lives in constant fear like a sheep". Listen to his following inspiring verse.

"In enjoyment, there is the fear of disease, in social possession the fear of falling off, in wealth, the fear of hostile kings, in honour the fear of humiliation, in power, the fear of foe man, in beauty, the fear of old age, in scriptural crudition, the fear of opponents, in virtue the fear of traducers and in body the fear of death. All the things of the world pertaining to men, are attended with fear. Renunciation alone eliminates all fear".

Thus we see, that man is full of fears from the cradle to grave. It is the fear that makes a man to bleat instead of to roar. Hence fear of everykind should be shunned and avoided. An aspirant should fear the fear itself. He should never allow its poisonous hood to raise in the stillness of his devoted heart, to make a havoc of his spiritual life of peace. As repeated often, body consciousness brings fear and God consciousness brings fearlessness. It is the body consciousness that bleats. It is the God consciousness that roars.

As living images of God, let us bleat no more, but let us roar with every breath *SOHAM* GLORY, inhaling and exhaling peace, wishing peace among individuals and good will among nations!

The *ATMAN* belongs to the brave, the strong and to the fearless, hence, let us be brave, strong and fearless, for we are the lions of truth.

SAT CHIT ANANDAM

Existence, Knowledge and Bliss are our Divine Birthright. May all homage be unto the lions of illumination!

May peace be unto all!

Om Tat Sat Om!

(Peace Jan 1957)

7. A MARVELLOUS EXPERIENCE

It is Sunday the day of sunshine. Today being the Full Moon Day the *EKAHAM* is going on with all intensity and devotion by the members and devotees of the Ashram chanting God's name ceaselessly for twenty four hours in memory of the full moon. In the early hours of dawn as usual I woke up and had my spiritual study of Cosmic Flashes and *ASTAVAKRAGITA*. Instead of writing of messages or letters I wanted to make better use of the day, by repeating peace prayer and having deep meditations, more than ever.

At the hour of dawn I was happy to do garden work for an hour. Then after bath, Dr. Madhava Rao and Dr. Markandeya came to *Nirvana Mandir* and discussed the Mobile Medical Unit and its operation. After they left, I had taken fruits and milk and sat at the table to do a little writing, feeling His presence. It was 9.30 A.M.

Something marvellous began to happen suddenly, starting from the feet. My feet were no longer on the earth. There was some kind of numbness and ecstasy. There was floating sensation. The body almost disappeared. It was something like an evaporation into a nothingness. It cannot be described in these finite words. But it is only to be experienced. It is an experience that rarely comes in one's life.

I made a sign to close the doors, for I longed to be alone. It was all ecstasy. Even the life breath seemed to be disappearing or gone out of the body for a minute, when my head fell back unconsciously, but I was conscious of myself or the Higher Self, for it was not unconsciousness or any physical malady. By His grace, I am blooming with health, feeling strong. Nothing is wrong with me. After the experience, when I came to the normal consciousness, there is a sense of freedom, as if I am without the body still.

This marvellous experience, as reminded me of the Holy *Samadhi* experienced by Swami Vivekananda when touched by Paramahansa Sri Ramakrishna Deva. Here I was touched by the grace of the all pervading, nay, interpenetrating presence.

I am reminded also of a similar cosmic experience of an American aspirant who was suddenly transported to the Fourth Dimensional State of Glory amidst his work and wrote a book of the experience calling it “TheSeven Minutes in Eternity”.

The very memory of how I was seized or possessed suddenly and unexpectedly without the least effort on my part, is marvellous and inexpressible. It is a glimpse of the Great Beyond and a taste of the Holy Manna Immortality. It was a moment of cosmic joy. Bliss of the Beyond, where I was lifted to the Heights and where all time disappeared. As the mind began to melt, I was left in tune with the Infinite.

Such is the grace of God when it descends it floods the chosen one. How good is God! All that I can say is only Glory, Glory, Glory be unto Him the indwelling presence of our devoted hearts.

May Peace be unto all!

OM! OM! OM!

(Peace Jan 1957)

8. A SENSE OF RELIEF OR FREEDOM

Freedom comes to one and all for it is the Goal and Soul of human birth. Freedom comes to some so easily without much struggle or effort and to some with great struggle and trying efforts. But sooner or later it comes to one and all, for it is the birthright of everyone. Freedom is the outcome of egolessness. It is there, where the ego is dead, annihilated root and branch. Whether it is in a *Yogi* or householder. It does not make any difference whether you are in the world managing or looking after families or Ashrams, but it makes all the difference, whether the ego is dead in you or not. Verily it is the ego that makes a wreck of spiritual life.

Infinite Peace, Eternal Peace belongs only to the egoless and to none else, be they in the East or the West, meditating in the solitudes of Himalayas or ruling kingdoms, steering the destinies of the world. Today I feel a sense of utter relief, complete freedom. May be, the ego is dead more than ever. Was not the ego dead before, already!

Verily, Swami is dead long ago and Omkar is alive in all of you now, more than ever.

Things done in the past, were completed. Things that are going to be done now or in future are entirely in His hands, for not a blade of grass moves without His will. All glory belongs to Him. But the finite, tiny and ignorant ego wants all credit to itself, ever running after forms and names changing the fleeting clouds of fame and name to the perishable body in the ever changing world of delusion or *Maya*. What great joy and ecstasy it gives just to feel that we have no work to do, no responsibilities to discharge and we are just free, free, happy and pure just like the unborn babies!

All work, responsibility, duty, everything belongs to God the Omnipresent Omnipotent and Omniscient *Shakti* – the universal power, who is leading and moving the destinies of individuals as well as nations. What is an evanescent frothy bubble, before the mighty, fathomless ocean? What is the light of a tiny glow worm, before the self effulgent light of the radiant sun? What are we, little insignificant so called mighty, all powerful potentates or all-knowing *Swamis* or *Mahatmas* before God! **The knowers of God, become**

Egoless and silent. Knowing that they melt in silence. For the peace of the soul or for the happiness of one's life, complete self surrender to God is most essential, not 99 percent but one hundred percent **self surrender**.

As I am writing this message there is the picture of *Gajendra* the mighty elephant having one of its feet in the mouth of a vicious crocodile. The mighty elephant tried all its strength to get rid of the crocodile from its mouth, but alas all the death- like attempts and struggles were in vain. When it was completely exhausted, when it was a matter of life and death, in its last moments. *Gajendra* opened its eyes and lifted its trunk towards heaven and appealed to the **Deenbandhu** the *AapathRakshak* to the one who protects those who are in trouble and who are helpless relying no more on the finite selfish effort, but completely relying on God! Lo and behold the Miracle of miracles, the **Vishnu** God himself rushes to the rescue of the elephant from the jaws of death, destroying the vile crocodile with his Holy Disc.

God's merciful and ever out stretched and eternally protecting hands are always on His children, be they human beings. His living images or dumb children of other kingdoms of life. We are only to call on Him with all the strength of our mind, heart and soul. He listens and understands us even before we call, for He is the Mind of our minds, Heart of our hearts and Soul of our souls. How near, dear and inseparably one He is with all of us not only now, but from eternity to eternity! All that He needs from us is only our entire self surrender, complete egolessness.

Now let me come to the practical side, from my personal experiences in the daily life. On the other day a Malayalam young man came to Lakshmi villa and offered his services to God's work saying that he can drive a car, stitch clothes, paint windows and can do all kinds of works and that he is weary of the world and longs to come to Totapalli to lead a peaceful life. When we made inquiries from some of the members of our peace centre they gave us glowing tributes about the devoted and faithful life of the driver tailor etc., Out of love, I told the driver, if he is a square plug in a square hole, he is welcome to join the Ashram. In the first week, the driver was very devoted. In the second week he was restless and in the third week, he was unruly, showing his true colours or nature. He used to be present and attend only to take his morning coffee, lunch in the midday afternoon, tea and regular meals in the night but always absent for the prayers or for his duty. When I was worrying with the thought that he was a square plug in a round hole, he fought with one of the devoted members of the Ashram and threatened to kill him.

For a moment I was perplexed and sad and suddenly my eyes were lifted towards the picture of Vishnu, the God who was protecting the elephant from the cruel fangs of the crocodile. In a flash, as I felt His presence I resigned myself and left the driver into the hands of God and felt a sense of relief, freedom and peace. That was a scared moment of Divine Grace. There were tears in my eyes. I was deeply touched at the great mercy of God, may these precious moments of ecstasy be permanent and eternal in all my life.

Now I am no longer worried over anything or any work or problem. I surrender to all the people who are on the way in doing God's work unto His holy will. All problems are entrusted to Him. He knows what is best to each and every one of His learned or ignorant children. Not our will, but His will be done now and always! I feel so free now more than ever.

Dear loving readers of Peace magazine! I long to share my new freedom, with all of you. How good is God! He has been always good to us. He is good not only towards me,

even towards you all, for He is the heart of every being, from the celestial being, to the tiny insect. It has been said, when we do God's work, God will do our work.

Q: What is God's work?

A: God's work for us is just to feel His presence in each and every moment of our lives and to recognize Him in everyone and everywhere.

Q: What is our work?

Is it to establish Ashram and PeaceCenters in the East and the West? Is it to collect funds in His name? Is it to construct *ViswamathaJyothiPrarthanalayams*? Does God really help in all these little works? Unto God, there is no little or big works. All works are equal to Him. When we love and trust Him completely doing His work, facing Him everywhere and all around, certainly, He will take care of us doing our work. When Kabir, the weaver, the ideal saint while weaving his cloth, lost himself in the absorption of God, we were told that God Himself came and was weaving the cloth for Kabir. When Shakkubhai was grinding the flour, we read that God Himself came in the night and helped her to complete the grinding work while she was absorbed in Him. How good, kind, loving, sweet and devoted is God towards His devotees always! God himself said that he is a servant of his devotees. I feel confident in the coming construction of our *ViswamathaJyothiPrarthanalayam* the temple of all religions, the prayer hall of Universal Light, God Himself will come and will do all the work. He has already sent **His Hanumans**, chosen instruments to begin the spadework of laying the foundation etc.

All that I can say in these finite and child like words of His Infinite mercy and love is only to repeat: How good is God! He has been too good unto those who loves Him.

It touches my heart to see some tiny squirrels, bringing sand from far off distances towards the construction of our prayer hall for the benefit of all the votaries of all faiths in the East and the West, for the peace of all in the world.

There is a **Kuchela** in S.Kanara, a great devotee with a big family, keeping the two ends meet with great difficulty and it touches my heart to see him sending every month one rupee twenty five *Nia Paisa* towards the upkeep of the Lakshmi Villa Peace Centre, indeed this is a tiny squirrels, help from the Kerala state. I feel such a sense of relief and freedom when God is stretching His hands from far and near from the known and the unknown for all hands belong to Him.

We need not even tell God about our needs and requirements, for He knows them even before we ask or express, for He is the thought of our thoughts. Verily, He is the Breath of our breaths, Life of our lives and the Soul of our souls. Indeed He and we are not two but one. Freedom belongs to the one who sees the One in the many. Relief comes to the one who sees himself in the all.

May silent adorations be unto the indwelling presence of our hearts! How I long to close my present theme repeating my favourite peace chant wishing the peace of all!

May there be peace in heaven.

Peace in the sky,

Peace across the waters

May there be peace on earth

May peace flow from the herbs, plants and trees

May all the celestial beings radiate peace

May peace pervade all quarters.

May peace be unto all

Om shanti, shanti shanthihi!

Om Om Om

(Peace Aug and Sept 1961)

9. AGGRESSION

Aggression is an unprovoked attack on the innocent. It is to begin a fight needlessly picking up a quarrel. The present needless aggression reminds one of the story of the vicious wolf, devouring the innocent lamb. Even the wolf wanted to justify its killing the lamb, hence it asked the lamb, why it was polluting its drinking water? When the lamb replied that the water was flowing from the higher level after the wolf drank it first, the wolf again asked the lamb: “why did you speak ill of me six months ago?” The lamb replied that it was not even born six months ago, for it was only three months old. Anyway the vicious wolf said: - “if not you, your grandfather must have spoken ill of me”. Thus saying, the cruel **China** wolf started devouring the innocent lamb **India** on the borders of the hoary headed, sacred Himalayas.

To be untouched by the sorrows of the world one must be a sage, a man of God consciousness or a madman without feelings. A brute is an undeveloped man, due to his stark selfishness. He never feels for the troubles of others. A man of God, who is above body, mind and world, is also free of all feelings. How blessed and rare are they who live in a world of God consciousness, where there is neither aggression nor war, where it is all **Light** within, without, above, below, and all around! May all homage be unto such blessed souls! Their silent and ideal lives of complete selflessness are the greatest blessings to humanity.

All others who are in the world, working in the world, for the welfare of others, cannot but feel the depression and sadness. When there is death and destruction around you, how can you be contented and happy, thinking only of yourself and your dear ones! On the other day, Dr. Prasad, one of the oldest friends and well wishers of the Ashram wrote the following letter, expressing his inner feelings:-

I do not wonder at your great trend and direction to melt away in silence. I understand the power and sweetness of that divine attraction. I am sure you will agree with me that we should all have **special prayers** for **world peace** and **success** to our country. I say success **to our country**, not only out of patriotism but also from a sense of righteousness. We Indians, won our freedom by peaceful methods and the Gandhian method of at least not hating our enemy. We did not covet anybody's land at any rate, not the Chinese territory. So we must have success to get back our lost territory and regain our independence and territory. May I suggest that you arrange kindly **special prayers** for **world peace** and India's success! I am

also doing the same individually but a **congregational prayer** from spiritual personages like you and the friends there in the Ashram will go a long way.

Another friend and well wisher of the Ashram writes the following words about the inherent power of our **Peace Prayer** and its silent work in bringing peace to the troubled hearts in the present crisis of the world:

I am always remembering the **Peace Prayer** especially at this sad juncture. Your services in the cause of **world peace** are very essential. I am sure your **Peace Prayer** will bear fruits and the impending catastrophe will be averted. Your efforts in this respect are noteworthy. Till now I had not fully appreciated the silent work of your Peace Mission. Now I realize how you foresaw the importance of your Mission to the **world peace**. You are God's true representative in eliminating the fears of the war-stricken people. May your noble services be richly rewarded by the Lord Almighty and pave the way for **world peace**.

I was mentioning these appealing letters to the Ashram members, workers and *gurukula* children and other visitors and devotees and exhorting them in the name of God and humanity, to feel, feel and feel for the needless sufferings of the persecuted and pray ardently and ceaselessly for the protection of the innocent and for the peace of all. I was also telling them, not to ignore and neglect to do their prayers, thinking that the war is not near by the Ashram, but far away of the borders of Himalayas. Distance should not make any difference, for all the world is God's home and all are the children of God. Differences in caste, creed, colour and nationality do not exist in the One Indivisible God.

The Lord says in the Gita:

O Arjuna, whenever DHARMA or righteousness is in danger and ADHARMA or unrighteousness becomes rampant, then I manifest myself. For the protection of the good, for the destruction of the wicked and for the establishment of DHARMA, I incarnate myself from time to time.

We have to see now, how soon the Lord is going to incarnate to destroy the evil and protect the innocent! In the meantime we are to play our part too, to the best of our ability. All of us cannot be soldiers to shoot and kill the aggressor. Unto such there are other ways of killing the aggressor and helping the innocent in their suffering and death. It is the sincere and ardent **prayer**. The Atheist, the non-believer the Agnostic may laugh at my childish words or simple belief. Yet the **kingdom of heaven** belongs to the childlike, to the innocent. The childlike prayers from the pure and innocent surely bring miracles changing the crooked into the straight, the wicked into good and the cruel into kind. What is there that cannot be done by trusting in God! All things are possible for those who love and trust in Him completely. How consoling are the following life-giving words:

Him whose compassion maketh the dumb man eloquent.

And the cripple to cross mountains

Him the All-blissful MADHAVA, the Almighty.

Do I salute!

In these days of aggression, where destruction and death of the innocent is going on, what is the duty of the *sadhus*, the *sanyasis* and all the other *Mahatmas* in India and elsewhere in all the world? It seems there are nearly 55 lakhs of *sadhus* in India alone. Let the

ardent prayers from all the Ashrams, convents, hermitages, monasteries and mosques, shrines and temples dispel the war clouds bringing harmony and peace to the mankind. In all the hermitages in the East and the convents in the West, there must be nearly a million **sadhus** and **monks** of all denominations. If all these dedicated people pray ceaselessly and concentratedly for the welfare and protection of the innocent, will not the change come in a moment?

No man however ignorant he may be can say that the life of **Sri Ramana Maharshi** or **Sri Arabindo** and of other such saints and sages was a burden to mother earth, because they did not take the weapons and go to the war front. Their weapons are the unfailing instruments of PEACE and LOVE that give consolation and comfort to the weary and suffering. It was said:

“Let one man alone live in God and the whole nation can be united through the power of his selflessness”. Thoughts are things. As you think you become. Let us not be of little faith. Especially, in our troubles tests and trails, let us have full faith in God, the universal light and love. Let us love God with all the strength of our minds, hearts and souls, invoking His richest blessings on the innocent and suffering.

Some *sadhus* who are living for themselves are certainly a burden to mother earth, but not those who have risen above body and mind, ever living and breathing for the good of the world. Such precious and real souls are the great blessing to the mankind in all the world.

Once a monk was living in a convent spending his time in prayer and meditation. Some of the selfish people began to drill into his ears, that his life was a burden to the mother earth. By constant drilling of negative words, he too began to be depressed and oppressed with the thought that he was not helping the world through his silent prayers, but he must go out into the world of activity and do some active work. With such sad and heavy thoughts he fell asleep and it seems, his soul- the astral body wandered in the human world and saw some of the sad and elevating experiences too.

There was a famous music teacher. In his day, he was making thousands of people happy with his divine music, but alas! In his old age he began to fall down, addicted to drinking etc., naturally he was depressed and oppressed and was about to commit suicide. He had the cup of poison in his hand to drink, but suddenly a **ray of light** pierced and he was dazzled and the cup of poison fell down from his hand. Again he got consolation and strength from the **ray of light** and began his good world life of spreading music again.

There were two brothers loving each other when young, but when the parents died and the brothers came into their possessions, they became greedy and jealous and began to fight with each other and entered into courts and wasted all their properties. They started to fight with each other stealing the jewels etc., and bringing even police into their fights. When they reached the climax of destroying each other, it was the **ray of light** that protected them in their doom, instead of allowing them to destroy themselves.

There was a *yogi* doing day and night hard penances and torturing his body and mind. Alas, since God did not manifest to him he became so depressed and sad that he wanted to drown himself and commit suicide. In his deplorable condition on the verge of his death, again the **ray of light** came and protected him by giving added strength and new vision. Thus the monk, who came down to earth in his reverie has seen many such miracles of mercy and felt comforted and began to continue his prayers with more vigor, patience and joy, knowing that his life of prayer and meditation has not been in vain but a blessing to the poor, the sick, the depressed, the oppressed and even to the innocent and the sick. Thus it has been proved that the ideal, consecrated and selfless life of even one man changes the destinies of the communities and nations in the world. Mahatma Gandhiji, the apostle of **Truth and Non-violence** was a great example of his ideal life of dedication and of selfless service.

In my own humble way, I feel from within, that our **peace prayer** is the **ray of light** helping and serving silently the children of God, in the East and the West, even the believers and non-believers for God's **love** and **peace** include all and exclude none, not even the Heretic or an Atheist. From the far away Germany, a scholar and editor of a magazine writes that our simple **peace prayer**, when he was depressed and oppressed has been his *Talisman* in his tests, trials and tribulations, giving him inspiration. Thus our simple *peace prayer* which contains the essence of all religions in a nut-shell, like the *ray of light* has been the greatest blessing, a silent messenger of strength, hope, joy and peace. Every time you repeat the peace prayer it is going into the world of suffering as a *ray of light* dispelling darkness, weakness and sickness of body, mind and soul both in the days of peace and in the days of confusion and war. Pray! Begin to repeat it now making it your *ray of light* also, to serve the world.

The following touching letter comes from the Duke University from an old friend, from the far away U.S.A., while I am engaged in writing my thoughts on the present sad and helpless situation in the country, over the needless, cruel and unwanted slaughter of the peace loving children of God, all in the name of stark ignorance being thirsty for blood.

“My dear swamiji: greetings from America!

Right now the dark clouds of nuclear war hang over this continent, and everyone is nervous. God has given us such a beautiful world to live in, and made man with all the ingenuity to make it a living heaven. But how stupid is the man who cannot enjoy the fruits of His blessing but craves to poison them!

I am a great believer in man and his potential goodness. But his attitude and actions have now come to be in the developed west so much governed by public opinion, which is never an enlightened one, man's basic goodness is being lost in the abyss of mass illusion. I think the survival and continuation of this world depends now on the spirit force that you and men like you can exercise to change the minds of men who are madly running on the precipice of mass destruction. The need of the day is the awakening of the man, the opening of new spiritual frontiers. Your work today is more important than ever.

Dear loving readers, let us begin with the simple *Peace Prayer* and drive away the aggression inside, within us first. Let us fill our minds, hearts and souls with LOVE that includes all, that can change the cruel wolves into gentle doves. Let us fill the world with PEACE that passeth all understanding that changes hearts and souls from selfishness to selflessness from bitterness to love, from mistrust to trust and understanding of each other. May the individual peace leads towards the universal peace! Before we change others, let us change ourselves. Let us be the dynamos of love and harbingers of peace, leading the lame and blind, the crooked and the wicked towards the heavenly portals of peace.

Aggression leads to hell.

Love leads to heaven.

This is not the time for words and for giving lectures or writing even messages. This is the time to pray, to offer ceaseless prayers, soul-stirring and lifeawakening prayers to the indwelling light, the almighty, so that in his infinite mercy, He will bless and protect the innocent and the suffering and make the aggressor to know his evil and folly, before he destroys himself and his soul. Now let us help ourselves as well as the humanity by our constant and ardent prayers. Let us repeat our simple **peace prayer** now for the peace of all!

(Peace Nov 1962)

10. ABHIMANYU VIHAR

We have heard of *Upanishad Vihar*, *Shankar Vihar*, *Krishna Vihar*, *Mehar Vihar*, *Rama Vihar* and *Lakshmi Vihar* etc., but never heard of *Abhimanyu Vihar*. Where is this **AbhimanyuVihar**?

Who is the Abhimanyu in the first place?

Abhimanyu Vihar is the abode of Gods- where abides only pure and unalloyed bliss-sat-chit-anandam: Existence absolute, Knowledge absolute and Bliss absolute. How blessed it is to reside in such a Holy place of peace, which is above duality of every kind, where there is not the least sorrow, disappointment, sickness or weakness of any kind for it is all light, the self-effulgent light, the one without a second.

To begin with, let us know who is this Abhimanyu! He is the boy warrior, the devoted son of the famous **Arjuna**, the first disciple of **Gitacharya, Bhagavan Sri Krishna**. In the war between the **Kauravas** and the **Pandavas**, Abhimanyu was invincible and no one was able to conquer him by fair means. He was killing all the enemies. Hence, in a foul way, all the leaders of the **Kauravaparty** fell on the boy warrior and killed him cruelly and mercilessly. Naturally, the father **Arjuna** was very sad, dejected and inconsolable. At the time of the **kurukshetrawar**, Arjuna, when he had seen all his relations ready to die, he left his bow and arrows and wanted to retire and not to kill anyone. But here, seeing the cruel death of his dear son, he was so depressed and crest-fallen that he wanted to leave his body itself. What is the use of living in such a world, where there is such cruelty and injustice, when innocent youngsters were killed and murdered by the famous warriors in a conspiracy?

Bhagavan Krishnaw was also deeply touched at the great sorrow of **Arjuna**, his chosen disciple, and wanted to help him to rise above his great sorrow. Bhagavan's words of advice were unavailing. Hence **Arjunaw** was taken to Abhimanyu Vihar the adobe of peace, where Abhimanyu was happy and contented. Arjuna saw his son, very happy, radiant and serene, that he wanted to embrace him, saying:- o my son Abhimanyu, why have you left your father?

Abhimanyu was taken aback and said:

Who is my father! Who are you?

Arjuna said: "Don't you know me I am your dear father." Abhimanyu laughed and said: when I was on the plane of earth, I have seen not one or two fathers but millions of fathers.

Verily "Births of breath are as many as waves on the sleepless sea," each of us have so many births that cannot be even counted. We can even count waves on the sleepless sea- that are rising and disappearing both day and night. We can count even our very breath from birth to death- but not our innumerable and numberless births. When such is the case, who is my father? All are my fathers. Why be attached in ignorance to one passing wave or a particular wave, of a father!

At these wise words **Arjuna** opened his eyes and felt ashamed of his attachment and momentary weakness. **Bhagavan Krishnaw** was happy, for he was able to help Arjuna to overcome his needless sorrow, with a practical demonstration of a visit to **Abhimanyu Vihar**, where there is neither birth nor death, where it is all perpetual light, happiness and peace.

In **Abhimanyu Vihar** there is neither hunger nor thirst, neither cold nor heat, neither sickness nor health. It is free of all dual changes of the world the ups and downs of life and all the inevitable tests, trials and tribulations of the world. It is the **shangrila** on earth, a real abode of Gods. But where is it? Is it on earth? Is it heaven? If so, the intelligent man especially, the inquisitive scientist will not leave it unexplored. He will surely visit it on his latest “sputniks”, rockets etc.

But alas this “*Abhimanyu Vihar*” is accessible only to those who are completely dead to the world of name and fame, in whom the ego in every form is fully annihilated and destroyed. It is not accessible even to the learned **pandits** and famous philosophers and *sanyasis*, because of the outer renunciation or vast learning. Renunciation of the ego, the little self is essential, for a gate pass into the *Abhimanyu Vihar*. If we wish to be perpetually happy, tasting the peace that passeth all understanding, *Abhimanyu Vihar* is the only goal and soul and final refuge, which is free from all disappointments and expectations. To know and understand the *Abhimanyu Vihar*, it is not the outer study and outer exertions that we need, but it is the inner study, to forget all the superficial knowledge and all that we have learnt from outside, to rely no longer on the outside masters and teachers and outer props but to rely and centre ourselves now and here, on the indwelling light- the adorable presence, which is awaiting our recognition always in the stillness of our purified hearts.

Let not my loving readers of Peace, get discouraged with the thought that the *Abhimanyu Vihar* is so abstract or inaccessible, so far away, in the distant space and that one must die to reach or enter into it.

Be dead that ye may live. It is not the physical death which is so easy, but it is the mental death- the death of the ego which is so difficult, which is indispensable, to enter into the *Abhimanyu Vihar*. If we are willing and ready to pay the price of killing the ego, the selfish-self, complete annihilation of selfishness, here is the *Abhimanyu Vihar*- the common birthright and the divine heritage of all the seekers of truth, the highest truth, in the East and West. Let your mind be **Abhimanyu** and body be the **Vihar**, for it is the individual peace that begins within and paves the way to **universal peace**. The simple easy and direct way to enter into the *Abhimanyu Vihar* is through **soham**. Follow it ceaselessly, and it will lead you into the heart of *Abhimanyu*, where peace is awaiting your recognition in all stillness. Have you read the song for peace by Jill and Miller?

I love to close my message with it for the benefit of my readers.

SONG OF PEACE

(Let there be PEACE ON EARTH, Let it begin with me)

Let there be PEACE on earth,
Let it begin with me,
Let there be PEACE, on earth
The PEACE that was meant to be,
With God as our father,
Brothers all are we.

Let me walk with my brother,
In perfect harmony.
Let PEACE begin with me,
Let this be the moment now,
With every step I take,
Let this be my solemn vow,
To take each moment and live each moment
In peace eternally.
Let there be PEACE on earth,
And let it begin with me.

May ABHIMANYU, the LIGHT WITHIN,- who is beyond birth and death, and who is all light- the SELF- EFFULGENT LIGHT, bless you all, with Ineffable Light, the only Changeless Reality.

Om! Om! Om!

(Peace March 1964)

11. ARE YOU THE BODY OR THE ATMAN- THE SOUL?

If anyone asks you this important and vital question, whether you are the body or the **atman**, the **soul**, the light within, you will readily answer that you are not the body but the **indwelling light**, the **atman**. Saying and doing are different things. It is very easy to say with the mouth. "I am the **atman**, the soul, the indwelling light." But are you living identifying with the body or with the **omnipresent light**.

Outer belief is one thing and living the life is another thing. Whatever may be your belief, intellectually, in the daily life you live like the body, clinging to it, nay-worshipping it as you're all in all! It is high time that you should wake up from your self-delusion. No one can dupe or deceive God- the indwelling light. Even **Yama**, the king of death, laughs at your childish belief only outwardly with your lips and your identification with the body in thought, word and deed- as if you are nothing but the body, or flesh and blood. You get hurt, if anyone says a word against you. You feel heat and cold, because you identify with the body. If you are the **atman**, the Light, can anyone hurt you? When you are the atman, the heat and cold, praise and blame can never touch you.

You are so touchy, because you live on the surface, identifying with the perishable body. Imperishable **atman** is only a dream in your practical life. Blessed are they who live as **atman**, rising above body, mind and the world. Such rare and blessed souls alone are free from the tests of the world and dual conditions of life. None of the things of the world can ever touch them, for, they are soul-the indwelling light- the eternal **atman**.

The **ATMAN** does not need any coffee or tea or any other stimulants. It is the body that smokes and drinks and makes a mess of spiritual life. The old year is passing and the

New Year 1966 is approaching, for, it is midnight hour now, as I am writing. 31st, the last day of 1965 has just begun. The aspiring man has still, a full day 24 hours to make up his life, to be **in tune with the infinite** and to wake up even in the last day of the old year to make it a happy year of health and peace. No more regrets over anything. You have been always the **atman**, whether you believe it or not always and experience it in your daily life or not.

A rope is a rope always even when you are in darkness and ignorance. Because of your ignorance and forgetfulness, the rope cannot change into a snake. Yet, in ignorance and wrong identification, you suffer untold agonies of **hades**, identifying with the body- the snake. The right identification and with the only changeless reality gives you happiness and peace. Why waste the precious time with too many words? As one word is enough for the wise, my friends, dear loving readers of Peace, just introspect your lives and shift the centre from the body to the **atman**, the indwelling light. Thus you will be perpetually happy living in a world of God consciousness.

