

ARTICLES-5

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1. DIET

There is a common saying repeated that: *If you tell me what kind of friends you have, I will be able to tell what you are.* There is another similar thought, runs thus: *If you tell me what kind of books you read, I will tell you what you are.* Let us add to these another pertinent saying thus: *If you tell me what you eat, I will be able to tell, what you are.*

What an important part the question of food plays, especially in the spiritual life, and in the control of the restless mind! And alas! How deplorably is the food question often entirely ignored, in the practical life of the world!

Man has become a slave of his senses especially to the insatiable taste of the tongue. The great precept that: *Man shall not live by bread alone but by every word of God*, should be changed according to the gross every day experience of the average person as follows: *man shall not live by every word of God but by ordinary daily bread.*

This would be an apt axiom for the present day people, especially to all those who are living from day to day by making the stomach their God, with all kinds of excesses in tasty beverages and delicious dishes. It is strange that one is really never satisfied, whatever or however much he may eat. As soon as his food is digested, he craves for more and more ceaselessly. "What shall I eat next", is the never failing and perplexing question of the epicure.

Scriptures and sages have taught us that all food comes under three divisions, the *Satwic*, *Rajasic* and *Tamasic* food. *Satwic* food such as fruits create harmony and equilibrium. *Rajasic* food such as milk, cooked vegetables, grain etc., creates activity and fervour. *Tamasic* food such as meat, fish and other stale, fermented and putrefied highly seasoned articles, create instability, inertia and great delusion.

Hence by analysing the food that we are eating or partaking of everyday, we can well know, what we are. Are we *satwicas*, *rajasicas* or *tamasicas*? Does our temperament manifest harmony, activity, or darkness? Let us analyse according to the respective food that we have been addicted to.

Whatever kind of food one may eat, even if it is the most natural food, overeating is the most harmful and deadly enemy of spiritual life. If there is anything repulsive and pathetic, it is the great suffering of the man, who overeats beyond his capacity and suffers untold physical and mental agonies, how can such a man, concentrate or meditate on God?

It is sad to see that people are giving all their attention to *Aaana* postures, and to the various ways, means or methods, of controlling the restless mind. Rather than giving even a little thought to the cause or source of all this restlessness. How long can we cover a putrefied boil or

wound with rose petals, neglecting the root or core of the boil? Let us begin our treatment not from the surface but from the very source.

The dangerous poison from the sting of a scorpion in the form of highly spiced unnatural foods is filtering into our very system, filling our veins, and blood vessels with agony, restlessness and suffering. Having the poison within, what is the use of cooling or fanning without? When the mind is in a state of feverishness, what is the use of finding or knowing the direct methods of God realization?

The most helpful thing under such conditions would be a good purgative, followed by a natural diet, to make the unruly mind ruly, restful and poised.

To avoid becoming intoxicated after indulging in strong drink is simply to refrain from drinking, not to waste precious time in trying vainly to find out the methods to control the tipsiness. The easier, direct and natural way, is just to give up forever intoxicating drinks of every kind. Our efforts if any, should be directed towards the firmness of the foundations and not towards the structures that are all unstable without proper basis. Use right effort, to achieve right results.

There is one complaint and trouble among all the seekers of Truth--that their minds are restless and wandering. This complaint can be solved only when the food question is solved. When man begins to respect nature, and goes back to his natural diet, half the spiritual victory is won.

Whenever we eat, if we could only keep in mind the great truth, that we should *not live only for eating but eat only for living*, what a great help it would be in avoiding all kinds of unnatural, stimulated, putrefied *tamasic* foods. How much more efficient we should be for the working out of our salvation!

It has been said that one who has controlled his tongue or taste, has controlled everything. One who has not controlled the very first and elementary step in the spiritual path, namely his taste, has controlled nothing at all, in spite of his imagined deep and profound learning and fancied wisdom.

Everyone should choose his own special kind of food, considering his temperament and life. That which gives him strength and inspiration, should be eaten in reverence and moderation. But never should one be a slave of eating every kind of unwholesome or tempting food at mere inclination, and then overeating as well.

Silently and steadily as man evolves, he goes from the most crude forms of food to the most natural and simple diet. He changes his *tamasic* diet into *rajasic* and *rajasic* diet into the light pure *satwic* diet. His mind also becomes correspondingly pure, restful and poised. It finally does not then need any further strain of various practices to make it steady or one pointed. Nature attunes with nature.

If one wants to quell the bubbles on the surface of boiling water, the natural way is not to heat it with more fuel, but to quench the fire and to allow the water to cool down. The water naturally cools down, and all the bubbles disappear automatically, with the removal of the irritating fire.

So let our first and foremost effort be directed, not towards the curbing and controlling abstinence from the unnatural stimulants and food stuffs that are entering into our systems day and night.

Thus we can begin to enjoy the Kingdom of Peace and control of mind right here and now in the stillness of our purified hearts, through the medium of palate control, and all in a most natural and simple manner.

May Peace be unto all masters of taste or tongue, for they are indeed the Masters of Wisdom.

Om Tat Sat

(Peace March & April 1936)

2.DETACHMENT

(How to detach yourself from the body)

The essence of all religions is contained in this vital and deep idea of detachment from the body. One needs detachment not only from the physical body but also from the mental and causal bodies too. But alas, one can detach himself from anything and everything, but how very difficult it is to be detached from the physical, mental and causal bodies—*sthoola, sookshma* and *karanasareerams*? Whether it is difficult or easy, Peace that passeth all understanding belongs only to those rare and blessed souls who can detach themselves from the above three bodies.

Often at the hour of dawn and dusk, I go towards *Santi* Plateau in Kailas to watch the rising sun from the horizon on the vast ocean or setting sun behind the long ranges of hills. I usually sit on a small slab of stone while musing thus. The other day when I went there to meditate, I was amused to find some being already meditating on my seat.

Who was it? It was a small snail with a round shell body. I was glad that I did not sit on the stone without seeing the small snail, for I would have crushed the poor thing. As soon as it saw me, it began to move slowly away stretching its little head forward.

But I said, “My friend, please do not be afraid of me. I won't hurt you. Here, we have room for both of us and we can both sit and meditate.”

With such thoughts I sat beside it and began to watch its beautiful disc shaped shell. I was also interested to notice all the exquisite designs on its outstretched neck as the tiny creature was slowly crawling away.

Who can engrave all these beautiful designs even on the neck of an insignificant snail except God, the Almighty! I lifted my eyes from the snail to the little flowers that decorated the bushes around. How sweet and fragrant all these flowers were each having its own beautiful design, colour, and fragrance! Who can make a flower except God!

How sad to find man, with all his intelligence using the God-given Powers to invent dreadful instruments of death and destruction such as Atom Bombs etc., to destroy the world and himself, instead of using his divine faculties in creating something useful, helpful and concrete for the happiness of man and for the well-being of the world !

Here we are not concerned with the inventions of man and his mighty genius, its perverted use or proper use for the good of the world. Our present theme is only DETACHMENT from the body. As I saw the snail and its inseparable attachment or unity with its shell, I began to realise how similarly man also is inseparably connected and attached to the shell of his body.

Can you separate the snail from its shell? Death will be the result of such separation. Same will be the case, if we separate man from his body, at least for the average man. But there is a spiritual state of detachment which makes man free and happy and that can never hurt or destroy the body. We are concerned now more with that spiritual detachment.

I have on my table a sample of the smallest size coconut from our Totapalli gardens. It has been with me for some years. I keep it before me as it helps me as an object lesson of detachment. As I shake it, I can feel the shell is separate from the kernel inside. Man the aspiring man has to learn to be like this dry coconut separate from the shell, for he is the *Chit*-Intelligence but never the body of flesh, blood and bones.

In this connection I am reminded of a beautiful verse from Ashtavakra Gita that has been a source of joy and inspiration to me from my early days. May I share it with you, my loving readers? Here it is:-

If you detach yourself from the body and rest in INTELLIGENCE, you will at once be free, peaceful and free from bondage.

In some form or other, whether it is through the repetition of the name of God, of one's own favourite deity, the *Ishtadaiva* or through *Yoga*, the control of the Mind stuff *Chitta Vrittis* or through *Jnana*, Wisdom, the discrimination of the real from the unreal all the votaries of every religion, all the seekers of Truth, have to come to this final state of detachment from body, to realize the goal of birth.

Identification with body results in inevitable pain, agony, misery, sickness, suffering and ignorance of every kind resulting in destruction and death.

Identification with *Chit*, the intelligence naturally results in joy, contentment, health, happiness and Peace, finally leading to birthless and deathless state of Supreme Silence.

Q: How to detach ourselves from the body is the important thing now to know.

A: It can be done only through proper discrimination and introspection.

Please read the message once again on INTROSPECTION in the October issue of Peace magazine 1951, as it helps you to detach yourself from the body and attach yourself to the Spirit, the Infinite Light.

To reach the Heights of Transcendental Glory, one must detach himself, not only from the three bodies but also rise above the five sheaths too, the *annamaya*, *pranamaya*, *manomaya*, *vijnanamaya* and *anandamaya Kosas*.

Anna is food, the matter, *prana* is force, *manas* is the mind, *vijnana* is knowledge and *ananda* is bliss. The *Atman* is different from all these sheaths.

I love to close my message sharing with you a few more inspiring and helpful stanzas from the *Sage Ashtawakra* on the same theme.

Alas, as greed arises from the illusion of silver caused by the ignorance of mother of pearl, even so arises the attachment to the objects of illusory perception from the ignorance of the Self.

Having known yourself to be that in which the Universe appears like waves on the sea, why do you run about like a miserable being?

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

May the blessings of the sages and saints of East and West, the Beacon Lights of Guidance, the Ideal Gurus, be on the aspiring seekers of Peace to help them to be detached from the body, the seen, the visible and be attached to the soul, the Unseen and the Invisible and thus bring Peace on Earth and Goodwill among individuals and nations is my earnest prayer!

May Peace be unto all!

(Peace March & April 1936)

3. DON'T BOTHER ME

Man, the ignorant man in deep ignorance, considering himself as all-important, because of his surface knowledge and learning, repeats the words, DON'T BOTHER ME, even if God comes and stands before him, to test and examine the sincerity of his selfless service. Facts from our daily personal experience are more helpful to understand our vital theme, than fiction, from history or stories from *Puranas*.

One of the inmates of the Ashram was sick and very serious and she was rushed on the Mobile Medical Unit, Ambulance Van to the nearby General Hospital. Our Assistant Manager

followed the patient. The District Medical Officer has been an old friend of the Ashram helping our cause of peace and service in all possible ways. But just then, on that day he was very busy, hence he has requested our Manager to meet his Assistant, to get the needful done, in admitting the patient in the Hospital.

Accordingly our Manager approached the Assistant, in all reverence and was telling about the case. But the all-important Assistant said to our Manager “DON'T BOTHER ME, now. “When our Manager tried to give him some Peace literature, to represent our peace cause to the poor and the sick, again the all-powerful Assistant said roughly, “Don't do any missionary work here!”

When I heard these hasty and thoughtless remarks, it is needless to say, how sad the incident has made me. Since then, my mind has been seriously and sincerely thinking of all the tragedies enacted not only in the Hospitals, but in the many departments of service, even in the houses of God, namely: Ashrams and Temples. In the same hospital, another doctor made fun of the patient as the case was serious. The patient was finally admitted with the help of some other kind and loving souls in the hospital.

When our Manager went to the hospital to see the progress of the Ashram patient after a few days, imagine the sad surprise, that the doctor who made fun of our patient was no more. It seems he died suddenly of heart attack. How frail is the finite life! How death comes to one and all and so unexpectedly even to doctors too. How true are the words: *-Today is ours and not tomorrow!* May the Soul of the departed doctor rest in Peace – in God, is our prayer!

Eyes have they, yet they see not, Ear have they, yet they hear not! We can still hearken to the blessed words of Christ: *Having eyes, see ye not?* God comes to us in so many forms to test our integrity and the so-called selfless service. It was the blessed Christ who said:

“For I was a hungered, and ye gave me no meat: I was thirsty, and ye gave me no drink. I was a stranger, and ye took me not in: I was naked, and ye clothed me not: sick, and in prison, and ye visited me not.

As all are the images of God, especially the poor and the sick and the naked, blessed are they who can see HIM, in all His various manifested forms! How true are the words, that in serving any of the least of His children we are only serving God and in ill-treating any of His children we are only ill-treating and neglecting the manifested images of God.

It is the simple Love, the Love that expects not any reward or advertisement, the Love that excludes none and includes all, that helps us, to realize the Goal of precious human birth. Sometimes it is helpful to recall the simple stories from *Puranas* and the old scriptures. It seems there used to be a *guru* and a *chela*, master and disciple. Both of them have been devoted and dedicated souls. The disciple begged his master to bless him with the Vision of God. He wanted actually to entertain God in his own house.

Out of compassion the Master, a great soul, said, that he will beg God, to visit the disciple's home, on a certain day, at a certain hour. Our disciple was very happy, with great joy at

this holy blessing and he was getting ready to receive God with all honours. The house was decorated and all kinds of dainty and rich dishes were prepared and he was waiting for God. Suddenly a dog appeared on the scene and it began to eat some of the dishes. It was rather too much for our disciple, so he took a stick and beaten and chased it away. The *chela* waited until late in the night and God did not come as he expected.

Later on, the *guru* came and the *chela* complained and the *guru* told him with a heavy heart:- “My poor, ignorant child, God came to you in the form of a DOG, but you chased Him away, beating Him mercilessly.” The disciple was ashamed of his deep ignorance and felt remorse and repented. Since then, it seems he tried to see God even in the dumb animals and in all the creation on the earth. How true are the words, that: *He who loves Bird, Beast and Man is nearer to God!* And he alone truly loves God, in the highest sense. We often say, nay even take joy in repeating like parrots that everything is God and God is everywhere and in everyone and ***All is Brahman***, etc.

But are we seeing God everywhere and in every one? Are we facing Him in all our tests, trials and tribulations! This is a question to be answered by every sincere devotee of God, from his own experience in the everyday life. Did you ever hear the interesting story of the great miser *Navakoti Narayan*? It was amusing to hear it, when one of the Swamis in the Ashram was telling it to our *gurukula* children. There used to be a very, very rich man, a big millionaire. He was called by the name *Navakoti Narayan* because he is the owner of 90 Millions of Rupees or even more, but alas, he was very, very miserly. He would rather part with his life itself, than with a little of his great wealth.