All your **VEDA PARAYANA**, spiritual study, bible reading and of other Holy books will not help you, so long as you identify with your body, considering it as your all in all. You maybe the greatest **pandit**, **learned** man, profound scholar, a famous **swami** or renowned **yogi** with great name and fame in the world, yet the laws of God or nature are same to you to me and to one and all. **We reap what we sow. Dehabhimanam**, the body consciousness, attachment to the perishable body, brings misery and agony whoever you may be. Attachment to **truth**, the **light** within inevitably gives you joy and peace.

Kindly wake up to the light of truth. Identifying with the **light**, even in memory of the last moments of the old year. With the old year let the body idea be dead and with the dawn of the New Year, let the truth idea, that you are always the light, the indwelling light be alive and kept up for your peace as well as for the peace of the world.

Thou art that, tat twamasi. Glory! Glory! Glory! To the light of lights, the self effulgent light, the only **CHANGELESS REALITY**, In spite of all the outer changes.

Light is the only reality, either in the past, present or future. It is light, the indwelling light, the omnipresent light, the omnipotent light, and the omniscient light, above all, the self-effulgent light, the splendor of millions of suns, illumination which is the only changeless truth that exists from the beginning to end. May all homage be unto the eternal truth, the infinite light, the supreme silence.

Be still and know that “I am God”- knowing that, the wise melt in silence, the living truth. Let me close my message now with our inspiring *peace prayer*- which begins with adorable light.

(Peace Jan 1966)

12. AGELESS SOHAM

SOHAM is the scientific name of **GOD**. **GOD** and **SOHAM** are not two but ONE.

That which exists is One but it is called by various names.

In the West, *soham* is called by the name big breath – the primal energy. Names mean nothing; but it is agreed on all sides by all people both by religionists and scientists- that which exists is one and we have all come out of it, rather. We are all the same sparks of the same light, or rays of the light of the world – the Sun of suns. By men of all religions that which exists is worshipped by the universal name, God. By men of science the same substance or divine energy is called by the natural name *soham* or primal energy, *prakriti*.

What is the age of *soham*? In other words, what is the age of God? What a childish and ridiculous query? How incomprehensible are certain divine aspects which are beyond mind and intellect! Whether certain Truths- Divine Laws are comprehensible or incomprehensible, we have the consolation that we can feel the *soham* now and here in our very breath. With each and every breath *soham* is felt. It is because of *soham*, we are inhaling and exhaling. We are writing because of *soham*. If it is not for the energy of *soham* we cannot even think, breathe or move. Hence it is high time that we should recognize the presence of *soham* in little things as well as in big things, in all that we see from a tiny ant to a big planet.

We are seeing because of *soham*
We are listening because of *soham*
We are speaking because of *soham*

May that which sees, hears, thinks, talks and moves is nothing but *soham*.

What an apt and beautiful tribute it is to *soham* to call it as Ageless or Eternal! If *soham* is felt in the present living moment, it had been ever in the past also. As an illustration, *soham* has been with me and in me, since the time of my birth, the last 73 years or so. Was *soham* absent then before my birth, the birth of this body? A million times No, for *soham* cannot be absent, whether we know it or not. There is never a moment of time either in the past, present or future where *soham*, the primal energy can be absent. If the light is absent, the world plunges into darkness. If *soham* is absent there would be complete chaos and destruction of all worlds down below and up above. Thus *soham* is the life, soul and goal of the very existence – of all worlds. It is a very rare privilege of the human beings, especially those who have self-knowledge, to realize its happiness and greatness.

There is a *Sadhu*(*mahatma*) in Peace Centre, Kotagirinow, by name BalaBrahmanandaswamiji. His age is said to be 96 years. Thus *soham* has been present in him since the last 96 years. During his travels in Himalayas, he tells us that he met a *sadhu* whose age was said to be more than 300 years. Thus *soham* has been working in this *sadhumahatmaji*, since the last 300 years. In some theosophical books, we read that there are masters in Himalayas who are aged thousands of years. *Soham* has been in them since thousands of years.

Shall we then admit that *soham* is of 5000 years or even 10,000 years admitting that there are masters living to that age? How can we ever fix any age limit to the timeless *soham* which is ageless and eternal? Shall we say *soham* has been existing since the beginning of the creation of this world?

Then comes the query: what is the age of this world? Who can comprehend the incomprehensible? The religionist melt himself, like a salt doll in the ocean of

AkhandaSatchitAnanda in his query to find out the age of God. A scientist when he tries to probe and enter into the regions that are beyond mind and intellect, he confronts a wall of granite or iron. But it cannot be pierced or proved by his mighty reason or intellect. Both of them, the religionist and scientist stand still, being dumb founded, unable to go any further, lose themselves in God or the unknown beyond.

What we need now is not to try to comprehend the incomprehensible! But to know, understand and assimilate the living *Truth*, the vital Presence and feel It in practice in our daily lives in each and every moment.

In the past we have been the *soham*.

In the present we are the *soham*.

In the future also we are bound to be the One inseparable and Eternal *soham*.

Where is the moment when we are separate, aloof or absent from this glorious *soham*. Let us express now and here the Omnipresence, Omnipotence and Omniscience of this self effulgent *soham*, the Light of the world.

The *Ghataakaasa*- the space in the pot or jar is *Mahaakaasa* the same space in the limitless worlds. *Soham* is Infinite -Eternal –all embracing--nay- interpenetrating the very cells of our beings as well as the universes. What else is there to be said or written infinite words!

Soham has two aspects, the Visible and Invisible. As you follow the visible *soham* in your own breath, it naturally leads you slowly, silently and steadily into the *Invisible Soham*--where it is all silence—the speechless splendour of millions of suns.

As we follow our own simple breath which is operating or working as *soham*, both day and night from the beginning to the end like incessant flow “*Thailadhara*” oil poured from one vessel into another vessel without a break, steadily and ceaselessly, which leads us directly into the incomprehensible splendour of the Light of lights.

Knowing the glory of *soham*, the wise become silent. They are no longer the slaves, running after the fleeting clouds of name and fame. They are eternally merged in the formless and nameless splendour of the *Ageless Soham*.

May all glory be unto such, the rare and precious beacon lights of *soham*, the harbingers of peace!

May we meditate now in silence entering deep within, allowing the visible *soham* to merge in the *Invisible Soham*!

May peace be unto all! Om! Om! Om!

(Peace July 1967)

13. ALL THE WORLD IS IN ME

Q. Is this theme a mere fancy and imagination of the mind, or is it truly REAL?

A. It is Real when you are not conscious of the body, mind, and the world. It is real when you are conscious of the self-effulgent light, the only changeless reality—the basis and source of all the world.

In a certain state, everything looks like imagination. Is this body mere imagination? Is my writing now also imagination? Even if it is a figment of imagination, as I am longing to write something good and helpful to myself as well as to others, it is pleasant and happy imagination. We read of a story in Swami Rama. It seems once a man was suffering and gasping, while drops of water were falling from his mouth. Seeing his suffering, a neighbour asked him:-

Q. Why are you suffering? What is the cause of it? Can I help you to be relieved, to lessen your suffering?

The suffering man said:

A. I am imagining that I am eating hot chilli and my mouth is burning, hence my agony and suffering.

The friend asked:

Q. O fool why do you imagine that you are eating hot chillies, and thus needlessly suffer? As it is all your own IMAGINATION, why don't you imagine happily that you are eating sweet *Halva*—pudding, or some nice juicy fruit, like a mango or orange, and make your imagination give you joy and peace?

Strange as it may sound, we are all generally slaves of our own imagination. Everyone lives in a world of imagination as per his or her desires and aspirations. Now let me share with you my own fancies from my personal experience. In front of Nirvana Mandhir, where I stay there are four life size statues of **Bhagavan Krishna, Lord Christ, Lord Buddha**- the enlightened, and **Mahatma Gandhi**, the embodiment of Truth and service. Many devotees think and imagine that the statues are outside, and hence I see them happy and contented, paying them homage, offering flowers at the feet of the statues of the avatars. To me these life size statues are living avatars, saviours of humanity, and more than alive. I do not feel happy imagining that they are outside. My joy and strength lie in the thought that they are within me always.

- I. Krishna is in the *Sahasrar*, the thousand petalled centre in the head, blessing me with His wisdom.
- II. Lord Buddha is there in my *Ajna Chakra*, the centre of discrimination, blessing me with the assimilation of His eight fold path.
- III. Savior Christ is in my heart, with his great compassion and love, with outstretched arms, ever repeating the lovely words “ COME UNTO ME”
- IV. There is Mahatma Gandhi occupying my legs and feet, with his wonderful message of Non Violence and Truth.

You cannot imagine how rich, happy and complete I feel to have all these saviours of humanity always within myself as part and parcel of my life!

Q. What about the other *mahatmas*, the saviours of the world in the East and the West?

A. They too are in me, for, all the world is in me, the limitless ocean of *Akhand Sat Chit Ananda*, Existence absolute, Knowledge absolute, and Bliss absolute. It has been my habit to take a glass of water with lemon juice, without sugar, for reasons of health, as it keeps my bowels clean and pure, mind healthy and happy too. Here comes the interesting part that gives me great ecstasy. What I take the first sip of the lemon water, I offer it first to Bhagavan Sri Krishna, the second sip to Lord Buddha, the compassionate one, the third sip to blessed Christ, the Lord of all love, and the fourth sip to Mahatma Gandhiji, and then I give the remaining sips to all the *avatars* in the East and the West, and also to my loving and devoted readers of the *Pease* magazine for, my love excludes none but includes all.

Some of my feelings may sound childish and foolish to men of the material world, but my fancies give me *Ananda*—Bliss. Again, when I take a bath, I bathe first all the four *avatars*, who are ever within me. When I walk, I feel Krishna, Christ, Buddha, Gandhiji and all the *avatars*, and all of you are all walking in me and through me.

When I take my food, as I happen sometimes to taste butter, I feel Krishna is very happy eating butter. Buddha is happy to get fruits and Christ is happy to get honey. When I eat pea-nuts, or soaked groundnuts, Gandhiji is very happy eating slowly chewing and assimilating the groundnuts. These days I take joy in eating raw tomatoes and raw cauliflower, and all the four *avatars* seem to be satisfied, contented, and happy with my humble offerings to them. Yes, as all the world is in me, flowers bloom for me, birds sing for me, children play for me, nay, the stars shine for me. The effulgent sun, the light of the world, is my living *guru*, the life-giving teacher giving me warmth and sunshine.

ASHTAVAKRA GITA has been my favourite book from my boyhood days. Let me share with you some of the soul-awakening verses to justify my imagination.

1. Body, heaven and hell, bondage and freedom, as also fear, all these are mere imagination. What have I to do with all these—I whose nature is *CHIT*?

2. O! I do not find any duality. Even the multitude of human beings, therefore, has become like a wilderness. What should I attach myself to?

3. Neither am I this body nor am I embodied. I am not *JIVA*, I am *CHIT*. This indeed was my bondage, that I had thirst for life.

4. Oh in me, the limitless ocean, diverse waves of worlds are produced forthwith on the rising of the wind of the mind.

5. With the calming of the wind of the mind in the infinite ocean of MYSELF, the arc of the universe of **JIVA*, the TRADER, unfortunately meets destruction.

*The *Jiva* is the trader, his *karmas* are his commerce, and the good or bad fruits of his actions, are his profit or loss.

6. How wonderful! In me, the shore of ocean, the waves of individual selves, rise, strike each other, play for a time, and disappear, each according to its nature.

When ignorance is destroyed, the knowledge that all is *Brahman*—everything is within, dawns in all silence. What else is there to be said or written about that StupendousGlory—the self—*effulgent light of millions of sun's splendor!*

Let us feel and feel merging within, deeper and deeper within, where it is all light, in supreme silence! I would love to close my message with one of the lovely cosmic songs of Swami Yoganandaji, who has been my bosom friend and the well wisher of the Ashram, during my stay in the U.S.A.

*Sitting in the silence,
On the sunny banks of my mind;
Sitting in the silence,
With the CHRIST by my side
With Krishna by my side.
When thoughts have gone to rest,
That's the time I see HIM best.
Oh. 'Tis lovely sitting in the silence.*

May peace be unto all! Om! Om! Om!

AN OFFERING

An OFFERING to all the Loving Readers of 'Peace Magazine', wishing their Peace, which paves the way to WORLD PEACE.

OM TAT SAT. OM!

(Peace Feb. 1968)

14. AFTER THE DEMISE

It was only the other day an educated sister who has been an old devotee of Santi Ashram asked me the following question:

“Swamiji, one is dazzled and feels marvelled at the wonderful work—the silent and steady progress of the Ashram year after year—but what worries me is what will become of all these buildings, gardens, Meditation *Mandirs* and *Kuteerams*, Hospitals, Aged homes etc., after your demise?”

This has been a question often raised by many men of the world, because of their material and calculating minds. One devotee in Andhra promised to construct a *mandir*—a building for his meditation and for the use of others in his absence. But with the same ignorant thought, that after the demise of the body, the building may not be useful, he failed to fulfil his promise. Another doctor friend wanted to do something permanent in the name of

his devoted wife – but alas! He died suddenly leaving his own affairs in a mess-in confusion. Our sister Lalitha Devi, the president of Kotagiri Peace Center also passed away suddenly leaving her pets in a sad condition, without making any provision even for their food. Wise are they who think deeply of the future and make provision for their dependents and children in time, knowing that death may come any moment.

Dear friend, Santi Ashram was established in 1917, 52 years ago to serve all the aspiring children of God as a universal, spiritual home, as a world abode of peace. But in what way have you used the Ashram and benefitted by it all these years is the question now? Pitiable is the state of the sick man, who does not care to utilize the services of a good hospital which is nearby him: but needlessly allows himself to suffer with many diseases helplessly. Same is the case in having an International Centre of Spiritual Light – an abode of Peace, which was established to give you all Peace, to help and serve you all with spiritual food- if you cannot use the facilities freely offered by Santi Ashram for your Peace and welfare, allowing yourself needlessly to suffer from innumerable ills of life, physically and mentally. Now atleast I want you to calmly have self-introspection and let me know what in all these years, you have done for your Peace and for that of your fellow sisters and brothers, utilizing the golden opportunities freely offered to you by your spiritual home; as also for the peace of the world?

The past is dead and gone. Time is too precious to be wasted in brooding over the split milk. What I wish to know from you directly is, what you are going to do for yourself, for your Ashram – the International power house of Peace and Light – and for the Peace and good-will of all the children of God in the East and the West: AFTER THE DEMISE OF THIS BODY- WHAT?

Pray ceaselessly, meditate deeply and kindly write to me your thoughts as you feel within, as it makes me happy to know of your sympathy and love for the Ashram, your humble contribution for the Peace of the world. As life is uncertain and as today alone is ours and not tomorrow, let us do our good deeds of selfless service today only, always remembering that in serving with love and devotion any living being, even dumb animals we are serving God. Man is the living image of God. Verily, you are the MOVING TEMPLE OF ALMIGHTY!

Blessed are they who are ready for the CALL of the great beyond! Now coming back to our theme: - AFTER THE DEMISE, it is more helpful to think of what we can do before, than after, the demise. It is unwise to waste the present living moment, with wild thoughts of what will become of the Ashramas or their properties after our demise. Whatever happens now, while we are alive, continues to be the same even after our demise also. The wise man or woman should have the confidence and strength and trust more in God, than in his own self-interested, grand plans. The all-knowing, merciful God, who knows all and who rewards the worthy as per the law of SOWING AND REAPING is operating in the lives of individuals as well as Ashramas or any other institutions, exactly in the mathematical ratio.

DESERVE AND NO NEED TO DESIRE, is another unfailing law. If you deserve, everything will come to you. Selfish deeds attract selfish people. Selflessness draws selfless people. If one is selfish always thinking of himself or herself, no amount of planning and scheming in advance really bears fruit and helps. It is the devoted life of selfless service that leads to God, establishing Peace in one's heart as well as in the world.

These days I take joy in singing the inspiring and helpful song on Peace. LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME! Verily, it is the individual peace that paves the way towards Universal Peace; so let us lose no time in establishing Peace in our hearts first and thus fill our homes with Peace; as we fill our hearts and homes with Peace, naturally our neighbours and people in the other communities also feel Peace within and without. Thus Peace is spread near and far all over the world in all the nations. Blessed are the rare and precious souls who happily live in the present moment, feeling God's presence –the indwelling light, each and every moment of their lives , instead of wasting their precious time with the negative thoughts of the dim uncertain future after the demise of the body.

Some people may find fault with my writing often about death, the demise of the body. When death or physical change is inevitable to one and all, to the rich and the poor, to the saint and the sinner, nay, to the young and the aged, it is very helpful to give some time and serious thought to death, the change of body which is unavoidable. Someone said, Death is not the end of life. It is only the beginning of a new school of experience. It is something like going into another room and throwing off one's dress and going to sleep—death is like that.

Guru Nanak said:

*The death which is a terror to the world
Is a joy for me, for in death you find
Peace, Bliss and Joy.*

How inspiring are the following verses entitled

THERE IS NO DEATH!

*“There is no death: the stars go down
To rise upon some fairer shore:
And bright in Heaven's jeweled crown
They shine for – ever -more
“There is no death: An angel form
Walks o'er the earth with silent tread
He bears our best loved things away:
And we then call them 'Dead'.
Where'er He sees a smile too bright,
Or heart too pure for taint and voice,
He bears it to that world of light,
To dwell in paradise.”*

A flower to the living is more precious than wreaths of flowers to the dead on their graves after the demise. Similarly, offering a coconut to the thirsty and dying is more precious than offering cart-loads of cocoanuts to the tombs of the deceased. Hence, I felt a desire within, that while I am alive – before the demise of this body – I should know from the devotees and

well wishers of Santi Ashram, which has been working to serve you all with its GURUKULA, AGED HOME, HOSPITAL, VETERINARY CENTRE, RAMATIRTHA INSTITUTE OF PEACE, publications of PEACE AND SANTHI etc, to spread from heart to heart all over the world – what you are going to do now or hereafter for your own Peace and progress, as well as for the Peace of all in the East and the West.

Dear friends of Peace Magazine, may I request you to kindly give a serious thought, meditate deeply and write to me, soon your inner thoughts as to what you propose to do for your own Peace as well as my Peace and the Peace of the world? Blessed are the rare souls who truly breathe and work for an ideal, the greatest ideal of establishing Peace on Earth and first in their dedicated hearts, to begin with! How lovely and helpful is the song LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME! As today alone is ours, let us do our good deeds to establish Peace first in our consecrated hearts and thus spreading Peace near and far, loving our neighbours as ourselves, considering the wide world as our own home. Verily, it is not selfishness but selflessness which is the goal of humanity. GOD is Truth, Dharma and Love. He is our HEART, SOUL and GOAL.

May I close my message with the lovely and inspiring poem!

TAKE MY LIFE!

*Take my life and let it be
Humbly offered, All, to Thee!
Take my hands and let them be
Working and serving Thee, yea! Thee
Take my heart and let it be
Fully saturated, Lord, with Thee!
Take my eyes and let it be
Intoxicated, God, with Thee!
Take this mind and let it be
All day long a shrine for Thee!*

May there be PEACE and GOODWILL among individuals as well as communities and nations, before the demise as well as after the demise! This is the earnest prayer of your brother and well-wisher Omkar!

May peace be unto all!

Om! Om! Om!

(Peace April 1969)

15. ARE YOU READY

If the CALL comes now from the Great Beyond are you ready?

This is the prominent thought that occupies my mind these days. How blessed are they, who are ready for the *Divine Call* if it comes any moment! This is a vital question that each aspiring soul should ask himself, introspecting his life. What are the desires? What are the aspirations? Are there any unfulfilled ambitions? It is not so easy to be ready to the Great Call, to quit suddenly everything and everyone whom we love, never to see them anymore. Only a man of realization, God conscious soul alone can do it. With body consciousness it is not possible to be ready for His Call. Whereas with God consciousness all things are possible. For such a one there is neither going nor coming. He is above body, mind and world. Such a soul of illumination is ever centered in the Light of lights. He is always the Infinite, the Eternal, nay the Self Effulgent Light whether with body or without body. All homage be unto such rare and precious souls of illumination!

Many people imagine that they are ready for the Call, but when the test comes, they are attached and clinging to some name or form. It seems there used to be an old man, making his living everyday by cutting wood in the forest and selling it in the market. Once on a hot summer day, he was not able to carry the bundle of wood and was sitting by the roadside to rest a while. In his agony and suffering unconsciously, he was saying thus: O *Yama* – death, where are you? Why don't you take me and relieve me of all sufferings in the world? It seems *Yama*, the king of death heard the request of the old man, came immediately and appeared before him. The old man was shaking and shivering with fear and said in consternation.

Q. who are you?

A. I am Yama, the king of the death whom you called.

Q. why did you come?

A. Because you have called me- so follow me now.

The old man:- I have not called you to take me from this world, -to take my life. I called you only, to lift the heavy load of wood and to keep it on my head, so that I can reach my home safe.

Thus if the Call comes from the Great Beyond, if *Yama* appears before us, many of us not ready to follow him, leaving all the kith and kin and the mundane things of the world. Within myself I question thus: - Am I ready to leave all the Ashrams and all that is lovely and beautiful in there? Am I ready to leave all the dear and near ones, all the dedicated workers and all the children once for all, never to see them anymore? Or do you wish to construct more Hospital Wards, Shrine Rooms, Prayer Halls, and Meditation Rooms etc., there is no end at all for all these outer activities- in the name of the Ashram or service to the world.

Blessed are they who can see the Changeless in the change, the Eternal in the eternal, the Infinite in the finite, above all, the Immortal in the mortal, souls of God consciousness are ever centered in the Self Effulgent Light, unto whom there is neither coming from anywhere, nor going to any place. They are always ready, for their gaze is fixed in the *Paramatman*- the indwelling light, the one without a second.

Dear loving readers: I do not wish to sound negative or pessimism, yet I want you to be ready, if the Call comes suddenly for all of us should be ready to leave their body—the rented house of flesh, blood and bones sooner or later. The call comes to me, to you and everybody and blessed are they who are ready for the call of GOD, without the least fear, saying no or nay. Death is inevitable to one and all. The call does not leave even the *Swamies* or *Yogies*, the rich and the poor, the learned and the ignorant even the young and the old. We have to go from where we have come, sooner or later though not today even tomorrow or some other time as per hour and day fixed for each, as per our *Karma* or destiny. Like Markandeya of olden days, let us cling to the *Shiva Lingam*, GOD. Within the big breathe, the HOLY SOHAM and embrace Him, so that none of the little things of the world or death itself can touch us.

May we be eternally centered in Him, the self effulgent light of millions of suns splendour forgetting both death and birth! Blessed are they, who are ever ready for the Call now and always, facing the Infinite Light within, without, above, below and all around. May Peace be unto all!

Om! Om! Om!

(Peace March 1969)

16. A DREAMER

Dreamers have been the builders of the world. I too have been a dreamer from my boyhood days.

I dreamt of going to the U.S.A. when young, still in my teens. I went there not once but four times, as well as all around the world.

I dreamt of Father Himalayas and Mother Ganges and I was several years by the banks of Holy Ganges in the Himalayas, doing *Tapasya—sadhana*, to be better fitted, to be fully worthy of the great work ahead of serving His children in the East and the West.

I dreamt of Santi Ashram the Abode of Peace to serve all seekers of Truth, in all the religions of the world.

Here is Santi Ashram in a lovely valley on a spot of 250 acres of land with *Gurukula*—Residential School, Hospital, Aged Home, Printing Works, and wonderful facilities for meditation.

Santi Ashram is my legacy to you. You should come and see it and make best use of its existence for your rest and relaxation, above all, for your spiritual progress, the Soul and Goal of your precious human birth.

Santi Ashram is calling you. God, the Goal of your human birth, is calling you. Time is too precious to be wasted in words. He who wastes moments wastes his life.

So let us make best use of every moment in dreaming of something worthwhile, which is useful and helpful to all the children of God in all religions and nations.

How blessed it is to have a Heart of Universality that feels for all excluding none!

What is my present dream now, which gives me joy and strength?

The very thought of my present dream gives me not only joy but inspiration.

I live in it in ecstasy. Life seems to be worthwhile.

As Santi Ashram has been an Abode of Peace to all the seekers of Truth, in every religion, so also I wish to make our Sushila Hospital, Universal.

It will offer not only the ALLOPATHIC treatment, but will also introduce HOMEOPATHIC, AYURVEDIC, AND NATURAL CURE too, with the help of doctors efficient in the above systems of medicine, as per the temperaments of the patients. Above all, we will have the Spiritual Healing Centre as the pinnacle of the Healing Department in the Sushila Hospital. These are not idle dreams, but God given dreams for the service of the suffering sick and poor.

We have already in Sushila Hospital, 20 beds which can be turned into the four sections of ALLOPATHY, HOMEOPATHY, AYURVEDA, and NATURAL CURE.

Each section can have 5 beds under the treatment of an efficient doctor in that particular system of medicine.

Now comes the most important and vital system of SPIRITUAL HEALING.

The building on the upstairs of one of the WARDS is ready and we are hurrying now to put the roof on the walls to begin our glorious work of serving the poor and sick people, according to their need and temperament with the basis and blessings of God, the Great Spiritual Healer.

Whenever anyone is sick either physically, mentally, or spiritually, they can write to us or send a telegram and in emergency call us on the telephone, which is going to be installed soon, offering day and night services to the sick and poor; to all those who are in trouble. Here in the Ashram prayers will be offered for their recovery and welfare by the dedicated souls whose lives are consecrated to serving the afflicted and sick. Along with the offering of our prayers, in their trouble we request them also to come to SANTI ASHRAM, and to repeat PEACE PRAYER and to rely more on the light within to get relief.

They are welcome to visit SANTI ASHRAM, and to spend some time in the SPIRITUAL HEALING CENTER until they get relief.

Life is not worth—living, if it cannot be lived for others, in selfless service. Selfish life is a burden to Mother Earth. Selfless life is the greatest blessing to humanity.

Blessed are the dreamers who live, work, and breathe only for the welfare of God's children in the East and the West!

How true are the words: If you want to be miserable think of yourself sitting in your own well of selfishness. If you wish to be happy, forget your little self in the selfless service of others. Be a frog in the ocean of *AKHANDA-SAT-CHID-ANANDA*, existence, knowledge, and bliss absolute.

Verily, Peace that passeth all understanding—the absolute Peace which is the Soul and the Goal of the precious human birth – nay of humanity, belongs only to the blessed dreamers, the benefactors of humanity, the harbingers of Peace who are living only for the

welfare of others, bringing GOODWILL AMONG NATIONS, and PEACE ON EARTH, ever repeating the *Peace Chant* and breathing for the peace of all, with prayers for the Peace of the world, the prayers of Universal Peace.

Hari Om Tat Sat.

THE PEACE CHANT.

(Peace June & July 1970)

17. ANANDASHRAM

Pujya Sri Swami Ramadasji, the founder of Anandashram, Kanhangad, South India says:

Nama, Name and God are not two but ONE, whether it is for a simple headache or for attainment of *Nirvikalpa Samadhi*, GOD REALISATION, he gives only one *mantram* as a panacea for all the ills of life and for cosmic consciousness.

Here is that *mantram* for the benefit of all devotees:

OM SRIRAM JAIRAM JAI JAI RAMA OM

This *MahaMantram* is sung by all the members, inmates and visitors and even the children in the Ashram both day and night. It is to be listened to and seen but not to be described.

We cannot satisfy our hunger by looking at all delicious foods in the world or even by reading books on food. To satisfy our hunger the food must be eaten and digested. Similarly, to taste the Name of God, to feel His presence, we must chant ***sri rama jai rama jai jairamaom*** and merge the mind in God's presence, the splendour of millions of Suns. No more theory but practice, in our daily lives, in each and every moment; this is what is needed. Practice is most essential. Just as eating and assimilation are necessary for the strength of the body so that we may stay alive, in the same way Spiritual Food, the drinking of God's Name is quite essential for God realization now and here.

It was nearly 21 years ago, while I was in silence, *Mounamon* the Kailas hill that Papa Ramdasji, Mother Krishna Bai and Sri Swami Satchidanandji, their secretary, along with several other devotees visited Kailas and stayed for three days holding *Satsang*, spiritual gathering and singing the Holy *Mantram*.

OM SRI RAM JAI RAM JAI JAI RAMA OM

Before departing from Kailas their only request was that I should visit their ANANDASHRAM. I promised to do so but 21 years passed away and the promise was not fulfilled, the visit was never made. Everytime I went to our KotagiriPeace Centre I would promise to visit their Ashram, year after year. But due to heavy rains in Kerala or heavy work in the Mother Ashram I was never able to make the visit in all these years.

This year, while in Kotagiri we received a special letter written by Mataji asking us not to disappoint them this year. A promise is a promise, and as life is uncertain I promised God that this year atleast I would surely fulfill the request even though Pujya Pappaji is no longer alive, in the body, yet his spirit abides in the devoted hearts of Sri Mataji, Sri Satchidanandaji and all the other inmates. Pujya Pappaji's immortal spirit pervades and permeates the whole of Anandashram, in all its activities, for the good of all.

As we started for Anandashram from our Kotagiri Peace Centre devotees in Coimbatore and other places discouraged us, saying that there was too much rainfall in Kerala and all the roads were flooded with water and the bridges washed away and that our van would not be able to go the full distance. They even showed us the newspapers, drawing our attention to notices about flooded areas. First, to satisfy the Newspaper Devotees we thought of sending a telegram with the following words:

Please excuse us. Due to heavy rains

We are sorry to disappoint you again.

But the Higher Self said: 'Now or Never. Do not look back when once you put your hand to the plough.' So, clinging to God, placing all our trust and faith in HIM we proceeded.

There was certainly water on the roads but, by His blessings and the careful driving of our Chanti, the Satya Kumar, we reached Anandashram at the midnight hour, at an auspicious moment. Even at the midnight hour all the members were anxiously waiting for us with garlands of flowers. An *arati* with camphor was given and food was ready for all the fourteen members of our Pilgrimage party. With the grateful heart of Love for the wonderful hospitality and tender care of our Pujya Mataji, Sri Satchidananda Swamiji and other devoted members and selfless workers of the Ashram, after our long, weary journey we slept in Peace feeling the great, undying spirit of Sri Papaji, the Founder of Sri Anandashram.

Our spacious, comfortable rooms were flooded with plates of various kinds of fruits available in season, such as mangoes, bananas, oranges, grapes, plums and even coconuts. There was incense burning and garlands of flowers also on the plates. In spite of the heavy rain Sri Swami Satchidanandaji took me to the prayer hall to attend Santsang both in the morning and evening, twice a day. How can I describe the ecstasy and divine favour of the devotees in these finite words! It was always:

OM SRI RAM JAI RAM JAI RAM OM

We planned in the itinerary of our pilgrimage to stay only for three days and enjoy Mataji's wonderful hospitality and motherly care but she insisted that we stay atleast 21 days longer for we had been promising to visit Anandashram for the last 21 years. With great difficulty appealing to their affection, we were able to escape from their golden clutches, having enjoyed their great hospitality for almost five days, but only with the promise that we would come again for a longer stay, for Santi Ashram and Anandashram are not two but one.

During our stay there we had many memorable moments. One of the happiest moments of ecstasy was when mother sent a word or real appeal through Pujya Swami Satchidanandaji, the secretary, who is blessed to walk in the holy footsteps of the God-intoxicated Sri Ramdasji, Pujya Mataji's message was that she had only one wish in her life and she asked that I grant it. Her request was only to perform my *PADA PUJA*; this was her one ardent wish. I was in a great dilemma for, from my boyhood days. I have always been against *pada pujas*, the worship of the feet, for I long to worship the feet of all the Ideal devotees who are living in God, seeking only to live in Him and serve His children. As I

closed my eyes and meditated, I did not want to disappoint Mataji but rather respect her simple wish at any cost. After deep thought I sent the message:

Let the *pada puja* be done in silence, without the knowledge of anyone. Mataji and I should be the only partakers or recipients.

Thus, at an auspicious moment Sri Swami Satchidanandaji took me into the Holy room of Sri Pujya Ramdasji where everything had been arranged for the *pada puja*. I was surprised to see baskets of fruits of every kind, clothes, incense, garlands of flowers etc. I was seated on a Holy seat of Honour and I closed my eyes and then Mother performed her *puja*, the worship, with all rituals. By the time the *puja* was finished Mother's face was radiant with ecstasy. I felt joy that I had been able to give a little happiness to Mataji although it was against my conscience, by fulfilling her smile, ardent wish.

Mataji had offered an envelope containing money as ***PadaKatnam***, the offering of the *Pada Puja*. As I do not take joy in counting or touching money I gave the envelope to Jnaneswari. Later, I was surprised to hear from her that the small envelope contained Rs. 500/. How very kind and generous of our Pujya Mataji to offer such a large, loving amount as the ***Pada Puja Katnam***, the offering or gift! I told our Jnaneswari not to spend that amount on travelling expenses, on petrol etc. but to keep it aside to use in the protection of the Waltair Ashram, sending it there towards the building of the wall and gates. She agreed cheerfully, as she does in little things as well as in big things, respecting always the least of my wishes.

On our pilgrimage, after travelling far, a few hundred more miles, assisting other devotees, ***Sowing Seedsof Peace and Love*** all along the way, at a sad moment Jnaneswari approached me with a disappointed look and said, 'petrol is finished. No more money to buy any'. Then I remembered Mataji's ***PadaKatnam*** and requested her to use it in Mother Krishna Bai's name, with prayers for her welfare. Thus we reached the Mother Ashram, with the generous help of our Pujya Mataji, utilizing her gift to bring us safely to Santi Ashram, Totapalli Hills.

Our Peace Van was heavier when we left Anandashram than it was when we arrived for it had been filled, loaded with all kinds of gifts of fruits and *prasadam*s, foodstuffs for our use during the journey. Mother Krishna Bai is so tender hearted and compassionate that whenever I happened to cough during satsang she would put some Homeopathic pills in my mouth for immediate relief. Even after we left Anandashram she telephoned to the devotees of the Ashram in the different towns to look after our comforts and to inform her of our safe arrival.

Besides the Holy *mantram* Om Sri Ram Jai Ram Jai Jai Rama Om, '*Dhanya Dhanya*' is another inspiring song which our Kumaris Jnaneswari and Santi and Seshamma, Susana and the children have learnt from the daily Satsang, the Bhajana of Sri Anandashram. Trying to assimilate all that is best, we take joy in repeating these inspiring and holy songs with ecstasy and inspiration, making ourselves and others happy.

I can never describe in these finite, cold words the Infinite Love and Compassion of Mother Krishna Bai. Let me pay my homage in silence, with all veneration and love. There is a saying in the West which is known in the East also: "SEE NAPLES AND DIE." I love to repeat here now:

SEE ANANDASHRAM AND LIVE

May all homage be unto our Mataji, Sri Satchidanandaji and to all the devoted members of Sri Anandashram who took such wonderful care of all the members of our pilgrimage.

May God's Richest Blessings of Health and Peace. Ever be upon our Puja Mataji.

This is the ardent prayer of her child Omkar.

A Tiny offering

To the great Love, Tender care and Affection of Puja Mataji

OM! OM! OM!

(Peace Sept 1971)

18. ADAPTABILITY

To our sister Susana Devi,

Adaptability is adjustability. Such a one is our sister Susana Devi. Tomorrow, 8th September is her birthday. As Susana wants to be alone and unknown to others, she is planning to go to Kailas and Waltair Ashram and spend her birthday in prayer and meditation, alone in silence and solitude on the lovely heights of Kailash. Blessed are the aspiring souls who seek silence, doing their part to the best of their ability in the workaday world.

The scriptures, the Gita, also teach that one who remains the same in heat and cold, in wealth and poverty, in honour and disgrace, praise and blame and in health and sickness is a *jivan mukta*, liberated in life. Such a one is our Susana Devi. What I write now is from my own personal experience, especially from the days of our lovely, recent pilgrimage. It gives me joy always to share my thoughts with my fellow sisters and brothers who walk in the path of Truth, assimilating all that is best from every one and every source. Sister Susana can adjust and adapt to any kind of food. She is happy in palaces, in the palacial homes of *zamindars* and other devotees of the Ashram who are rich in goods of the world. She is happy also in the thatched huts of the poor, the devotees of the Ashram. She is the same, with the same smiling face while accepting the hospitality of the rich or the simple poor people during our pilgrimage. I have seen her happy with the rich and contented with the poor and simple people, and more happy even with the simple life.

During our pilgrimage it was a surprise to see Susana sleeping by the side of the simple huts, sometimes on the roadside, waking up in the early hours of dawn, as the cocks crow to wake the people from their sleep with the shrill call of *kukkuro ko*. I have always felt that the cock, when trying to wake up all the sleeping people at the sacred hour of dawn, is saying "O Dear people all round and everywhere, why do you still sleep at this holy hour of dawn while around you all nature is awake and in front of you the *Surya Bhagavan*, the light of the world is about to come up from the horizon and fill the world with life, light and love. See ye not, having eyes to see HIM! Hear ye not, having ears to listen to His still small Voice!

Arise, Awake, and stop not till the goal is reached!

At one place in the south, in the town of Ramnad we could not get proper accommodation for the night, even just to sleep, although we offered to pay the high prices. Somehow we managed to get only two small rooms for all our party of 15 members. It almost sounds unbelievable when I tell you that when I woke up in the middle of the night I was surprised to see our sister Susana Devi sleeping on the steps of the staircase. How can anyone sleep on the small steps of the staircase! Indeed, no one can sleep in such a place but our Susana, who with her adaptability can adjust to any trying condition or situation.

She is always thinking of Others, forgetting herself in the service of her sisters and brothers. To our Susana all the world is her home and the people of all nations are her own sisters and brothers and to serve them all, without expecting any reward in any form is her religion. To our Susana there are no strangers or outsiders. Always, to give and give, to serve and serve, to share and share whatever she has, has been her only real religion. This makes first Susana happy and then also the Others, the recipients of her love and charities, contented and happy. Susana loves children of all castes and creeds and she shares with them every little or big thing she has. Once, during our stay in the Kotagiri Peace Centre a boy came and pretended he was penniless, poor and starving. To demonstrate this before us he began to shiver. Then our Susana wanted to give him her sweater, blankets, etc., with great difficulty we explained the crookedness of the fellow and how he had a bank account also and was just pretending to be poor, trying also to fool and deceive the simple by making their horoscopes, predicting their futures and wanting to read their palms too. Making arrangements for his food and sleep, entrusting him to our Manager, we sent him to a nearby hotel. This made him happy and satisfied our sister Susana.

Whenever our Susana gets anything from her parents or mother-in-law, such as cans of food, money, etc., she gives it away immediately to take care of the orphan children, aged people and to the poor and sick in the Ashram's Sushila Hospital, never keeping any money with her. Everything our Susana has belongs to all of us. What a blessed thing it is to live for others.

You will be surprised to know that our Susana goes to Shanti Printing Works in the morning at 10 A.M and remains there until evening, often without taking rest at midday, working there like an ordinary compositor, with a beaming face, setting an example to the lazy and sleeping people. If it were not for Susana, the world never would have seen my Autobiography. She has patiently and cheerfully arranged and typed all the 116 chapters in book form and it is ready to be printed. Who will print it now? Who else will print it other than our Susana Devi, the ideal and devoted selfless worker.

Pujya Swami Sahajanandaji of the Divine Life Society Branch of South Africa has promised Susana that he would send all the types needed to compose and print the Autobiography in our own Shanti Printing Works, in the Ashram itself. Hence, Susana has learnt to compose and she is composing now, for her own desire is to help the Autobiography see the light of the world soon, so it may be useful and beneficial to all the aspiring devotees in the East and the West. My message on Susana Devi is incomplete if I do not share the loving and inspiring poem on OTHERS which represents her simple, all-embracing life of love, including all the animals too. By the way, Susana takes care of two little cats whom she has named Meenakshi and Parvathi. She is a friend to Rami and to all stray dogs, not to speak of her love for the children, ever reminding us of great Love of the blessed Christ repeating 'come unto me' with outstretched arms.

Blessed is the Motherland America and the devoted parents who have given birth to such simple and dedicated souls. May all homage be unto Susana and may God's Richest Blessings ever be upon her and her devoted parents SYLVIA and SYDNEY and may they live long as an example to the children of God in the East and the West, with many happy returns of the day.

This is the ardent prayer of the sisters, brothers and children of Sri Santi Ashramon the Happy Birthday of Sister Susana Renolds on 8th September 1971. May God bless also her devoted husband, Brother John Reynolds, on his Birthday, with longest life of Service and Peace.

Let me close my message on Adaptability with the lovely poem on OTHERS which represents the daily life of Sister Susana Devi, with a silent prayer for the longest life of Health and Peace for Susana.

OTHERS

Lord, help me 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 "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've 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.

DEDICATION

A humble offering to the devoted parents, Sylvia and Sidney, who were blessed to give birth to such an ideal and dedicated daughter, with God's richest blessings of health and peace.

OM! OM! OM!

(Peace Oct. & Nov 1934)

19. AFFECTION-LOYALTY

This little puppy is the gift of Mrs. U. Manorama Devi of Bangalore. Her Mother, Kamala Devi is the oldest devotee of the Ashram. She was kind enough to bring the puppy all the way from Bangalore to Totapalli as an offering to the Ashram and requested me to give a Spiritual Name to the puppy. On an auspicious day, in the Prayer Hall, meditating deeply, the puppy was blessed with the spiritual name of OM. Thus, all the members and *gurukula* children are happy to call the puppy by the inspiring, highest and holiest name of OM. Thus, all of us are getting *punyam*, virtue or benefit by calling OM. OM. OM.

From the moment OM saw me it took a liking to me, and although I did not want any new attachments, due to its *purva janma* attachment, OMY wants to be with me like my shadow. It does not want to go anywhere but clings to me so devotedly. The ways of God are so mystical. He draws people as well as dumb animals and unites them in the name of the one life.

It touches my heart to see the deep affection, great loyalty and devotion of the little baby OMY. How it is attached to this physical form! It is never tired of looking at me, as if looking into my very soul to know my thoughts. During our *Vedanta* class it was my great joy to come into contact with many devoted and dedicated souls. One of them, Sri Vasudevan, came once to me and said in all humility, 'Swamiji, you are my GOD. I was not flattered or elevated by his deep love and highest tribute. I long only to be worthy of his highest expectations and loving tribute. No doubt, being himself Vasudeva, having the name of 'Vasudeva', everything and everyone is an Image of Vasudeva to our Vasudevan. After all, what we have within we behold the same without.

When OMY looks at me so adoringly, following me like my shadow, both day and night, the thought comes from within that OMY is saying:

Swamiji, you are my God.

May I be fully worthy of all the highest estimation, affection and deepest expectations of all beings in all the kingdoms of manifested life!

When I go into the bathroom OMY is there even though the bathroom is wet. Unbelievable as it may sound to worldly ears. OMY is there every day in the bathroom, licking my feet with its soft tongue, as if trying to massage and dry my feet. After the bath, while I am wiping the body OMY is there every day, as if doing some holy ceremony, wiping the moisture from the feet and legs, for a few minutes licking them very gently. I allow OMY to lick the feet, although sometimes I feel it is making the feet *jute*, *engili*, soiling them with its saliva.

When I am taking my food OMY is there under my chair resting. When it is awake it looks concentratedly into my very soul. When I give some crumbs of bread or a biscuit it eats very devotedly. It is very fond of bread and milk, and especially cheese. OMY sells its soul for a piece of cheese. Often as OMY looks at me so adoringly I give it a small carrot or a piece of an ear of corn and you should see how it eats the corn, like a human being, peeling one kernel after another. Such moments are heavenly to OMY. It is very fond of drinking water often and often. Thus, no wonder it is happy and healthy.

OMY insists on sleeping under my cot every night at my feet, touching my feet as soon as I wake up from sleep, offering its homage in its own way. OMY is only a mere baby of four months; it was born on 23rd May. It is considered as a wonderful watchdog, a One Man's Dog. At the least sound from anywhere it begins to bark and bark for hours and hours. One night it heard some sound while I was fast asleep, at one o'clock, in the middle of the night, and it kept on barking for hours and hours. As I could not rest or sleep due to its shrill, continuous barking, I opened the door, flashed the torch but could not see anything or find the source of the sound. Yet, OMY kept on barking for hours. As there was no other way to rest, I put it outside my room, in the dining hall and even there it did not stop barking, but remained at my doorstep alone, waiting for the door of my room to be opened in the morning so it could come back in. Every night it touches my heart to see the loyal OMY, even though these days I am keeping it outside my room, so faithfully awaiting the opening of the door, refusing to go into any other room although invited by Santhi and other members.

At the hour of dawn, often I take OMY for a little walk towards the New Prayer Hall in the Peace Centre, Kotagiri. OMY is already there, getting ready, going in advance of me, running and jumping as if going towards Heaven. It stays in the Prayer Hall before the Altar, resting and sleeping, may be meditating also, as long as I stay in the Prayer Hall. It makes me sad to see OMY, in spite of my remonstrance's, bark and bark against the newcomers who come to prostrate at my feet. It does not allow anyone to touch me or prostrate before me. This is OMY's only bad trait: that although it does not bite, it sometimes falls on women and children, barking at them ferociously. They are naturally afraid and try to run away. The more they try to run, the more OMY runs after them, which makes me very sad. I long to see all those who stay with me, all loving and sweet, welcoming the visitors and their children. As it grows older we all feel that it will change from barking to loving, inviting and extending a hearty welcome to all the devotees and children.

You ought to see OMY running so fast, turning round and round, as if performing some feat in the circus. No one can overtake it when it is running. How inscrutable are the ways or even the Dumb Animals that become attached to us because of the past **Samskaras**, *karmic* attachments from the previous births.

With the first glimpses of dawn OMY is looking at me soulfully. I begin to teach it the following song or prayer, trying to make best use of my time as well as OMY's time:

RAMA RAMA, YANUMA OMY. RAMUNI MARUVAKUMA OMY

O OMY! Say the Name RAMA. Do not forget RAMA, my OMY!

Being a Dumb Animal it keeps on looking at me faithfully and innocently, as I repeat the Holy *Mantram*, RAMA RAMA, filling its body and this body also with His Holy Presence, which is Omnipresent. Thus the *Chota* OMY and the *Bada* OMY begin the day feeling the Presence of God, filling both the bodies with God's interpenetrating Presence, the Light, the Only Reality, and the One Indivisible Truth.

O MAN, WHY HAST THOU FORGOTTEN THY CREATOR!

The Dumb Animals may not be able to repeat the name of RAMA, God's name, but what about you, being a living Image of God? Why are you not able to repeat any of His Holy Names? It has been said that God has thousands of names. Choose your own favorite name and keep on singing it, repeating the Holy Name, as all paths are leading towards the One God, to the Heights, just as all rivers are flowing towards the One Ocean of Akhanda, Sat Chit Ananda.

As I am writing this message in the early hours, in the chilly Nilgiri Hills, getting the feet cold, OMY is at my feet, sleeping by my side. May I feel God's Presence, not only filling this body but OMY's, and all of your bodies also, for all of you belong to me. Hence, your Peace is my Peace. Your Peace and Freedom are my Peace and Freedom. Let us meditate now on RAMA, the Light within, who is sparkling in our very eyes, throbbing in our hearts and flowing in our breath as SOHAM, the One Universal Breath, the Soul and Goal of Humanity.

*He prayeth best who loveth best
Both Bird and Beast and Man,*

Nay, let me include the sweet smelling flowers too, for in Lakshmi Vihar, Peace Centre each flower speaks to me of the Glory of God.

Dear Loving Readers, my living images of RAMA, pray, help me by feeling His Presence now and always, expressing RAMA in thought, word and deed!

Glory! Glory! Glory unto GOD and long lives of Health and Peace in RAMA to each and every one of you. May RAMA bless all the images of RAMA, the One God of Life, Light and Love with His Presence. This is the ardent prayer of your own Omkar.

May Peace be unto all!

When I think of our loyal and faithful OMY I remember unconsciously the inspiring poem, 'An Answered Prayer-The Dog was Born', which was published in the March issue of Peace Magazine 1972 under the title 'The Answer.' I should like to include it here, dedicating it to our OMY and to all the loyal and faithful Dumb Animals.

AN ANSWERED PRAYER THE DOG WAS BORN

Ages ago, a heartfelt prayer
Arose from a man in deep despair.
'Oh God' he pleaded, 'Hear my cry.
A weak and selfish sinner am I.
Deserted alike by friend and foe.
No way to turn, no place to go.
Though I deserve such misery,
Oh God, restore some hope to me.'
The Father heard; 'His need is great.
For such poor mortals I'll create
A loyal friend who'll stay close by
To love, to share, to live and die.
His willing slave, who'll ask no more
Than just to worship and adore.
A friend who'll never criticise,

Will never question or advice;
Who cannot speak or lift a hand
To help-but will just understand.'
And so it came to pass at morn,

May God bless our OMY and all the Children in all the Kingdoms of Life in all the World!

May Peace be unto all!

Om! Om! Om

OFFERING

As tomorrow, 13th October 1972 is the Birthday of our JNANESWARI, who loves OMY along with our SANTHI, I take joy in offering this simple message, with Prayers for their longest lives of Service, Health and Peace to both our JNANESWARI and SANTHI.

On this HAPPY BIRTHDAY may the All-knowing and All-wise God bless our Dear Jnaneswari, Santhi, Susana and also the Donor of OMY, Beloved Manorama and her devoted Mother. Kamala Devi as they all love OMY tenderly, taking good care of it. May Longest life be unto our loyal, devoted and affectionate OMY, and unto all of you.

OM MANI PADME HUM

(Peace Oct & Nov 1972)

20. A SATSANG MESSAGE

Once again God has given us another opportunity to be alone with Him, to feel His presence consciously and I request you all to make best use of this opportunity. We have read wonderful chapters from Cosmic Flashes and In the Hours of Silence. If you could only practice even one of these chapters it is enough for your Salvation and Peace. The song we have heard, *nalo nunna*, 'I am worshipping the Light within myself' we only sing but how many of us are practising it? How many are going inside for prayer and meditation, worshipping the Swami, the Light within? There is as much difference between Heaven and Hell, Light and Darkness, as between Theory and Practice. If we do not practice what we already know, what is the use of learning more and more? So practice what you already know, worship the Living Light within. If we use what we have, what we have will grow. If we do not use what we have, what is the use of learning more and more and making our intellects heavy?

It is wonderful to know one fact: that we are never alone, we are in Him always. It is in His Presence and because of His Presence that I am speaking and you are listening. He is here right now. How true are the words, 'Man always disappoints, God alone never disappoints'. But because of *maya*, man clings to the form and name and not to God, who alone never disappoints. So, whatever is going to happen is bound to happen.

Long ago Pujya Ramanandaji took me and some others to Tehri where Swami Rama did *Sadhana, Tapas*, prayer and meditation and allowed the body to go in the holy river Bilangana. As I was unable to walk in those days I had to be carried to Tehri in *adoli*. I had forgotten all about this until last week when Sri SwamiAnanda, who is now in Tehri and trying to walk ever in the foot-steps of Swami Rama, wrote and reminded me of my promise to so start a Branch of Santi Ashram in the Himalayas in Tehri. Then I also remembered that in those days we had a little money and we even gave Rs. 1,000/- to start a Branch of Santi Ashram in memory of the Swami Rama Birth Centenary.

The very thought of starting a Branch Ashram in the Himalayas in my closing years gives me joy and inspiration and there is a thought that I should spend my closing years there, forgetting all the other Ashrams, living in God. And it is for the Peace of all of you also, for those who wish to realise God, the goal of precious human birth. So I long to go there and spend my time, in prayer and meditation, feeling God's Presence ceaselessly. So may the new Branch and the lives of all of you be a blessing to all God's children in the East and the West, and for the World Peace

May the Branch of Santi Ashram in Tehri, Himalayas be a Beacon Light for all the lovers of Swami Rama and all the aspiring children of God in all the world!

OM! OM! OM!

(Peace Jan 1973)

21. A Helpful Meditation For World Peace

One of the Divine Laws is, what we have within, we behold the same without. What I feel within, I try to express without, to share with all the aspiring children of God, in the East and the West. What I am writing now, may appear childish and emotional to some of the worldly-minded people. Anything helpful, when it comes from within, it should be given some deep thought and assimilated in our lives.

If we believe, that GOD IS OMNIPRESENT, and that there is not a tiniest fraction of space, where He exists not and that there is nothing besides Him, then He is the heart and soul of all the creation. He is not only in saints but also in sinners. We are to face Him and recognize Him in all even in the Presidents of Pakistan, China and in other leaders of the world, for God pervades and permeates the very cells of our beings, from the tiniest atom to the biggest planet. He also exists in the warmongers and the people who are behind the curtain, pulling strings who are the indirect cause of wars in the world. As we believe that God is all-in-all, we have to include in our Love, even those who are the cause of the suffering and death of innocent children of God. It is for our consolation, strength and peace, we are to take one by one into the fold of love and till their bodies, minds and hearts with the Presence of God.

Here are a few hints to practice this simple and helpful meditation. As you sit for meditation, take anyone of the warmongers whom you think, is the cause or source of

the death and destruction of the innocent people, destroying monuments of civilization and speak to him somewhat in the following words, filling his body with Light, Life and Love.

Dear child of God! Although you are dressed up in the garment of arms with helmet and boots, ready to kill your neighbours, forget not that they are your fellow brothers! Remember that you are a child of God. Your birthright is God and Love but not vengeance and hatred. Please do not play the part of a devil or fiend, forgetting your real divine nature. Soon you will lay aside your role of war mongering life and will be called to your real life of true Love. Then you will be sad over your misdeeds or cruel deeds, of killing and crucifying God's innocent children. It is Light within and without. It is the same Eternal and Infinite Light with in you, pervading and permeating the very cells of your being from the toes to the top of the head. You cannot remain in darkness forever, causing death to millions of innocent children of God. Soon there will be an end of your miscreant part. Before that fatal hour comes, please wake up and fill your heart with love than with hatred. Try to be a Christ or Buddha but not a Judas or any evil force. We are here to help you to feel the light, to see the Light and to recognize nothing but the Light, for you are a child of Light-the Image of God. For the peace of your soul and for the peace of all, we beg you, to come out of your darkness into the Light for Light alone is your birthright but never the passing clouds of darkness and ignorance.

From the toes to the top of the head, as we fill our bodies with the Presence of God, the Light of the world repeating the name of Him, it gives us in the first place joy, strength and Peace. It is a practical meditation that gives strength and comfort to the aspiring children of God.

One after another take these ignorant and selfish children into your meditation and fill them with Love that excludes none and with peace that passeth all understanding. Thus your heart feels contented for the good deed you are trying to render showering your Love on the ignorant. It is only in the all Love, where all is God. One should realize that in loving any of the children of God, he is loving the Omnipresent God. Similarly in hurting any of His children, he is hurting only God, the One Universal Presence. Hatred never ceases by hatred. Love is the unfailing remedy.

Dear Loving Readers of Peace Magazine! As it is the individual peace that paves the way towards Universal Peace, first establish peace in your heart in your meditation then take one of the war-mongers and fill his body from the toes to the top of his head with the Self-Effulgent Light of God. Likewise on the next day you can take another one who is considered as the source of the suffering of death of innocent people in the world. Thus continue your silent and good work of filling the ignorant with Light-the selfish with selflessness refusing to see anything other than God, even in the most cruel, for God is the only Changeless Reality in all the changes. If you believe that God is Omnipresent, that He is pervading and permeating the very cells of the whole creation and that he is the heart of His Children be they good or bad, it is our bounden duty to refuse to see anything other than God, both in friend and foe.

Let us try to see God in all and practice it in our daily lives, not only with our friends but also with our enemies. It was the blessed Christ who asked us, to Love the enemies and to love our neighbours as ourselves. To begin with, let us take any individual who is the cause

of death and destruction in the world and the source of bloodshed and fill him with God's Light, Life and Love.

As you begin to practice this simple meditation of filling the body of the erring one, with God's Life, Light and Love, a change comes in the object of your meditation as well as in yourself.

It has been said, "Let one man alone live in God, feel His presence and the whole nation. Nay all the world, will be united or benefited with his silent and ideal life of deep meditation. When the meditation of a single soul is so powerful and beneficial, imagine the great benefit and utility the world gets if a thousand people, nay a million people begin this mediation of all Love including all and excluding none. It is Love that wins in the long run. For the peace of our souls and for the peace of the world, let us begin this helpful and simple meditation now and be the Harbingers of Peace and benefactors of Humanity. This is the unfailing real meditation and the panacea for all the ills of life to remove differences and dispel all clouds of separation and darkness and to bring Peace to the individual hearts as well as into the heads of the Leaders of different nations.

LOVE AND BE LOVED IN RETURN. LOVE YE EACH OTHER AS I HAVE LOVED YE. This has been the message of the Saviours of the olden days as well as now-for the message for all ages to come, as it is one of the Divine Laws! What we sow we reap. Let us sow the seeds of Love and reap in abundance the harvest of Peace.

Blessed are the Peace Makers – Let our Motto be; Peace at any cost.

May Peace be unto all!

OM! OM!! OM!!!

(Peace Feb 1991)

22. A SERMON IN THE PRAYER HALL

It was quite early by the time on the terrace to meditate as usual. The sun has not yet come up from the horizon. I had to wait a long time before he came, but I was not waiting for him, the outer sun to come up but waiting only for the inner Sun to come out and shine from the depths of my heart.

At that early hour of dawn, as I sat there facing glory all around in its sublime freshness, I could not help, unconsciously to bend my head and murmur a silent prayer bowing on every side.

O Lord of love! I adore Thee in this stupendous beauty, grandeur and freshness at this early hour; to sanctify me, with Thy Infinite Peace, and Universal Love. All that I ask of Thee is to bless me to be alert and alive for Thy consciousness, attuning my life with Thy life.

I worship Thee not only in the unmanifested and abstract but also in the manifested and concrete. My worship is only in recognizing Thy sound and touch, in every voice and form. I will never give Thee, the trouble of manifesting to me in the past incarnations of Rama, Krishna or other manifestations for Thou hast enough of work to do, without taking these old long ago incarnations. The least I can do for Thee is not to give Thee any extra work.

Often I wonder how best I can Please Thee! Thou art not in need of these postures, or breathing exercises. These loud chantings and loud prayers of praise do not please Thee in any way. Since I am Thy child, if I strive to live, walk and be like Thee wiping away all my ignorance duality or egoism, I think that will be my real worship of Thee. If Thou wantest to bless me, bless me with Thy divine qualities or attributes. They say, Thou art *Sat ChitAnanda*. Since Thou art existence absolute, make me also the same. Since Thou art knowledge absolute, bless me with the same. As Thou art bliss absolute. Bless me with changeless bliss. This is all that I pray of Thee. As I analyse myself, I see my absolute existence is confined only to the physical body of a few feet. Let not my existence be confined to this body. As for my knowledge, it is inadequate and finite, not knowing anything of the perishable body itself. When such is the case what can I know of Thy Cosmic Intelligence!

Coming to the endless bliss when there is nothing to eat in the Ashram I feel sad, when what we have is not made best use of I feel more sad. So bless me my Lord of compassion with a touch of Thy infinite bliss that keeps me perpetually happy inspite of all the outer conditions. If I am really Thy image loose no time in helping me to be like Thyself, is all that I beg of Thee. Om! Om!! Om!!!

As I came to the end of my prayer I was imbued with God's presence and infinite love. That inseparable unity is too sacred to express in words. That personal experience of His love is not to be described but felt.

Lo! When I opened my eyes, there was the selfshining sun as if saying "Here I am". With His penetrating rays of warmth. A kitten that was in my lap, sleeping all through my prayer, seemed to say, 'Here is God, purring through me. Why can't you recognize Him in me?'

A bird began to fly over me singing a song of glee. The crows all around were expressing His glory. The water coming from the well, the sound of it is expressing His presence.

I beheld His presence in the blooming buds, in the tender sprouts, in the new leaves of the trees, and in each and every sound. I was amazed at the nearness of God and my eyes are filled with over-flowing tears of gratitude. I closed my eyes again. Then it seemed as if God whispered "My child, if you want to be blessed with my attributes of *Sat Chit Anand*, first worship me in all these manifested forms. The only way, the easiest, simple and direct way is come to me through the visible and manifested." Thus, here I am in the prayer hall, for the privilege of worshipping all of you.

Om! Om!! Om!!!

(Peace Oct 1992)

23. A Peep into Yama's Judgement Hall

Friday 24th May night was a sad and memorable night. Where did the life go for fifteen minutes, leaving the body inert and lifeless for a short time? So soundly in a strange uneasy way, where else life could go except to YAMA's place of judgement! YAMA is always busy with millions of people who are dying both day and night more are being born always.

In my visit to YAMA I found him a little displeased with his subordinates for bringing me into his presence. I felt that YAMA was reprimanding and finding fault with his staff saying: WHY THEY BROUGHT TO HIM AN UNRIPE FRUIT AND AN UNREADY SOUL LIKE ME - when I have unfinished works done in world, especially in PEACE CENTER which is spreading peace from heart to heart paving the way towards WORLD PEACE.