He was blessed with a devoted and God-fearing wife, who was always doing prayers, worship of every kind, and was doing charities too, to realize God. She wanted once a coconut, to offer to God, and she requested her husband to bring a coconut from the market. Our Narayan went to the market and bargained to buy at every shop, the coconut at the lowest price. He wanted to know, whether he could get a coconut still cheaper. He was directed to the coconut grove itself, where one can buy coconuts cheaper. There, he begged the owner of the garden to give him a coconut free. The owner out of pity told him, that he could climb the tree and take one. Our Narayan was beside himself with joy and he climbed the tree and took one coconut. He returned home to his wife with a happy and beaming face, for he got the coconut free without spending even a few paise. The next day, was the day of Holy festival. His wife wanted to take a bath in the Holy River Ganges. When devotees bathe, the *Brahmin* helps them with *sankalpam*-repeating Holy *Mantrams*, then they have to pay *Dhakshina*- a gift of a few paise to the *Brahmin*.

Our Narayan was very much perturbed over it, but to satisfy his wife, he promised to take her on one condition, and the condition was that she has to walk long distance, where it is not crowded. So, both of them walked to the farther end of river bank, a long distance and Narayan made sure, that no *Brahmin* was present there to ask *Dakshina* from him. While they went into the river and were about to bathe, suddenly to the consternation of *Navakoti Narayan*, a *Brahmin* appeared and stretched his hand for *Dakshina* –the gift.

As Narayan could not help, he promised to give the gift after he reached home. The *Brahmin* was happy and contented at the promise of Narayan and he repeated the Holy *Mantrams*-

Sloka while they bathed. On the next day when the *Brahmin* went to the house of Navakoti Narayan, he was told that he was sleeping. When he approached on the following day, he was told that Narayan was sick. When the *Brahmin* went again for his *pisa*, he was told that Navakoti Narayan was dead. Our Narayan thought, that by hearing that he was dead, the *Brahmin* will leave him and will not come to his house again, But the *Brahmin* was not an ordinary *Brahmin*, and he was not discouraged by the tactics of Navakoti Narayan. After hearing that the man was dead, the *Brahmin* began to make all arrangements for the funeral. The stretcher for taking the dead body to the burning *ghat* was brought and Navakoti Narayan was placed on it and people were carrying him to the burning *ghat*.

Navakoti Narayan thought that the *Brahmin* will leave him before reaching the burning *ghat*. He was watching the proceedings of the ceremony pretending as if he was dead. When he was placed on the pier, Navakoti Narayan opened his eyes, to be sure that the *Brahmin* was not there, imagine his sad surprise when he saw the *Brahmin*, stretching his hand for his *pisa*. Our Narayan fell in a swoon. Such is the love of money, the thick *maya* or delusion that makes the worldly man, ready to die, to offer his life itself, than the money that can be rusted or taken away by robbers or by Government. Man in deep ignorance is not satisfied by merely saying:- **Don't Bother Me**, but goes so far as to use rough words such as:- 'get out'. In his dealing with his fellow men. Sometimes they are rough even to their innocent children, when they come to them endearingly, all because they were busy with their so-called urgent and important works.

In the story our Swamiji was narrating, it seems that God look pity on the great miser and blessed him with His *Darsan*- with the vision of Himself. Due to his good *Karma*, the miser in a flash realised, the glory of Service and the folly of hoarding and miserliness. Since then Navakoti Narayan, made good use of the God-given money in distributing all his immense wealth, among the poor and the sick children of God. How true are the words: that poor and naked we came into the world and poor and naked we leave the world! Thus many rich people, Politicians, Doctors, Lawyers, and Businessmen even some of the Swamis and the Yogis use the sorrowful words unknowingly. **"Don't Bother Me:"** in their dealings, with their fellowmen- the living manifestations of God. It is high time to realize that God comes to us in so many forms, in the form of the poor, the sick, the needy, the oppressed and the depressed. It is our privilege to serve Him in all His various manifestations, remembering always that in ill-treating anyone. We are only ill-treating God and in serving and loving any of the least of His children, we are only serving and loving Him.

Instead of using the fateful words of: **Don't Bother Me**, in every field of life and in all the departments, man should learn to use the loving words of blessed Christ: COME UNTO ME. Let the cruel words of Don't Bother Me, be replaced by the comforting words of Come unto me. *Isa vasyamidamsarvam*. All this world is pervaded by ISWARA, the One Indivisible God. It is our privilege to see Him, to recognize Him, within, without, above, below and all around, in all the forms and names and in all the world. Glory be unto God in the Highest in the unmanifested, and Homage be unto Him, in the manifested world!

May Peace be unto all!
Om Tat Sat Om

4.DIGNITY OF LABOUR

Dignity is in simple life. It is in selfless service. All great souls are simple and humble. Our Swiss Sister Santi Devi is very simple, devoted and prompt in little things as well as in big things. She feels sad over the Indian Punctuality, carelessness and recklessness of time and life of many of the people. She gets up early before dawn for her prayer and meditation every day. The day begins for Santi Devi with the study of three chapters in each of the helpful books COSMIC FLASHES AND HOURS OF SILENCE. After a simple breakfast, she takes a basket and scissors, and begins to collect all the dry leaves and flowers. Some of the people do not see, not only the dry leaves and dry flowers, even the plants and trees, ever living in a busy and restless world of themselves.

Having the blessed privilege of human birth, it is sad to see, many people flying in the air with daydreams and vain imagination, neglecting the present precious moment. As we do not walk on the earth naturally many of us do not notice the scraps of paper and other uncanny things that are on our pathway as we walk by every day. Whereas our Shanti Devi stops and picks up the scrap paper etc., and puts them in her basket and in the end she throws them all, in a dust bin or drum far away from the road. Sorry to see that many of us do not know even the DIGNITY OF SELFLESS LABOURS OF LOVE, Wise men have said that CLEANLINESS IS NEXT TO GODLINESS. Some are too busy with prayers and meditations, that they do not even see the dirt on their bodies or around them. HAVING EYES SEE YE NOT? How true and inspiring are the words; HE PRAYETH WELL, WHO LOVETH BIRD, BEAST AND MAN BEST! Some think in ignorance, that they are too cultured and educated, that it is a shame or below dignity to touch a spade or broom or do garden work of pruning or picking the dry leaves etc. Our true culture is in simple and ideal life of service setting an example for others to follow us. Some others think, that they are too aged to do any work or service, hence they are engaged only in wasting their precious time with idle words and chit-chatting, misusing the valuable life of themselves as well as of others. Our Santi Devi also is seventy two years young, and we had the joy of celebrating her Birthday recently in Santi Ashram in Totapalli Hills. She was kind enough in making all the *grukul* children and other members and workers happy, by offering them all presents with her deep Love. Above all, a simple ideal life of service is the greatest blessing to all the children of God, both in the East and the West. Our Santi Devi, out of the fullness of her devoted heart of dedication brought from the far away Switzerland, its simple and cool life of Peace and Freedom. On the Independence Day she was kind enough in hoisting the Indian Flag of Freedom singing also some Swiss Songs and giving a message of freedom.

I look forward with great joy for that Happy Day when all Nations will be happy to have one **Common Flag**-the **Flag of Freedom** of all; the **Universal Flag**, whose one Motto will be :-

“ONE RELIGION, ONE NATION AND ONE GOD”

May His will be done!

Shanti Devi never asked us to pick up dry leaves and flowers or found fault with us, for the recklessness or laziness. She never found fault over the Indian punctuality, but she set us an example being punctual to the very minute and glorifying the dignity of labour, a living example not only to the Ashram workers and children but also to all in India and the world. Now I have requested our Ashram management to provide 150 baskets for all the *gurukula* children and for the members, workers, both the aged and the young including one for myself.

Dear Loving Readers of Peace magazine! Please come and see how the baskets are working in Santi Ashram, the common property of all the aspiring children of God—to make it a real Abode of Peace, for all His children. A basket will be provided for you also, as a little garden work is helpful for your health and Peace of Mind. How true are the words: **Work kills none. But worry kills Multitudes!** Verily, **Work is Worship.**

May God's richest blessings ever be upon our Shanti Devi and all the votaries of the DIGNITY OF LABOUR in all the world!

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

AN OFFERING

An offering to our SANTI DEVI who is the source or cause of this message with prayers for her health, Peace and Longest Life of Service.

(Peace Oct 1964)

5. DO NOT SELL YOUR SOUL

Let, God come first and foremost in your devoted life. Do not sell Him, or exchange Him for worldly goods or for anything in the world. Judas sold Christ for thirty pieces of silver. What about you? Please merge within and examine your life. Each time you are forgetting God, the Light Within, you are selling your Soul. Theory is one thing and practice is another thing. Am I forgetting Him as I am writing now in the early hours of dawn by the beach side of Rishikonda?

Dear friend, my loving reader, Are you feeling His Presence, as you read this message wherever you may be? Feeling His Presence Now and Here, nay always ceaselessly, is the most important thing. Let none of the things of the world touch your Soul. In daily life, a little difference or argument with others upsets us and we lose our own balance. We get upset, vexed and worried over little things. We must, on the other hand, remain the same even when things are not done as per our wishes, May God's will be done always! Those who do not have a spiritual

foundation will easily get irritated and lose balance of mind which results in resentment and anger.

Forbearance is a great trait or divine quality. To bear everything silently all criticisms and persecutions with a smile is the nature or quality of a sage, the man of God realization. As you wake up early at the hour of dawn, be grateful to God for giving you another day and promise to God that you will not allow anything in the world to come near you, to change or mar the Inner Light or Atman, which is the only changeless reality in a world of all changes. Be true to your resolutions, promises to God all through the day. This is the only way to grow upward, towards God to reach the heights day by day in every way.

Self-reflection makes you know your own faults and weaknesses. Try to irradiate your faults that are coming in your way of peace of mind with divine love, asserting the presence of God, especially in your tests and trials. Time is too precious to be wasted over little things, the passing clouds mere trifles and trivialities! Thou art the Lion of Vedanta or the Truth and therefore never be a sheep of weakness and fear. Remember even now, wherever you may be, you are centered in God's Omnipresence, Omnipotence and Omniscience.

O child of God! Feel, feel His interpenetrating Presence Now and Here and thus be a blessing to the creation and the Creator. Peace unruffled Peace, wave less peace belongs only to those rare souls, who are dead to the world of name and fame to whom God or Truth is everything - all in all.

Let us not sell our Souls at any cost, in little things as well as in big things. Even while eating, if one forgets God and only lives to eat, he is selling his Soul. While talking, if the ego persists, such a one is selling his soul. What is most essential is never to deny God, the Light within, even amidst tests and tribulations and when in crowds too. When all is going on well anyone can be centered in God, but he alone is the greatest soul who can remain calm and peaceful in the face of persecution and ridicule. Profound Peace is our birthright. It belongs only to those blessed Souls who do not sell their Souls even when on the cross facing death!

May all homage be unto such!
May Peace be unto all!
OM! OM! OM!

(Peace May- June 1969)

6. DO YOU LOVE ME?

(If you are loving God, you are loving me also)

I am introspecting my life more than ever. What have I done in all these years? In what way did I serve you all! Did I really help you to turn your minds from the outer to the inner, from *Pravritti* to *Nivritti*? Do you love me for the little service, I have rendered to you, wishing your welfare, the realization of God, the Goal of your precious human birth!

These are deep thoughts not only to me but to all these seekers of Truth. Not Criticism of others but introspection of one's life is most essential for those who are walking in the path of Truth, to realize God, our All in all, the soul and God of our lives. Do you love me? Do you love me with heart and soul? Do you love me selflessly because GOD IS LOVE. Do you love me more than you love yourself? Who loves me sincerely is the question now. I long to start a small book, where in I wish to write the names of all those who love me in all the world, in the East and the West. You will be surprised that I do not find any people who love me for the sake of Love, who follow me forgetting all their interests, except OMY, the little loyal, faithful puppy who clings to me like my inseparable meadow both day and night, who is now lying at my feet, looking at the sun rise bathing in its balmy rays.

Omy is the only one that follows me wherever I go into the bath room as I bathe, into the *jnanaguha* as I meditate, and who barks when children try to separate it from me even to feed Omy. All that Omy wants is only to be allowed to be near me, in my presence, even in daily *satsangam* and Sunday Prayers. Omy's attachment and loyalty is an unbelievable sacred phenomena. Omy is the gift of God to me in my closing years to show me what devotion, affection and loyalty and real love are! May I be grateful for Omy's unflinching and unslakeable, deep Love!

There is our selfless Jnaneswari who is loyal and devoted like Omy who never thinks of herself, but always, of others, but she is busy taking care of the visitors and various Ashram activities with heavy responsibilities. Similarly, where are other, members and devotees of the Ashram, who love me a little but busy with themselves, having no time to love me fully or to attend even the *satsangam* or Sunday Prayers.

Dear Loving Reader; leaving aside others, do you love me, as God is Love and Love is God! May I have the privilege of having your name in my holy register as one of these rare and precious souls, who love me dearly and selflessly. To love me the first requisite is, to wake up with the first glimpses of dawn having Peace Prayer on your lips and to sleep in God in the night repeating Peace Prayer, wishing the welfare of all the people in the world. Let there be Peace in the World and begin and let It start first in my heart now and here, should be the slogan, ideal and aspiration of those WHO LOVE ME.

Dear Loving image of God; Deeply grateful to you for all your love and sympathy. My heart longs to help and serve you, for you are a part and parcel of my own indivisible *Atman* the One God, who is One without a Second.

OM! TAT! SAT! OM!

AN HUMBLE OFFERING

To all those who love me, in the East and the West, with prayers for the world peace.

May PEACE BE UNTO ALL

(Peace June 1987)

7. DO YOU WANT GOD?

Do you really want God? Do you want God only with lips or do you want Him with all the strength of your mind, heart and soul? Do you want God, with each and every breath? If so, your life is a blessing to yourself, as well as to the world.

People want God, without paying the proper price to realize Him! It is sad to see, that the world is filled with people who long to have things without offering to pay the proper price for the things they wish to have.

DESERVE, NO NEED OF DESIRING has a deep and vital message for all the aspiring seekers of Truth. What is the use of having too many desires, without deserving! First deserve, be worthy and you will get your wishes fulfilled, even without your desiring. As a practical lesson, kindly go on to the bazar or market and ask for a bag of rice or a tin of kerosene, saying I won't pay you the price, but give me the things. What will the merchant say to your unreasonable wish? He will think that you are insane. Similar is the case, with most of our prayers and appeals to God, when we are not ready to pay the price of the same.