He further said, where is the Mother Ashram in Andhra Pradesh which needs my presence in little things as well as in big things for the good of all. It made me happy to hear, about our long neglected dilapidated Kailas Ashram on the Hill by Beach side, which has been my life-work and the future ambition and aspiration of my life to give that to world, an INTERNATIONAL INSTITUTE OF PEACE to all the aspiring children of God in all religions and nations.

Hearing these wise words of YAMA, the disciples feeling sad brought my Spirit back to Lakshmi Vihar, where there was mourning and weeping in sorrow and depression. With the dawning of the light, entering of the Spirit into the dead body again there was rejoicing- Life, LIGHT and Love among the sad and anxious children and members of Lakshmi Vihar, Peace Centre. How anything may happen at any moment!

Homage be unto YAMA, the Lord of Death and long lives of Peace to all the children of God. May Peace be unto all!

Om! Tat! Sat! Om!

(Peace April 1991)

24. "A MESSAGE"

It is my blessed privilege to extend a hearty welcome to all of you, not only into SANTI ASHRAM 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?

Many 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, but also in those who differ and do not 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-realization Now and Here is another helpful booklet, rather a bed-side booklet, that gives inspiration making you to feel Him, in the Sight, in 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.

SILENCE IS BRAHMAN

If I have known and realized anything in my life 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 anyone 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, 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.

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. 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 in this form; but see only Thee, for, Thou art the only Changeless Reality in a 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, and 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.

(Peace Jun 1996)

25. BOMBAY TO SRI SANTI ASHRAM

Whether it is in the stillness of our throbbing hearts or in the waves of the surging ocean or in the twinkling of the stars in the sky or in the ceaseless radiance of the sun, or in the unexpected departure of our Sister Sushila Devi from East to West, the Law –the Divine Law operates, silently and steadily leading individuals as well as nations to destiny, the destined goal.

So soon our sister had to respond to a call from her home and other friends in America. She is now on her way home, sailing on one of the President Liners of the Dollar Steamship Line. As desired by several friends in East and West, I could not accompany her as the time was short to renew my passport and get visa and other necessary papers, to leave India, and further as there is so much to be arranged for the continuation of the magazines and other activities during my absence in the Ashram.

We are deeply grateful to brothers G. A. P. Swamy, Madhavalal, Venkata Ratnam, Ramakrishnayya, and other friends, for all the great help they rendered during our stay in Bombay and especially for assisting sister in her safe embarkation.

Our Sushila Devi insisted and requested our friends also at Bombay to see that I should return to the Ashram travelling in second class comfortably. In spite of my remonstrances, that I was not in need of money, she provided me from her slender purse with plenty of funds not only to facilitate my travelling in second class but in double first class.

But as money is rare and precious to our Peace Mission especially in these days of general depression I hope our Sister will excuse me for not fulfilling her wishes, by travelling in second class, for I took a cheap ticket to travel by third class – the lowest class, where often the poor and humble travel like cattle in the overcrowded carriages.

The compartment in which I sat was a big one having an accommodation for sixtyfour passengers. Generally, the third class carriages are always fully crowded, but now our compartment contained nearly the fixed number of passengers.

Through the time was short my friends brought big bunches of grapes for my use on the journey. The train whistled and my friends left the train as it started, offering their Pranams, Good byes.

As the train started, I turned around to have a look at my fellow passengers, who were all strangers in one sense but who are closely and inseparably related and united in the spiritual sense.

On my right hand side there was a pious Mohammedan. On my left, there were four Christian brethren and in front of me sat an orthodox *Pundit*, a philosopher, belonging to a high caste.

The *Pandit* was busy in turning over his beads and the Mohammedan was repeating some prayers and the Christian brothers were studying their Bible. Strange as it may appear, the fate or destiny had to bring me into the midst of people of different religions, to recognize the Brotherhood of man, Fatherhood of God, and the unity of all religions even in a railway compartment.

The *Pandit* was chanting the sacred stanzas from Gita, Christian brethren were reading their Bible and the Muslim brother was deeply absorbed in his prayers, unconscious of any outer sound or surrounding. I saw to my great joy atleast in a compartment of a running train, each could worship his God in his own way, without molesting the other. For a time, I felt that I was not merely in a train but in a universal temple, where there is harmony and unity of religions. When we can feel such unity and God's presence even in a compartment of a running train in all its bustle and hustle, why can we not feel in our God-consecrated Temples, Churches, Masjids, and Shrines, where the most Highest is supposed to dwell?

When will those blessed days come, when man confines his religion or Diety, no longer to finite man made temples and shrines, but considers the whole world as the only natural temple of God, with its big canopy of heavens, where, all are the children of God, worshipping the one God according to the state or stage of development! It is only with such perfect understanding and breadth of vision Peace on earth and Good-will among mankind, will abide forever.

Beholding in front and on either side of me, the votaries of different religions, worshipping their God, I too lost no time, in closing my eyes and merging within, to worship the common Father of Hindus, Christians, Mohammedans, Buddhists and of all other sects and creeds.

After a while I felt happy to see the Hindu brother sharing what he has with the Mohammedan brother and he in his turn, offering some fruits to the Hindu brother.

Taking this opportunity, I too opened my basket of fruits and sweets and gave to many of the passengers in the compartment, including to the Hindu, Mohammedan and Christian brethren. There were several children also, who were happy to get the grapes and I

too was happy to share what I have with them, for it is always the giver who is blessed with more happiness than the receiver.

The journey being long was tedious. I did not have even a single book with me to engage myself with, and it is rather difficult to meditate always in that confusion, shouting and noise, especially at every time the train stopped at the stations.

Opening my hand bag, I found a copy of October Peace magazine and I never read any magazine or book with such great interest as I read this particular journal from cover to cover. I never thought our little "PEACE magazine" is so inspiring, and helpful to the seekers of Truth and lovers of Peace. After finishing the journal, as I laid it aside one of the Christian brethren, was looking towards it. Knowing that he was anxious to read it, I offered to him the journal. You will be surprised to know, that he too did not even move or stir from his seat like myself, until he finished the whole magazine, spending nearly one and half hours. Another friend also did likewise. They gave their addresses to mere requesting their names to be entered as subscribers for our journals.

I realized then, how badly our magazines Peace and Santi need a little propaganda, and how they will be a blessing to many sincere hearts and souls who are seeking Truth. After reading the 'Peace magazine', our Christian brother asked me:- WHAT IS BODY CONSCIOUSNESS AND WHAT IS GOD CONSCIOUSNESS?

I replied: - IF ONE IS SELFISH EVER WORSHIPPING MAMMON HE IS FILLED WITH BODY CONSCIOUSNESS. CLINGING TO SELF OR EGO, IS BODY CONSCIOUSNESS.

IF ONE IS SELFLESS WORSHIPPING GOD, RECOGNIZING HIM IN EVERY ONE AND EVERY WHERE HE IS FILLED WITH GOD CONSCIOUSNESS. SELFLESSNESS ITSELF IS GOD CONSCIOUSNESS.

Another one asked me: - HOW TO BE HAPPY AND PEACEFUL?

I replied: - BY TRUSTING GOD COMPLETELY, ALWAYS LIVING IN HIM, IDENTIFYING NO LONGER WITH THE PERISHABLE BODY, BUT WITH THE IMPERISHABLE GOD, WE CAN BE HAPPY AND PEACEFUL.

All through the journey, my fellow travelers were kind and devoted, trying to help me in every possible way. The *Pandit* insisted, that he would buy Puries, Indian Bread and sweets for me, but I declined his offer with thanks as I was not hungry. These new friends parted with me with great reluctance at their respective stations, giving me their addresses and taking with them our Peace literature.

At Secunderabad after a long journey of nearly twentyfour hours I had to change from one compartment to another in the same train. Even there, God comes in the form of strangers and renders the needful help, in looking after my needs. We reached Bezawada at a twilight hour and here I had to change the train itself. Another new friend helped me and made me to sit on a comfortable bench, in a lonely corner, for I had to wait here five hours for the next train, to continue my journey.

While waiting there patiently, meditating on the Indwelling Presence, two Police constables came and offering their salutations sat by me. They were so kind that I had to open my basket again to feed them with some of the sweets. They were grateful and devoted that they rendered every help in arranging for me another comfortable compartment for further journey.

One of the constables was so devoted that I had to give him the Initiation, asking him ALWAYS TO BE GOOD AND DO GOOD never doing any kind of harm to anyone. He promised to do so, also spending a little time in prayer and meditation, both in the morning and evening.

In my new compartment, I had again two devoted souls, who became the subscribers of the journals and friends of our Ashram. Although the compartment is very small they insisted that I should sleep, stretching myself, as I was having a long journey. I parted with them with gratitude and love for all their kindness at Rajahmundry, where I was expecting our Peace Car from the Ashram.

Mother Ratnam and Brother Ramarao, were happy to see me in the early hours of the dawn. Immediately they arranged hot water for my bath. After the long trip, I felt refreshed with the bath and strengthened with the nice and tasty *palaharams* – refreshments.

The next day was my birthday but the car did not yet come. So I had to spend my birthday in Rajahmundry, alone in the worship room on the upstairs, which is kept aside for the use of meditation by Mother Ratnam. I always spend my birthday rather the birthday of this physical form in observing a fast, with complete silence. I expressed my wish to Mother and she readily granted it but with a heavy heart.

I wrote a letter to the Ashram requesting the members to help me by celebrating the day in fasting and silence but unfortunately the letter reached them a little late just after they were about to rise enjoying a big feast with puddings and several special preparations. It seems they felt quite bashful to see that they were feasting, to celebrate my birthday while I was fasting. Anyway they tried to make best use of the day, by spending long hours in prayers, *bhajan* and worship.

The next day our Peace Car came to fetch me to the Ashram. Mother Ratnam, was kind enough in giving me twentyfive rupees as my birthday present, which came in handy, to pay the salaries of the gardeners and other workers in the Ashram. Brother Ramarao was kind enough in loading the car with plenty of foodstuffs, vegetables and tamarind in which he deals. It was nearly midnight by the time the car brought us safe to the Ashram a distance of fifty miles from Rajahmundry.

Imagine my joy and surprise to find the little kittens, waiting for me at the main entrance as if awaiting to welcome me into the blessed precincts of our Abode of Peace.

Of course all the members of the Ashram, were happy to welcome me, but there was a certain feeling of solemnity and sadness in their faces as well as in their hearts, for I returned alone, sending Sister Sushila to America, on her long voyage. We certainly miss her, for she has been a tender mother loving sister, an understanding friend, a faithful nurse and a spiritual companion to all of us.

We sat in mute silence for a time offering our prayers inaudibly, everyone wishing the safe arrival of Sister Sushila, and the welfare of her mother and all her dear ones in her far off home in America. Thus ended my long trip from Bombay to Sri Santi Ashram, the Abode of Peace.

Om! Tat! Sat!Om!

(Peace Nov 1934)

26. BEGGING

Begging represents a low state of a depraved mentality. A beggar is never respected any where. He is avoided and shunned by everyone.

Saints and sages have been the givers of truth hence they are respected, Christs and Krishnas have been the givers of unceasing love and peace, hence they are worshipped.

It has been said that devils will be dancing around a beggar, mocking at his innumerable wants and desires, whereas in the case of a giver, one who is desireless, Angels will be waiting on him to do his bidding at his slightest wish.

There are many poor beggars even in the so called emperors because of their insatiable desires.

In a similar way when a beggar rises above begging, he will be the ruling monarch, and a king among kings. Begging is Hades, and giving is Paradise. How can you expect to find peace or happiness in begging and receiving? Analyze your present state of mind and its wants and see for yourselves whether you are in Hades or in Paradise.

It is very difficult to be entirely free from every kind of begging. It can be divided into a number of sections. There is the begging for the body, with a purely selfish motive. There is the begging for the body with a purely selfish motive. There is the begging for the home or one's community. Then comes the begging for one's country or nation. Then comes the selfless begging, the begging for the welfare of the world at large, for the common good of humanity.

Those that beg merely to satisfy the physical senses of the gross sheath are the most depraved ones, with a low development, ever considering their bodies alone as the whole world. They live, breathe, move, work and enjoy themselves within the walls of the physical body of flesh. Those who make their interests universal, having sensed the God within, such spiritual souls, see the happiness of others as their own happiness, and the peace and success of others as their own peace and success. They never recognize the least difference in caste, creed, color or nation and they are the salt of the earth. They are the sweet smelling flowers of humanity. May all glory be unto such souls!

The following thought or question often comes to many an earnest soul: "How can I give when I myself am poor in the goods of the world?" What about your spiritual wealth? Can anyone be poor in the goods of heaven or of eternal riches? Are you not a child of God? As a child of God, everything that the Father has, belongs to you also. Only recognize, and make best use of it.

What we need is an open heart and love of humanity. Then we will have something or other to share with the children of God. Even if we are poor in world's wealth, we can at least give our love peace, sympathy and a word of encouragement to one and all. A loving thought, an inspiring word, a kind smile, will cheer up many a depressed heart.

If we could only remember our divine heritage as God's children we can afford to give, to share with our fellow workers, who are no other than our own Indivisible Self; not only our sympathetic words and thoughts, but even our flesh and blood infinite joy is only in giving and sharing but never in begging and seeking.

Misery and agony belong to beggars. Happiness and peace of mind or contentment are the qualities of those that give. Look at the face of a beggar. How sad and pathetic it is! How he sneaks and begs, selling his soul. Look at the radiant face of the blessed giver.

What is it that makes one a beggar? It is ignorance, forgetfulness of Truth, the living Divinity. Everyone who forgets God is a forlorn beggar. My definition of a beggar is the one that feels separation from Truth, the Indwelling Presence, and finds joy in receiving rather than in givingburying his Spirit in the worship of mammon.

A beggar is never happy, for he cannot enjoy even what he gets, for it is not his property. A giver is eternally happy, for he is giving to his own Self, recognizing the one Presence.

Now dear readers of "Peace magazine", let us see for ourselves whether we are in the state of begging or giving. I mentioned already that it is impossible to be free from every kind of begging, so long we live in a world of activity or duality.

If we take into consideration, the present state or the status of the Mission of Peace, it makes us almost ashamed of ourselves.

When we are uncertain of our next meal we are to beg for a bag of rice. When our workers need raiment to cover their bodies, we are to beg for clothes. When our journals need paper, we are to beg some devoted soul to provide us with paper to continue our work. When our treadle, the printing machine refuses to work, as it is too old, we are to beg some philanthropic gentlemen to help us with a new treadle.

Where is happiness in this endless begging? As every cloud has a silver lining of its own, our silvery hope is only in the thought, that what we are begging is not for selfish ends, but for the welfare of the world, and for establishing Peace among the children of the one Almighty Father.

This state reminds us of the beautiful instance given in the sacred scriptures. It was in the time of Janaka the royal sage. He was not only a great scholar, philosopher but a great philanthropist, taking delight in the spiritual welfare of all the seekers of Truth and worshippers of God. Once in one of the spiritual gatherings, thousands of Rishis, *Maharishis*, *Yogis* and Teachers of every type were present to take part in the spiritual discourses, *Raja Janaka* brought a thousand cows filled with gold horns and adorned with gems and diamonds of every kind. Bringing those cows that were decorated with jewels of every kind into the court, Janaka addressed all the *Mahatmas* in words similar to the following:-

"Oh, ye saints that conquered all desires, ye that are the emblems of renunciation, ye that are above wants and needs, here is a gift of a thousand sacred cows with immense wealth on their bodies offered to the one who is desireless, to the one who is entirely free from begging. If there is any wise one amidst you, who is perfectly desireless let him rise and claim these cows."

At these powerful and effective words of deep meaning, every one began to look at the other, with a state, of wonder and bewilderment. Who could stand and claim such a rich prize, saying that he is a soul of perfection, and free from all desires.

If one is free from desires, why should he want the cows or the wealth on them? They are offered only to the one who is desireless and who attained all that is to be attained in both the manifested and unmanifested realms. Rather a perplexing state, with a wonderful prize to the knowers of *Brahman*. Out of that huge mass that great assembly of sages, an aged soul

stood up. All eyes were turned towards him. He was tall, majestic and magnetic in his appearance. He was the famous Yajnavalkya *Maharishi*. He called his disciples in his shrill and commanding voice and said:-

"O! beloved disciples, here are the cows with their wealth. Take them straight into the gates of our Ashram." The disciples obeyed his command and there was big commotion and cries of dissatisfaction, confusion and jealousy. Every one began to question Yajnavalkya saying: "If you are a knower of *Brahman*, what have you to do with the cows or the immense riches they are adorned with? Why do you want them?" Yajnavalkya, the knower of *Brahman*, the *Jnani* of *Jnanis* and the crest jewel of wisdom and the soul of Godconsciousness, kept still for a while and smilingly, replied- 'My children ! These cows and their wealth are not for me, but for the Ashram, to be dedicated for His service". Saying thus, he departed in silence leaving the bewildered multitudes of *munis* and *yogies* in a state of wonder and excitement.

Hari Om Tat Sat.
May Peace be unto all.
OM SANTI! SANTI!! SANTIHI!!!
(Peace Nov & Dec 1932)

27. BURN THE TRASH

In our office room, there are two waste paper baskets. They are being filled continuously with the rough proofs of our journals and such other papers of non-importance.

I often get the baskets emptied by Jagadish, our little boy. This time, somehow the boy has forgotten to empty them inspite of my repeated requests, perhaps on account of the other duties in the Ashram. Hence, I found it really inconvenient to put more trash into the already over-filled baskets. For a day or two, the more I put the papers, the more they used to fall on the floor from the baskets, making the whole room shabby and untidy.

Then I stopped working for a time and took the baskets outside to destroy and burn the contents. After setting fire, I stood for a minute and watched all the torn scraps burning. Even this little insignificant incident has given me inspiration. Since then I am singing a song of freedom, "Burn the trash within thyself." Now both the baskets are empty, I can easily put more trash or refrain from putting any again. It is with me either to fill or empty the baskets.

Dear Beloved Ones! Our bodies are waste paper baskets and they are filled already to their very brims with all manner of wasteful thoughts, harmful impressions and useless desires. It is time for us to empty the baskets, and to destroy their contents.

No one can burn the trash that we have within ourselves. How can others destroy or burn our trash! It is our duty to burn it off at the earliest opportunity, nay in this very present moment, instead of relying on others, or allowing more waste paper to accumulate in the over stuffed baskets.

When we ourselves are the cause of waste material, why plead and beg others, to do this work for us? Let us be bold enough to do, it ourselves, singing the song of freedom.

At present, our baskets are filled with worry, hurry, confusion and restlessness of outer life. How can we expect here peace or freedom? Let us merge within and take time to gather up all the trash the accumulated trash not only of this day, and this birth but of all the days and births and once for all set fire to these useless desires, subtle impressions and deep-rooted thoughts.

Often and often even when I am engaged in the activities of the Ashram, this one theme strikes to my mind, and sings in my heart- "Burn the trash - Burn the trash." In spite of myself, I often find unconsciously singing "Burn the trash - not in the uncertain future, but right now."

Dear Readers of Peace magazine! How many of you will unite with me in gathering up this accumulated trash and making a big conflagration of it? Pray, join me in destroying and burning it up. It is neither wisdom to keep it nor is it worthwhile to accumulate any more trash day by day.

As you read this message, let this day be your day of burning all the trash. When we empty ourselves of all the trash, the Lord sings sweet music, divine music through us. Lo! He is waiting for us. Pray! tarry no longer. Delay is dangerous. The baskets may burst open, on account of overstuffing. So wake up before it is too late. This is the place and this is the day to burn the trash of every kind.

May the all consuming fire of *Atma Jnana*, Self knowledge burn away the dross and trash of every kind, not only without but within, and may the very cells from the atom to the planet, be filled with *Brahmanandam*, the living fire of God consciousness, is the prayer of your brother who loves you. May Peace be unto all

Om! Om! Om!

(Peace Feb & Mar 1934)

28. BLESSEDNESS OF SERVICE

To begin my message I shall use the very often quoted general saying: *paropakaraarthamidam sareeram*, this body is intended only for the service of others. We are here, not to live for ourselves but for the welfare of others. This precious body is given to us only for the worship of Him who is manifesting in all the various forms. This is true to the principle found in all nature.

But if we analyse our lives, critically examining all the twentyfour hours of the day and the night, we will be ashamed to see how little, how comparatively insignificant periods of time we spend in service to others and how most of the time is being spent in worship of the ego, the little idol of self. Very rare and precious are the moments, when one is serving others, forgetting himself or the little self.

A high officer receiving a large salary, should not delude himself with the illusion that he is using his body only for the service of others, if the spirit of sacrifice is absent in him.

Similarly, a preacher or a teacher should not deceive himself with the idea that he is rendering service, with all his powers of oratory, if the little self is not yet annihilated in him. Any act of service done with selfish interests, seeking a little wealth, name and fame for the delights of the momentary body, cannot be called real service. True service in the highest sense is the worship of God, the Universal Power, with Universal Love, without expecting the least reward, in any form.

Out of the fullness of the heart the mouth speaks. Out of the recognition of Universal Love the selfless service begins. Love and service are not two, but one. They cannot be separated, for each is succeeded by the other just as a fragrant bud is followed by a full blown flower, or as a living seed grows into the thriving plant.

Love is the underlying cause, and service is the inevitable effect. The cause and effect are inseparable. Thus we see that wherever there is love there is service and wherever there is service there is love at its basis.

As the love in one's heart increases, the horizon of service also grows and expands. It is most pathetic to see many people confining their services only to their own physical forms. They live in the cage-like confines of flesh and blood, taking the utmost care of the physical sheath utterly neglecting the soul. There are others who extend their service to their families only serving their wives and children, like the man who prayed, "Oh, God! Bless me and my wife, my son John and his wife, only we four and no more," all unmindful of the rest of creation. Others further evolved, try to raise a step higher, and serve their community, instead of the personal body as in the first case or serving only their own families as in the second case. Then comes the love of one's country which is of higher magnitude in evolution. He is a patriot who sacrifices to serve his nation. He lives but to die for the freedom of his motherland. Then comes the final sublime stage, when one considers the whole world as his own home and all people in it as his sisters and brothers, and to love and serve them is his only real religion.

Blessed are these sacred, precious and God imbued souls! They are the salt of the earth. They are the living Christs, Buddhas and loving Krishnas-walking on the face of the earth as a blessing to the world at large. Their silence is the saving power of the universe and their service is the moving power and living energy of all creation. May all homage be into such living divinities on earth!

The vast majority of people everywhere in the world are serving the God of Mammon, just to make the two ends meet, only to earn their daily bread even selling their souls. For many of these, service is only mere drudgery. It is far from blessedness. There are some others who are engaged in service running after the shadows, in the mirage of the world only to earn a little passing fame and name. There are a few more who do their ordained work, as a forced duty without the least interest or devotion and devoid of love in their hearts for others.

It is a sad mistake for many a person to delude himself with the sublime thought that he is doing his duty for duty's sake, without expecting any reward in any manner. But, alas, how difficult and nearly impossible it is to do duty for duty's sake, without expecting any reward! If we examine our lives carefully we come to know, that we are doing everything

with some expectation or other. It is wonderful to be without any expectation. It is most sacred and holy to engage ourselves in work without expecting the results.

But I long to emphasise that so long as we think that we are a mortal Mr. or Mrs. or Miss instead of an immortal divinity we desire many things trying to cram our brief days with earthly pleasures and comforts suffering much to obtain them. We engage ourselves in duties only for these results and fill our lives with complexities. Only those high souls, who are blessed with the wisdom of Krishna, the compassion of Buddha, the mercy and love of Christ and the realization of all other emancipated Saviours, can engage in service without expecting any reward in any form. All others are slaves of reward or expectation. In duality, there is ignorance, the root cause of desires. In unity, there is blessed Wisdom, the Source of desirelessness and perfection.

He is blessed who has found his real work in life. But how few and rare are such souls! There is so much sorrow and dissatisfaction in this world, because of forced service and imposed work. One should choose his work according to his temperament and his suitable environment. There are many misfits in this world, because of the wrong selection of work or service. People are trying to put square plugs into round holes or round plugs into square holes. It is time to find one's own field of service according to one's liking of the heart and soul and thus be a blessing in the cause of his service.

We often come across many devoted souls everyday, who complain, that their minds are not steady and concentrated in spite of many years of rigorous practices. The plain and simple cause of their failure in concentration or meditation is: the little self or ego in them is not yet dead. Their thoughts, prayers, meditations, and all aspirations are centered around their perishable forms and names of flesh and blood. If they could only forget their selfish, tiny, finite meditations for the time being and engage themselves, in the blessed service of others, O what happiness, will they not find and what tremendous success will they not achieve in their lives! The happiness which is the outcome of service to others, leads them to success and peace of mind in their own meditations. The way to be happy is to make others happy. The way to be healthy is to help others to be healthy. The way to freedom is to engage in the blessed service of others, without expecting any reward.

Recently, I had the privilege of entering into the hearts of several devoted and sincere souls, when they came to me for guidance repeating the same common complaint that their minds were not one pointed or steady but fickle and restless, in spite of their regular, daily prayers and meditations. My advice has been as usual. Forget your selfish meditation for a time and engage yourselves in the Universal worship, the blessed service of others. The happiness of true service, the very satisfaction that your life is not a burden to mother earth but a blessing to someone, in your humble way, gives you happiness and peace. After a while it made me happy to see that some of the same devoted friends were contented in their service and successful in their meditations.

Selfishness and selflessness are the two words that mar or make our lives, leading us to Hades or Heaven. No service is possible in selfishness. All service is possible in selflessness. Before another day passes let us strive to make someone or other happy and contented, either by a silent thought, encouraging word or helpful deed. What is the use of closing our eyes to meditate when we are facing so much misery and suffering in front of us,

around? Let us use even our spare time and extra money, to serve the sick, to feed us everywhere in every clime the poor, to clothe the naked and to relieve the suffering, in our humble way. Let charity begin at home and then spread itself in the big house of the wide world.

Dear readers of Peace magazine, shall we gather these precious moments of sacred service from our individual experiences and weave them into a garland of fragrant flowers and consecrate them at the feet of the Master, who comes to us in the various forms and names in different creeds and nations, in both East and. West!

May the Blessed Service be the watch word, and may selflessness be the Soul word, and may Love and Service lead us all, to Peace Profound, is the prayer of your own brother who is waiting to be sanctified by the privilege of loving and serving you.

MAY PEACE BE UNTO ALL
OM TAT SAT OM
(Peace Sept & Oct 1936)

29. BE COMPLETE

If ever there is any Permanent Peace, InfinitePower, Boundless Poise or Eternal Happiness, it is only in Completeness.

All sorrow, agony, suffering and restlessness are only in incompleteness.

Completeness is the goal of Life. It is the Soul of existence.

The message on Completeness will never become complete without mentioning that beautiful and soul stirring Vedic Peace Chant on Completeness:

***Om Poornamadah Poornamidam
Poornat poornamudachyate
Poornasya Poornamadaya
Poornam evavasishyate
Om Santi! Santi!! Santihi!***

That is full. This is full. From that full this full has come. Even if this full is taken away from that full, it always remains full.

Om Peace! Peace!! Peace!!!

How wonderful it is to live in a world of Completeness and to see Completeness within and without and to recognize Completeness or Fullness not only in ourselves, but in others, for everything and everyone is a living manifestation of that Completeness.

Dear friend, where are you finding or searching your Peace or Happiness. Do not seek for the Infinite in things of evanescent life. Seek It only in Fullness or Completeness.

Fullness is your Birthright, so try to be, Full always, under all the trying conditions, striving at any cost to express only Completeness.

BE COMPLETE. How inspiring and helpful are the repetition of the very words: *I am Full, I am always Complete!*

If you are Complete nothing can ever hurt you.

An incomplete person who identifies with the form of blood and flesh is always miserable hurting or getting hurt by someone or other.

If you are Complete none of the things of the world can ever dare to touch or hurt you.

To be above the dual conditions of life and their excruciating sufferings, be Complete always.

Every day, wake up in Completeness. Do your ordained work in Completeness and retire or sleep in Completeness.

Let your mind, heart and soul ever be centered in Completeness as you, engage in the activities of your daily life.

Above all let there be no leaks in your life of Completeness.

Every outburst, sorrow, passion or any kind of weakness is a leak in your precious life.

Let all the holes in the vessel of your life be closed before you begin your spiritual practices and meditations. Thus you will reign in Completeness.

Every new morning facing God or Light, make a fervent resolution to live, work, breathe and move in Completeness, and not to allow any passing things of life to touch or disturb you.

Fullness can never be disturbed. Completeness can never be shaken.

Try to be true to your morning resolutions throughout the whole day of your active life.

When the hour of retirement again comes, analyse your day's life and see whether you had any leakage of your divine energy and thus determine again to merge, meditate and sleep in Completeness, expecting to rise or wake up in Completeness on the morrow.

If you are Complete nothing will harm you. If you are incomplete everything hurts you: ***“For whoever hath, to him shall be given, and he shall have abundance: but whose ever hath not, from him shall be taken away even that which he hath.”***

Your Higher Self, the Divine Soul is One without a second. As such, there is, nothing besides it, to assail you or lessen or mar your glory and happiness. Whether it is in the life of individuals or in the fate of nations, it is the consciousness of incompleteness, which is playing havoc, making a wreck of civilizations.

When a man or nation feels and considers its material possessions as be all and end all of existence, they want to grab and annex more, ever filled with the fever of possessions and endless desires.

When a man feels complete, what has he to wish for? Whatever he wants or wishes for, it is all within himself, a partaker of Divine Consciousness, limitless as the universe.

COMPLETENESS includes all excludes none. Hence the salvation of individuals as well as nations lies only in the Consciousness of Fullness or Completeness.

When you identify yourself with name and form, clinging to flesh and blood you feel a need to add to your body, everything you see or hear of in the unconscious desire for Completeness.

As a finite body, you are inclined to wish for varieties of rich food, fancy clothing, and high living of every kind, name and fame, and what not?

As Complete Truth or Light, you have everything within yourself. Your wants are simplified. Your wishes, if any, are fulfilled in Completeness.

As a body there is everything to wish for, but as a Complete Reality there is nothing besides It, even if you want to wish for anything. Hence, all Glory and Peace are in Completeness!

May we ever strive to be complete saturating ourselves in Completeness, in waking, dreaming and sleeping states! Let our thoughts express Completeness. Let our words speak of Completeness. Let our deeds proclaim Completeness. Above all, let there be no leaks of any kind in Completeness, either consciously or unconsciously.

As ripples and waves in the ocean of life, rise and dance, merging in the vast, living waters of life, so also, may we all work and live in Fullness, finally dissolving or returning to our Infinite and Eternal Completeness, is my prayer!

Om Om Om!

(Peace Jan, Feb & Mar 1940)

30. BE GOOD AND DO GOOD

The Highest Truth, the Complete Truth is expressed in a nut shell in the above simple words. It has been said by the wise, that Truth is always simple, plain and often straight and direct. I like to add Omnipresence to the above category of attributes, for, Truth and God are One permeating the very cells of our beings, and pervading all round within and without.

Being and Doing are not two but one, hence you can never separate them. Being is *BRAHMAN*, the unmanifested and doing is *SHAKTI*, the manifested Being is stillness. It is complete. Wise SILENCE Doing is activity. It is pure selfless SERVICE.

Many often ask: Is BEING GOOD, greater than DOING GOOD? Which of them is greater than the other? You cannot raise this question for, Being and Doing as already stated are not two but one, like the Sun and its sunshine, Ocean and its waters, Fire and its heat, Ice and its coolness. Flower and its fragrance. Thus, wherever there is Being *Good*, there is naturally Doing Good also.

It is out of the fullness of the waters in the Ocean that the tides ebb and flow, arise. It is out of the fullness of the heart, Silence that reigns in the heart that speech and action emanate. To understand the first injunction "BE GOOD" one must be completely selfless. When one is complete and selfless, all service flows spontaneously like the gushing rivers from the snowy glaciers of the Himalayas.

Knowing that "Be Good and Do Good, or rather "Being and Doing are not two but one, it is strange to see some people wasting their precious time, with discussions and controversies trying to find out which of the two is greater. It is only the ignorant, the novices in spiritual life, who engage themselves in such thoughts, and discussions, enjoying the words and forgetting the Spirit. Sad is the state of those who run after shadows ignoring the Substance, the one reality.

When Doing is not based on Being, all that one does, results in failure and disappointment. He may establish a dozen hospitals and a number of schools, and he may be busy with many other activities but if his service is not based on God realization, there is always, the little self, present in him ever seeking self glorification and reward in some form or other.

Gita, the Song Celestial teaches that ours is only to do our duty, for duty's sake leaving the results to God. But an ignorant man can never do duty for its own sake. It is only the wise man who is well established in Being Good that can cheerfully render good without expecting any reward, nay finding the reward in the service itself. Blessed are they that are established in the Blessed State of Completeness, which is Being Good. They are the Salt of the Earth, the Flowers of humanity and the Light of the world. As sun shine comes out of the Sun so also from such God's service comes out in a most natural and silent way, without the least ostentation or advertisement. Their very life is an embodiment of Truth and the greatest blessing to Humanity, and pervading the whole universe, from the tiniest atom to the biggest planet, for Truth is all pervading and Indivisible.

My Loving Reader, so let us be established first in Truth or God; then the rest follows in a very simple and natural way, Be still and in the stillness you realize that you are COMPLETE. In completeness, you cannot help but share your Light, the fragrance of your life with the whole world, "Seek ye first the Kingdom of God and His righteousness, and all these things shall be added unto you."

First BE GOOD" and then, "DO GOOD" blooms in you in a sequence from that stillness and completeness. Be not like a fish on dry land, but like a fish in water. First seek your own element, the Love of God and then share it with the whole world. The blind cannot lead the blind. At least for the sake of others who are not so lightly evolved, that look up to you for guidance, BE GOOD now and always.

Salutations to the *BRAHMAN* who is silent or waveless in the form of BEING! Salutations to the *SHAKTI*, who is alive or active in the form of DOING! May all Homage be unto the Highest! May Peace reign on Earth and Goodwill abide among Nations.

May Peace be unto all!
Om! Om! Om!

31. BRAHMACHARYA - CELIBACY

Askalitha Brahmacharya:-Spotless purity in thought, word and deed is possible only in the ceaseless awareness of *brahma sakshatkaram*, God consciousness, it is not only merely possible in that Blessed State but it is also natural. In Duality, as duality is ignorance there is some taint or other, when one sees of another, thinks of another and cognizes another, other than the One Indivisible Self. Whereas in Non duality, in the Highest Truth, then, where one sees not another, thinks not of another and cognizes not another, where it is all *Adviteeyam*-One without a second, where is the possibility of any taint or weakness? As the Sun is ever free of all taints of darkness, so a *brahma jnani* a Soul of Illumination also is free from all darkness or ignorance. He is ever shining in his full splendour of the Sun of suns.

Brahmacharya is the firm rocky foundation of theedifice of the Spiritual Life, whether it is for a *brahmachary*, the Student or a *grihastha*, the Householder or for a *Vanaprastha*, the retired one, or for the *sanyasin*, Recluse or the Hermit. What is man without the backbone? What is an edifice without the foundation? What is life without *brahmacharya*? Thus *brahmacharya* is the heart and soul and even the goal of the very human birth. It is through the Blessed State of *Askhalitha Brahmacharya*, spotless purity, one reaches the Ineffable State of Immortality and becomes deathless and birthless. In the Highest aspect, *Brahma*consciousness alone is *Brahmacharya*. In the good olden days of *DwaparaYuga*, the Golden Age and other ages, it seems people used to live full one hundred years or even more. Then, the span of life was considered for everyone, as a century one hundred years.

Now the Scientists and Scholars say, the full spanof life for the average man, in these days of *Kali Yuga*,the Iron Age is only around sixty years. Many a man and women is becoming old even before forty or fifty years and tottering with infirmity and getting ready to enter the grave. How deplorable it is to see in this *KaliYuga*, many a man and woman burdened with half a dozen children, even before reaching twentyfive years, when they are supposed to be observing *brahmacharya*at that age! What kind of progeny for the strength of the nation and for the well being of humanity, can we expect from such weakling and slaves of senses! No wonder, some look old with gray hair even at fortyyears!

Dear Friends, Life is sweet to every creature on theface of the earth, more so to man-the living image of God, who is supposed to reflect and express the Infinite, Eternal and the Immortal Spirit. Do you wish to die young, to be cut off only in the middle of life? Don't you wish to live long-the full span of one hundred years? If so, cling to *brahmacharya*.Practice continence in thought, word and deed. Try to be a *brahmajnani* and you will live long tasting immortality likeBhisma, Hanuman and other great sages.

Let us go back for a while to the olden days of theGolden Age, when Rishis and Seers have laid out the Golden Rules; for the well being and longevity of people wishing the welfare of humanity, the progeny of God. The Ancient Rishis of Yore, in all wisdom divided the one hundred years of man's life into four sections. Each section has a span of twentyfive years. Life begins with *Brahmacharya*. Then *grihastashram*, the life of a house holder for

another 25 years and which is followed by the life of a *vanaprastha*, in retirement for 25 years more, and finally one's life culminates in *sanyas*, the life of complete renunciation and self surrender to God.

Every man and woman is supposed to be a celibate for 25 years and then lead the life of a householder for another 25 years and then retire into an Ashram, a Hermitage, leaving all the worldly concerns, to their children and finally after 25 years of retired life, to embrace *sanyas*, the full consecrated life of God consciousness. Even today, one can live full one hundred years, provided one is willing to pay the full price for it, in the form of *Askhalitka Brahmacharya*, purity in thought, word and deed. Blessed are the pure in heart, for the Kingdom of Heaven belongs to the Pure in Heart. Lo! The Kingdom of heaven is near at hand. It is within you. Thus said a great *askhalitha brahmachari*. We have sung enough now over the glory of *brahmacharya* and what we need to know is, how to be pure and spotless. What are the helps and hindrances to attain *brahmacharya* are what we all need to know now, more than anything else? Think of the blessed privilege of those boys and girls who can enter the Sacred Hermitages where the Holy Preceptors, the Teachers of Wisdom teach the children the sacredness of life and the glory of *brahmacharya*, sowing the seeds of purity in their tender hearts, making the children to practise in their daily lives all the essential truths of *Yama*, external purification, *Niyama*, internal purification contentment, austerity, spiritual study worship of God,

Daily spiritual study is most helpful to all aspirants. *Satwic* Diet, natural food is very essential, nay it is indispensable to keep up *brahmacharya*, spotless purity. It is the wrong diet of the glutton that excites one's passions and makes one restless. It is the natural diet, pure food taken in moderation, that helps one to make the mind steady and one-pointed, proper and simple diet is the foundation of ***Brahmacharya***. We have built up the bodies now physically, mentally and spiritually with the food that we have been partaking so far whether it is pure or impure food. The future formation of the body and mind lies only in the food that we have been using now. Man's food like that of the food of monkeys, has been always fruits and nuts and other natural things, but man with perverted intelligence forgetting the very goal of the precious human birth, has learnt to live on the carcasses of dumb and helpless animals. He takes joy in specializing in the art of cooking the natural foods by boiling, frying and roasting all that is latent in them and eats the husk, ruining all that is good, juicy and life-giving. What is the result of all this unnatural eating and living? The inevitable result, as we see, is restlessness, feverishness, diseases of every kind, both bodily and mental. *Brahmacharya* has become a mere dream and a myth in many a life. The wise have said that: He who controls the tongue, the organ of taste controls the whole word. The way to be perfect in *brahmacharya* is to go back to nature, to return to nature, to lead simple and dedicated lives, to be natural and normal, running no longer after the complex life of multiplicity, being slaves of senses.

Town life makes the life complex with many temptation of fashions and passions, thus standing in the way to ***Brahmacharya***, whereas the village life with all the simplicity and guilelessness makes the life natural, helping to ***Brahmacharya***. Thus the hope and strength of any nation lies in its Seed of Chastity. Hence, the Government as well as, all the well wishers of the nation, should encourage in starting *GURUKULAS* as many as possible, atleast one ideal *gurukula* in each District. The same will pave the way in the long run, for the strength and longevity of the youth as well as the nation. It has been one of the most long

cherished dreams of Sri Santi Ashram, to give to the world a *VISWA GURUKULA*, A Universal Residential School where children of different nations and religions can be trained on Universal Lines with the following Universal Basis.

The world is our Home and all people in it are our Sisters and Brothers and to help and serve them is our Religion.

To live the full span of life, *Brahmacharya* is most essential. To achieve *Brahmacharya*, *GURUKULAS* are indispensable. To establish *GURUKULAS* parents should lead the way, wishing the welfare and longevity of their children, recalling the golden words of Bhakta Prahalad that the real father is the one who leads his children God-ward, starting with *Brahmacharya*. Aids and hindrances to *Brahmacharya* are to be known from the spiritual books and from the wise and practised in daily life.

Let us first try to know the hindrances to *Brahmacharya* and to keep up the one-pointed divine flame of purity and God consciousness.

1. Forgetfulness of the aim or goal of human, birth (when one forgets the very aim and goal of his birth he becomes a slave of senses). Thus ignorance of his divine nature in essence is the root cause of all evil and weakness.

2. Want of spiritual training or education when young.

3. Aimless life without fixity of purpose. Of such, it has been said an idle brain is the workshop for devils.

4. Leading high life or loose life-indulging in sensual life, living only to eat all kinds of pungent, hot, stale and unnatural foods. Heavy meals or sleep with a loaded stomach is a hindrance to *Brahmacharya*.

5. Going to cinemas and night clubs. Reading low class novels and cheap news papers.

6. Mixing with the low company of the worldly minded, frivolous people who are devoid of Truth or God-consciousness.

7. Gossiping, wasting one's precious time and of others too, in doing nothing, simply killing time.

8. Sleeping late and getting up late and not having daily exercise or an early cold bath.

9. Wrong habits of drinking tea, coffee and other stimulants and smoking and playing cards etc.

10. Aimless life, with no work or ambition. Now, let us dwell on the aids or helps to *Brahmacharya*, as they are more constructive to lead one God-ward.

(1) A firm belief in God, which makes one God-fearing or God-loving

(2) Waking up at *Brahma muhoortham*, the sacred hour before sun rise and taking exercise and practising *ASANAS*, taking bath in running water or anywhere else when it is convenient to bathe freely in the open air, repeating God's name.

3) Prayer, Meditation with Spiritual Study.

(4) The company of *Sadhus* and *Mahatmas*, who are leading simple and unostentatious lives, filled with love, purity and selflessness, setting an example for others to follow.

(5) Taking most natural diet of fruits, milk, vegetables, uncooked and steamed in moderation, at regular hours, having always the ideal, Eat only to live, but never live to eat.

(6) Fasting aids to the purity of body and mind one should fast on *ekadasi* or any other holiday if needed, using fruit juice or buttermilk.

(7) Conservation of *Ojas*, the vital force, in thought, word and deed, gives health and longevity, finally leading to God realization.

(8) Keeping mind always busy with study or with some selfless service, repeating the name of GOD or PEACE PRAYER.

(9) Above all, as one INHALES and EXHALES PEACE, with every breath day by day, such a one will be nearer to God, the God of the Indwelling Presence.

(10) One should practice to wake up from sleep having God as one's first and last thought. Writing a spiritual diary, always assimilating all that is good and striving to be spotlessly pure aids to *Brahmacharya*. Remember *BRAHMACHARYA* is IMMORTALITY ITSELF.

May the Almighty, the Indweller of every heart, the Light of the world and the Goal of humanity, bless us all with *Brahmacharya*, which paves the way to Immortality, nay to *JEEVANMUKTI*, Liberation in this life, now and here! May Peace be unto all!

OM! OM! OM!

(Peace Oct & Nov 1953)

32. BROTHER MITRANI

(Friend of all Beings)

It is said that there are *sanyasins* among householders and householders among *sanyasins*. Brother Mitrani may be said to be a *sanyasin* among householders.

People may be classified under three heads:

1. Those who work without being told.
2. Those who work on being told.
3. Those do not work despite being told often.

In my opinion Brother Mitrani is a selfless devotee of the first category. The Divine determines the place, time and the nature of service to be rendered by individuals. Sri Mitrani was once getting ready to go to Himalayas to take rest for a time. He packed all his things and wanted to go to the railway station to purchase a ticket but he was told that I had come to the Ashram at Waltair. For the time being he postponed his journey and came, to see me at the Ashram. For some unknown reason he changed his mind and made a pilgrimage to Sri Santi Ashram at Thotapalli instead of the Himalayas. He does not know Telugu and his knowledge of English also is not worth mentioning. We look each other in the face and converse in silence, with smiles. The following anecdote shows that Sri Mitrani can bear any hardships, trials or tribulations with peace, patience and with a face beaming with joy and smiles.

Someone was going from the Waltair Ashram to the Thotapalli Ashram. The ashramites decided to send Sri Mitrani along with him to Thotapalli. They informed him that he should come from Visakhapatnam to the Waltair station with his belongings for the evening train. He came accordingly and was waiting for the person who was to accompany him. The train arrived and departed but the ashramite did not make his appearance but Brother Mitrani waited for him at the station till dawn. The person who was to go to Thotapalli from the Waltair Ashram did not after all do so. It was a matter for regret that he did not inform Sri Mitrani about his change of programme. In the morning Sri Mitrani alone came to the Ashram and began to smile at us. Though he was smiling I felt ashamed for having unnecessarily caused him trouble.

Overcoming all obstacles, in an auspicious moment, Sri Mitrani arrived at the Thotapalli Ashram and was lodged in a small *kuteer*. He brought with him not only his clothes but also a water jug, a plate and tumbler etc, and even a broom to sweep his *kutteer*. He was time and again sweeping the small *kuteer* and its surroundings and kept the place in a wonderfully clean condition. Some of the ashramites were wondering how Sri Mitrani would be able to get on without any knowledge of Telugu, and when most of the ashramites do not know his language Sindhi.

Sri Mitrani was regularly participating in prayer and meditation. One should hear him reciting Guru Nanak's prayers and *kirtans* in *Gurumukhi* after an early bath. The beauty of it cannot be described. The ashramites had to learn a great many things from this brother who does not know Telugu.

After finishing his prayer meditation, *japa* etc., he used to go and watch with a smiling face, some work that was being carried on. Seeing him, even idlers were encouraged to work briskly. Always Sri Mitrani was helping the masons and carpenters by carrying materials to them and was getting work done briskly.

Then the occasion of the Diamond Jubilee celebrations, approached. Articles of food and other materials necessary for *Kotipatri Puja* and poor feeding worth thousands of rupees were being purchased. Who was to be in charge of all these things? Who would safe-guard all these things? While we were in a dilemma Brother Mitrani came forward and offered his

services. Some of the ashramites wondered how a person who does not know Telugu could disburse the food stuffs. Somehow, for the reason that there was none else to look after the work or for the reason that they did not like to disappoint Sri Mitrani, they stored all the commodities in the school building which is the biggest in the Ashram, locked it and gave him the key. Instead of going from his *kuteer* and issuing the food stuffs, he immediately left the *kuteer* and took his lodging in the school building and gave the *kuteer* for the use of others. He began to work day and night. Everybody admired and appreciated the selfless service of Sri Mitrani. Only a few complained that articles were not promptly issued to them. But it is not possible for anybody even with utmost capacity to satisfy all. Although he might not have been able to satisfy some idlers and gourmands on the whole, he rendered wonderful service with cheerful countenance and pleased all the Ashramites and devotees. He would not allow anybody even the ashramites to enter the store room, lest anybody should pilfer the articles. I would like to tell you especially one thing, which has prompted me to write this article about Sri Mitrani.

Large quantities of cocoanuts, plantains etc., were purchased for worship and other purposes. Brother Mitrani takes only a *sattwic* diet. He likes milk and fruits. Though he had thousands of plantains and fruits in his custody, he would not take even one fruit for himself. Is not a person rendering yeo-man service day and night, entitled to partake one or two plantains? Any other would have tasted some fruits thinking that there was no harm in eating fruits meant for the ashramites and devotees. I think anybody else, considering that the fruits are intended for their use also would have taken atleast one or two of them as *prasad*.

But Brother Mitrani is a perfect man of renunciation and a great devotee an ideal householder. As I said in the beginning, he is a *sanyasin* among householders. So without touching a single fruit from out of the thousands in his custody, he was getting fruits worth one *ana* for himself from vendors outside. Hearing this soulenlivening story, I was enraptured by the truthful, ideal life of Sri Mitrani and began to write this article.

Whether it is plantains or any other food that we eat, it all gets digested in a few hours. But the ideal service rendered by devotees like Brother Mitrani will serve as a lesson to others, will live as long as the Sun and the Moon last and will be remembered forever and ever. To live a perfectly truthful life is like walking on a sharp edged sword. The path of truth is full of stones and thorns and various troubles, trials and tribulations.

My homage to our dear Mitrani for coming out successful in all his tests and shining as our ideal devotee!

Though he was in the midst of heavy work some time or other Sri Mitrani was attending the public meetings and adorning someone or other with a camphor garland. He was giving some offering or other in the name of Mitrani brothers. One has to see his face beaming with smiles. That is why our *rishis* of yore have said *Anando Brahma*, Bliss is Brahman.

My dear readers! What we have to learn and understand from Brother Mitrani is not merely how to be always cheerful. If you and I were in charge of the stores, when we are gazing at the plantains and the plantains are gazing at us, would we not have tasted one or two ripe, tasty, sweet plantains, uttering "let this be an offering to God! Salutations to myself!" Or would we have left them alone saying that God's property may be used for god's

children! Let the fruits be used for others' and send an *anna* and purchase plantains and eat them? We have to turn our gaze inside mercilessly introspect and know the answer for ourselves.

Brother Mitrani is not only truthful but also highly intelligent. If he had eaten one or two plantains a day, even with the permission of the Ashram authorities, as the people are fussy by nature like crows, there would have been innumerable complaints saying that Mitrani was swallowing all the plantains without giving them to anybody!

Only lives of people who are true to their conscience are sacred. May the Lord bless Brother Mitrani who not only leads a life true to his conscience but also a life which is an ideal to the wide world. May the Almighty bless his chosen child with long life, sound health, and infinite peace!

May all worlds be happy!
Hari Om Tat Sat! Om

(Peace April 1956)

33. BREAKING THE SILENCE

Silence is *BrahmaBhavana*. It is the ceaseless flow of God consciousness. Who can break it? Is it possible to break the waveless silence? Blessed are they who are the witness of that stupendous and Self effulgent Silence, the Light of the Sun of suns. Now we are concerned with the Silence of the Speech. By God's blessings and his special grace six long years are nearly passing, without the spoken words. How good is God! May all homage and glory be unto Him! Many are anxious in both the East and the West that I should speak and a few are anxious that I should never speak, but continue my Silence forever doing my service only through Silence in Silence. May His will be done!

What does my own conscience say! The breaking of Silence after six years, to speak again with finite words, to begin to teach and preach and entertain people seems to me, as if I am going down, rather than rising up to the Heights. Anyway to satisfy the friends and well-wishers of the Ashram, in memory of the Mobile Medical Unit and the Indoor Hospital, I wish to break my Silence, but speak as few words as possible only for a year. After the year, considering the results or benefits of speech whatever is in the divine plan, whatever is good for the Ashram and all its devotees will be done. Whether I am in silence or speaking, my one aspiration is to help and serve all the seekers of truth ceaselessly. May this life be an offering to God's children everywhere, as a source of joy, strength and comfort!

The burden of writing on paper and explaining will be lessened. I long to be almost silent, except when I can help or serve the aspiring souls with as few words as possible. I feel people of the world will not take advantage of my speaking again and begin to speak with me politics, newspaper gossip, world affairs and other modern things and thus waste the precious time, with long drawn conversations. When and how do I wish to break my Silence? I am writing my thoughts in this message as an answer to the many queries that have been asked by the friends of the Ashram. 21st Jan 1957 will be the birthday and the last day of my

Silence. On 20th there will be the *Hare Ram Sankirtan – Ekaham*, for 24 hours the ceaseless repetition of the name of God.

On 21st there will be Peace Prayer *Ekaham*, ceaseless repetition of it, for 24 hours again by the inmates, members and devotees of the Ashram.

On 22nd there will be a public gathering of all devotees for giving out, each of their progress and aspirations individually.

After having the privilege of listening to the spiritual experiences of all the members and devotees of the Ashram, I wish to break my blessed Silence of Six Years, by chanting the sacred syllable OM three times, ending with a deep meditation by all! Friends of the Ashram, who are near and far are requested to come and take part in the Holy Communion enjoying the spiritual feast in the Ashram. For unavoidable reasons, those of the friends who are unable to come, are requested to write to the Ashram in advance, setting apart the three days 20th, 21st, and 22nd, for making spiritual progress in their own homes, by having special prayers and meditations, with the repetition of the Peace Prayer at least 108 times in those three days.

May God's richest blessings ever be upon all the friends and devotees of the Ashram and on the loving readers of PEACE Magazine and *SANTI* magazine in India and abroad. This is the ardent prayer of your well wisher and brother Omkar.

May Peace be unto all!!!
OM! OM!! OM!!!

(Peace Dec 1956)

34. BHAGAVAN MANIA

In these days everybody loves to be called by the holy name ***Bhagavan***. Everybody means not the men of the world. They long to be rich and fabulous or learned and mighty in their own way. This *Bhagavan* Mania is not concerned with the people of the world. It is more concerned with the world of *Sadhus*, *Yogis* and *Mahatmas*. It was Lord Christ when called by his followers Lord, Lord, rebuked them saying, "Why call me by the holy name Lord, there is only one being Holy. He is the Father in Heaven. The God of gods, the One without a second.

Besides Him all others are imaginary. *Bhagavans* or *Chota Bhagavans*. In this world of frailties and imaginations and weaknesses, how can anyone take joy in calling himself a *Bhagavan* or being called a *Bhagavan*? A certain devotee of the Ashram used to call me *Bhagavan* and even write letters using the holy name of *Bhagavan*. Once in the Ashram affairs over a certain deal, the very same devotee wanted to send a registered notice to *Bhagavan*! Imagine a registered letter to *Bhagavan*! Such are the deep depths of ignorance of men, being a slave of senses running after the fleeting clouds of name and fame.

What does it profit, or in what way does it profit a man if he gains the whole world and feels satisfied with the title of *Bhagavan*, losing his own Immortal Soul! One who has

seen the Vision Universal and touched His Garment who is blessed with God consciousness, does not run any more after there deluding and illusive names.

Such a one is satisfied with the Light, the Infinite Light, the Eternal Light, the Self-effulgent Light within. Let us not waste our precious time being entangled in the net of this *Bhagavan* business. There is only one *Bhagavan*. He is the Indwelling Presence of our hearts. Let us cling to Him and forget all else, the delusions of the restless monkeymind. I love to be the dust particle of the **Liberated, the Jivan Muktas**, in whom the little self is dead and the ego is annihilated and completely destroyed in the fire of God-consciousness, the Splendour of Millions of Suns, who alone is free of all manias; being One without a second.

May all Glory be unto God in the Highest.
Good will among His children in all nations
and Peace be unto all
OM! OM! OM!

(Peace April & May 1962)

35. BLESSINGS IN DISGUISE

FIRST PART

Why don't you laugh when troubles come!

There is only one trouble in this world of endless changes and that trouble is to forget and deny God, the Indwelling Light the Changeless and the Eternal One. There is darkness in the world of duality foreach day is succeeded by a night of darkness, but where is darkness in the Sun, the Light of the world much more so in the Sun of suns? Similarly, all tests, trials and troubles are only in the ephemeral world, but never in God, the Light of lights.

Blessed are they who can convert the so called stumbling blocks into stepping stones. Twice blessed are they, to whom troubles and joys are same, who remain undisturbed in all the inevitable tests, ups and downs in the changing world.

*In the change there is always some trouble.
In the changeless there is always happiness.*

Thrice blessed are they who do not recognize, anything other than God, within or without. Unto such it is all God on every side and at all times. Nothing but God exists unto the realized souls of Illumination. To make our theme a little more clear, helpful and interesting, let us take some of the daily experiences in our day to day lives.

Mother Kamala Devi of Bombay was with us in Totapalli Ashram. She had to meet her dear one soon in Ooty. Some friends, the well wishers of the Ashram are in Kotagiri Peace Centre awaiting to see our Jnaneswari. We longed to leave the Ashram early before the Godavari Anicut gets closed. Suddenly when we were ready to leave the Ashram, many

distinguished visitors came to see us. By the time we saw them, sharing the **Message of Peace** and making them all to repeat the **Peace Prayer**, it was getting late and we were rushing and hardly had we reached the front gate of the Ashram, we hear the sad news that one of the spring plates was broken. We all get down from the van; our Rajaji with the help of the Ashram workers begin to repair the van. Considering this as a Blessing in Disguise I was busy with some important work, which I could not do, due to the rush of work and want of time.

While the Ashram members and **Gurukul** children were repeating **Hare Ram Mantra** giving us a sendoff, repeating the sacred syllable Aum, our van was hurrying to make up the time lost in repairs in the Ashram itself. Mother Kamala and Rajaji remarked that it was an auspicious sign when we have trouble in the beginning itself, that we will not have any more trouble until we reach our destination, Nilgiris. But is there a time when the ocean is ever free of waves? When it is in tempest, in rough weather we see huge waves of fear and hatred and when it is calm, we see small waves of Peace and Love. When nearing Dhawaleswaram, where we have to cross the Godavary Anicut, imagine our sad surprise when the fan belt of our van began to give some jingling sound. We had to stop the engine immediately and a mechanic came and he could not help us or the van as it was dark. Again a Blessing in Disguise! As the van was stopped in front of the house of devotees, they offered all the hospitality and brought chairs to sit on the Road side, as we did not go in into their house. They gave us milk etc, and promised to come to the Ashram soon. Wherever we go we keep on sharing our **Peace Prayer** beginning from the Police Officer to the cycle *jarka wala*. The mention of the Police Officer reminds me with gratitude to God over a sad incident that happened a few minutes before our van stopped. Perhaps it was a night of checking of all vehicles. Our Rajaji was asked to stop the van and to produce the driving license. He was looking into the sky, as he did not have any license with him. Fortunately it seems, the license was sent for renewal. Unfortunately, he did not have even the receipt about sending the license book, to the Licensing Authorities.

Thus, the Police Officer was writing a chargesheet to send the summons to our Rajaji to the Ashram. All the preliminaries were finished and Rajaji was made to sign on the note book of offences. Then I was present on the scene and gave the Police Inspector some of our Peace Literature and a copy of the Peace Prayer. I could feel the Presence of God, when the harsh and strict Police Officer melting into Love and Peace. God made him, to cancel the whole of the charge sheet and gave us a shake hand. I was deeply touched at the miracle of God and my eyes were filled with tears of ecstasy.

I gave the officer, copies of our **Peace** and **Santi** journals and he was deeply touched and we made him a life friend and wellwisher of the Ashram and he promised to come soon to the Ashram. What a blessing in disguise!

Something must be done, as it was getting late nearing 11 P.M. We could not be sitting all the night in the car until it gets repaired in the morning. Hence, our friends arranged a cycle rickshaw, bargaining for 12 annas to take us to the home of the superintending engineer by the side of Godavari near by the Anicut. The *rickshaw* man's name is Suryarao and I was surprised to see him reading our Peace Prayer by the dim light of his *rickshaw*. He was requested to drive the cycle, repeating the name of God.

The moon was up. The cool breeze was blowing. The stars were sparkling up above in the sky, all proclaiming the Glory of God, Suryarao, the poor *rickshaw* man was surprised, when we gave him a rupee, instead of 12 *annas* with profuse thanks and love he left us unwillingly. Although it was midnight hour the engineer and his devoted life partner were all attention and devotion. We were treated like Princes in his Palatial Bungalow with all comforts. We were given tasty mango juice, mango pieces and fresh milk at that midnight hour. Our Engineer's jeep was sent to bring our van, tying it with a rope. All came home to enjoy the Mango fruits and milk at that odd hour. How good is God!

Our Peace Van is to be sent in the morning to the work-shop for getting repaired, for the long journey ahead of us to the cool Nilgiris. Our Mother Kamala Devi was singing and entertaining the devotees and our devoted Host and Hostess with her Classical Hindi Music, singing songs like *Jago! Jago!* Wake up, O Soul, which reminds one of the potential message of the Upanishad: ***-Arise, Awake, and stop not until the goal is reached!***

Let us meditate now, on the ***Indwelling Light*** the Bestower of all Blessings in Disguise, making our minds restful and calm, may we be able to taste the ***Peace*** that passeth all understanding in the stillness of our purified hearts for a little while in all Silence!