On the other day an old devotee of the Ashram came and when I asked him to repeat our simple Peace Prayer, he said, that he cannot repeat it without seeing the prayer on the paper. He is a great devotee worshipping God in all the temples in India, except in the temple of his own heart. He has been a devotee of the Ashram since the last 25 years, but not yet able to memorize the simple Peace Prayer in all these many long years. Yet he wants God, without offering the simple price of memorizing the Prayer.

Without deserving we are desiring and praying for Samadhi, God Consciousness. Everyone wants God, but where is the price of complete self-surrender! When the ego, the little self is destroyed, God shines in full glory.

Q: - When shall I be free?

A: - When the ego, the little self ceases to be.

But ignorant people wish to worship God and mammon with the same breath. They are running after two hares at the same time. Concentrated effort in one direction is needed to achieve good results, be it in any line, spiritual, ethical, secular or mundane. First know, what is it that you want. Do you wish to have God! Are you longing to realize God with heart and soul? Are you longing, nay pining for Him with each and every breath! Things done with half-heartedness will never bring good results. How blessed it is, not only merely to wish for God, but also to work, live and breathe for Him, with one hundred per cent of zeal and aspiration?

If you are blessed with such intense power in wishing for God, then He is with you and within you. God is no longer aloof or separate from you. Behold, He is sparkling in your eyes. He

is writing through this hand. He is thinking in this mind, for He is the motion of the hand, as well as of the world. He is all motion. He is motionlessness too in His Highest aspect. He is reading in you now. GOD HAS NO OTHER BODY NOW ON EARTH OTHER THAN YOURS. What a happy and blessed truth it is! He is working through your hands. He is walking on your legs. He is moving in your being. God is throbbing in your heart. He is breathing in your breath. INHALE, EXHALE PEACE WITH EACH AND EVERY BREATH.

Glory! Glory! Glory!

The God for whom we have been seeking here and there, in temples and churches, in scriptures and teachers is here now, expressing through you both in work and silence. In the name of the Omnipresent God- His Interpenetrating Presence in all the manifested world, pray do not confine Him to any finite form or name much less to a mere book in the name of any religion or all religions.

On the other day a very learned man came to the Ashram, to argue that his religion is the only real religion, his well is the only biggest well, in all the worlds and that salvation can be had only through his own Saviour. It has made me sad to see him holding the Bible - the Holy Bible in his hand and showing that everything is in that book, God is in that book and in no other book. It is true God is in the Bible, but he is equally present in Vedas and other scriptures of the various religions. How can the Infinite God be confined to a finite book? Books, however holy and sublime they may be - they are all man-made. In a way God also is man-made, especially in the early stages. Man creates his own God, from his fear or love or imagination.

As he evolves, from one stage to another and reaches the spiritual heights, not only he cannot confine God to any book or name or form but that he realizes God's Omnipresence, Omnipotence and Omniscience within himself and everywhere.

In fact, THAT WHICH EXISTS IS ONE, AND SAGES HAVE CALLED IT BY VARIOUS NAMES. THAT THOU ART. *TAT TWAMASI*. When you are that, what is it you want? So long as you are ignorant of yourself- the *Atman*, you want so many things. You wish to have everything in the world. So long as the bee has not tasted the honey, it makes buzzing noise, hovering around the beehive boxes that we have in the Ashram. When once it tastes the honey, it becomes silent. Similarly, so long as the ignorant man has not realized God, practically in his personal experience he is shouting and preaching, trying to convert the whole world into his own creed, even going so far as to condemn all others who do not believe like him, into hell-fire and eternal damnation.

There is no end to the deep ignorance of the fanatical man, however learned, mighty and powerful he may be. In the same way there is no any and no limit to the Glory and understanding of universality of the man who is blessed with a vision of God, with God-consciousness. There, the scales of duality have dropped. Unto such, the differences of castes, creeds, colours, and nations exist no longer. *Isavasyamidam Sarvam*. All this world is *Brahman*. It is not only filled with God but also pervaded and permeated by His Presence. Such a one no longer takes joy in comparing religions and their prophets and saviours. He sees the One in the many. Unto such religion is life and life is religion. His simple and ideal life itself is the holy

book. Every day is a page in the book of his daily life. His Love includes the heathen, fanatic, infidel and even a non-believer, for God is Indivisible and One without a second. Man has learnt to talk big words. He has become fond of too many words, without assimilating the essence of the scriptures. The kingdom of Heaven is within, in the Waveless Silence. But man cannot be silent even for a minute; hence, he takes joy in mere words and trying to establish his heaven in the world of names and forms. How true are the words of the sage Emerson, that EVERY MAN IS GOD, PLAYING THE PART OF A FOOL.

On the other day, when I went out to a Hospital to see a doctor, to help some of our patients, a man came into the Hospital room and said suddenly, without any respect to the place of sickness and suffering- What is the goal of Intelligence? I said: - If Intelligence is *Pragna*, One without a second, how can it have any goal? Out of love, I tried to answer his first question, then he began to ask another question, in the presence of the sick people. Is not this man chewing dry bones? His happiness is only in words, but not in the Spirit of God. This is only one of the daily examples of how people take joy in playing with words wasting their precious time and life!

Scriptures teach us: *Jeevo Devassanatanah*- that the Individual alone is the Universal, that *Jiva* is no other than *Paramatman*. The rivers rush towards the ocean and find themselves as ocean, merging their forms and names in the One Infinite! The devoted and aspiring man wants God. He pines for God, ceaselessly working and breathing for Him, ever having his being in God, until he realizes in all Silence that there is One Reality or Truth and that he is no other than That. KNOWING THAT, THE WISE MAN MELTS IN SILENCE. He is no longer satisfied by chewing the husks. He is tasting the essence, the juice of the sugar cane itself. He is That, He becomes the sweet sugarcane juice, the *Amrita*, the Nectar of Immortality. What else is there to be said of those rare and holy sages, in whom the ego is completely annihilated and the fever of preaching and converting is totally absent, where shines God in all splendour, the splendour of Millions of suns.

May all homage be unto such God realized souls of love universal, whose dedicated hearts feel for all His children never excluding even the tiniest living creature on the face of the earth. Verily, such lives are the greatest blessed foot prints, for our Peace, as well as for the Peace of the world!

May Peace be unto all!
Om OmOm

(Peace Jan & Feb 1958)

8. DRIVING FORCE

There is some Divine Force, which is the Divine Birthright of all the aspiring children of God. Nay, it is common property of all His children irrespective of the man-made differences in caste, creed, colour or nationality. It does not make any difference to that Divine Force whether we call it by the name Driving Force or Divine Power-Inherent Force or *Atma Shakti*. It is there, latent or inherent, in you, in me, in one and all, including the believer or non-believer.

Awareness of its Presence makes one full of Life, Light and Love. It fills One's life with Peace, Power and Poise. Denial or forgetfulness of it makes one lifeless and soulless, nay, fills one with *ahamkara*- egoism - the root cause of all misery and suffering in one's life and in the world. Lying in the sick bed, which had two plaster casts, covering the whole of left leg and left hand, I was looking through the window which was fixed with iron bars so that no one could come inside except through the door in spite of the long heavy casts, I felt that I could go out of the room not only through the iron barred windows but also even through the granite walls. Nothing can stop the moving force from my going anywhere or doing anything in the world. It could pierce the hills and mountains. Further, now as I see the holy statues of **Sri Buddha, Gandhiji, Sri Krishna and The Christ** are calling me, with their living message of Compassion, Truth, Wisdom and Love. Blessed Christ is calling humanity towards Love, but the erring children are rushing towards death and destruction, with the fever of killing each other, all in the name of hatred, selfishness and bitterness. The way to hell is very smooth and inviting. The way to heaven is narrow and rugged, so lonely and forlorn. Hence we find very few and lonely souls walking in the path of Truth.

Dear Loving Readers of Peace magazine, is your Driving Power within low or medium or full?

If it is low, you are sleeping,
If it is medium, you are active,
If it is full, you are Divine.

The Divine Force or the Inherent Power of a dedicated soul of selflessness works like a flash piercing the darkest clouds and filling the earth and heaven with its illumination. God in His Infinite mercy and compassion has blessed all His children with infinite power to express It. but never to bury It. It is with man, to be a lion or a sheep, to be a coward or a warrior.

So, dear friends of Peace! Please do not bury your God-given Divine Power but kindly use It, the Divine Force Now and Here especially in these critical times for the good of suffering humanity, always remembering that TRUTH ALONE TRIUMPHS in the long run.

May the Driving Force in you be no longer dormant but be a blessing to the sick and poor, bringing Peace to the individuals and goodwill among nations!

I love to conclude my short message chanting Peace Prayer with prayers for the Peace of all in the East and the West.

(Peace July & Aug 1996)

9. DIRECT WAY

It was very early. The sun has not yet come up when I came up on to my roof to meditate as usual. I had to wait a long time before feeling his warmth on my face, but it did not matter, as I was 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 round, I could not help unconsciously bending my head and murmuring a silent Prayer.

“O Lord of love, I adore Thee in the stupendous beauty, grandeur and freshness at this early hour.

Sanctify me with Thy Infinite Peace and Universal Love.

All that! Ask of Thee is to bless me to be alert and alive in Thy consciousness, attuning my life with Thy life.

I worship Thee not only in the unmanifested and abstract but in the manifested and concrete.

My worship is only in recognizing Thy sound and touch in every voice and form.

Often I wonder how best I can please Thee.

You are not in need of postures and *pranayama*, loud chanting and long prayers of praise. This does not help you or me.

As your own child, if I strive to live and walk in You, then that will be real worship of You, wiping away all my separateness and ignorance, duality and egoism.

If you wish to bless me, then bless me with your divine qualities and attributes of *Sat Chit Ananda*, Existence absolute, Knowledge absolute, Bliss absolute. This is all that I ask of Thee."

As I come to the end of the prayer, I was imbued with God's presence and Infinite love; the Inseparable unity, which is too sacred to be able to express it in words. That blessed experience of His touch is not to be described but felt.

When I opened my eyes, there was the self-shining sun with his penetrating rays of warmth. A little kitten that was sleeping on my lap all through my prayer began to say: "Here is God, purring through me, why can't you recognise Him in me?" A bird began to fly over me singing a song of glee.

The crows all around were expressing His glory. The sound of the water coming from the well was expressing His presence.

I beheld His presence in the blooming buds, in the tender sprouts, and in the new leaves of the trees. In each and every sound and form.

I was amazed at the nearness of God. With reverence and my eyes overflowing with tears of gratitude, I once again went into the inner Silence.

It seemed as if God was saying:

"My child, if you want to be blessed with my attributes of *SatChit Ananda*, first worship me in all these manifested forms. This is the easiest and most direct way to come to Me"

OM OM OM

(Peace Sep & Oct 1997)

10. EVERYONE IS AN AVATAR

An ardent follower of Mahatmaji felt hurt when a scientific professor said that Mahatma Gandhi is not an *avatar*. Mahatmaji's followers consider him as one of the greatest *avatars*. Some of his opponents consider him even as an outcaste.

Some orthodox Hindus consider all the *avatars* are confined only to India and Hinduism. Broad minded people with universal hearts feel that *avatars* are in every religion and nation all over the world.

One who is blessed with the Vision Beautiful, the Vision of Allness or Completeness, he sees the *avatar* in everyone, for all are the manifestations of the one living God.

Even though everyone is an *avatar*, there are degrees of manifestation, according to the stage of evolution. Did you ever see a goods train dragging lots of heavy carriages, with no passengers? There are some mail trains again that carry a lot of passengers with high speed. There are some speed trains that carry only limited passengers, high officials of the state etc.

Yet all are trains, doing their part helping to carry passengers or luggage, the goods of the world. Hence, we should not quarrel with goods train, because it is not carrying Viceroy or President, neither should we find fault with mail train because it is not carrying the goods of the world.

Each train is doing its part. No train need boast of its superiority over another train. All have their importance in the evolution of life and progress of the world.

But the ignorant man is always after comparison in his deep love for his *Ishtam* - his *avatar*. Sometimes, he is fanatical, saying that his *avatar* is the only *avatar* and no one is greater than his *avatar*. As repeated already each *avatar* is great in his own line of life, fulfilling the demands of the times of the world.

A Christian or Muslim thinks of Hindu *avatars* as hobgoblins. An orthodox *pandit* may think of all the *avatar* that are outside his religion as untouchables.

How very difficult it is to cure all the diseases in the world with one medicine or with a certain patent drug, quinine is intended to cure malarial fever. *Amrutanjan* is intended to cure some external pains. Each is important in its own place. Let us not condemn any of them applying the same to the wrong diseases.

Gandhiji is the *avatar* to his followers. Ramakrishna is an *avatar* to his worshippers, Sai Baba is an *avatar* to Sai devotees, *avatar* Meher Baba is the highest of the high to his followers, Bala Yogi is an *avatar* to his devotees and Harnath Baba is an *avatar* to Harnath devotees

Similarly, Christ is an *avatar* to all Christians. Buddha is an *avatar* to the Buddhists, Mohammed is an *avatar* to the Muslims. Mahavir is an *avatar* to the Jains. Zarathustra is an *avatar* to all the Parsees. Guru Nanak is an *avatar* to all Sikhs!

Even Hitler was considered as an *avatar* in his own day, by his followers. Stalin was a living *avatar* to some of the communists, and is so even to this day.

Now, how to solve this intricate problem of *avatarship*, rising above all the limitations of religions and nations!

It has been said, since the dawn of creation, many discoveries and inventions were made by the great genius of man, but not yet one great genius has ever discovered or invented any remedy or panacea to satisfy one and all in the world. The same thing may give joy to the one, and sorrow to the other. Bread and rice are food for the hungry, but they are poison to the fever patients. Atom or Hydrogen bombs give joy to their inventors, but to the helpless and unfortunate people on whom they are thrown they give destruction and death.

The only way to rise above all the comparisons of great and small in the *avatars* of old and new and in all messiahs is to see the One in the many, to recognize the Infinite in the finite, to behold the Formless in all the forms, and above all to feel the Immortal in the mortal, for the Reality is inherent in all the forms and names.

Let us take a tiny seed of a banyan tree. No one can say that the gigantic banyan tree is not inherent in the tiny seed. The effulgent sun is reflected even in the mud pool, filling the world with his light every day, as he comes out into the world.

If we believe that God is Omnipresent, Omnipotent and Omniscient, we are to admit that He pervades and permeates the very cells of *avatars*, as well as non-*avatars*, nay, each and every living creature and manifested thing on the face of the earth.

The only way to rise above the disease of comparing *avatars* and arguments over the *avatarship* and greatness, is only to persist to see the Reality, the Interpenetrating Presence in all the universe, in all forms and names, wherever our eyes rest or wander. After all, is not God the One without a second, pervading and permeating the very cells of our beings, as well as the whole universe!

Hence it is our bounden duty to see the One in the many, the Real in the unreal, the Unchanging in the changing and the Infinite in the finite. When we can see the face of God in all the forms in the world, we will not have any need for comparisons or arguments.

It is always the ignorant that says: "My religion is the best and my *avatar* is the Highest of the high." Those who are blessed with the Vision Universal smile over their petty quarrels and arguments of the undeveloped children.

"Every man is a God playing the part of a fool", thus said Emerson, the sage of the West. The Vedas declare in thundering voice *TAT TWAMASI*: Thou art That. You are not merely an *avatar*, but more than an *avatar*, for Thou art That. Somewhere we read You are all God's living images of the Highest", but the conflict and all trouble come when we say : "I am the Highest of the high," and "You are the Lowest of the low".

You and I are one and the same. If I am high, you too are high. If I am low, you too are low, for that which exists in you and in me is One and the same Indivisible Reality. Outer worship of a form and name is easy, alluring and bewitching, hence no wonder the weak man wants to follow others and blindly imitate like sheep. But every man is a lion, a living *avatar*. So let us bleat no more, but let us roar the living truths of *Vedas*—the end of all knowledge. *Prajnanam Brahma*—the intelligence in you is no other than *Brahman* the only Reality.

Jivo Devassanatanah.

The individual alone has been Deva, the *avatar*, nay, the Highest of the High, all along.

Sohambhavenapujayeth.

Worship him with the consciousness, that you are the *avatar*, that you are That, with every breath.

Be an *avatar*, Inhaling and Exhaling Peace.

Of all the teachings in the world, in all the religions, the potential thought, that everyone is an *avatar*, you and I, and all others are *avatars*, is the grandest, the greatest and the most sublime thought. Indeed, it is life giving and soul awakening filling us with Light, Life and Love Now and Here.

Verily, are we not all the children of one common Father? Are we not all the living sparks of One Indivisible Light? Are we not all the waves of the One Infinite Ocean of *Akhanda Satchidananda*, the Existence, Knowledge and Bliss Absolute?

Avatarhood is our Birthright. Why bury it in the name of other worship of forms and names? Let us assert It now and here, for it is our Divine Heritage.

Dear children of Immortality! Wake up from your deep slumbers and shake off the lethargy of ages.

Pray, express your inherent avatarhood, in thought, word and deed, loving each other in His name.

My homage to all the avatars of the East and the West of the past, present and future and to all of you, who are the living avatars to me.

May Peace be unto all!
HARI OM TATSAT OM.

(Peace March 1955)

11. EASY RELIGION

This is not only an Easy Religion but also Happy Religion too. In this Happy and Easy Religion, you are face to God. You are centered in God Now and Here. You need not wait for God, until you take bath and get ready, plucking innocent flowers to worship Him. God is with you, in you always, from the beginning to end, whether you remember Him or not. He remembers you always. There is never a moment of Time, when you are separate from Him. How consoling, powerful and inspiring is the very thought, that we are eternally centered in God, in all the waking, dreaming and sleeping states of consciousness!

We wake up in God, we work in God. We breathe in God. We think in God. We sleep in God, again to wake up in Him. As we walk, it is our *Puja* the worship to God for we walk towards Him. Even when I clean my teeth, when I wash my face, when I bathe, it is my *Puja*, the worship to God. Whether I am working or resting, in crowds or alone, healthy or sick, rich or poor, how can I forget God, the indwelling presence of my heart! He is ever with us, in us, pervading and permeating the very cells of our beings.

My Dear Loving Readers, who is it, who is sparkling in your eyes? Who is it, who is listening in your ears? Who is it that is thinking in your mind? Who is it that is throbbing in your heart? Who is it that is flowing in your breath? He is no other than God. Verily, God alone exists and nothing else exists besides Him. Not a blade of grass moves without His will. Hence it is He who is working, moving, breathing in all of us. It is He, from the toes to the top of the head. It is He from the tiniest atom to the biggest planet. It is He when eyes are closed. It is He when eyes are opened. What is there in this world which is not God? Silent adorations be unto God, who is within, without, above, below and all around.

May we all ever be centered in Him, whether we are busy with work or resting in Silence. Verily, we are eternally rooted and centered in Him. All that we need is only the **Awareness of his Presence**, the Interpenetrating Presence now and always, in each and every moment of our lives not only we should feel Him within, but also face Him without, in all our dear and near ones as well as in the so-called outsiders, foreigners and even persecutors, for all is God. It is the practice of feeling God's Presence in work and rest is what is needed to make our **Religion Easy**, happy and practical.

My Homage to all of you who are the living images of the One Indivisible God. May this **Easy Religion** help to establish Peace within in the individuals, paving the way to Universal Peace.

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

(Peace Oct 1964)

12. ELECTRICITY

The Lord said:

Let there be Light and there is Light in the world. Now we are blessed to have Light in Santi Ashram-The Mission of Peace, the common property of all the seekers of Truth in the East and the West. It is my ardent wish and prayer that all the members of the Ashram and the children of the **gurukula** and also the visitors who come here every day should feel now, more than ever not only the outer light but also the indwelling light.

The very ideal of the Ashram, when it was established in 1917 nearly 50 years ago was: **Live in God of the Light and help others to feel the Light.** What is life, without light, except all darkness in deep ignorance! We should not be satisfied with the outer light. We should find out real satisfaction only in the identification or recognition of the indwelling light- the Self effulgent Light which is the only changeless light or reality, in a world of endless changes. How inspiring and soul awakening are the following life-giving words!

***I am in the Light.
The Light is in me.
I am the Light.***

These are to be practiced in our daily life, and not merely be repeated mechanically with the mouth. When you feel that you are the Light, when you are aware of IT consciously, you become silent, for, you are complete and full. Adorations be unto that Light of lights which is ever Full, eternally complete. There is close relationship between the electricity outside and *Parashakti* or *Kundalini Shakti* inside.

Electricity gives light outside in the outer world of names and forms. Whereas the *Kundalini shakti* gives joy and strength, nay - *Illumination* inside in the very cells of your being. Here is something practical and very helpful to all *sadhakas*, the aspiring devotees, who are pining for God, to realize the Truth, to feel the **Light** now and here.

How wonderful it is to have **God-realization** Now and Here! When once we are blessed even with one moment of God consciousness, it can be stretched and prolonged to many hours and days, nay even to eternity, rising above time, space and causation. What we need now is to be consciously **aware** of the *Kundalini* or **Para Shakti**. What is the relationship between the breath we breathe in, and breathe out in every moment of our lives! The relationship is very subtle and inscrutable. Blessed are they who realize this inseparable and eternal relationship of the breath within, with the breath without.

There is only One Breath-the Big Breath-the **Soham** Breath which is expressing in all as **Para Shakti**-the One without a second. To begin with, as a practical and helpful exercise, let us follow our own finite breath, with each and every inhalation and exhalation, faithfully, persistently and concentratedly! Like **tailadhara**, oil poured from one vessel into another vessel ceaselessly, the very finite breath leads us unto infinite breath, which is Omnipresent, Omnipotent and Omniscient. Let us be centered now on the **Adorable Presence**, the Light of Millions of Sun's

splendour, wherein, the outerelectricity is only a mere speck or a drop in theOcean of **Akhanda Sat chidanandam**-Existence,Knowledge and Bliss Absolute.

Anando Brahma: Bliss is **Brahman**. Meditation on *para* or *Kundalini Shakti* leads one to**Brahman**, the God and soul of the very existenceof man and the world. All power is One and it is latent in everyone, be it in the form of finite breathor Lightning Electricity or Illuminating **Parashakti**the **Mother Kundalini**, the Divine Heritage and RealBirthright of every living Image of God in all theworld.

May all homage be unto the Divine Electricity,which is Self-effulgent, ever shining within, without,above, below and all around. May it bring **Peaceon Earth** and **Goodwill** among mankind!
MAY PEACE BE UNTO ALL!

AN OFFERING

A Tiny Offering of grateful thanks to all thosewho worked hard faithfully, identifying themselves with thesilent and universal work of the Ashram, beginning from theFinance Minister, Superintending Engineer, Divisional Engineer, Asst. Engineer, Supervisors, Foremen, *Maistris*, eventhe Coolies, who have dug pits for the installation of theelectric poles, from the front gate below, to the **ViswanathMandir** on the hill, illuminating all the way, a distance of a mile, for the benefit of all the seekers of Truth, in all theReligions in the East and the West.

Om! Om! Om!

(Peace Nov 1966)

13. EXERTION

All are unhappy because they exertthemselves; but none know this. The Blessed One attains Emancipation through Self—The *Atman*.

What a deep, inspiring and glorious thought isthis! Only a man of God can understand andappreciate this mystical saying of finite life. Severalyears ago an astounding message was written as I feltthe urge from within but its very name, the heading,is unpleasant to the men of the world.

ALL MOTION IS EVIL

Only Motionlessness is good, for, It iscomplete, One without a second. When It is Onehow can it move or Exert! Motion or Exertionis possible only in duality.

The Sage Ashtavakra says:

Happiness belongs to that Master Idlerto whom even the closing and opening of theeyelids is an affliction and unto none else.

A layman who is still a slave of the senses, who is attached to the world can never understand these deeper truth. Only a Sage, who is dead to the world of forms and names can comprehend this deeper spiritual truth. Is there not Exertion in writing this message now? But I take joy in sharing it with you, my loving readers, at this early hour of dawn, in the Holy Kailas.

Kailas is calling you. Have you read the CALL OF KAILAS? There is Exertion in reading also. What a great exertion it is to those who take trouble and joy in memorising *sloka* after *sloka* from the scriptures, the Vedas and Bibles, to call themselves learned *pandits* and philosophers, to give out quotations in their speeches to confound the men of the world with their big speeches and lectures, repeating wise and big words like parrots.

For the final Peace the Peace, that passes all understanding, one must rise above all Exertions, writing, reading, and speaking and even thinking, thus freed of all motions. Verily, all Exertion-- motion brings only misery, unhappiness in the long run, though not for the man of the world but for the man of God.

What about wandering from place to place like all the restless *sadhus* and *yogins*? Let us ponder again the wise words of Ashtavakra:

My child, you may often speak about various scriptures or hear them. But you cannot be established in Self unless you forget all.

Having known yourself to be That in Which the Universe appears like waves on the sea, why do you run about like a miserable being?

Completely give up even contemplation, hold nothing in your mind; you are verily the Self, the *Atman* and therefore be free! What will you gain by thinking always?

Is breathing also an exertion, a motion? Undoubtedly. What about the *JAPA* of the Holy Name, *Ram Nam*?

Undoubtedly it is helpful in the beginning for the aspirant but in the higher stages it is an affliction, an exertion.

ALL EXERTION, BE IT WITHIN OR WITHOUT, OF ANY KIND, BRINGS ONLY MISERY.

As one word is enough for the wise, let me close this Message by sharing the helpful verse from Cosmic Flashes:

I cannot afford to forget God, the Self Effulgent Light even for the millionth fraction of a second. The man who has Cosmic Sense does not desire Eternal Life, for he has It.

The Holy Breath -*Soham* kills egoism and destroys ignorance and creates love and laughter in the heart and Peace in the soul.

May we have the strength and steadiness to follow *Soham* concentratedly and continuously for this alone leads us to perfection of Peace in a simple and direct way.

**A HUMBLE OFFERING
To the Holy KAILAS For all ITS Blessings.**

(Peace Jan 1971)

14. FREE IF YOU THINK FREE YOU ARE

*Free if you think free you are.
Bound if you think bound you are.
God if you think God you are.
Dust if you think dust you are.*

AS YOU THINK YOU BECOME

THOUGHT IS ANOTHER WORD FOR FATE. What sublime and deep thoughts are these, with full of wisdom! You can never think that you are free, so long as you are tied to a body, identifying yourself with the bundle of flesh, blood and bones forgetting your real Self.

It is only when you can detach yourself from the body, identifying with the Indwelling Light, the only Changeless Reality, your Divine Heritage, then you will be able to think that you are Free, for the Soul is ever free and the body is ever bound.

Identifying with physical body, however healthy, strong and powerful you may be, you can never be free. You are always bound with some visible or invisible defect or ailment or even some weakness.

But as the spirit, the soul of all manifestations, the source of the very creation, the essence of all that is holy and perfect, you are always free. There is never a moment of time when the Soul is bound, either in the past, present or future. The ghastly wars, the dreadful pestilences, even the nature's fury in the form of tempests, cyclones, earthquakes, hurricanes and world deluges can never touch the immortal soul.

Blessed is the one who can detach himself from the ever changing body, the nest of all maladies and the root cause, of all sicknesses, and who can identify with the Effulgent Light, which is Omnipresent, Omnipotent and Omniscient. Such a one is ever free.

**FREE IF YOU THINK FREE YOU ARE.
AS THE SOUL YOU ARE ETERNALLY FREE.
AS BODY YOU ARE EVER BOUND**

May all homage be unto those rare and precious souls who are the embodiments of
FREEDOM!

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

(Peace April & May 1951)

15. F E A R

You may read as thousand books on Fear, dealing with the ways and means of controlling it. You may write a hundred messages giving all hints for rooting it out from the core of one's heart, but alas, fear is still there in some subtle form or other in every one to a certain degree.

Q: -Why is Fear so common throughout the life?

A: -Because of the latent desire—the attachment to the body and the interest in the world and in all its investments in the form of children, near and dear ones properties, houses and a thousand other things.

A wise and learned poet says: - All things in this world are fraught or filled with fear. No one is free from fear, except the man of renunciation-the one who is free from all desires.

It is fire of renunciation that burns away the seed of desires from the very core. Devoid of renunciation, be he a mighty powerful monarch or a great *sadhu* with vast learning, it does not make any difference, he is a slave of fear in some form or other.

Fear is a cruel, ruthless and relentless enemy of body, mind, heart and soul. In extreme cases of fear, the hair on the head turns gray overnight and some die of it, because of the sudden fright, agitation and excessive pumping or palpitation of the heart.