Glory be unto God above and below and Peace into man within and without on the earth!

(Peace June 1962)

SECOND PART

More Tests and Trials

Someone said, TESTS AND TRIALS ARE ALWAYS FOR THE BRAVE. The brave will always reach the goal, in spite of a million tests. How consoling and comforting are the following wise words of Abraham Lincoln, the sage of the West.

*Out of the depths, fresh Strength,
Out of the dark, new Light,
Even in the gloom, we are on the Way.*

Another great sage has said:

HE WHO ADMITS DEFEAT IS BEATEN.

A wise man never admits defeat. Was it Napoleon who said:

IMPOSSIBLE IS A WORD FOUND ONLY IN FOOLS' DICTIONARY?

We started from Totapalli late and wanted to reach Kotagiri by 25th, at any cost. We had nothing but tests and trials since we started from within the main gate of the Ashram itself. The inanimate PEACE VAN was racing as Rajaji had been speeding up, for although we started late, we were hoping against hope, to cross Godavari River even in the night time so as to reach Kotagiri by 25th as already written in the first part of this message. After our usual

prayers and chanting of the sacred syllable AUM, listening to the silent vibration of the river Godavari waters, we all slept in Him, feeling His Presence in the cool breeze of the very electric fan over our heads, in the lovely and comfortable home of our Engineer. From the Palacial Building one could see in the morning all the lorries, vans, buses and cars passing over the Godavari Anicut. We too were wishing to go as early as possible, like the other vehicles, speedily to reach our destination. While the vehicles of every kind were crossing the river, though we were anxious, our Peace Van was still in the workshop, getting repaired. They could not get the spare part, some 'bearing' in the whole town of Rajahmundry and they even tried to get it from Kakinada, calling on the phone. It was not available there also. Was it not trying, not to get that which we badly needed? Some temporary patch work was done. There was heavy gale and high winds began to blow for a time. At last the Peace Van was brought, ready to cross the Godavari Anicut. But alas, we heard the sad news that the Anicut was closed on account of two of its heavy iron doors had fallen down and the water was rushing. One boat was sent for help but collapsed in the rushing waters. It seems, the iron doors are so heavy that even elephants cannot lift them. Even if they can lift, how can the elephants go into the middle of the rushing waters of Godavari? Another steam launch was sent to speed up the work of the Anicut, as it was getting late for us. We heard with a heavy heart that at some other place also, as the water was rushing the Anicut was closed. Our devoted Engineer was so concerned that he sent a word, not to close the Anicut without allowing our Peace Van to pass by. He himself went personally to see the dangerous situation. When he realized that it was impossible to go on the Anicut, as it was getting dark too, he arranged a special ferry for us to cross the Godavari River, a distance of six miles. In spite of the severe tests and trials, the ecstasy that we enjoyed by floating lightly mile after mile on the rapids of the Godavari, while the Ashram children were doing **Bhajan**, offering prayers was simply indescribable. In our hearts we felt the nearness nay, the inseparable Presence of God, while the stars above, were twinkling shedding their light on us. As the launch was going with enough of space, another officer, a Deputy Collector, also took advantage of our journey and came with us. Some worldly minded and selfish people would have thought in a worldly wise way. The launch is ours, intended for us, why others should take advantage of it, reminds me of the story of the ignorant and miserly woman, who when death came to her had to leave the world in darkness and when someone asked whether she ever did a good act or had given in charity anything, she replied that she gave a carrot to some hungry man. The only charity throughout her life time, it seems the carrot appeared on the scene to take her to heaven and the woman was holding the carrot. Some others who did not do even a single charitable act within their life time, taking advantage of this opportunity, one after another followed the old woman, holding to her feet. All were going towards heaven, but the selfish old woman seeing the trail of all the persons, following her carrot to heaven one after another waved her hand with spite saying: - "Be off, this is my carrot." Thus as she pushed them in anger she lost hold of the carrot and fell down with all the trail of the followers, down to the earth and perished. Thus the story tells us that it is the selflessness that paves the way towards heavens and never selfishness in going towards heaven on crossing the River Godavari.

At last when we reached the other side of the bank of Godavari, our van refused to climb up the high bund, in spite of all the help from the boat people who pushed the van. Our new friend, the Deputy Collector was all kindness and devotion and he took the lead to help us to drag the van with the help of his jeep, tying a rope to our van. How good is God! Is not

this a Blessing in Disguise? From no where our Dy. Collector produced, like Sri Sai Baba a big sized bottle of honey and presented to us, in the darkness when he was departing from us. We were deeply touched with his deep love and devotion. He did not leave us with that one good service, when we were in trouble. He requested us to follow his Jeep, to help us, if the van stopped anywhere and needed anymore help. He went in advance to Elure Travelers Bungalow and there was only one room vacant and he reserved the same for us, himself staying outside on the *verandah*, which was too much for us to accept his offering of wonderful hospitality, denying himself the convenience and comfort, undergoing himself a lot of trouble all for our sake.

It touches my heart to see such great devotion and sacrifice too. How there are such real *sanyasins*, even among house holders, sacrificing their comforts for the sake of others! Although a big officer, he was simple, devoted and childlike, helping us lovingly with such great devotion and veneration. Thus the Dy. Collector became a life friend of the Ashram promising to come to the Mission of Peace soon, with another devoted friend who was also travelling in the same jeep. Is not this a Blessing in Disguise? How good is God always! In the morning as we started from Elure, the Prop. of Rabindra Cafe, provided all of, us and the children withall the *prasad*, tiffin, milk, curds etc. giving us freely as much as we could carry. How good is God!

It was the third day since we left the Ashram, and hardly we covered one hundred miles and within three days, we had to cover seven hundred miles more. I look at the PEACE VAN sympathetically, for it rests with it to take us to our destination, the Nilgiris. Sometimes I pat our PEACE VAN, on her body, out of joy, for her fatiguing and tireless journey, feeling that it can understand my thoughts, although it is an inanimate object.

(Peace July & Aug 1962)

THIRD PART

TROUBLES ARE GOD'S RAIN ON EARTH

Being the severe summer days, we were stopping on the way, in the midday hours to avoid the hot winds and rushing in the night time until late, hence often we did not get any accommodations in any Travellers' or Tourist Bungalows. Being nearly midnight hour, we did not want to give to any of our dear friends of the Ashram at Vijayawada, Guntur, and Nellore etc... At one place we had to sleep on the bare pailson the mere grounds of the T.B. At another place on another night as the T.B. was occupied by others and all of us were sleepy especially our Rajaji who was driving the van as it was nearing midnight. Then we had no other alternative than to sleep on the hard floor, the *varanda* of a Dak Bungalow, in darkness too. We did not have water also to wash ourselves or drink. Yet, we were happy to get even that hard floor, to rest and sleep in the bosom of God, feeling His Presence.

On the next day we were the guests of Dr. T.M.P. Mahadevan, the Head of the Philosophy Department of the Madras University, who was all kindness, love, devotion and attention, making us to forget all the tests and trials of the night. Last night we did not have

even the light or water to drink, now we had electric fans, cool drinks, ice water rich repasts and all the comforts and conveniences. How good is, God!

At Chengalpet the Prop. of Bharathi Hotel took good care of our party providing with cool drinks and food on the way. We were the guests of Sri Sanjeeva Chetty, one of the richest souls of Salem, who took wonderful care of us, although we descended on his devoted household suddenly. With cool shower baths and delicious meals, above all with deep devotion and great love, of our host, we were all made so happy and comfortable to the extent that we forgot all our tests and trials. From Salem while we were speeding up on our van at one place, one of the wheels of the Peace Van, dislocated and came out with a jerk. Thank God, the axle was not broken. After getting it repaired we were proceeding through a town and suddenly a boy of about 12 years rushed and nearly fell in front of our Peace Van. One moment's delay, by our skilful Rajaji in suddenly putting the brakes, would have caused the death of the boy, in front of our very eyes. How good is God!

I wanted to give the boy a copy of the Peace Prayer but the boy feeling ashamed of his mistake ran away without giving us a chance to speak to him. How anything might happen at any moment! Glorifying God for all His richest blessings, above all for His ever present protection, we were proceeding to reach our destination, in spite of our tests and trials at every step. Sometimes, a man may be healthy but he may get sickness suddenly. At times there are some people who have several maladies within themselves. In a similar way, although we got four new tires and a new battery for our Peace Van, it is strange that it should still have some trouble or other. Spending a lot of money we got a new Cut-out etc, and even that, it seems was burnt away and the Electric Horn refused to give any sound. It seems water pipe also was leaking. Near the engine, there was a crack and oil was flowing down, drop by drop sluggishly. One of the bearings was worn out. I was wondering what else was going to be wrong with the Peace Van. Whatever more defects, might happen, I felt confident that our Peace Van would take us to our goal, Kotagiri at the scheduled time, in spite of all handicaps and unexpected delays.

It has been said, not an ant bites without God's Will. Not a blade of grass moves without His Will. When such is the case, I feel confident the same Lord will lead the Peace Van to its goal. As if the trouble with electric horn was not enough, even the bulb horn also stopped sounding. How could we allow the car to move, without any horn, when there were so many people, carts, cars, and cattle coming and going down! The rubber horn that had a hole, was replaced in a town by a new bulb. Strange how we were having, nothing but troubles from the beginning to the end, all through the way. As we were proceeding one wheel dislocated and came out again, when two Muslim brothers who are mechanics offered to help us and we longed to give them remuneration for their service, but they lovingly refused to accept anything saying, that their services were only for the sake of Love. It touches my heart to see such selfless service among the votaries of different religions and our Universal Symbol includes the followers of all religions. While the Muslim brothers were repairing the van, Jayadev and myself were going ahead through the village and people were looking at us, the tallest man and the shortest boy. At one place a lady followed us, asking our place of coming. To get rid of her we, said: 'GODAVARI'. Again she asked where we were going. As we were then between Godavari and Krishna District, we said "KRISHNA".

Is not the wide world our Home? Anyway, we gave the lady a copy of our Telugu PEACE PRAYER, requesting her to repeat it for her Peace and Freedom. Thus as we proceeded, we came near a tank and sat on the pails of its bund, where a "*medari*" a basket maker was making baskets. A devotee by name Sambayya came and sat between me and Jayadev looking into our faces. He is only a young man of 20 years. The *medari* whose name is Somayya, gave up making baskets and sat by us, repeating the PEACE PRAYER, as Chy. Jayadev began to repeat it, word by word. After the Prayer was over, the devoted Sambayya began to speak the following words which had deeply touched me:

I trust in God, I worship ANJANEYA, the great *bhakta*, the Ideal devotee of RAMA. My heart longs for the association of *sadhus* and devotees. I never go to cinemas or read cinema magazines. I long to be aloof from selfish, lazy and worldly people. I have 2.5 acres of land and I am satisfied with it, for it takes care of me and my only father, since my mother died when I was young. My father loves me and I love my father.

Sambayya gave three living and thrilling illustrations of how God had protected him from the very jaws of death.

- I. He fell down under a heavily loaded bus and God saved him from all harm.
- II. Once he was taken by the devil, into the middle of the river and left him there and he did not know how to swim even, yet as he chanted God's name clinging to Him more than ever, he was brought safe to the bank of the river.
- III. During his severe sickness he was carried to the burial ground on the presumption that he had died, but on the second day, he opened his eyes and walked towards his home. It was a miracle and all were astonished.

These were the words of Mr. Sambayya, written by me as he narrated. Needless to say how Jayadev and myself were deeply touched with his experiences. It has been my ideal to learn all that is good from every source, even from children and babies. Then I made Sambayya to repeat the long *Anjeneya Dandakam*. After that, Jayadev made them all to repeat PEACE PRAYER, as more people gathered around us. We promised to send our Telugu SANTI Journal to Sambayya. He became a life friend of the Ashram with a desire to come there. By that time our Peace Van was brought and Sambayya Das and others were surprised to see our van and other members for they took Jayadev and myself to be wandering *Sadhus*, beggars, going from place to place on foot. Copies of our Peace Prayer were distributed among all the devotees gathered there. Thus goes on, our van doing Peace Propaganda silently. Wherever we go the English knowing people get English Peace Prayers. Telugu people receive Telugu Santi prayers and the Tamilians get the Tamil Prayers. When a devotee does *namaskarams*, salutations or looks at us and the van devotedly, we often stop the van and giving our Peace Prayers, requesting him to make his home into Heaven by feeling God's Presence through the repetition of the simple Peace Prayer. May the simple Peace Prayer establish Peace in the hearts of the individuals, paving the way to the Peace of the World, creating Peace and Goodwill among communities as well as nations!

At last by God's Grace we reached the foot of the Nilgiris, Mettupalaiyam, while there was yet light, just exactly on 25th May, the day we wanted to reach our Lakshmi Villa, Peace Centre. Even our Peace Van began to show its sympathy; by climbing one hill after another, smoothly and lovingly. In spite of the darkness and high hill climbing without getting even the engine hot, our Peace Van had reached Kotagiri climbing all the hills a distance of 20 miles

which is 6500 feet above sea level. Atlast in Kotagiri, but strange as it may sound within two furlongs to our Lakshmi Villa, one of the wheels of the van was coming out. We stopped the van in time and it was drizzling a little as if to welcome us all, into the heart of the cool Nilgiri. While Rajaji was getting the wheel fixed with the help of a jakky, we all got down and walked towards our Lakshmi Villa enjoying the slight drizzling and the cool balmy breeze. It is really strange, how from the beginning in Totapalli Hills within the gates, the trouble started and even when reaching the gates of our Kotagiri Peace Centre some trouble continued. All life from the beginning to end, seems to be full of troubles. Someone said in a witty way: NEVER TROUBLE THE TROUBLE, UNTIL TROUBLE TROUBLES YOU. But what counts is, inspite of all the tests and trials, tribulations and troubles from the beginning to the end, by His Grace we reached the goal, our Lakshmi Villa within the scheduled time.

All the plants, trees and even the flowers were happy to see us, welcomed us with open arms and loving hearts. It is blessed to feel our oneness with the animate and inanimate objects, for all is God and there is not a needle's point space or place where HE exists not. We were happy to see our faithful gardener and also our guest, Sri Alfred Fletcher of Canada, who is making best use of his stay in Lakshmi Villa, spending his time in Silence and Peace. May long life of Peace be unto our Sister Lalita Devi, the Life and the Soul of our Peace Centre to whom SERVICE COMES FIRST BEFORE SELF! SILENT ADORATIONS be unto the INDWELLING PRESENCE of our hearts and may we glorify Him for all His richest blessings in the ups and downs of the ever changing dual life of the world! May we ever abide in Him eternally Now and always!

May Peace be unto all our Readers in the East and the West nay, to all the children of God in all the world.

OM! OM! OM!

(Peace Sep 1962)

36. BE DEAD THAT YE MAY LIVE

"Be dead that ye may live" is a powerful statement containing the essence of all religions in a nut shell.

We are born to die. Everybody dies sooner or later, even saints or sinners.

We are concerned here, not with the physical death of the body, but with the death of the ego, the little self.

Blessed are they in whom selfishness of every kind is completely destroyed.

A selfishman is a burden to mother earth. Whereas a selflessman is the greatest blessing to the world.

The same thought is expressed in the form of a simple question and direct answer.

Q: -When shall I be free?

A: - When the "I" ceases to be!

Freedom or Peace belongs to the selfless and egoless souls.

Physical death is inevitable to one and all. The death of the ego is possible only to one in a million. How blessed and rare are they in whom the ignorance of every kind gets destroyed by the birth of *Jnana*, Wisdom. !

In the Mission of Peace, in Santi Ashramas of Totapalli, Waltair, Kotagiri, etc. there are hundreds of spiritual mottoes written on the walls and also hung as sign boards on the trees in the bowers etc.

One of the most inspiring mottoes that has given me real joy, strength and inspiration is the following simple motto.

SWAMI IS DEAD

OMKAR IS ALIVE IN ALL OF YOU

When Swami is dead, he does not need any more praise or blame from any source directly or indirectly. Praise or blame are only for the perishable body but never to the Imperishable Light.

Last night mosquitoes were biting me. There was the thought as to how could mosquitoes annoy or vex the one who is dead?

I felt, one must be dead completely more and more, to rise above all bites and hurts from outside.

In these days, I feel also annoyed and displeased when devotees begin to prostrate and worship the body.

Within myself I think: - Why are these people worshipping the dead body? Why worship the perishable, nay, the already dead form.

Why cling, beg and rely on the outer forms forgetting the Light within!

I always say; I do not want these outer salutations or prostrations that can be done so easily as a formality and forgotten soon, but the salutation that I want is the perpetual awareness of God.

Thus if you are aware of God's presence, wherever you may be, you are offering your homage to me even from a long distance. My heart longs to see that people should offer me

such a permanent salutation by feeling God's presence within and without, which will be helpful to myself, as well as to others.

What counts and most important is the perpetual awareness of God's presence, which is possible only when the ego is annihilated and when the little self is completely dead.

Be dead that ye may live. This is the only way to be really alive in God. By sacrificing the lower self, you are gaining the Higher Self.

You are not the loser in any way. On the contrary, you are the gainer in every way.

What is the use of gaining the whole world, losing one's soul?

By being dead, you are really alive to all the world and you are a great blessing to mankind.

May we be dead to all that is unreal, passing, and changing and be alive to the Real, Eternal, and the Infinite which is the only unchanging Reality. May this Changeless Reality bless you all with peace.

Om! Om! Om!

(Peace Jan 1964)

37. BUDGETS

Blessed are they who live in the present moment, relying completely on the bountiful resources of God, instead of drawing little Budgets counting *Naya Paisas* and Cents, ignoring the uncountable wealth of God! In all these 50 years of my life, in spite of the permanent works that have been done in the various Ashrams, amounting to more than five lakhs of rupees, for the benefit of God's children in the East and the West, without having a rupee or a dollar on hand, still it is sad to see that we have a few DOUBTING THAMASES in the Ashram, as well as nearby, finding fault with me, for undertaking any good work, without first collecting funds and having the budget as the basis.

Had I said: Let me have first Twenty Thousand Rupees before hand to begin the Prayer Hall at the Kotagiri Peace Centre, even foundations would not have come into being for the Prayer Hall. Since we have started construction of the Prayer Hall, so far, nearly rupees twelve thousand came on hand and it is getting completed by God's Grace and by the sympathy and help of all the devotees of the Ashram near and far, in the East and the West. We need only eight thousand rupees more to complete it and the amount is coming rapidly, for all the wealth in the world belongs to me. The desireless are the masters and owners of all the wealth.

But Walking in the Path of Truth, relying on God, is not so easy and sweet, like drinking Sweet Sago. Tests and trials come until the last moment, with want and poverty, only to see our strength and faith to test our mettle. If we could only stand by God, see the Silver Lining around the cloud, surely success belongs to us. Yesterday we were in great need of money, as the construction work is going on. Masons and carpenters are to be paid.

Coolies are to be given their daily wages, some other little things such as reefer, wooden planks, nails etc, are to be bought. We borrowed Rs. 20 from our Gardener Ramaswamy. Even Chanti gave a loan of one rupee from his collections. After meeting the urgent needs, we could not have any more money to buy the stamps for mailing letters. We got, tiles, reefer pieces etc., on credit, promising to pay on the next day. But a taxi brought the same and we had to pay Rs. 7, the taxi hire. Generally the Post brings whatever we need. Yesterday we did not get any cheques from the post. Hence, we waited for the Post Man as he brings the money orders. We too did not come. No express letters also came with good news. The taxi man was waiting and we had to pay him. We remembered the washer man, a devotee, who washes the clothes and also the bread man who supplies us our daily bread. Either of them will oblige us in our great need with a loan. But suddenly we remembered the Charity Box in the Prayer Hall. When we opened it, there were Rs. 11 and a little change. Thus after paying the taxi man we had a balance of Rs. 5. How good is God! How rich we are always! As we had to pay as per our promise for the tiles etc., for the things brought on credit, when our workmen were looking at us as it was getting late and dark suddenly an old devotee comes and gives me an envelop saying; it is the GIFT OF OUR ADORABLE PRESENCE. The cover contained Rs. 250/-. ISWARA Himself comes in the form of Sri Iswar Chettiar with the generous contribution towards the Prayer Hall in the great need of the Ashram, When the devotees fail in their promises when the friends who promised to complete the Prayer Hall forget their promises, when we do not get any drafts or M. O's from the Post, God Himself appears on the scene and brings a generous donation to meet the urgent needs of the day. Has not the Blessed Lord set for us all, an example, praying: FATHER! GIVE US THIS DAY OUR DAILY BREAD. May we rely on God, from day to day trusting in His divine plenty.

On the next day from the far away Simla comes a draft for Rs. 117 from the well wishers of the Ashram. Of all the gifts, I was deeply touched with tears of ecstasy, when a poor man, a mere barber, unable to support his family, begins to sell milk, surprises us by sending a generous M. O. of Rs. 100 towards the Prayer Hall.

These sacred incidents may appear common to the men of the world, but to us, who trust in Him with child like faith facing Him all around, in all His children, are the greatest Blessings of God way His living miracles. He is ever repeating again and again, Lo! I AM WITH YOU. MY CHILD ALWAYS BE OF GOOD CHEER. How good is God! How extraordinarily kind and merciful and protecting He is! His never failing and ever protecting hand is ever stretched towards us. Having eyes, see you not? Behold! His Omnipresent presence is enshrouding you now and always. Only open your eyes and feel and feel His presence Now and Here.

Of course, Budgets are necessary to men of the world but not to men of God, to whom all the wealth of the world all that THE FATHER HATH BELONGS TO THEM, How blessed it is, to have the True Vision, the Universal Vision, the Highest Vision, that all is God and nothing else exists except God: Hence the world is God's Home, nay, our Home and all the people in it are our own and to love and serve them is our real religion. There is no limit to God's wealth. It is limitless. Unlimited is His spiritual as well as the material wealth.

There is mountains of sugar. How much does a tiny ant need, out of all the sugar hills? It can only eat a tiny particle. O! Man of little faith! Open your eyes to the bountiful supply of God's immense riches. Trust in God a little more. Do not be satisfied with little

budgets, sitting always in the finite well of your deep ignorance. .Pray, come out of the well of your body, into the OCEAN OF GOD'S LOVE. Repeat always with ecstasy ALL THAT THE FATHER HATH BELONGS TO ME, for I am His Rightful Heir, I am His Inheritor, the living Image of God. There is only one real Budget for me, the Budget of God consciousness which is same in the beginning, middle and end, wherein, all finite budgets merge and dissolve in HIS SELF EFFULGENT BUDGET of Infinite Light, Eternal Life and Universal Love.

May all Glory be unto the Highest and Peace unto all!

Om! Om! Om!

(Peace July 1965)

38. BURN THE TRASH PURIFY YOURSELF

Trash is of two kinds; the outer and the inner. It is very easy to burn away the outer trash but it is very difficult to locate and burn away and to annihilate and destroy the inner trash. Our real enemies, the evil propensities that are harbouring within in a latent, subtle way, unnoticed, or undetected, may be since ages. Let us examine now to make our theme, clear, helpful and direct with some of our daily simple experiences. On the other day at the early hour of dawn, I felt like going towards Kailas Hill. My companions, both the Bada Rami and Chota Rami followed me. Slowly and steadily. I climbed the newly constructed steps, towards ViswanathMandir and sat, there for sometime before the statue of LordViswanath meditating in silence.

It was very touching and inspiring how a tree with lovely *Parijatha*Flowers, drops freely everyday all the year round, its fragrant tiny flowers on *ShivaLingam*, before the finite man comes to do his artificial worship, with some other flowers needlessly and cruelly plucked by him. Here is the tender tree ever worshiping God in a most natural way. Having eyes see ye not? For those who have eyes to see and hearts to feel, minds to comprehend the glory of God, this silent and natural worship of the *Parijatha* tree is a LIVING MIRACLE. God expresses Himself in so many ways, in little things as well as in big things. May all glory be unto Him the unseen Creator of the universe.

Now let us come to the TRASH. As we know the world is full of trash consisting of prickly pear, bushes thorns, and dryleaves etc, to make the grounds of the Ashram clean and neat, all the above trash is to be burnt in the fire. With the help of, the gardeners in the Ashram I was happy to get all the weeds, bushes and thorns, picked up and rooted out from the ground, they were all gathered and kept in huge heaps. As I wanted to see the big bonfire I have asked our Satyanandam, one of the little ones of the *Gurukula*, who helps me often, to bring a match box, to burn away all the heaps of trash one by one. It was very interesting and inspiring too, to watch the lovely flames rising towards heavens, as if they too weretrying to pay their homage to God.

Here comes the interesting third important part although it was apparently shocking and unpleasant to read, being seemingly a negative thought. Anyway the very thought of the blazing fire is very interesting and inspiring to me, illustrating a living lesson Gazing intently at the all, consuming fire, absorbed in my musings, I was no longer sitting on the pial and watching the blazing fire. I was imagining that my body the physical sheath, the inner enemies were on fire, getting consumed to ashes. Fire burns away everything that has a form and name, including even the brittle bones. Thus as I continued my meditation getting the unseen enemies in the body consumed or burnt up in the blazing fire, the old impure body disappeared rather burnt away the six inner enemies: **kama, krodha, lobha, moha, mada, matsarya**. After everything impure gets consumed or burnt up there is something permanent noticed with *jnana netra*, wisdom eye, in all of us when so purified by *Jnanagni*, God-consciousness that can never be burnt by all the fires in the world. It is the eternal *Soham* within that can never be burnt up or destroyed or annihilated even with all the catastrophies, cataclysm and destruction of all the worlds. It is about this blessed transcendental condition the Lord teaches in **Gita** to identify ourselves always with *Atman* and in the following verse to be bold and ever happy.

Weapons cleave not this Spirit nor fire burns
It into ashes. The wind dries not this Spirit
Nor is It wetted by waters gushes.
Impenetrable, incombustible,
Undrownable and Exceptional
Steadfast, unchangeable all-pervading
Is the Spirit Eternal.

Thus *Soham*, is the only Eternal Spirit, our true Self that cannot be burnt by all the blazes of fire. You can burn all the trashes both within and without; but the *Soham* Spirit, the Indwelling Light can never be burnt or even touched by anything in the world. Only a purified heart, after the inner enemies are burnt to ashes can experience it.

Peace that passeth all understanding belongs only to those rare and precious souls, who have burnt away the trash of every kind in the Fire of God-consciousness, the splendour of millions of Suns.

May Peace be unto all!

Om! Om! Om!

(Peace Dec 1967)

39. BEGGING-YACHANA

Sri Gandhiji was considered the Prince of Beggars, as the greatest Beggar, but he never begged for himself, but always for others.

Pundit Malavayya also was a great Beggar. He was the Builder of the famous Banares University.

What about the Poet, Saint, Rabindranath Tagore? He too sacrificed his life, begging to keep his lifework, *Santi Niketan* supported and alive. I had the opportunity of first seeing Sri Tagore in New York in a big meeting hall with thousands of his admirers. He was engaged in begging for his *Santi Niketan*, representing his life-work.

Thus, we see that all the great people who have done any good for the country or for the world at large have been Beggars, begging others for the sake of the cause they represented. But the glory and greatness of the lives of these noble souls has been that they never begged for themselves but always for the good of others, for a noble and selfless cause.

During the recent severe sickness, a real new birth, during my stay in the hospital, one of the devotees of Sri Rabindranath Tagore was visiting me and he said during the course of conversation that the last days of Sri Tagore were sad, because he was worrying over the great future of his glorious *Santi Niketan*.

Since hearing this sad news my mind naturally began to think that I too should not end my days worrying over the future of the Ashram. The all knowing God, Who has created the Ashram, Who has been sustaining it for the last 56 years, He alone will look after the future of the Ashram. It is His 'lookout' and our concern is only to cling to Him more than ever, doing our part selflessly.

It makes me happy to hear from the devotees and members who were attending on me during my unconscious or semiconscious days that I was always speaking of GOD, with Prayer and meditation, exhorting the visitors never to waste their precious time with empty words and idle thoughts but to pray and meditate ceaselessly.

It seems that there was never a thought or worry of the Ashram and its 200 members, children, inmates, workers and daily visitors, etc., besides the dumb animals and thousands of plants that have been dear and near to my heart. I long to be a Giver of Light, Life and Love and never a Beggar, even in the name of the Ashram. As a boy in the teens I memorized a simple, lovely poem and the essence of it is:

O Lord! So long as I live, I never forget
Thee; I keep on worshipping Thee. But in
Death, when I am about to leave the body
In suffering and pain, I may forget Thee.
Hence, I resolve to repeat Thy Holy Name
Now alone, more than ever and to live,
Work, breathe and move in Thee.

This simple resolution gives me joy and strength, both in sickness and health, and in all the conditions of life. My heart longs to be eternally One with God, rising above time space and causation, always serving His children, the living images of the One, Indivisible God, not by begging anymore but by giving always.

Verily, in serving any of the least of His children, we are only serving Him, for nothing exists besides GOD and all are His living images, the moving temples.

Anta Ramamayam bijagamanta Ramamayam.
All this is God. All this world is God.

Glory be unto the ONE, INDIVISIBLE GOD!
May Peace be unto all!

A beautiful and inspiring legend tells us that there was once it seems, a big convocation of learned *Sadhus* all *Rishis* and *Yogis*, men of renunciation living in huts in Ashrams whose only possessions were a loin cloth and a *kamandal*, a water vessel, to call as their own. In that big convocation the King of the country, Janaka of Videha, rose and said the following words:

O Men of Renunciation! Great Souls of Wisdom! Here are a thousand cows, adorned with gold. I request any of you, the one who is a *Brahmasthanithi*, a Knower of *Brahman*, the one who is desireless among you to claim this rich gift and carry all the cows and wealth to your Ashram, your Hermitage.

All the *Sadhus* felt bewildered at the condition of the generous gift, and they looked at themselves, feeling worried and restless.

IF ONE IS DESIRELESS, HE DOES NOT WANT ANYTHING, FROM ANYONE.

Hence, no one came forward to claim that richest gift. Among all those thousands of *Munis* and Sages, one Prince of all the *Yogis*, Sri Yagnavalkya, rose and asked his disciples to take the gift, all the cows adorned with gold to their Hermitage.

Then there was a big commotion in the convocation and the *Sadhus* flew into a rage against Yagnavalkya and said:

‘If you are desireless why do you want all these cows?’ The learned Saint, a man of great renunciation, Sri Yagnavalkya, rose and said boldly in a few simple words:

This gift is for the Knower of *Brahman*,
For the one who is truly desireless.
It is received in exchange for the gift of
Jnana freely given to others.