There are certain delicate and gentle seeds that do not sprout or germinate if roughly handled. Again there are very hard and tough seeds that even if you crush them under your feet, it is nothing for them. They will germinate and grow in any soil. The mind is such a thick-shelled seed. Its life or germination cannot be killed so easily except through, thorough baking in the ceaseless fire of the Sun of suns.

It is easy to say, 'BE FEARLESS,' like a lion; but man in his actions is like a mouse. The ceaseless flow of God-consciousness is the only unfailing panacea to the incurable or the chronic disease of the deep rooted fear. The moment one forgets the centre or shifts it from God-consciousness to body-consciousness, there is the fear pouncing on the poor, helpless man, taking hold of him, sucking his blood, thwarting his very life and making a wreck of his ideals and destroying him mercilessly.

Q: -What shall we do then?

A: -Let us hold on the Light that never goes out.

There is Light in every man, in all of us, in all of God's children in East and West all over the world, the Light that never goes out, the Light which is not only constant or perpetual but Self effulgent.

The worship or recognition of that Light gives one strength as he clings to that Light which is life, soul and goal of the very existence, and which will surely drive away all fear.

The seed of fear is not only in man but it is also in all creatures and animals too. The world is full of fear. The mouse is afraid of a cat and a cat is afraid of a dog and a dog is afraid of a wolf and a wolf of a cheeta or a tiger and the tiger of a man. The good man is afraid of a bad man and the bad man too is afraid in case his rowdyism gets frustrated. Thus, fear is present in all, from a crawling ant to an aspiring devotee.

Simple ordinary resolutions and mild operations will not kill, destroy and root out this most harmful and pernicious and blood sucking enemy, the FEAR, the foe of one's health, joy and Peace of all that is good in life.

If there is anything to be afraid of in the world, to bereally feared, we are to fear only the hydra headed merciless monster FEAR for it is more dangerous and harmful than the contagious blood sucking and deva-stating diseases like leprosy or T.B. The germ of leprosy or T. B, attacks only the body of flesh and blood ; but the pernicious germ of fear attacks not only body but even mind, heart and soul and it destroys all life and vitalityand kills all joy and aspirations and deadens all enthusiasm and zeal.

Q:-What is the root cause of fear?

A: - It is only body-consciousness, attachment to name and form.

Q: -Where is the remedy?

A: -The infallible remedy is only God-consciousness.

The presence of the Light alone dispels all clouds of darkness. There is no other way. So let the imaginary germ of fear be fried alive in the burning, fire of the millions of Suns' splendour.

My loving Readers of Peace magazine, even if it costs life itself, one should strive to get rid of this poisonous germ of fear from one's very being. For fearlessness is the backbone and foundation of the spiritual life.

As FEAR is a universal disease common everywhere, I wish to give below some of the quotations from the Master Minds of both the East and the West on the fatal effects of fear for your kind perusal and assimilation.

May the merciful God bless you with the strength to drive away or dispel the monster of Fear which is making a great havoc of the precious life, physically, mentally and spiritually and may Peace be unto all of you. This is the Prayer of your brother Omkar!

(Peace July 1951)

16. Frogs Offering Prayers to God

O wish yielding Jewel of pure Devotees! Birth as animal is better than birth as man who becomes an animal by his deeds. The animal acts according to Thy intention in sending it into this world. Ha! On account of my misfortune I misuse my knowledge and violate Thy commands. I am fit for punishment. Save me out of Thy mercy!—*Bhaktachintamani*

It rained the whole of last night. Forty labourers were attending to the work of digging 'The *SaiPushkarini*' the Tank. I thought the tank would be full on account of the heavy rain, and went to see it in the morning. There was no water in the tank as the labourers closed the mouth of the canal which leads water into it. Otherwise the tank would have been full and the work would have stopped. I was glad that the Ashramites and the labourers acted so intelligently. I sat on a bench on the tank bund alone and began to enjoy nature's beauty with an engrossed mind. The earth was cooled by the rain. The big trees and other small plants drank water to their satisfaction and were moving their boughs with delight.

At that sacred quiet time, one of the frogs in the tank began to pray. Another frog joined in the prayer. Some other frogs also joined in chorus with the above frogs. Then all the frogs in the tank and in all the surrounding places began to take part in the prayer, as if they thought: "*When so many others are praying why should we keep quiet?*" I was sitting there beside myself seeing and hearing all this. A voice from inside seemed to be addressing me:

"*O Man! When frogs are praying why don't you pray?*" So I too began my prayer along with them, I did not pray with my mouth making the croaking sound of a frog. With the feeling of '*Soham*' making every breath a flower, I began to offer it to God.

A thought arose in my mind: Does the Lord listen to the prayers of the frogs? When He listens to the prayers of human beings, why does he not hear the prayers of frogs? I thought and decided that the Lord who is all-compassion to all beings and who is the innermost Self of all, listens to the prayers not only of human beings but also to the prayers of every living being and especially listens first to the desireless prayers and is pleased with such prayers whether they come from human beings or from frogs.

Then I began to question myself: What for are these frogs praying to God? Ordinarily human beings pray to God for relief, from disease or some trouble or for the attainment of some other object.

I began to observe from the bank with a critical attitude, each frog that was praying with joy. They did not appear to me to be praying with any desire or purpose. They appeared to be praying simply to express their joy.

Out of the fullness of the heart the mouth speaketh. How true are these wise words! Prayers offered by human beings in complete God consciousness, forgetting their bodies and the world and seeing God on all sides and hearing Him in all sounds, without any motive and without

any desires, are the only prayers with which the Lord is immensely pleased. Thinking thus and feeling extreme ecstasy in the heart, I too joined the frogs in their happy and selfless prayers.

This brought to my mind, the poem relating to frogs, in a sacred book of Telugu verses, and began to attune myself with the Infinite in the universal worship along with the frogs, to the *All merciful, Omniscient, AllKnowing Lord with His Universal Love*. Such sacred moments are indeed rare in human life. Only such sacred moments help a man to attain direct Self realisation.

‘Lord! O Wish yielding Jewel of pure devotees! Your love is indeed equal to all. Somehow you provide all beings in this world with food. Father! If it is not so, how is the frog in the stone living?’

--Bhaktachintamani

OM! OM! OM!

(Peace Oct 1954)

17. FAULTLESS FRIEND

There is a writing in the Ashram, stating an ideal, that if you try to find a faultless friend in this world, you will have to quit the world even without a single friend, meaning, that there cannot be a man without any fault. God has not created man only with faults or completely devoid of faults. He has not created anybody with cent per cent good and any other body with cent per cent bad. Wherever there is evil there is also good and vice versa.

However bad a man may be, if we examine him carefully, there will be at least one good quality in him. So also however good a man may be, on careful examination, he will be found to be a slave to some small defect. Whether in good people or bad people, we have to take only what is good and helpful to us and leave the rest. Even in Dharmaraja, who was considered to be an embodiment of truth and righteousness, there was some weakness, his love of dice or some other thing. Similarly we can find some good quality even in people like Ravana and Duryodhana, who are held to be embodiments of evil and unadulterated heaps of bad qualities.

But, generally, in this world of ours, people, instead of trying to find good in others, give importance only to their defects. If we begin to find the faults in our friends, and go on leaving them one after another, we cannot have even one friend who has no blemish. So, it has been said that a person who endeavors to find a faultless friend will have to close his life without being able to find even one such.

Another Truth is, we find in others only what we have in us. If there is light in us, we see light in all. If there is darkness in us, we find the whole world dark.

At times, the whole world looks so sweet and Godlike. For that, the reason is the mental state. At other times, in difficult test and trials, the same world appears to be cruel, full of *satanic* qualities. For that also, the reason is the mental state. What we experience inside, also

materialises outside. Let us try to understand this problem clearly, by taking some common illustrations from our daily lives.

A person may be completely service minded and he may be rendering selfless service day and night. But he may be a slave to some bad habit like snuff or tea. Another may be serving humanity unintermittently, but he may be addicted to excessive talking or eating. A third may be carrying all our behests with great obedience and faith but he may be addicted to smoking or opium. A fourth may be engaged in service day and night but he may look down upon others with contempt. Some others may be endowed with several good qualities but the ego may be prominent in them and they may want to boss over others. Some may serve others according to their ability but they may be full of selfishness, devoid of love, always craving for their own progress, welfare and liberation. We can take any number of such examples from human lives and scrutinize them. It is not for us to have an eye only to the petty habits and weaknesses of others and not to recognise the good in them, and look down upon them with contempt and take them to be good for nothing. Everyone acts according to his capacity. One may not be able to do the work done by another. Simply because you are not able to do the work I have done, I should not think that you are not fit for anything in this world.

Have you ever heard the story of the quarrel between the mountain and the squirrel? Listen to the story, originally written in beautiful verse.

'Once there was a quarrel between a big mountain and a small squirrel. The mountain called the squirrel. "A small, insignificant creature!" The squirrel replied, "True. You are an extremely big thing. But see the progress of a big year! How many moments, days and months make one year? So, oh mountain. I am not ashamed of my condition. I am not as big as you and you are not as small as I am. Are you as nimble as I am? Capacities may differ but each is great in its own place. God has made this arrangement with His unbounded intelligence with any fault, I may not be able to carry forests on my back as you are able to do, but can you crack hard nuts with your teeth as I do?"

Just as the tiny squirrel cannot carry big forests on its back like the big mountain, so also the big mountain cannot crack nuts and fruits and eat them like the squirrel. Everybody has wealth in the work that he can do. If we recognise only the good in others, and on the strength of that good we make friends with them, all in this world will be our friends. We should keep our eyes always wide open, only to see good in others. Till we realise the good, the *sat*, that is, the Divine who is eternal and perfect, it is better to keep our eyes closed.

All is *Brahman*! The whole world is pervaded by Ram! As there is no place not even of the point of a needle, where God does not exist, we should never anywhere in anybody see anything other than God. The lives of those who see forms of the Divine everywhere and treat everything as Divine and live with universal love, are indeed blessed! Separatist attitude turns blood into poison and causes disease. Equal vision and love fill us with new vigour and give us health and strength.

You might have heard this story. Once Yudhishtira and Duryodhana were commissioned to find out if there were any bad people in the world. The former, after traversing the whole world, came back and said that he could not find even one bad fellow! But

Duryodhana's account was that there was not even one good fellow on the face of earth! Each decided according to his own mentality. The *shastras* say that knowledge of one's self is the greatest secret. One who realises his own self, sees his ownself in the whole world and is immersed in bliss. How can one, who does not know himself, know others? Such a one always finds faults in others. He does not see any good in any one. To him all are enemies and he cannot get a friend anywhere. Such lowly lives deserve to be pitied, and they are a burden to mother earth. The lives of those who realise themselves and attain the supreme goal of existence and awaken the souls in others, indeed serve as ideals and examples to the country and entire humanity.

Such great souls realise the Divine in themselves and recognise the Divine in others and treat the whole creation as the form of *Sat-Chit-Ananda* and attain liberation, not elsewhere and elsewhere, but here and now. They are the liberated in life. They are treated as the friends of all. They treat others' welfare as their own welfare, others' joy as their own joy, others' peace as their own peace and they live, always wishing the peace of the world. Their lives are highly blessed. Our Homage to such universal friends and liberated souls!

May all worlds be happy!

Om Santi Santi Santi

(Peace May 1955)

18. FRAGRANCE

It was a very busy day in the **Lakshmi Villa Peace Centre** with many devotees. It was getting dark, by the time all the people left. I was anxious to see whether the work which was given to the gardener was completed or not, by the side of the *soham* rivulet in the Wisdom Park. It was cold and dark, yet, my habit has been to see or inspect any work, whether I give that work either to a man or child. As the steps were slippery, with the help of Jayadev I started to go. When we went part of the way, we were filled with the sweet fragrance of Champa flowers, which are rare in the Nilgiri Hills. There are two big trees facing us, giving out fragrance unasked. These were brought by the *zamindars* from Andhra Pradesh and were planted there to give out fragrance. They are ever doing their part even though they are old trees. While going down with Chy. Jayadev I was struck with their sweet fragrance and stopped for a moment looking at the Champa trees, offering my homage for the living lesson they teach us by giving out sweet fragrance ceaselessly, both day and night even though unasked to one and all, without expecting anything in return.

Be they believers or non-believers, holy or unholy, learned or ignorant, young or aged, it does not make any difference to the Champa flowers and they give out the fragrance equally in the same way to all the children of God! Eyes have they, yet they see not. Many may pass by the Champa trees and may not see them. There may be some ignorant people, being absorbed in the little self and its endless desires, they may not be able even to inhale the fragrance although they pass by the side of the Champa trees. It is all for you to attune, recognize, and be aware of the sweet fragrance.

What we are concerned here now is, not only in the attunement and recognition of the sweet fragrance of Champa Flowers which can be compared to the love of God, but also in spreading and sharing the presence of God, near and far wherever we go with all His children. How blessed it is to live like a sweet Champa flower giving out fragrance, Love ceaselessly, without expecting any reward in any form from anybody! The fragrance itself is its richest offering for the Champa. Similarly, to feel the PRESENCE OF GOD, the INDWELLING LIGHT, the HOLY SOHAM or the BIG BREATH may be our Highest aim of our precious human life!

Such a one, as he goes out into the world of activity he is diffusing Love and Light, like the Sun, the Light of the world. The Sun comes out of the horizon and the world is filled with Light dispelling all clouds of ignorance, be they thick or thin.

Oh Man; thou the Loving child of God! Wake up to diffuse your love and light, to share your holy fragrance of love also, not with one or two, but with all the children of God, for all are your own selves.

***Love is God,
God is Love
Where Love is there is God
Let your Love exclude none but include all!***

As Champas of God--His living images of light, life and love, let us carry our fragrance of love, wherever we go blessing all His children, with health, power, poise, happiness and peace. Do not bury the LIGHT OF LOVE under a bushel and make it dark and putrid. It is for you, either to express the light of love or hide and ignore it.

The Champas ever spreading its fragrance at a distance of a number of yards. Please ask yourself how far, your FRAGRANCE of Love widens in area. The LOVE OF GOD is ever spreading itself blessing the world. Blessed are they whose fragrance of love is not confined to their body or home, to the finite community or to a particular nation, but whose fragrance of love is spreading far and near all over the world. Such precious souls, carry their light or fragrance or love with them wherever they go, changing the darkest cells, into flashes of light, dingy dungeons unto abodes of heaven, giving hope and joy to the sick and the oppressed.

As Light, the Fragrance of Love is your Birthright, why bury and hide It? Go forth into the world of duality or activity like the blessed Lord and be a blessing to the weak, sick, depressed and oppressed. Let your light of love keep on shining, perpetually and ceaselessly, dispelling all the passing clouds of sickness and weakness!

***Forgetfulness of the Light or Fragrance of
Love is death
Awareness of the Soham Light, the Sweet
Fragrance of Love,
Is Life eternal, here and now.***

May all Homage be unto the Sweet Fragrance of Love!

19. FEASTING THROUGH FASTING

It was the Blessed Christ who said:

MAN SHALL NOT LIVE BY BREAD ALONE BUT BY THE SPIRIT OF GOD.

My present theme represents the above holy words of Lord Christ. Today I am happy and it is apt to write a message like this, on *Ekadasi* day, while fasting. How to make a Fast into a Feast? How to draw the subtle forces or divine energy from the silent fast?

This is the most important thing to be known, Heavenly *Manna* is what is needed. Heavenly *Manna* is no other than the nectar of Immortality, which is man's real birthright.

Theory is one thing and practice is another thing. There is as much difference as between heaven or sky and light and darkness, between them. It is not enough to repeat that one can Feast through Fasting. But one must actually fast, and meditate to get the benefits of feasting; tasting the heavenly *manna* in the stillness of his own purified heart of Silence.

In Santi Ashram, the Mother Institution, we have an apiary of bee boxes for taking honey. I was sitting outside under the cool shade of a mangotree while our school master Sarvayya was taking honey from the bee combs. He was showing to me one of the combs, and how ingeniously and arduously the bees were gathering honey. But also, to give their selfless labours only for the ignorant man, to the selfish man who lives on the toils of others, the industrious bees.

I felt the presence of God in seeing the honey combs. By reading about bee keeping one cannot actually understand the silent work and industry of the bees. Thus in little things and in big things, practice, personal experience, is most essential whether it is in bee keeping or in meditation.

Now coming back to Fasting, there is always the undigested food in a subtle form in the system of everyone, It is only through Fasting that all the foreign matter can be eliminated and burnt up, with a long fast. Then the mortal man becomes like a baby with a pure system. Enema also helps a great deal along with fasting and with sun baths and cold water baths.

Now the question is how to draw from the fast the subtle and spiritual forces and make it a real Feast? Deep meditation is most essential. As you meditate, follow your own breath ceaselessly, for, it leads you to Universal Breath; the one Indivisible Source of Divine Energy. May every breath *Soham*, lead you from the finite to the Infinite, from the physical to the Spiritual, from body consciousness to God Consciousness, in a slow silent and steady way! Here practice, constant practice, ceaseless practice alone helps us, not the theory of listening to

discussions on and reading innumerable books on the subject of Fasting, Breath, and Breath Control.

Verily, we are *Soham*, the holy string of life eternal, passing through all forms and names in the universe covering mineral, vegetable, animal, and human kingdoms of life. Peace that passeth all understanding belongs to the one who can see the ONE in the many; to those rare and precious souls who are dead to the world of fame and name, and who are drawing inspiration from silence centering in the stillness of their purified hearts; and not to the slaves of the senses and palate, confined in the cage of blood and flesh.

Are you the body, the outer bead, or the soul, the inner string; the life-breath that unites all even the fragrant flowers on earth and the twinkling stars in the sky! Verily, *Sohamis* Eternal Life. Forgetfulness of *Soham*, the Universal Energy, is death. May the Adorable Presence, the Self-effulgent Light, the Splendour of millions of suns, the sustenance of all creation, sustain us with His ever-present invisible and interpenetrating energy, both in the Fasting and in the Feasting Days.

Awareness of His Presence, with each and every breath is the heart and soul of the spiritual Feast.

May Peace Be Unto All

(Peace June & July 1970)

20. FUND OF TEN MILLIONS

My heart rejoices to hear that the well-wishers of Mother India are planning to give *Pujya Vinobabhaveji* a crore, ten million rupees, on his coming birthday. The members and well-wishers of *Sri Santi Ashram* also are planning to give a lakh of rupees on the coming birthday of this body, for spreading peace in all the world, from heart to heart.

What is the paltry sum of a lakh of rupees before the great amount of ten million rupees? Yet, may all glory be unto God, the giver of all blessings. Deserve, no need of deserving, has been the motto and ideal of *Santi Ashram*, the Mission of Peace, for the peace of the world, from the last fifty-three years.

Our friends, especially the members of the Ashram, are working hard to collect at least a lakh of rupees for presenting to me on the coming birthday, 21st January 1971. In all these years, I have always felt that no permanent fund is necessary so long as this body is alive, I feel that I am the permanent fund, and that all the wealth in the world belongs to me. Thus, the good Lord has been taking care of the Ashram year after year.

But our friends ardently wish and think that the permanent fund is most essential especially after this body is gone, to keep all the activities alive. By His grace, I work hard; or rather, He works through this instrument, from dawn to dusk, from dusk to dawn, Yet there is no satisfaction. At the end of every day I find myself unconsciously repeating:

ANOTHER DAY IS PASSING AWAY IN DOING NOTHING. Often my heart is sad and heavy with the thought that I am not able to serve all of you, more and more.

May I request you kindly to give to me the imperishable wealth, to create the permanent fund of a crore of a million devotees of the Peace Prayer; keeping the perishable wealth for yourselves. What I want is GodRealisation Now and Here for all of you. May there be Peace for all!

Now the very thought of a fund of a crore of a million gives me comfort and consolation in my depressed condition. What is this Fund of a Crore of a Million? It is not of rupees, dollars, or pounds. It is the repetition of the Peace Prayer by a crore of a million devotees who promise to repeat the Peace Prayer for World Peace. I feel that I will be the richest, nay, the happiest man in all the world, as a messenger of peace.

My dear loving readers of Peace magazine, it is with you now, to contribute to my Fund of a Million by promising to repeat the Peace Prayer every day. Those who have time for God's work, bringing Peace to the world, may kindly repeat the Peace Prayer at least 116 times a day, if not, even 58 times in all the day will be very helpful for your Peace, as well as for the Peace of the world.

If you are too busy, you can repeat the Peace Prayer with all the strength of your mind, heart and soul, 12 times in all the day. If some say that they are too busy to repeat the Prayer 12 times throughout the whole of the day, I request them to begin the day, when they rise, with the Peace Prayer, and end the day, as they go to sleep, with the Peace Prayer. How blessed it is to wake up with the Name of God in your heart; to work and live in God; and finally, to sleep in God; having the Peace Prayer or God's name as the Goal and Soul of your life.

How beautiful and inspiring is the song:

LET THERE BE PEACE ON EARTH! LET IT BEGIN WITH ME!

As every religion includes all, and as my heart longs to help and serve non-believers, even materialists, I request them, if they can't repeat the long Peace Prayer, to at least repeat the two powerful words:

ADORABLE PRESENCE

The word Adorable represents the Individual, and the word Presence represents the Universal. Thus, with the repetition of these two words, the *Jivatma*, the individual Soul recognises ITSELF as *Paramatma*, the Universal Soul, the One Universal Energy.

As there is One Indivisible Presence of Power, in loving anyone we are loving God; in hurting anyone or treating anyone differently or suspiciously, we are only treating the One Universal Substance with doubt and suspicion.

***As God is Love, and Love is God
Let us Live as Love***

*Verily, where there is Love.
There is God.*

Now, coming back to our Permanent Fund of a Crore of a Million, let it be one of the contributions of the advocates of Peace, to not only start a Permanent Fund of Peace in their hearts, today alone, Noeand Here, but also to help others to enroll as Members of Peace Fund of Crore of a Million. Out of a population of Millions of Millions of people, two Billion or so in all the world, it is nothing to get a Crore of a Million people to repeat the Peace Prayer for the establishment of Peace in one's own heart, and thus help to lead to the Peace of the world, the Universal Peace.

These are not the days for words anymore, but these are the days for deeds. Let us begin our good deed of helping towards the Fund of a Crore of a Million today alone. Dear Friend, for your own part please get at least a hundred devotees interested in the Peace Prayer. Copies of the Peace Prayer in different languages are ready: in SANSKRIT, ENGLISH HINDI TELUGU, ORIYA, KANADA, TAMIL MALAYALAM, BENGALI, GUJARATI, GERMAN, and other tongues. You may obtain these freely from the Mother Ashram.

The way to be happy is to make others happy. As this moment alone is ours, Let us begin our good work of the permanent Fund of a Crore of a Million, by joining together the band of workers in repeating the Peace Prayer a Crore of a Million children of God in all the world Now alone,

AUM

I will sing Thy Name
I will drink Thy Name
Until I get all drunk
Oh, with Thy Name.

I will sing the Peace Prayer
I will drink the Peace Prayer
Until I get all drunk
Oh, with the Peace Prayer,

I will drown the world with Peace, the Peace that passeth all understanding.

The Peace where there are no nuclear wars or communal differences.

The Peace where all is love, harmony and understanding.

I will sing the Peace Prayer
I will drink the Peace Prayer
Until I get all drunk
Oh, with the Peace Prayer

Please join me now, with eyes closed, feeling His Presence in the very cells of our beings, from the toes of the tops of our heads.

AN OFFERING

A humble Offering to Susanna and John, With Prayers for their Peace and Illumination.

(Peace Sept 1970)

21. FEEL GOD'S PRESENCE

(21.1.1982)

When you can make someone to feel God's Presence who is near you, you can also make the one, who is at a distance of thousands of miles away feel God's Presence. For God, whether it is in India or in America or in the North Pole or South Pole, it is all the same to Him, as He is Omnipresent and equally present pervading from the tiniest atom to, the biggest planet.

If you can feel Him now, you can feel Him always, for He is ever present in the past, present or future. Infact, God is above time, space and causation. He alone exists and nothing exists besides Him. As *Atman*, the only Reality, you have nothing to preach or teach, for there is nothing besides you, as *Atman*, you have nothing to learn from outside. Verily, there is neither inside nor outside. Only the SELF-EFFULGENT LIGHT exists.

As an ounce of practice is worth more than a ton of words or theory, let us practice to feel His Presence Now, as He is awaiting our RECOGNITION or AWARENESS, interpenetrating the very cells of our beings. The repetition of our simple and inspiring PEACE PRAYER also is very helpful to feel His Presence Here and Now. May the Peace Prayer unite all the individuals, communities and nations into one homogeneous whole, bringing all together, making the many into One, for God is INDIVISIBLE and ONE WITHOUT A SECOND. Now let us repeat our simple PEACE PRAYER and feel GOD'S PRESENCE in the very cells of our beings, from the toes to the top of the head, as well as in all creation.

Verily, it is the PEACE PRAYER that not only unites all the children of God in the East and the West, but also brings Universal Peace to humanity.

Dear Friends of peace, everywhere near and far, please help me, help yourselves and help humanity, by repeating PEACE PRAYER with all the strength of your mind, heart and soul wishing the Peace of all mankind!

P R A Y E R
(FOR WORLD PEACE)
Inhale and Exhale Peace

This is a PRAYER to be offered not only for the Peace of the Individual but also for the Peace of all beings, hence it is to be disseminated far and near, and to be repeated by the votaries

of all religions as often as possible, as it will work like the good leaven, especially in the days of confusion and chaos.

MAY PEACE BE UNTO ALL.
OM OM OM

(Peace Feb 1983)

22. Feel God's Presence In Pain And Suffering

This essay is only the effect of my recent feelings and the cause is somewhere within me and not outside of me. The cause of writing this essay is one of the severe headaches that I suffered recently. The headache was not an ordinary one. It was a terrible one. I felt as if my head was going to break into pieces. Someone asked me not to tell anything about my headache or pain to any of my pupils. Such is the atmosphere of America. But I took the earliest opportunity of telling about it to one and all that came in contact with me, for I am not afraid that my saintliness will be taken away because of this headache. Not only one headache, but even thousands of such pains and even sufferings of the whole world cannot lessen the Great Glory of my Spirituality. Is spiritual life to be measured with the passing clouds of pains and sickness? As there are clouds in the sky, there may be pains in the world. What is that to me? The Great Spirit in the Self of Selves, no headache or sickness can dare to near it. The real Self is never affected by any of these little pains. It is above all changes of the dual life.

Even my recent severe headache could not have come without some cause, What can be the cause? There is no need of hiding it. The cause is with me! So if everyone examines carefully, the cause of their present sufferings and pains, they will not fail to find the cause of the same underlying their own life. I would like to tell something more about my headache although I dislike to speak of the personal things, still it is only when we tell others of our personal experiences, that they too in their own lives, will not fail to examine the cause of their own sickness or pains. What is the use of writing on impractical subjects? Theoretical life is not needed. There is enough of theory in the world nobody has any right to speak on pain when he has not known what that pain is. In the same way when one has not known what joy is, he is not expected to speak on joys of right living. Is it not a mockery for one to try to speak or write of cosmic consciousness without knowing what it is. Such talks and writings are useless and more waste of time.

I have the great joy to tell my loving readers that this essay was almost written mentally when I was in the firm grip of unbearable pains. The whole night, though suffering from pain, I was busily engaged in analyzing and diagnosing my subject. As soon as it dawned I took down all the hints on a paper, though still in pain. Even as I am writing this essay now, am going back to that terrible night of suffering, for a subject on pain is to be written only from pain consciousness. A subject on joy or ecstasy is to be written only from the state of ecstasy, by one who is filled with the same. Then alone can a subject be practical.

Now let me write the cause of my recent sickness or severe pain. The cause is simple, it is overstraining myself, overwork and over exertion of the physical body and mind. The cause is not outside. Am I to quarrel like a child with the outside surroundings or even with my headache? Neither am I to find fault with God. Am I to say, "O God I have been so spiritual, why do you send me sickness, why do you make me suffer pain, especially when I am engaged in your own work of serving the devoted souls." It is nothing but childishness and ignorance to find fault or blame God for these momentary ills or pains of life that come on us as the most natural consequence of our doings in the world.

Dear Blessed Readers, you are to believe me if I say, not even once even in my hearts, did I wish or desire for the disappearance of the pain in spite of its terrible intensity. Why should I waste my precious energy even in that single desire on a momentary thing? When its work is finished, as it came it will go away. My only wish has been to merge in that great consciousness, to live in that Great Spirit, which is inseparably one with me. I could not live away from it. I could live even with a hundred headaches and other pains, but never can I live without my Divine Birthright the Great Truth. By Realizing the Truth alone all will be well. Even without desire on our part we will be free from every kind of pain. But we should try to be desireless, that too not without the desire of getting rid of pain. If not there is a desire in our very desirelessness. Our only desire need be to live in Spirit as Spirit, for we are Spirit alone. Indeed by knowing Truth alone we will be made free. Know the Truth and the Truth will make you free." What is this Truth? It is not possessing wealth or health. It is living in God-Consciousness. It is identifying ourselves with the Spirit.