This gift is not for me, but for the
Ashram, which has been my LifeWork
For the Good of Others.

Thus, his faithful disciples drove all the cows towards their Holy Hermitage and used the wealth to serve all the devoted children of God.

In my strenuous and longest life of Ashram activities, begging everywhere in the East and the West this inspiring illustration has been my joy, strength and consolation, in all my life of begging from door to door, near and far in all the world, both in the East and the West.

The path of Truth or Service has not always been smooth and sweet, especially when weary and thirsty, wandering all over the rugged and unwelcome places. Even a single

cocoanut was sometimes denied in the struggling days of the Ashram, to keep the Hospital work, *Gurukula*, Residential School, Aged Home and Printing Works alive, so that each work could do its part to the best of its ability for the good of all.

All Glory belongs to God, Who has been taking care of the Ashram in all these 56 years of tests and trials. My grateful thanks also to all the loyal, faithful, old and new devoted souls who have been helping the Ashram year after year, in all its great tests and needs.

By God's Grace, these days I am drawn within more and more and there is an unwillingness, a repulsion, to ask anyone for anything, even in the greatest need and suffering of the Ashram, to keep all the 100 children as well as the workers and members alive, day after day.

The greatest miracle or blessing of God is that without knowing from where the next meal comes for all these hundred *Gurukula* children and other members and workers and also for the hundred dumb animal friends, God has been taking care of us all, including the thousands of fruit, flower and other plants; they only rely on us for their sustenance upkeep.

Nowadays, the urge has been very strong against Begging, *Yachana*, with the ardent thought that: 'I have done so far all that is possible to be done in the field of Begging; let me beg no more, even in the name of the Ashram, at any cost.'

In my daily letters I enclose copies of OUR HUMBLE REQUEST. Unwillingly, for I do not wish to hurt the feelings of anyone. I long to be no longer a Beggar but a Giver of my life, blood, flesh and bone. One of the happiest moments of my life was when I had the blessed privilege of sharing a slice of my bone to help a little ailing girl when she was in need of bone grafting.

These days, unconsciously, a silent Prayer comes from within:

Dear God, I may not get *Mukti*, Salvation, and Freedom in this life, but please bless me in this birth with no more begging of any kind. Let me always share, giving all that I have to all Thy children in the East and the West. I will wait for my *Mukti*, Freedom, until the next birth.

My latest aspiration and present mania is now THE SPIRITUAL HEALING CENTRE, offering relief, health and Peace to all the ailing and sick people in the world. Any of the sick and poor can call upon us personally or through a letter, wire or telephone call and our devoted Ashram members and workers will be happy to pray for their health and success, requesting them also to help us by repeating the simple and inspiring PEACE PRAYER.

As it is the Individual Peace that paves the way to Universal Peace we request you, not only for your prayers and sympathy but also to help us by filling your beings with Life, Light and Love and thus spread the same among your dear ones and especially among all the sick and poor children of God in every religion and nation. Verily,

HE PRAYETH BEST

He prayeth well who loveth well,

Both man, bird and beast.

He prayeth best who loveth best,

*All things both great and small.
For the Dear God, Who loveth us,
He made us and loveth all.*

Hari Om Tat Sat Om.

AN OFFERING

To our ideal devotees, Kumari Jnaneswari and Sister Susanna, who are the Life and Soul of THE SPIRITUAL HEALING CENTRE, who are always Givers, and Givers forgetting themselves in the Gift of Service; and also to all the devoted Givers in the Ashram and in the East and the West with Prayers for their Health, Peace and longest lives of Service.

OM! OM! OM!

(Peace July & July 1972)

40. BE ABOVE TIME

Blessed are they who are above TIME. But how very rare and few are they, such precious souls can be counted on the fingers, in all the world. Yet, real Peace, Changeless Peace, belongs only to those who have risen above TIME, SPACE and CAUSATION.

How almost impossible it is to, find such Free Souls, especially in these days, when almost everyone, including children are having a wrist watches on their wrists and looking at the time every once in a while. Those who do not have wrist watches on hand they keep a watch in their pockets or handbags.

Some more have clocks in front them on the table, looking at the time every few minutes. We have the Alarm Big Ben and Small Ben time pieces and also big clocks on the walls of Offices, Schools, Kitchens and Dining Halls, to eat the food according to the exact time of the clock.

We have not yet fully realized how greatly we have become bound slaves of TIME. We are no longer masters of Time, as Images of God, but bound slaves, clinging to bodies, the nests of blood, bones and flesh. The great pity of it is, even the learned people have not fully realized how we have become slaves of watches, time pieces and clocks, etc.,

To keep up with our various activities and God given duties and responsibilities, TIME and the help of all these watches and clocks are quite essential. But at the risk of God, selling our souls to the ever widening wheel of TIME that never stops for the rich or poor, learned or ignorant, giving last place to God's Omnipresence, the Interpenetrating Light, with hurry and worry, keeping space with the Big Ben of TIME, I felt many a time like smashing, breaking, all watches, time pieces and clocks in the world! I love to live in a world where there is neither day nor night, where the past is forgotten and the dim future is ignored and where one lives only in the present-living moment, recognizing God's OMNIPRESENCE, OMNIPOTENCE AND OMNISCIENCE. Verily, Thou art That. *TAT TWAM ASI.*

Arise, awake and do not stop on the way until the Goal is reached. My Homage and adorations to all the precious souls who have risen above the Big Bear of TIME, without relying any more on the Hobgoblins of time watches, time pieces or clocks, etc.

May Peace be unto all!

OM! OM! OM!

41. SRI RAM JAI RAM JAI JAI RAM OM

It fills my heart with ecstasy to fill the whole body with SRI RAMA and then the whole Universe with JAI RAM and to cover with JAI JAI RAM the past, present and the future and finally end it with the sacred syllable AUM in the glory of millions of Suns' splendour. This I keep on weaving sacred garlands and offering them to the so called dead and departed, and to the living sages and saints.

When I am filling the body with Sri Ram, I feel I am calling on Rama who is present in the very cells of my body.

When I repeat Sri RAMA, Rama seems to be responding to my call echoing in each and every cell. But when I call on the Universe saying JAI RAM, there is very little response or no response at all, for it makes me and even that some of our members do not find to come even to Sunday Prayers. Such is deep *maya*.

When I call as RAMA, as every cell of my body responds, let all the Universe respond to my call when I say JAI RAMA, to all the children of God in the world.

May Peace be unto all.

OM TAT SAT OM

(Peace April & May 1987)

42. CONVERSING WITH GOD

A subject such as conversing with God may seem Judicious or to be the workings of an overactive imaginative mind, especially to the philosophers of the Advaita Vedanta school, monists who believe in the "*Aham Brahma Asmi*" "I am God" philosophy.

Yet, if conversing with God is the fruit of imagination, what is there which is not the cause of some imagination or other in this world of changing names and forms?

We were taught by philosophers of certain schools, that the whole world is only the product of one's imagination. We read in the scriptures even about the origin of the world, that God created this world out of Himself.

The greatest discoveries and mightiest inventions of this world, have all been the outcome of strong imaginative faculty in the lives of great souls. Living in a world of imaginations, surrounded by imaginations within and without, I love to imagine the sweetest things of God, about His love, mercy and compassion, about His inseparable oneness with me. In the moments of my silence feeling His presence within and without, often I try to take Him into my embrace, stretching forth my arms. What a futile attempt! Can I ever take God into my arms? Can a little bubble embrace the mighty ocean? Can a baby take his mother into his tiny arms? Seeing the futile attempts of the baby however the mother out of abundance of heart, lifts the baby up and presses him to her self, taking him into her arms.

Similarly, often God seeing my helpless attempts of taking Him into my arms, lifts me up out of His boundless compassion into His enfolding love, where I feel His heartbeat as my heartbeat and His breath as my breath and His Soul as my soul. How can I express to you those ecstatic moments of my sweet communion with the Indweller of my heart? Strange as it may appear I take the greatest joy in speaking with God, and He too with His infinite love, speaks with me in His still small voice, comforting and consoling me.

Often and often I approach Him with repeated promises, that I will never forget Him even for a moment but will ever abide in His universal heart, recognizing Him alone, both in the manifested and unmanifested. But alas! As it is written "The spirit is willing but the flesh is weak," thus I forget and deny Him, times out of number everyday. Then I feel ashamed to approach Him, or even to look into His Face. Understanding my bashfulness and little failings He always comes forward to meet me half way sometimes the full way, lending His sacred hand as a staff for my faltering steps.

Did you ever try to be alone with God? Did you ever try to forget everything else merging in him? How can anyone write or express that blessed state of inexpressible ecstasy, beauty and glory! Often and often I spend hours with Him bathing in His love. The more I am with Him the more I long to be inexpressibly one with Him. How can anyone be tired of His Love or Presence, as He is all Light Life and Love. Many a time we are alone together, neither of us speaking even a word. Sometimes say unconsciously, "My Lord" and He answers with the sweet loving words "My child". Thus we are lost together in that fathomless love the sacred communion, where exists only Eternities of Bliss.

From my personal experience I have the strength to say even in the most straightened circumstances of the Ashram, when helpless and alone, even when passing through excruciating tests I never troubled God with any of these passing and temporal things of life. How could I ever ask Him for anything else than His love? Has He not blessed me with everything, nay even unto permeating and pervading the very cells of my being? When He the light of my life how could I ask for the perishable goods of the world? In having Him I have everything for, with Him I also am everything.

This is a full moon night and I am writing this message sitting on the glistening sands of white beach, facing the full moon. Is not God conversing with me through the cool white radiance of the moon? As I chant Om He is responding to me with His natural and ceaseless

chant of Om, in the very rolling waves. O glory, how near is God to me! How inseparable one He is with me! He speaks to me in a million tongues. Sometimes I am deaf and He is never tired of calling me ceaselessly towards Him. He is here now. Let us hearken to His call. Let us listen to His sweet voice. Let us attune ourselves with His universal energy. O my readers of 'Peace magazine,' is He not also calling you? Pray, listen He is calling you always, He is ever with you whether you can hear Him or not. Will you come with me so that I can have the privilege of leading you towards Him? He is anxiously and patiently waiting for us.

We should always remember that conversing with God should not be confined to our prayers, meditations or the silent moments of our lives. We should try to feel His presence and converse with Him in prayer as well as in work, in silence as well as in activity. Then alone He speaks to us, in a million voices or sounds through a million tongues. As someone said, "God is silent in hills, grows in the trees, moves in the animals, and speaks in man." Since He is speaking in man, we must recognize Him, first in our dearest and nearest, even in those who can understand us, and cannot understand us.

How he sparkles in the dew drops, rustles in the dry leaves, shines in the stars, perfumes in the sweet smelling flowers, sings in birds, frolics in children, works in man and meditates in a recluse and silent in a sage! In the moments of deep absorption as well as in the trying moments of outer activity, I find such a great joy and consolation and try to converse with God, repeating of ten the loving words, '*Where art Thou my Lord?*' He replies immediately in His sweet voice, "*Lo! I am always with you my child.*" O as He answers me how I feel His love filling every cell of my body and His presence permeating my very being! I will be feeling so strong, complete and divine in those moments of communion or At-One-Ment I often do not know what to do with myself except dissolving the tiny ego or 'I' forever in His Infinite Glory. May our conversations with God, in the still moments of life, lead us towards the heights of divine splendour, where there is all stillness, completeness and perfection.

May Peace be unto all!

OM! OM! OM!

(Peace May & June 1934)

43. CRUSHED FLOWERS

I attend daily the morning worship to deliver my message of Peace to the inmates of the Ashram. As a token of their love and respect towards me my fellow workers offer me a rose flower. Oh! How it wafts its sweet fragrance all around as I hold it in my hand! How it helps to attune myself with the indwelling presence of the fragrance of Peace.

Every day I carry the sweet scented flower to offer it at the altar of my shrine where I live and dedicate my life afresh to His Service. On Friday the day of my silence I do not get any flower since I stay indoors. But I go to the altar as usual not to offer a roseflower, but the lotus flower of my heart on this day of silence.

One day at the early hours of the dawn, I was in my shrine. The windows were not yet opened. Hence it was dark. I stepped in and felt as if I trampled on something because of darkness. Immediately I tried to see what it was, and anxious to know that it was not any living creature or insect. Lo! It was a flower crushed under my foot. Bending low I took the soft thing into my hands and its sweet fragrance was there, though crushed.

It was a moment of inspiration for me. In a flash the sweet and fragrant flower revealed a living message to me. What is it? It is a message of patience, forbearance and changeless love sending out always sweet fragrance and love under all conditions.

Beloved readers! Are we prepared to be like these simple crushed flowers when crushed by our trusted friends? Are we ready to be like the trampled innocent flowers, when trampled and forsaken by our loving comrades! If so our lives are blessed like the lives of the sweet and fragrant flowers.

O, Sweet Beloved! Fragrance of all fragrant flowers, bless us with the forbearance and sweetness of the crushed flowers. Make us as humble and loving as the trampled flowers to send out love at all times, ceaselessly to one and all irrespective of external differences of caste, creed, colour or race. Help us to be sacred and sweet, ever centered in the glory of Thy sacred presence, radiating nothing but Thy Universal Love, Infinite Sweetness, and Eternal Fragrance.

Om Tat Sat

(Peace April 1934)

44. CONTROL

FOUR KINDS OF CONTROL

Man has become so mechanical like a lifeless instrument, that when we mention the word CONTROL, he thinks only of the control of food stuffs, such as rice, wheat, sugar or the control of the clothes he wears or of the kerosene or petrol he uses. Alas! He never thinks of the control of his BODY, SPEECH, MIND and BREATH.

PEACE, the end and aim of human life and the goal of human progress consists only in the control of body, speech, mind and breath. As far as the control of the commodities in the world are concerned, if only we trust in God even with the faith of a little child, He will take care of us, for, He never fails to provide for His devotees, and those who love and trust in Him with heart and soul.

There is a saying in Telugu:—“*Naru posina vadu neeru poyada?*” Does not the One Who has sown the seeds, water them also? Hence, the Lord, Who has created us, will feed, nourish and take care of us if only we trust in and rely on Him.

Now let us come to the theme of our message, the Four Kinds of Control, considering them step by step and one after another.

1. CONTROL OF THE BODY

Many people imagine that they have control over their physical bodies. If they could only try to sit for a few minutes they would realize, how they move their limbs or scratch their bodies here and there. Man is so restless that he always tends running hither and thither and jumping constantly and alternately high and low. It is not so easy to sit still as we often think it to be. Easy or difficult, control of the body leads gradually to the higher stage of complete detachment of the body.

By perfect control, the body becomes rigid and steady like a statue. This is the first step in Soul culture which helps God realization. This is called control of posture. Now let us proceed to the next step.

2. CONTROL OF THE TONGUE

This can be divided into two sections.

A: -That which comes out.

B: -That which goes in.

A: -That which comes out, is all the foolish or wise words the necessary and unnecessary words. Needless criticisms, condemnations, self praise or praise of others, all these come under the heading of that which is coming out. Now let us see the other section.

B: -That which goes in. It is the diet which plays a most vital part, in leading one to the gates of heaven or hell. That which goes in and that which comes out have a close connection. In a man who lives on the blood and flesh of the dumb animals, his thoughts naturally will be cruel, selfish and restless, although there are exceptions here and there. The man who lives on herbs, roots and fruits, has control over his tongue. His thoughts will be full

of peace, love and compassion. He in time gains control over the mind also. Nay, the control of the tongue helps one to attain control of the mind.

3. CONTROL OF THE MIND

One can control anything in the world but not the restless, ever wandering mind. It is just like the doll the jumping jack pressed constantly, by the springs within the insatiable desires. Yet, what a wonderful thing is MIND! One moment it jumps to the highest level and the next moment it falls into the lowest depths. At one moment it is full of ecstasy, joy and peace, and at another moment, it is filled with depression, sorrow and misery. The mind is only the reflection of the Highest. When man knows this, the mind itself leads one to the heights. When the mind separates itself from the Highest, the Reality, it is lifeless and soulless, leading one into the very hades. Hence, control of mind, is indispensable for all seekers of Truth or Peace. Now comes the last, the Highest State.

4. CONTROL OF THE BREATH

How to control the Breath? Shall we close both the nostrils with cotton or, cement? This is not the proper way but the wrong way, It only leads to and results in physical death. Mind and breath are closely connected together. Hence, it has been said that the who controls the MIND controls the BREATH also, Even if you control your breath by physical means or with the use of force, your mind will be wandering and restless, but if you control the mind the breath is controlled automatically in a most natural way, without the least strain or effort and one reaches the last, the Highest State.

Thus the control of body leads to the control of Speech and the control of Speech leads to the control of the Mind and the control of Mind leads to the control of breath, which culminates in Completeness leading one into that Transcendental State of Bliss Ineffable.

Thus is the process of Real Control, by mastering which, man becomes Immortal. Verily, he who controls himself, controls the whole world. Peace belongs to the one who masters one's mind and unto none else.

May all Homage be unto such the Masters of Mind control!

May Peace be unto all!

OM! OM!! OM!!!

(Peace June 1952)

45. CHANGE OF MOODS

Change of moods is very dangerous. No Peace within or without for the man or woman of moods. The man of moods is miserable, himself. He makes everybody miserable around himself. We do not know where we are with such persons of changing moods.

Blessed is the one who is a master of moods. I bow down my head in deep veneration to the masters of moods. Pitiable are they who are slaves of moods. They are happy sometimes and miserable at other times, for their happiness depends only on the outside conditions and on outer persons. Happiness that knows, no change belongs only, to the One, who never relies on others and whose mind is never on the changing conditions.

Such a one is ever happy. He is eternally happy. Whatever may happen in the world does not mar his happiness. The outer changes can never move him, for his mind is fixed on the Changeless One. How sad and deplorable is the state of man, who is changing his mood every hour. He is miserable in the morning. He is brooding in the afternoon. He is depressed in the evening. He worries while going to sleep.

What a pathetic condition. It is real hades itself. If you want to be miserable also, or have a taste of hades stay with such people only for a week or less than that, If you wish to taste the Peace the passeth all understanding, say with saintly souls whose moods are same, changeless, whether on the throne or on cross. It was Lord Christ who said, none of the things of the world would ever touch him. How blessed is such a precious and ideal life of Peace!

Give a death blow to the change of moods. Let it never raise its head in your life, at any cost, under any conditions. Let not a word of praise or a word of blame change your inherent and perennial spring of happiness, which is your real Divine Heritage, your true Birthright. Then alone, your life will be a blessing to yourself as well as to others and the world of humanity!

May Peace be unto all

(Peace May 1957)

46. CRITICISM

If an enemy criticises we laugh.
If a stranger criticises we resent.
If a friend criticises we wonder.
If our own dear and near ones criticise we feel sad and hurt.

But the essence of Vedanta the End of Knowledge is summed up in the following few words:

DO NOT HURT NOR BE HURT BY OTHERS.

For an inspiring and sincere soul who is striving to walk in the path of Truth, it is easy to remain aloof from the world and worldly people and never to hurt others.

But alas, it is a great uphill task, to remain unhurt, unmoved and unruffled when others take joy in hurting us needlessly. It is only a man of God realization that can remain waveless, as a Witness of the outer phenomena, in the ever changing world of forms and names. He who sees God in the very foes, how can he ever be hurt! Unto whom all is God, nothing exists but God, in all the world. FROM EVERY PEACE HE SEES GOD SHINING FORTH.

After all, what we have within we behold the same without. If we have God within, all appears to be God. If we have devil within us, we see everything without as devilish, THOUGHT IS ANOTHER WORD FOR FATE. What we think within, we recognize the same without. So long as we live in the world of duality, we cannot help, but have some criticism of others, some time or other.

If you are silent you will be called lazy.
If you are active you will be called a hustler.
If you are alone you will be called selfish.
If you are in crowds, you will be called restless.

How apt and true are the words of a sage! If you want to be free of criticism of every kind:

Say Nothing.
Do Nothing.
Be Nothing.

If you say something there is always someone to find fault with you.

If you do anything there is always someone to criticise your work.

If you are something in this world, there are people who are jealous and envious of your position.

Q: Then what to do?

A: Recognize God within and without in yourself and in others and be silent.

So far, there has been no remedy found, invented or discovered by the knowledge and genius of man that can satisfy all the people in the world. Hence you were asked by the sages, to attend in every way to your own good. What can the many tongued world do to thee, is the query of the sages. We read also in the scriptures, in this connection the following wise words of deep wisdom on censure.

Purity is laid down as the black art, cleverness as presumption, forbearance as weakness, power as cruelty, absence of mind as thievishness, beauty as lewdness, Who can please the hydra-headed mob in the world? Who can satisfy the many tongued world? Blessed are they who are above praise and censure, blame of every kind.

Pride of learning also is very dangerous. The scriptures teach us: This ATMAN, the SELF, is not realized by study, nay, not even by intelligence or by much learning. The sages have also said!

What is the good of vainly chewing the dirty rag of talk about many scriptures? Those who desire to know the essence must by all means try to catch a glimpse of the Light within.

He knows not the true essence of Brahman, even like the laddie that knows not the flavor of the food it helps to cook, though he should have studied all the four Vedas and all the religions scriptures in all the world. He who is above the world, even beyond joy, jealousy and fear is said to be the real *Jivanmukta*, the liberated in life.

As darkness is the cause of the absence of light, so is the fear of criticism is the cause of forgetfulness of the God head within. In the denial of the rope, man sees the snake, and thus suffers untold agonies. How dynamic are the words of Swami Rama when he said: BETTER HAVE A BULLET IN YOUR HEART, THAN A DOUBT OF YOUR GOD-HEAD? Man, the weak man, the ignorant man takes joy in criticising and condemning his fellow sisters and brothers.

Criticism begins in weakness. In duality and ends in darkness and destruction. In the world of duality or ignorance there is criticism. In the world of God or Unity or Oneness there is no criticism, for it is all ONE WITHOUT A SECOND. Thus the world of duality can never be free of the disease of criticism. After all, all are not Christs to see God in all and all are not Krishnas to see the HIGHEST, the *Paramatman* in all.

How apt are the words that a CHRIST is needed to understand a CHRIST and a BUDDHA is needed to understand a BUDDHA! A brinjal seller can never apprise the price of a diamond. He judges the price of the diamond with the measure of his brinjals. His conception does not exceed the price of brinjals. If we bargain with the brinjal seller for a higher price, he will offer only a few more brinjals. Thus people judge others from their own standard of understanding. One cannot jump out of himself. The man on the plains has a vision of his own and the man from the heights has a different and loftier vision of his own.

If you have to criticize, criticize yourself for not yet realizing God, the goal of your precious human birth, BEGIN TO REFORM THYSELF, BEFORE REFORMING OTHERS, JUDGE NOT, LEST THOU SHALT BE JUDGED.

How memorable are the words of blessed Christ, when the Pharisees were about to stone Mary Magda line to death: - HE WHO IS SINLESS AMONG YOU, THROW THE FIRST STONE UPON HER. Thus we have no right to criticise or to find fault with anyone, except with ourselves. We must fight with the demon of ignorance. We should learn to see God in all the blessed forms, the living images of God, be they great or small, ignorant or wise.

As criticism begins in ignorance, in the forgetfulness of God, or LIGHT within, let us keep the flame of GOD CONSCIOUSNESS, ceaselessly burning, both within and without, for the good of all and the Peace of the world.

May there be Peace in the East, in the West, in the North and in the South and may all be happy, healthy and peaceful, facing God within, without, above below and all around, now and forever.

OM! TAT! SAT! OM!
OM SANTI! SANTI! SANTI!!

AN OFFERING

An Offering to the meek and humble who are happy and contended to be criticized by others, who are no other than themselves the One Indivisible Atman, wishing the Peace of all.

Om! Om! Om!

(Peace Jan & Feb 1959)

47. CUT THE COAT, ACCORDING TO THE CLOTH

This is a golden rule for the men of the world, but an iron rule for the men of God. It sounds as a simple and natural laws to cut the coat according to the cloth, to make the breads as per the dough we have in our hand or in our home. It is most essential too. One should arrange the poor feeding or feasting with the provisions or funds that he has at his disposal. In the Ashram life of Santi Ashram, the Mission of Peace, some of the friends and well wishers, beginning from the Hony. President to the paid worker, try to drill into my ears, to cut the coat according to the cloth, not to go beyond the means, but to be limited, keeping a budget of my own, before I do anything.

But, in the first place, I do not wear a coat at all, and I do not need any coats for my own individual use. All the coats that I have been trying to make, since the last fifty years have been intended to be used for the needy, the aspiring children of God. It has been my joy and strength to consider all the cloth in the world belongs to me, hence I am ceaselessly engaged in making more and more coats for the poor and the helpless, for the young and aged in all climes, religions and nations. Had I followed this iron rule that works so well and exact like the mathematical ratio, to the very letter to the man of the world, there would not have been the present, glorious Santi Ashram, with its 150 acres of land and several buildings and extensive gardens, which is worth now lakhs of rupees. It is my privilege to offer Santi Ashram to all the aspiring children of God in the East and the West for it is the common property of all of you.

Another thing a wise suggestion that our Committee Members try to drill into my ears is:

Never use the money which is intended to serve one purpose, for any other work, however urgent it may be.

This is very good for the man of the world but not for the man of God in some extreme cases. For instance, as an example from personal experience during my stay in America a devoted Sister gave funds for constructing an American Home in Santi Ashram. When there was great need and want in the Ashram, and when there was no food for the workers and children, when I wrote to the devoted Sister in U.S.A., about the sad situation, she has rushed a Telegram saying, that she would like to see her money spent in feeding the sick, the poor and the starving members and children rather than wasting it on wood, stone and mortar etc. for the American Home. May God bless the devoted and understanding Sister in the far away America with His richest blessings of Peace.

As you all know our hands work so hard. It seems once the left hand was saying to the right Hand, "We both work so hard and earn the money and buy the food. Why should we feed the big mouth, that does nothing but talk and talk empty words?" At the good suggestion of the left hand to the right hand, they both decided not to feed the mouth any more, but to inject or make holes into both of the arms and put the food in the holes. Imagine the sad and deplorable nay, senseless condition of such a state, resulting in starvation and wounds in both the hands!

Such will be the inevitable fate of trying to be too strict, respecting the word of the law or scripture without any heart or love and feelings. When the Ashram is badly in need of funds, when I see the children starving for want of food, I would use any money intended and kept aloof, for any purpose, first to keep the children above want and save their lives, for I trust and rely on God's mercy and His unlimited sources of the **Divine Plenty**. God will never be our Debtor. He rewards our selfless service with compound interest. May all Glory be unto Him!

How true are the words in the saying: that a fool never changes himself, but a wise man always changes his own resolution, according to the conditions or circumstances of the days. In the name of God, for the sake of God's work, in the very beginning, we wanted some of the lands belonging to the worldly, wise people, when we established Santi Ashram in 1917. Seeing the selfless work of the Ashram, even strangers, not only gave the land but also

helped us with the funds to build up the work. We wanted coats in the winter to protect the workers from the cold and no cloth in the Ashram, but plenty of cloth began to come into the Ashram. We wanted bread, but no dough in the hand, but as the bread is for doing His work, plenty of flour began to come into the Ashram. Year after year, without funds in hand, we fed hundreds and thousands of children of God, especially in the anniversary celebrations. As all hands are God's, as we trust in Him, doing selfless work, everything that we need comes from some hand or other to carry on His works of selfless service.

Had Blessed Christ followed to the very letter the golden rule of the world, cutting the coat according to the size of the cloth or feeding the people as per the dough or flour he had in His hand, the Lord would not have been able to feed the crowd of five thousand people in the wilderness, for He had only 2 loaves and 5 fishes which would not have been enough even for one man or woman. But the Good Lord fed five thousand people and even after feeding the vast multitude of people, it seemed several baskets of loaves and fishes were remaining. The secret of the Truth is, Lord Christ was not living in a world of limitations. He was living in the world of Divine Plenty, where there is never any want of any kind. If we walk in His Holy foot steps with full trust and confidence as He said, "*We can also do even greater things than Himself.*" We were asked to believe, that we have received already, whatsoever things we wish to have from the Lord, even before we ask. The faith of a little child is needed which works like the good heaven. May all Glory be unto God and Homage be unto the Divine Plenty!

Now I would like to share some of the personal experiences to cheer up the depressed and pessimistic devotees and readers of our journals. Of course each day is followed by a night of darkness. Every life and every activity is full of tests and trials. All tests are for the brave. The acid tests are given to try our mettle. How inspiring are the words: *Troubles are God's Rain on Earth*. They make us stronger, helping us to convert the very stumbling blocks into steppingstones. Someone asked us: *NEVER TO TROUBLE THE TROUBLES, UNTIL TROUBLES TROUBLE US!*

Tests, trials and the heavy tribulations are only mere passing clouds. The Effulgent Sun is behind the very thick and black clouds. Let us not cling and identify with the passing shadows but rather cling to the light within, which is the only changeless reality. Whenever funds were needed, from the beginning they came from far and near, even from the unknown sources. When the buildings were a great need, the material for the same came from every side. Many people and some of the members wondered how the *nirvan mandir* was going to be constructed and completed without a cent or a *naya paisa* in the hand. Materials came, funds flowed and it is now one of the strongest buildings in the Ashram, as it was constructed with all stones and cement. May all Glory be unto God again and again!

Recently when the Ashram was in great need, a Doctor friend in the far away Kerala State was getting his daughter married and in memory of the marriage, he rushed Rs.100/- to the Ashram. Again when there was need, a devoted sister from Madras rushed Rs.100/- in memory of the anniversary of her devoted late husband. Every month a Doctor friend sends rupees one hundred from the far away Kashmir to meet the daily needs of the Ashram. Friends from the far away America and China (Hongkong) month after month, keep on sending monthly and yearly generous contributions to keep the Ashram work alive. How good is God! He knows our needs even without our asking, for He is the indwelling presence of our hearts.

All that we need is only to love Him and trust in the Divine Plenty with full confidence of a child's heart. How blessed it is to live, ever centered on the Universal Principle, considering the world as our home and all the people in it as our sisters and brothers and to serve them as our highest religion! It gives me joy in considering not only all the wealth in the world but also all the people in the East and the West as my own. It is blessed never to be bound by limitations, but believe in the Divine Plenty which surrounds us always. The health and the wealth, the power and the strength of God all belong to us, for they are not only surrounding us but pervading and permeating the very cells of our beings. *ONLY RECOGNIZE AND BE SILENT.*

Q: Recognize what?

A: Recognize never the limitations, but always the divine plenty, for you are the child of limitless resources.

The pessimistic member, the hard boiled man of the world says, what about the debts of the Ashram. But I say: where is the sky without the cloud? As we cling to God identifying no longer with the perishable body but with the immortal presence, the indwelling light, more than ever, all debts will be cleared and there will be perpetual light and peace within and without. God helps those who are selfless. This morning we did not have a few rupees for paying the blacksmith, who was fixing the hoops of our cattle and in the afternoon Rs. 70, in the form of M.Os. came from near and far. Some other devotees came and offered their humble donations in the evening. As we trust in God with all love and patience, how he takes care of us, fulfilling our little as well as great needs is very interesting and inspiring.

Sages give us the following amusing illustration of two *sadhus* travelling together making a pilgrimage. One believes in keeping the money in his pocket for emergencies. The other one believes in not keeping or hoarding money and even never touching it. Both of them were travelling together and they had to cross a river on the boat and they had to pay the boat fare to the ferry man. The *sadhu* who had the money had paid to the ferry men for the other *sadhu* also, after reaching the other side, found fault with his friend for not keeping money with himself and said, "If I had not kept money with me, where would we have been now and how could we have crossed the river?" The other *sadhu* laughingly replied: "My friend, if I have not kept money with me, God has kept my money for crossing the boat in your pocket and we both reached the other side safe."

God takes care of us through some hand or other, for all hands belong to Him. All that we need is only the child like trust and faith with full confidence. Let us not be like the teacher who tells the milk maids to cross the river with the name of God on their lips. But when he tries to cross the river, he mistrusts his own teachings and ties a rope around his waist and gives instructions to the people who were on the bank to pull the rope, in case he gets drowned.

Men of the world create their own little budgets, sitting in the well of their limited understanding. No one can find fault with their views or finite visions. It is good and helpful to them, nay even most essential for them, to cut the coat according to the cloth, instead of spending much money beyond their means or their budgets, plunging themselves into debts. But the trouble comes only, when the man of the world begins to teach and preach to the man of God, to be limited and to do things, within his budget. Whereas, to the man of God,

all the cloth in the world belongs to him, nay all the wealth in the world belongs to the selfless man, hence his budget is unlimited. *All that the father has, belongs to the son also.* In the budget of God's wealth, the only essential thing is to be completely selfless. Nothing for the little self. Everything for others, who are no other than Himself, for the *Atman* is one without a second.

While this message of "CUT THE COAT ACCORDING TO THE CLOTH" is in the press, an amusing incident happens, which makes me to feel God's Presence and I wish to share with my loving readers, just to convince them of the Love of the ALL KNOWING GOD and how He helps us extending one of His Hands, as all hands are His, if we could only love and trust Him completely. Child like trust, innocence and faith are needed. Construction works are going on speedily in the Ashram now. Eight masons are working over the SRI KRISHNA MANDIR. One of the masons, received a word that as someone in his home was sick, that he should go to his village, hence he wanted only five rupees, but there was nil balance in the Ashram.

A stranger comes from Mummidivaram and writes in the visitors form, Rupees twenty five, as his donation to the Ashram. The money has not yet come into the hands of the Manager, but it is in the pocket of our devoted visitor, I tell the Manager, not to worry, for he will have still a balance of Rupees Twenty even after paying the mason, Rupees five. How good is God! Simple as this incident may sound, to the man of the world, to me it makes me overwhelmed, at the ever present protection and love of God. He is always too good towards His trusting children. May all Homage and Glory be unto Him!

Verily, the Divine Plenty surrounds all of us, always from eternity to eternity. There is no need to strain and suffer imagining all kinds of limitations and getting feverish, *Ask and it shall be given.* Knock and, it shall be opened. Divine Plenty is the limitless law. God realization now and always is the Soul and Goal of every aspiring child of God, for He is Omnipresent Omnipotent and Omniscient, May the Infinite in the finite, bless all the friends and well wishers of the Ashram and the loving Readers of Peace magazine and Santi magazine with the Divine Plenty the Imperishable wealth of God, the Peace that passeth all understanding!

May the Self effulgent Perpetual Light that never goes out, which is always same and changeless, bless you all with Infinite Peace, Eternal Peace and Universal Peace!

May Peace be unto all!
Om! Om! Om!

(Peace Oct & Nov 1961)

48. CONCEPTION OF GOD

Conception of God, not from the scriptures we read, but from Personal Experience is most essential either to confine Him to temples and churches or to feel Him within and without ceaselessly. If your God is confined to Simhachalam or Tirupathi, Banaras or Rameshwar, you will see Him when you go there, you will feel His presence naturally when you are in the above places. But if your God is Omnipresent, Omnipotent and Omniscient, interpenetrating the very cells of your being, you will feel Him Now and Here, in all that you do, even as you write this message. In the early hours of dawn, sitting in the verandah of nirvan mandir of Totapalli Hills, in the company of Krishna, Christ, Buddha and Gandhiji, I feel that I am privileged to commune with the whole nature, with the animate and inanimate beings, singing unconsciously:-

JAI JAI RAMA KRISHNA HARI OM

SRI RAM JAI RAM JAI JAI RAM.

It is Rama within and without above, below and all around, nay in the very cells of my being. As I am singing, the thought comes, why these two boys who are sleeping nearby are not singing His name but sleeping. As if to console me, a small kitten comes near my feet and begins to sing His name. From the far away distance a jackal howls, the name of God. In its piercing howl, I feel the chanting of OM. Another jackal somewhere else, takes up the note of the jackal and sings the sacred syllable AUM. More jackals near and far all around join in the chanting of Om, thus my heart gets lightened over the sleeping boys, nay sleeping men of the world who are dead to God, being in sleep and ignorance. There is a Motto Sign in the Ashram with the following words which has been always dear and near to my heart.

I WEEP FOR THOSE, WHO DO NOT WEEP FOR GOD.

Man the ignorant man, the selfish man, absorbed in his own selfish pursuits, may not have time to think of God, to wake up early, to pray ceaselessly and to meditate deeply and be aware of His creation, but here are His dumb children, who are up early and singing His name, glorifying Him in all aspects of life. Listen to the sweet music of the birds, singing His praises welcoming the dawn of the day, why birds alone, see the sweet fragrance of the flowers, nay feel and inhale the fragrance of God, in the sweet fragrant flowers. Even sweet fragrant tiny flowers are proclaiming God's glory, His ever present Omnipresence. Let us recognize His presence in the fragrance of a flower, in the song of a bird, in the mew of a little kitten, in the howl of a jackal, nay all around us in the very breeze which blows on us and in the *akasha* the ether which surrounds us.

We are in God, God is in us. God and ourselves are never separate.

Is the Ocean separate and aloof from the waves? Is the Sun separate from its rays? Is the fragrance separate from the heart of the flower? O Man, wake up, from your deep slumbers, to God's presence Now and Here! When all nature is paying homage to God the Indwelling Light, the Universal Presence, from the tiny flower to the mighty sun, why you alone, being the living image of God, still roll in the bed in sleep, forgetting your Divine Heritage of the Sun of suns!

No man can serve two masters. Impossible to serve both God and Mammon. Do you want God or Mammon? Do you believe, in the first place, in the presence of the indwelling light, the God within and God without, the Universal Light? When we hear or see some of the Priests, *Pujaries* in the Temples, doing all *Pujas* in a mechanical way, trying to throw dust into the eyes of their deities of worship, it makes me sad to see the inevitable results of the poor conception of God, confining Him to stone images. Your body is the true temple of God. The inner light in you, the indwelling presence is the real God. Your conscience alone is your God. As You Think So You Become. What you sow, you reap, in secret or in public, in the temple or in the street. These are Divine Laws that cannot be violated even by the most cunning and intellectual people in the name of outer worship. As I often repeat: *What we are is the result of our past thoughts, words and deeds. What we are going to be will be determined by our present thoughts words and deeds.*

Hence O Man, be aware of your own hidden or secret thoughts. In the words of Rama

GOD IF YOU THINK, GOD YOU ARE!

DUST IF YOU THINK, DUST YOU ARE!

Dear loving readers of Peace magazine, when one word is enough for the wise, I feel from within that I am writing too many words, on the plea of wishing your welfare. What is your conception of God? Are you feeling His Presence Now, as you read this message? If so, blessed is your devoted life of dedication. Help us in spreading His name, His Presence, nay His message of Peace and Love near and far FOR THE WAY TO BE HAPPY IS TO MAKE OTHERS HAPPY. The price even for God realization must be paid at any cost, however painful and high it may be. The price is complete annihilation of the ego, the little selfish "I" this is the essence of all religions. It was what Buddha, Krishna Christ, Gandhiji and other *mahatmas* and *avatar* taught us! BE DEAD, THAT YE MAY LIVE is the Crust, essence of the whole Truth in a nut shell. Alas! How hard and difficult it is to die to the world of name and form and to be alive to God, the Indwelling light, and the Changeless Reality! Now leaving aside all the words. Dear friends of peace, let me have the privilege of serving you, to help yourselves to feel the PRESENCE OF GOD Now and Here, centering your devoted lives in His Omnipresence, Omnipotence and Omniscience. Time is too precious to be wasted in forgetting God, with our outer beliefs and showy words and selfish motives digging our own graves. Let us wake up now, never to deny Him, forget Him again, but to live, breathe, work and move in HIM in each and every moment of our lives!

Dear Loving Readers! it makes me happy if you could write to me, when you are free, your conception of God, from your own Personal Experience, so that I will rejoice in your own progress and the true conception of God, for your welfare is my welfare, and your Peace is my Peace. May God, the all knowing one, in His infinite wisdom and compassion bless you all with the Highest Conception of God, where everything and everyone is the manifestation nay, living images of God. Body is the Temple of God and you are the moving deity in the Holy Temple of the Universe also. May Homage be unto you, O Holy living images of the One Indivisible God!

AN OFFERING

A tiny love offering to all those who are living for God, with Prayers for the Peace of all.

May Peace be unto all!
Om! Om! Om!

(Peace March 1966)

49. CRITICISM

It has been wisely said by sages thus:

If you want to be free from every kind of criticism.

SAY NOTHING
DO NOTHING
BE NOTHING

If you say anything even wishing the welfare of others, there is someone to criticise what you say. If you are trying to be something, there is someone or other, who is jealous of your being and what you are doing. If you do anything even for the public good, there is someone to find fault with you. Even if you SAY nothing, BE nothing and DO nothing, there are critics to find fault with you saying that you are a burden to Mother Earth, for, you are doing nothing, saying nothing and being nothing.

There is renaissance in every field of work in the world. There is progress in criticism. The Science is advancing by leaps and bounds. The religion is trying to do its best by spreading the message of Truth and Non violence, by having *Gita Yagnas*, Spiritual Conferences and Theosophical Federations etc, etc.,. But alas! The man of Science or man of God or Religion, has not yet found any panacea or medicine to satisfy all the people in the world. You may pour out your life and strength for the welfare of the world day and night, yet, there is someone to find fault with your words and works. Thus, you cannot satisfy the hydro headed mob.

After all, what has one within, the same he beholds in others. If his vision is limited and finite, he finds the same in others. If his vision is limitless and infinite he sees the same in others. The world is like a mirror house. Into the room, which was filled with glass above, below and all around, a dog enters and barks and jumps seeing its own images reflections all around with fear, fright and dies in the room out of exhaustion in ignorance. But the master of the Mirror House, sees himself in every mirror and he is happy to see his own reflection in all the mirrors. Thus for the man who is wearing coloured glasses the world appears as full of the same colour. All is yellow to the jaundiced eye.

The truth is what we have within, we behold the same without. If we are selfish, all the people in the world appear to be selfish to us. If we are selfless, we appreciate the same in

others. If we are good, we see the same goodness. Now to the allegations, let us take up one by one, to explain my motive, to represent my side also for the few people who are superficial, who misunderstand and criticise me even in simple things such as sharing my Peace Prayer or Messages. It has been my nature from boyhood days to share what I have, with others. The very simple ideal of Santi Ashram, my life work of 53 years from the very beginning has been; ***Live in God and help others to live in Him.***

It hurts me to allow anyone to go away from me without sharing the Peace Prayer. Thus thousands and thousands of Peace Prayers in different languages are being shared everyday with the children of God in every country in the world. The critic finds fault for my sending Peace Prayers and my other messages again and again. I send them only with a hope and prayer, requesting the devotees to spread them with their dear and near ones. If they are Doctors, I request them to share them with their patients. Lawyers can share the same with their clients and *gurus* with their *chelas* while filling the world with peace starting it in their hearts. But as the selfish man, ignorant man is not yet ready to reform himself, he is finding fault with others seeing the moles in the eyes of others, keeping the beams in his own eyes. I am not even asking our critics to print the Peace Prayers and messages; but only to take the trouble of sharing the same with their kith and kin for the Peace of the world. Is it also too much for them to spread Peace near and far? As the finite man lives for himself confining to the body of flesh and blood, cannot think of the welfare of others, thus the outcome of criticism of innocent people, as the idle man's brain is a workshop for the restless mind, Satan as they say.

I always felt that what we received from God should be shared freely with the aspiring and deserving children. Hence it makes me sad even to sell any of my books especially Cosmic Flashes, to make some money out of God's spoken words. Thus my critics find fault for my giving freely some of my publications that are priceless.

The other allegation is that I am making some devotees embarrassing by asking money for taking care of the Ashram. When crops fail, when there is nothing to eat for the *gurukula* children and aged people and other workers and members, when our K. S. R, the Treasurer and Jnaneswari are worrying over the fundlessness of the Ashram, without knowing from where the next meal comes, is it a crime on my part to request the Ashram devotees to extend their helping hand in the great crisis of the Ashram? I am not feeling sorry for what I have done, for, my appeals are only to my devoted personal friends and well-wishers of the Ashram, I am compelled to do it again and again in the face of starvation in the Ashram of the children and aged people, I am grateful to all the generous hearted devotees and friends of the Ashram for rushing their sympathy in the great need of the Ashram, although one or two critics, are finding fault with me. Another allegation is that I am attached to the Ashram too much.

Yes! Yes, I am not only attached too much and I want to be attached more and more. The Ashram is what it is now, with all its progress because of my attachment. I am attached to the human beings, attached to the dumb animals, attached even to the plants and flowers for, I consider all these as my children and as a part and parcel of my life and soul. In fact, the Ashram has been my child, the blood and flesh of my life, with the sole ideal of sharing its message of Peace and Love with all the aspiring children of God in all religions and nations.

Another allegation is that I am talking too much. I never speak of mundane things. I do not even read news papers nor listen to the transistor or radio for news. The news that I have within myself, the Infinite within myself occupies my mind. When devotees come to see me from far of distances, and nearby places, Yes! I really speak and speak and try to pour out my life, requesting them to feel the Presence of God. I plead with them to help me by feeling God's Presence Now and Here. My heart longs to pour out my life itself and to close my eyes and drop this body if needed, in selfless service. If I can help and serve one aspiring soul, to God realization here are my body, mind, heart and soul, an offering to the devoted and dedicated aspirants.

MAN ALWAYS DISAPPOINTS AND GOD ALONE NEVER DISAPPOINTS. Being disappointed in the finite man, recently getting attached to the dumb animals now to *Bada Ramy* and *Chota Ramy* that are following me as my shadow both day and night, even meditating with me hour after hour in the *Jnana Guha*, the new cave. Although they are clinging to me, like my shadow, when I see both of them fighting with each other tearing themselves to pieces until blood oozes out, I feel sad.

I get disappointed at times even in the *Ramies*. Now, I am finding Joy in my attachment to only innocent flowers. I sit by the side of the flowers, looking into their souls. They do not criticise. They are not jealous or envious. They give out their sweet fragrance, unasked even to the unkind critics. I may be disappointed with man and even with dumb animals; but here is something that never disappoints me.

These days, I find all my joy, strength and inspiration in the companionship of the sweet, gentle flowers. Even though they are crushed under the iron heels of the critics the flowers give out only fragrance. The world has been always the same old world even from the days of the blessed Christ. The critics did not spare him until they called him by all names and finally crucified him. As all is for the best, even from the critics we can learn and grow inwardly, spiritually. To be free from the criticism of every kind, my heart longs to seek strength and peace in Silence, in *mounam* even at the sacrifice of some of the things and works of Santi Ashram, my life work. Even then, I will not be spared by the critics for their joy is in criticism of some kind or other. If I stand, I will be asked why I am standing; if I sit, I will be blamed why I am sitting, if I am speaking, I will be accused of even my speaking. If I am silent, I will be accused of my silence, one feels that there is no place for such a one in this world of duality. My heart goes out even towards the welfare of my critics, for, they too are a part and parcel of my Indivisible Self the Atma, which is ONE WITHOUT A SECOND." In conclusion I request all my friends and well wishers of the Ashram the cause of Peace, even my critics to help me in spreading the simple Peace Prayer and my message of peace, love harmony truth, above all, of the Universality, Oneness of all Religions, Brotherhood of man and Fatherhood of God loving their neighbours and all the children of God in the East and the West is essential, for, LOVE OF MAN IS LOVE OF GOD. THE WAY TO BE HAPPY IS TO MAKE OTHERS HAPPY.

Another accusation is; that I am constructing too many *kuterams*, buildings and thus wasting energy and money in the constructions. When some devotees happen to come from far off places requesting for separate *kuteerams* for their meditation etc, our critics are not here, to receive them and to see our struggles to provide them with separate *kuteerams*. Thus we are

trying our best to make our devoted guests, who come from the East and the West, to make them comfortable.

Happiness is very rare in this world of sorrow. If any one finds joy in speaking ill of me, I feel that my life is blessed, for, I am happy to see that I have been the source and cause of giving happiness to my critics.

Dear Friends of Peace, please write to the Ashram for copies of Prayers or for any particular Message which is appealing to you and the same will be sent to you freely for sharing with all your dear ones and friends. Let your Home be a Home of Peace filled with the presence of God. Let your children be PRAHALADAS and MIRAS. May your Love, the Universal Love, include all and exclude none. Let us chant now the Vedic Peace Chant wishing the Peace of the World!

AN OFFERING.

An offering to all my Loving Critics for their sympathy, understanding and Love.

(Peace April & May 1970)

50. COTTAGE

The history of the COTTAGE will be very interesting to the devotees and well wishers of Santi Ashram, the Mission of Peace. Cottage is a small building, with two bedrooms, sitting room and two bath rooms having a tea garden of two acres and six quarters for servants and a few other trees, in Lakshmi Villa grounds in the Peace Centre Kotagiri in the cool Nilgiri Hills which is considered as the Queen of Hill Stations. I love the Cottage, though it is inanimate, for, it has given us the costly valuable property with its six acres of land. Lovely Lakshmi Villa building and a Pear Garden with an income of Rs. 1,000 a year. How God uses even the so called inanimate things to help His work is incomprehensible! It is because of the Cottage we are able to have now the rich property with its palatial building in such a lovely and inspiring place amidst the lovely hills.

In the first place, I like to say a word about the healthy place, Kotagiri which is considered as the Brighton of the East, one of the most lovely places for health, inspiration and peace. I often take joy to repeat from my personal experience, with the stay of a few months every year, the following life giving words.

If you wish to live long without sickness, Kotagiri, is the proper place for you, where a hearty welcome awaits you.

How good is All Knowing and All Merciful God to give us and to all the devotees of Santi Ashram a healthy place to pray and meditate in silence and Peace, to realise Him. Lakshmi Vihar belonged to Rani Saheba and Rajah Saheb of Dasapalli Estate. Swami Nityanandaji known as Pujya Vibhuthi Swamiji, *Guruji* of Sister Lalita Devi, and an English lady was staying also in the Cottage, while Lalita Devi stayed in the Lakshmi Vihar of Cottage for years paying a small rent. The Cottage had the blessings of her Guru Nityanandaji who

stayed in the Cottage now and then with his prayers and inspiring *bhajans*. We had also several Peace meetings in the Cottage sowing the first seeds of the Peace Centre for peace in the world, in the Cottage itself.

Sister Lalita Devi came all the way from Nilgiris to Totapalli to take us to the lovely Nilgiris to start a Peace Centre for the use of all the Seekers of Truth in the East and the West and helped year after year in the progress of the Peace Centre. In the first year, taking the permission of the *zamindars*, she arranged for us to stay a month in the comfortable Lakshmi Vihar, doing our silent work. After the silent stay of only a month, doing our silent work of spreading Peace, we returned to the Mother Ashram in Totapalli Hills. In the next year, with the help of the friends of the *zamindars* and the devoted Dewan of Dasapalli Estate, we were able to come again to spend our summer in a cool place of rest, in health and peace doing our silent work of spreading Peace.

Thus, by God's Grace and His will, we became closely connected with the *zamindars* of Dasapalli and requested them to offer their lovely place to start a Peace Centre to do God's work of spreading Peace from heart to heart near and far especially to help the Western devotees in summer as the heat will be unbearable in the Mother Ashram. The *zamindars* were kind enough to agree but they requested us to pay at least the cost of the furniture in all the spacious rooms and halls which is worth nearly Rs. 20,000/- whereas Lakshmi Villa property will be worth more than a lakh of rupees with its extensive grounds. A Pear garden and a Brook of its own in its grounds giving us food, healthy water with a perennial spring. As some Europeans were staying in Lakshmi Vihar, before it was bought by the *zamindars*, it seems the water of the spring was sent to England and was tested and found on examination, that it is mineral water, most helpful for health and longevity.

The *zamindars* were kind enough in giving us three months time to pay the cost of the furniture within that time and take possession of the peaceful, palatial Lakshmi Vihar permanently to do God's work of spreading Peace in the East and the West. The first month passed away and also the second month without doing any work towards the payment of getting the valuable property. We were worried and restless while the third month, the day of stipulation, was fast approaching. But somehow as if to give credit to the Cottage, none of our rich friends could see the importance and come forward with their sympathy to buy the palatial Lakshmi Vihar by paying the paltry sum of Rs. 20,000/- towards the costly furniture with sofas, cots, chairs, tables, kitchen, dining hall, visitors' hall and other halls, *verandah* and rooms fitted with electricity. Almost in the last days of the third month, the thought came when there was no other hope, "why not sell away the lovely Cottage with its two acres of Tea Estate for Rs. 20,000/- to pay, in the great need of possessing Lakshmi Vihar and its extensive grounds. Instead of losing it, never to see it again such a lovely place of silence, inspiration and peace. As not a blade of grass moves without God's will to make the story or history of the Cottage short, we sold the Cottage unwillingly, for the needed amount and rushed the draft to our Sri T. Viswanathji, as he is the President of our Peace Mission, who contacted the devoted *zamindars* and finished the necessary transactions before the last day expired as per our contract. All glory be unto God and long life to our President, Viswanathji. The lovely Kotagiti is blessed to have several churches of Christian Mission of all denominations. It is full of Roman Catholic Fathers, Mothers, Nuns, and Sisters etc. It has a Mosque where the priest awakens the Muslim people, five times a day to do their *Namaz*. It has a small Hindu temple also where devotees go and worship the deity on *puja* days.

Kotagiri has everything except an Ashram, Mission of Peace on Universal Lines, with the basis of One God, One religion of Universality and Love, with the foundation of Common Brotherhood of Man, who can preach or proclaim with joy.

The world is my Home and its people are my Sisters and Brothers, to love, serve, and worship them is my religion.

We all felt it is God's call and wish to establish Peace Centre, for the Peace of all, to unite all devotees in all religions in the name of One God and One Religion to bring Peace to Earth in the name of One Godhead and Brotherhood of Man. Thus we have been doing our God-given work, since the last 12 years. You will be surprised to know without knowing from where the next meal comes, by the Grace of God, we were able to construct a new spacious Prayer Hall at a cost of nearly a lakh of rupees, with a Wing of four rooms for the guests to stay; at the other wing we fixed a Library for the Visitors and Hospital room to serve the sick and poor with the free services of our Dr. M. S. Rao, the Ashram Doctor of the Peace Centre, who was kind enough to offer his free services coming regularly twice a week on Wednesday and Saturday to serve the sick and poor people who are suffering from sickness. The New Prayer Hall was blessed to be inaugurated by my boyhood friend Hon'ble Sri. V. V. Giri, who was the Governor of Mysore then. He was kind enough to come all the way from Mysore to inaugurate the Prayer Hall and the *Santi Library* on an auspicious day amidst rejoicing of great crowds of devotees from near and far.

Now the great need of the Peace Centre is to get back its Cottage, because, the accommodation is not enough in the Main Building of Lakshmi Vihar, especially in summer, as families of devotees are coming from Andhra Pradesh, Bengal, Gujarat and Bombay etc. Now the owner of the Cottage is pressing us writing that the Missionaries are anxious to get the Cottage with its Tea Estate at any cost. The owner is kind enough to give the Cottage and Tea Estate which has now a yearly income of Rs. 4,000/- to give to the Ashram only for Rs. 45,000/- and requests us to pay an advance now Rs. 5,000/- and to pay the rest of the amount within six months.

Sri Mahalingam, a great devotee of Sri Vibhuthi Nityanandaji was kind enough to send Rs 1,000/- as his donation and Puja Swami Sahajanandaji of South Africa, when we were in great need and dilemma without knowing even our great dilemma predicament sent Rs. 1,000/- as if, willed by God. How good of Sri Swami Sahajanandaji to help in the great work of Peace in spreading near and far! Now without wearying our loving devotees any more, as one word is enough for the devoted and wise souls, I wish to close this Message by my latest Musing with a Prayer to God, to touch the devoted hearts of some of our old and new devotees of the Ashram in the East and the West, to do their loving part also, as they feel from within, more so, as two of the Missionaries, Rev. Brahmananda and Rev. Mother Saraswathi Devi, who were kind enough to establish a Peace Centre in their town Texas (U. S. A.) are coming from the far away U. S. A. to serve the Peace Centre at Kotagiri by staying in the Cottage to serve you all.

May God's richest blessings of Peace and love be ever upon you, and on all the old and new devotees and well wishers of the Peace Centre, the Mission of Peace. This is the ardent prayer of your own Omkar.

May Peace be unto all !

Om !Om !Om !

(Peace Dec 1974)

A HUMBLE OFFERING

May the Cottage in the Lakshmi Vihar, Peace Centre be a Blessing to seekers of Truth, and our loving guests.

An offering to all the precious children of God, who are blessed with Universal Hearts that Love and feel for all, who do not live for themselves, but for the children of God in all the world.

Blessed are the GIVERS!

Let us repeat the inspring Poem

On

D A N

GIVE GIVE GIVE

*That which you hold will turn to dust,
Give while you live. Give, for, you must,
Else what you hold tightlyl inn your hands
Will vanish through your fingers and be lost.
Give and thus flows a mighty fountain through the land.*

Om! Om! Om!

My homage to the rare and loving sisters and brothers in the East and the West who are living not for themselves but for all the children of God, in the world.

ONE FOR ALL AND ALL FOR ONE

51. COME UNTO ME

(In the Holy Christmas Season)

In the room where I sleep, all the four walls are decorated with the pictures of *avatars* and holy saints of the East and the West such as Krishna Christ, Buddha, Gandhi, Siva Rama Guru Nanak, Chaitanya, Rama Krishna, Vivekananda and Ramtirtha etc. What a great privilege and inspiration it is, to live amidst so many *avatars*, saints and sages of the present and the past. Especially on the front wall there is a big coloured picture of blessed Christ with outstretched hands calling the humanity towards Him with the most compassionate and sweet words Come unto me!

Often and often I gaze at Him longing to merge and dissolve in His Infinite love. On this particular day, I was lying in bed, being weary with the many activities of the Ashram and strained by seeing too many visitors. Yet I was looking into His face of love and innocence and was almost listening to His sweet and lovely words come unto me. Is it not high time to heed and listen to His words and rush into His embrace, forgetting the tiny play with the toys of the world even in the name of Ashram and public service?

There is only one service the most important service that service is Love of God to be true to the Indwelling light.

"Seek ye first the kingdom of Heaven and His Righteousness and all these things shall be added unto ye."

As a blind man cannot lead the blind, first realize God, before you try to teach or lead others from darkness unto light. Reform yourself before you reform others. With such thoughts, I was looking into the face of blessed Christ, who was calling me ceaselessly from my depths, from my play in the outer world towards Him. On that particular night, as I was too tired to heed to His loving call of Come Unto Me, unconsciously I was holding the following conversation with the blessed Christ, the Eternal Christ, the Light of the world who is never tired of calling all humanity towards Him.

Come unto me, all that are weary and heavy laden, I will give you rest and Peace.

My Peace I Give Unto You. People rather rush towards cinemas, and outer shows, look at the bewitching outer things, but not towards churches and Temples to listen to the Still Small Voice of God. Such is *maya*, the dark delusion of attachment to form and name even to the wise. Now let me share my conversation with the Lord in that sacred hour of supreme silence and ecstasy.

The Lord Christ: - My child Come Unto Me.

Myself: - Dear Lord, I am so tired and weary, that cannot move and take even one step to walk towards Thee.

Christ: - That shall I do my child.

Myself: - Dear Lord, take pity and compassion on Thy erring child and come towards me.

As the Lord, the Loving Christ, is all compassion, forgiveness and Love, you will be surprised to read that I felt that He was walking towards me, respecting my childish wish and silently entered into my weary and tired being. That was a Holy Moment of Divine Ecstasy, too sacred to be described in these finite and cold words. As he entered into me, all my weariness disappeared. It was a holy moment of new birth or rebirth, which was my real Christmas the Holy Feast of Divine Communion, I was full of Light, Life and Love. Unconsciously and cheerfully I was repeating:

Christ has no other body on earth now than my body.
He is filling my body with new Light
Life and Love from the toes to the top of the head.
Glory! Glory! Glory!

Indeed it is He, who is writing in me now, to share my inspiring thoughts with you my Loving readers of Peace magazine. How, very inspiring it is to feel that He is looking through our eyes and listening in our ears, thinking in our minds, throbbing in our hearts, nay, breathing in our breath as *Soham*, the Universal Breath that includes all! I love to close my experience with the inspiring words of St. Teresa!

CHRIST THROUGH YOU

Christ has no body now on earth but yours, no hands but yours, no feet but yours, your's are the eyes through which Christ's, compassion towards the world flows, your's are the feet, with which He is to go about doing good and your's are the hands with which He is to bless you now.

May Peace and Goodwill abide among individuals as well as communities and nations. This is the prayer of the one who loves you all and you are all the Living Images of the One Indivisible God. May Peace be unto all!

Om! Om! Om!

(Peace Dec 1987)