OM! OM! OM!

(Peace May 1997)

23. GĪTA--- THE SONG CELESTIAL

"Aum! the one syllable Eternal, reciting, thinking upon Me, he who goeth forth, abandoning the body, he goeth on the highest Path."

"He who constantly thinketh upon Me, not thinking ever of another, of him I am easily reached, O Partha, of this ever harmonized Yogi."

"Having come to Me, these Great Souls come not again to birth, the place of pain, non-eternal; they have gone to the highest bliss."

-Gita VIII: 13, 14, 15,

Of all the Divine Songs that were sung or given out to humanity, by prophets and saviours, the Song Celestial occupies the most unique and unparalleled place in the spiritual life of the world.

It is a Song that contains Philosophy, Yoga, Religion, Science, Politics and everything. It has been repeated by great scholars and men of learning that Gita contains the essence of the whole of Hinduism, nay the essence of all the religions in the World.

When I think of Gita, I am always reminded of the simple and instructive words of Sri Ramakrishna Paramahansa, that if one repeats again and again even the very name **Gita**, he too will be rewarded in some way, to a certain extent, for, by repeating the word *Gita, Gita*, one finds himself repeating *tyaga, tyaga. tyaga* is Renunciation.

People are afraid of renunciation, both in East and West, especially those who are attached to the goods of the world. Yet, real happiness is only in renunciation and never in attachment, be it to anything.

When a young man approached Lord Christ, begging Him to show the path of salvation to enter into the Kingdom of Heaven. He said, "*Go and sell all that thou hast and give to the poor and come and follow me.*" But the young man was afraid of renunciation, for, he had much wealth and riches.

Gita does not emphasise the outer renunciation, but it teaches to relinquish the desire and the fruits of one's acts. It teaches activity, but not laziness. It glorifies the blessedness of work done without attachment, to the fruits of the work.

Gita teaches the three-fold path of *Karma*-activity, *Bhakti*-devotion, and *Jnana*-wisdom. It is a most soul-awakening song, complete in itself.

It would not be an exaggeration to say that Gita, the Song Celestial, contains the spirit and essence of Christ's Sermon on the Mount, Buddha's Eight-fold Path, Mohammed's self-surrender and submission, Mahavir's piety and devotion, Nanak's strength and valour, and the wisdom of all sages and saints. I should like to say: What is there that Gita does not contain in itself or teach to the votaries of any religion or no religion! Gita is a Universal Song with a Universal Message appealing to all the Universal Hearts in all the Universe.

I have known people, personally, who can repeat the whole of Gita, all the eighteen chapters, from beginning to end. What we need is not to memorise the Gita, but to practice its most ennobling and practical teachings in our daily life.

There are people who have read Gita not only hundreds of times, but thousands of times, and some of them are even far from selflessness or human love that makes a man universal, excluding none and including all.

In the name of religion and the study of Gita and the universal teachings of sages and saints, it is sad to find yet the religious bigotry and fanaticism. Man still argues with the ignorant and egoistic thought, "My religion alone is the best."

One does not need to memorise the whole of Gita, to be liberated, to be universal, to be sweet and loving, to be selfless and human, but it is enough if one practices the teachings of a single chapter, or even a single stanza in the Immortal Song-the Gita, for, each and every word in all its verses is deep, divine and practical.

Gita is a Life-song, nay, it is a Soul-song! The story of Song Celestial is the story of one's own life. You can read it from the book, or you can hear it from outside. But, blessed is your life when you can listen it from inside, from the stillness of your own purified heart.

In Gita the individual speaks about the Universal, glorifying the Life-Universal. Again the Universal speaks and blesses the individual, glorifying the Peace of the individual, for, *It is the Individual Peace that paves the way towards the Universal Peace.*

One can write volumes about the glory, beauty, originality, uniqueness, wisdom, immensity, universality, above all the practical utility and great significance of Gita-the Song Celestial, and I leave that to the eminent scholars and learned *pandits* who have made a life study of Gita. I am concerned here only with the sweet music of the Song of the Soul.

While returning from the West, my friends in Bombay took me to see the talking picture of Radha-Krishna. It was a sacred moment of ecstasy and inspiration, for, I was blessed for a moment, with Peace that passeth all understanding, by listening to the celestial music of Lord Krishna's flute.

Sri Krishna was playing, nay, He is still playing both within and without, drawing the world of men, as well as dumb animals towards Him. Everybody was rushing towards Him, and I too followed the crowd and was privileged to listen to the blessed notes of the celestial music of Gita-the Song Celestial.

It was so real and soul-awakening at the very thought of it, the memory comes back and I can still listen to the sweet and sacred music.

Sri Krishna was playing on His Divine Flute! A certain man of the world comes and snatches the flute from His hands and breaks it, still the same sweet, melodious music was coming out from the broken flute. The man getting exasperated and annoyed, begins to crush and pound the flute with a stone into small pieces, but the same celestial music was gushing out of the broken pieces of the flute.

My friends, listen! The time to listen to the sweet notes of Gita is now and here. Merge within. Draw close to Krishna, the Lord of Love and Wisdom. He is patiently waiting there, in the stillness of your purified hearts, repeating the similar words of Christ:

"Come unto Me for shelter, abandoning all desires. Sorrow not, I will liberate thee from all sins."

Gita XVIII: 66.

Lord Christ also repeated the same words of Lord Krishna, in a different language:

"Come unto Me, all ye that labour and are heavy laden, and I will give you rest."

Matt. 11: 28.

It was Krishna that manifested in Christ and it was Christ that manifested in Krishna. It was the One Presence, the same Divinity that manifested in both Christ and Krishna and in all the incarnations, and nay, *expressing even in all of you.*

Let us glorify the Spirit-Universal, never clinging to the passing personalities. Our Soul is to be fixed in listening to the Soul, music of Gita, rising above all Vedas and Bibles, and names and forms.

It is the Music-Celestial that counts. It is the Song-Divine that inspires. It is the Peace-Eternal that leads the individual from the finite to the Infinite.

As repeated by sages, the flute represents the body. The body-the flute, is to be emptied of selfishness, religious bigotry, false fanaticism, national prejudice and ignorance of every kind, before one listens to the sweet notes of the Song Celestial, within one's Self.

Gita begins with the Mystic syllable-Om, and it deals with the great significance of the Universal word-Om, and ends with the enchanting music of the *Akshara Parabrahman*-the unutterable Supreme word-Om.

Gita was not a song that was sung only once, but it has been a Divine Song that has been repeated from time immemorial, nay, it has been an Eternal Song, the Song of the Soul, sung ceaselessly, from the beginning of creation. It has been ever-present insinging, its sweet and sacred notes continuously in the hearts of all devotees and wise men of both East and West: *"Ears have they, yet they hear not--having ears hear ye not."*

Dear Loving Brothers, instead of spending our precious time any more in extolling the beauty and glory of Gita-the Song Celestial, let us draw within, towards the Soul-center, and drink deep the, immortal nectar of Gita, the Song Celestial, be it even for a moment, now and here, as you read this message.

LET US MEDITATE NOW

It is Peace within and without. It is Light above and below and it is Love all around. In this sacred stillness we are listening now, to the sweet melody of the Soul's Song-the Gita.

OM OM OM

What else can be said in words! It is Deep Stillness and Supreme Silence, wherein we are all One and never two. Peace! Peace!! Peace!!!

May Peace be unto all.
OM OMOM

(Peace Feb 1939)

24. GOD AND HOW TO WORSHIP HIM

This is such a vital and all important theme, followers of every religion long to know God and how to worship Him. Let us take an illustration to understand this subject in an easy way. As an example, there is our Kailas on the top of the hill. Kailas and how to reach it? Is there only one way to reach Kailas? No, there are several ways. It is wrong to say that there is only one way to reach Kailas. There is the high way, the road, on which one can come comfortably in a car. There is the way from the well, the beachside, where steps were made temporarily. Then, there is the ascent, the beaten track made by the cattle that graze and village women, who go to gather the fuel. There is also another way through which now and then a daring soul cuts across and comes straight to Kailas, which is very hazardous.

Similarly, to worship God, there are several ways. It is wrong to say, "My way is the best and your way is wrong." It is childish to say that one can come to Kailas only by the road in a car or bus. It is one of the ways to reach Kailas. But all cannot afford to come on cars. Neither can people take the steep hazardous path! According to the convenience, ability and strength, one selects his or her own path and thus starts on the journey to Kailas. One more important thing before starting to reach Kailas, is to know its situation, where it exists and the different ways or paths to reach it.

In the same way, before we worship God through the various ways, or one of the suitable ways, we must know where God is. A conception of God is most essential, before we begin to worship Him, through any path. Without knowing where Kailas is, what is the use of knowing all the paths to reach it? First know where Kailas is and then find out the various paths to reach it.

Similarly, first let us have a conception of God and then find out and learn from the Holy Scriptures and from the Sages who have trodden in the Path of Truth, the ways of reaching God. As one man's medicine, may be poison to another, we have different medicines for people suffering from the same disease. Thus, according to the temperament of the individual and his conception of God, several modes of worship have been laid out by sages in the scriptures of the East.

There are the four well known *yogas* or paths.

1. The *KARMA YOGA*—the Path of Action for the house-holders.
2. The *BHAKTI YOGA*—the Path of Devotion for the devotees.
3. The *RAJA YOGA*—the Princely Path of Control of Mind.
4. The *JNANA YOGA*—the Path of Wisdom for the men of Knowledge.

According to one's temperament and the mode of life in the world, one should choose his own path to follow and thus worship God with all faith and devotion.

My friend, what is your conception of God? Please tell me your conception of God, not from the books you have read or from the sermons or lectures you have attended. The real conception of God must come out, of your own personal experience. Do you still feel that God is separate and aloof from you, and that He is in some far-away heaven, or do you feel that He is interpenetrating the very cells of your being? Those who consider that God is separate from them,

are busily engaged in worshipping God with flowers and fruits, through prayers and *Pujas*. Those who feel that God is within them, in the sacred sanctuary of their own purified hearts are worshipping Him through concentration and meditation.

Whether we worship God through rituals or meditation, purity of heart is most essential, for it is the basis and foundation of spiritual life. In the world of activity, Gita teaches to do duty for the sake of duty, without expecting any reward.

BHAGAVAN SRI KRISHNA TAUGHT US:

He who offereth to Me with devotion a leaf, a flower, a fruit, water, that I accept from the striving self-offered as it is with devotion.

LORD CHRIST TOO SAID:

For whosoever shall give you a cup of water to drink in my name, because ye belong to Christ, verily I say unto you, he shall not lose his reward.

This is salvation by acts through *nishkamakarma*. Salvation by Faith is through one-pointed devotion. Salvation by wisdom is through deep meditation. Lord Christ worshipped God through love and service. Buddha worshipped God through *nirvana*, the annihilation of the self. Mohammed worshipped God through self-surrender. Krishna worshipped God through Divine Wisdom. When once we realize through wisdom, that God is Omnipresent, Omnipotent and Omniscient, we begin to worship Him, through all our thoughts, words and deeds. Our very life is an offering to God. As Sankara's sublime thoughts on Mental Worship are very helpful, let me repeat them here:

MENTAL WORSHIP

*O God, my body is Thy holy shrine
Thou art my Self-- the secret source of life,
My changeful mind is Prakruthi, Thy wife.
And my five vital airs are servants Thine,
My homage to Thee are all pleasures mine,
My sleep is meditation rapt serene:
My movements all are hearty pradakshin,
And all my utterances praises Thine
By thus whatever I do. Thou Benign O Lord
To be by me—Thy supplicant adored
But Thine I am, in truth One are we.
And Thou not mine—a wave! Thou the sea.
Oh! Lead me, 'ternal Light. O boundless Love
To Thine own bliss, from maya dark remove.*

Man's Life on earth begins with activity *karma* and selfless *karma* leads to *Bhakti*, Devotion, and unflinching devotion—*Para Bhakti* Ideal, the *Ishtam* leads to *yoga*, the Union with the Lord and the Union with the Lord or Light finally leads to Wisdom, *Jnana*, where one shines with the splendor of Millions of Suns. If you are fond of *karma yoga*, then consider all Work as

Worship and engage yourself, in your worship as a Master, but not as a slave. As you work, repeat with ecstasy:

I am not fighting my fight,
But singing my song.

If you are fond of devotion, choose your *Ishtadaivam*, which is dear and near to your heart and hold on and hang on to His feet until you become one with Him. This is *Bhakti Yoga*.

If you are fond of *Raja Yoga*, walk in the path of *Ashtanga Yoga*, practicing the Eightfold steps beginning with *Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana* and ending in *Samadhi*—the super-conscious state of blessedness. If you are fond of *Jnana Yoga*, be centered in the Effulgent Light, believing in the inseparable and eternal identity of the Individual Soul with the Universal Soul. Thus, become dead to the world of forms and names, so that you can be fully alive to the formless and nameless Truth, the Self-effulgent, Ineffable, and Transcendental Light. Such a one alone, the soul of liberation sings with Ashtavakra:

What is activity or inactivity, liberation or bondage, to me, who am ever immutable and indivisible and established in the Self?

Blessed indeed is that knower of Self, who even though seeing, hearing, touching, smelling or eating, is free from interest and is the same in all conditions.

So let us worship God through the Threefold Activity of Motion. Thought and Breath, physically, mentally and spiritually, (For further guidance on this subject, please read the article on Three Fold Activity in the December Issue of Peace magazine, 1952 published by the Peace Mission, Waltair)

*How does the bubble worship the Ocean?
How does the ray worship the Sun?
How does man worship God?
What is the relationship between man and God?
Are they one or two?*

These are the essential problems, in the life of every seeker of Truth, which he has to solve for himself sooner or later in his life, through introspection and intuition for the Peace of his soul.

The conception of God plays a most important and central part in the worship of God. If the conception is crude, the worship also will be crude. If the conception of God is sublime and transcendental naturally the worship will be Ineffable and Self-effulgent filled with Waveless Silence.

In this Highest Worship, one is pervaded and permeated by Infinite Light. Eternal Light and indivisible Light both within and without, above, below and all around. The worship of such blessed and precious souls is never, confined or limited to a period of time for they are ever worshipping at all times from beginning to end. *Unto such every selfless, thought, every loving*

word and every generous action or selfless deed, to serve someone or other is really a part of worship to God.

The wise have taught us:

THAT WHICH EXISTS IS ONE AND THOU ART THAT.

Jivo Deva Sanathanah:

The individual alone has been the universal from the beginning. Let man know in silence that he is no other than the Universal.

Soham Bhavena Pujayeth:

The Highest Worship of God is worship with *soham*, with each and every breath. The finite breath the visible breath realizes, that it is the invisible breath—the Universal Breath. Thus, the wise keep on worshipping Him both day and night, in work as well as in rest, with each and every breath. Inhaling and Exhaling Peace. The ultimate goal of all religions, the aim and end of all humanity is only the reunion with God. The methods may be many but the goal is One.

Verily, God is waiting for us, in the stillness of the sacred sanctuary of our own hearts. Let us worship Him no longer with symbols and words but with understanding and deep introspection, in Silence. Indeed, Silence, Supreme Silence, Waveless Silence is the Highest worship of God!

Hari OM TAT SAT OM

(Peace Feb & Mar 1953)

25. GOD SPEAKS

“Lord Speak Thy Servant Heareth”

Q: - Does God speak?

A: - He speaks better than you and I and all the world put together. Nay, God speaks through a million tongues.

Having ears, hear ye not? God is blowing in the cool breeze. He is shining in the sun. He is sparkling in the stars. He is there, in the dew drops. As God is the Sound of all sounds. He is there crying in the baby, frolicking in the child, laughing in the maiden, playing in the boy, working in the man and meditating in the saint.

Q: - Is He not in the mineral, vegetable and animal kingdoms of life also?

A: - Yes, He is there in all the kingdoms, for He pervades and permeates the very cells of all forms and names, from the tiniest atom to the biggest planet. He is the fragrance of the sweet smelling flowers. He is the luxurious growth of the foliage. He is growing in trees heavenward.

He is there singing in the bird, mewing in the kitten, barking in the dog, howling in the jackal and roaring in the lion.

Behold Him, in the lightning!
Listen to Him, in the thunder!
Look at Him, in the dancing waves of the ocean!
Face Him, in the terrible, in the ugly, for He is everywhere!

The fragrance of a flower, the song of a bird, the twinkle of a star, the love of a mother, the valour of a man, the benediction of a sage, are not all these expressions of the One Omnipresent God? Who is Omnipotent and Omniscient! God is speaking to us, always in a million forms, with a million tongues, but we are deaf and blind to His sweet audible, and inaudible voice.

Blessed are they who are listening to God's still small voice in the stillness of their purified hearts, in all Silence, They are the liberated in Life, real *jivanmuktas*, the Beacon Lights of Humanity. They are showing us the way to Life Eternal for they are the Harbingers of Peace. When one can listen to God in silence, inside, it is easy to listen to Him in sound, outside.

“Be still and know that I am God.” It needs the power of God, to be still. It is not so easy to be still. Stillness belongs to the Masters of their own restless minds. Are you a master or a slave of your mind, be it in little things or big things?

Slaves of Mind live for themselves.
Masters of Mind live for others.

Dear Friends of Peace magazine! Let us practice to be still, to listen to the sweet Voice of God, twice in a day at least for fifteen minutes each time. Let us set apart everyday fifteen minutes in the morning and fifteen minutes in the evening, to listen to God's still small Voice, in the sacred moments of Silence. Let us give our God a chance to speak to us in Silence. Let us not disturb Him, ceaselessly with our endless thoughts of “mine and thine”.

If there is happiness, anywhere in the world which is changeless and eternal, it is only in our union with God, when we are face to face with Him listening to His sweet words, forgetting all else. When we can listen to Him in Silence in our meditations, we can listen to God in our work, in all sounds. It needs the strength of a master mind, to face God in his opponent and to listen to God's Voice in his harsh words. It is easy to face God in our dear and loved ones. Yet, God is manifesting Himself in all the various forms and names, for all the world is an emanation from Him.

God is there in the wood-cutter. He is there by the roadside breaking stones. He is there in the farmer, ploughing the land. Let us face Him in all His manifested forms and persist to recognize His sweet voice in the peasant as well as in the king. The world is only a wave in the ocean of God. For God-realized souls it is so easy to see God in the wave of the world, for their realization is based on the basis of the ocean of *akhanda sat-chid-ananda* the Limitless Ocean of Existence, Absolute, Knowledge Absolute and Bliss Absolute.

Dear Friends, day by day, in every way, in our prayers and meditations let us be strong and perseverant until we listen to God's sweet inaudible Voice, God Speaks! Indeed He is speaking both in sound and silence, now and always. Did you ever have the blessed privilege of listening to God in your own breath? He is there speaking from birth to the dissolution of the body, nay from eternity to eternity. Pray hearken now and see what God is saying with each and every breath in you. He is ever repeating patiently: *SOHAM*. All that I am. I am *THAT*. Thou art *THAT*. There is but one Light—the Indivisible Light. Thou art That Light. Listening to the still small Voice of God, the sages have become silent.

Dear God, Speak, for Thy Servant Heareth!
May all listen to the sacred Voice of God!

May Peace be unto all!
OM OMOM

(Peace Sep 1955)

26. GOD'S WORK

God says: If you do my work I will do your work. How consoling are God's words! But alas! How difficult it is for the finite man to do God's Infinite work! What is God's Work? The first work of God is to feel His Presence ceaselessly. The best work of God is to recognize Him in all His children, to face Him from the tiniest atom to the biggest planet. The Highest work of God is to be One without a second, thus including all and excluding none.

How blessed it is to feel God's Presence in the very cells of our being as well as in all the universe! It is easy to see God in the sweet smelling flower, in a rose, to feel Him in the fragrance of a tiny jasmine flower, but how hard it is, to see Him in the prickly-pear and to feel Him, in its cruel prick. Similarly it is easy, and one is happy to see God, to face God, in those who love, adore and worship us. But the greatness of the soul lies only in seeing God, in facing God even in the ugly, in the cruel and the depraved.

Anyone can be happy and spiritual when worshipped and when all is going on well. He alone is doing God's work, who can be happy even on the cross, with a prayer on his lips, for the welfare of those who are hurting, persecuting and crucifying him. All things are possible unto those who love, trust and completely surrender themselves to God, allowing their tiny egos to merge and dissolve in the self-effulgent Light of God! God's work is the ceaseless awareness of His Interpenetrating Presence, perpetually, both within and without, now and ever. So far we have understood God's work.

Now let us try to understand what is man's work. Who is man in the first place? Is he not the living image of God? If man understands and realizes that he is the child of God, nay the living image of God, God's work, becomes his own work. Does not the son engage himself in the work of his Father? Now comes *swadharma*. Blessed are they who not only understand their

swadharma, but also who are true to their **swadharma**. **swadharma** is the ordained duty or work to be done, according to the particular vocation in one's life. The **swadharma** of a **sanyasin** is different from the **swadharma** of a householder. The **swadharma** of a king or queen will be different from the **swadharma** of a labourer or maid servant. Greater the vocation, greater becomes the responsibilities of the person.

Man's work is to recognize the **Indwelling Light** and to cling to it in each and every moment of his life. His work is **to love the neighbour as himself** and to express God's Light, Life and Love, even in all his tests, trials and tribulations. A rose gives out only sweet fragrance even when crushed under the foot. Those who have known God's work or their work are always sweet, kind, loving, patient and forbearing. Blessed are they unto whom God's work comes, first, middle and last. Unto such, God's work is their Soul and Goal. It is all-in-all.

We read in the lives of devotees how saints like Kabir and Sakku Bai etc., were absorbed in doing God's work, while God comes to them to help in completing their ordained work in no time. Such is the glory of doing God's work, getting absorbed and saturated in **Him**. If we take one step going towards God, God is so loving and compassionate that He takes ten steps towards us, to embrace and lead us towards the Heights.

How tender, good, loving, compassionate and understanding is God towards His children! Verily, if we do God's Work, God does our work. It is so easy and simple too, for those who love and trust God completely, offering their tiny egos on the altar of Truth. God wants us to do His work, so that He can do our work. When man identifies with God, God's work becomes man's work and man's work becomes God's work.

Indeed God and man are not two but One.
May all Homage be unto the One in the many!

May Peace be unto all!
Om Tat Sat Om

(Peace June & July 1958)

27. GOD ALONE NEVER DISAPPOINTS

When everyone disappoints you, when everybody fails you, there is someone who never disappoints or fails you.

Q: - Who is that One?

A: - He is God, the Indweller of your heart.

We are not speaking now of the God, Who is confined to the sky or heaven or to a particular religion or nation, but we are concerned with the Omnipresent God, who is interpenetrating the very cells of our beings Now and Here.

God has been with us from birth to death, nay from eternity to eternity. Where is the moment of time, when God, the Life and Soul of the Universe is absent?

All Glory be unto Him, the Self-effulgent God, Who is ever watching and protecting us, abiding in us, as the Life of the life and the Soul of the soul!

May Homage be unto those rare and precious souls, who are relying on the indwelling light and who are the masters of Self-reliance!

No more reliance on outer forms and names, however mighty and big, bewitching and alluring they may be, and even if they are the greatest *mahatmas* and *avatars*.

Let us have the strength to rely only on the Self effulgent, Indwelling Light, the Creator of the worlds, Who is the *avatar* of the avatars.

Friends will fail us
Relatives desert us
Even disciples disappoint us.

When everybody fails and disappoints us, it is God, Who stands by us, sparkling in our eyes and throbbing in our hearts.

Blessed are they who can recognize Him in all the tests, trials and tribulations!

It is so easy to rely on outside props. But all props will be taken away, to teach us the glorious lesson of Self-reliance.

When all is going on well, when we are pampered and flattered, praised and worshipped, we find that it is so comfortable and easy to rely on our dear friends, relatives, followers and disciples.

God in His infinite mercy, to teach us the lesson of Self-reliance, makes one by one, all our friends, relatives and disciples to drop away, and we are left alone.

That will be the crucible moment, the turning point of our life, to change from outer dependence to Self-dependence and from weakness to strength.

This is the proper time to recall and remember the wise words of the sage Lincoln.

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

Indeed, we are on the Way to Strength and Light, so long as we are asserting the Inherent Light, the Indwelling Presence, which is the only Reality.

He *who admits defeat is beaten*. Let us not admit defeat of any kind in any form, at any time, even if we are crushed under the heels of our so-called enemies.

A rose is a rose, even when crushed under the foot or forgotten and deserted, it is always giving out, its natural fragrance.

Let us be like sweet and innocent flowers, always giving out sweetness and fragrance under all conditions.

Let us be like the Effulgent Sun- the Light of the world, eternally giving out warmth and sunshine, to one and all, to all the world, in spite of the darkest and thickest clouds.

The clouds pass away, for they are temporary. That which comes has to go sooner or later.

The **Sun** never passes away, for He is permanent. That which is permanent is always staying for it is Eternal.

In the tests and trials of life, in the world, while serving let us be like the sweet smelling flowers.

In the life of prayer and meditation, let us be like the Effulgent Sun, who is always same, Changeless in all the changes of the passing clouds of life.

It is the weak man who relies on the frail man, to get himself disappointed and to be left in the ditch.

He is like a sheep always relying on others, and trying to follow the flock of sheep.

Whereas, the man of Self-reliance is like a lion. Even if the lion is left alone, it relies only on its inherent strength.

Blessed are they, who can rely on the Indwelling *Atman*, the one Indivisible, Infinite and Eternal Light!

Consciously or unconsciously, reliance on the outer props--on our friends, relatives and disciples and all kinds of followers give us only disappointments and heart aches.

We need not find fault or blame our dear and near friends and relatives or disciples and followers for failing and disappointing us, for it is only to teach us the greatest lesson of Self Reliance, they all leave us one by one, sometime or other.

It is for our own good and benefit, the outer props are made to leave us alone.

But we are not alone. How Blessed it is to be alone with God, the indwelling presence of our hearts, Who never fails, forsakes or disappoints us even in the darkest moments of our lives!

Having eyes see ye not? Behold, He is ever with you, pervading and permeating the very cells of your beings.

Lo! I am with you always. Let us feel, feel, feel. His Interpenetrating Presence first within, in our silent moments and then express the same in the outer life of our service.

All Peace, Power and Poise belongs only to the man of Self-reliance, who is centered Now, in the Living Present Moment on God's Omnipresence, Omnipotence and Omniscience.

Dear Readers of Peace magazine, this inherent power, the Interpenetrating Light- the Adorable Presence is my Legacy to you all!

Pray, close your eyes and join me in a deep meditation Now! Wherever you may be, know that you are in the Infinite Light! We are in the Light and the Light is in us. The Light is the only Reality.

May we ever abide in this Infinite and Eternal Light, for our Peace as well as for the Peace of the World!

May Peace be unto all!
Om Tat Sat Om!

(Peace June 1959)

28. GRATITUDE

A rose to the living is more valuable and precious, than a cartload of flowers after one is dead. Whenever any good is done to the Ashram, be it little or big, my heart longs to express its grateful thanks now alone, while I am alive. Sister Nagubayamma has been a great friend and well-wisher of Santi Ashram, both here in the Totapalli Hills and also in the Kotagiri Peace Centre, helping in all possible ways. Recently she has surprised us, by sending a gift of sofa set with four cane chairs. I am like a child, rejoicing over any little gift.

The chairs were brought and kept in the verandah of Nirvana *Mandir*, where Sri Krishna, Sri Christ, Sri Buddha and Sri Gandhiji's statues have been installed. These sacred statues, were constructed several years ago with the help of Sri A.V. Atman, the ideal devotee of the Ashram. Since then, they have been standing, getting wet in the rain and perspired in the heat. When Br. Ratnam heard of this, he was kind enough in arranging canopies to protect Sri Krishna, Sri Christ, Sri Buddha and Sri Gandhi, from rain and sun. The work was entrusted to our Sri K. S. R., another great devotee of the Ashram and in his busy service, he is not yet able to get the canopies made over the statues.

Often and often as I look at the holy *avatars*, it makes me sad to see them standing in rain and sun. Now with the advent of the new chairs, as they are nearby them, in my childishness, I beg the *avatars* in my childlike way, to come and sit on these new chairs, even in the night time. Strange as it may sound, to some of my readers, sometimes in the midnight hour, I go out to see whether Krishna, Buddha, Christ and Gandhi were sitting on the new chairs, as desired by me. As they are everywhere being Omnipresent, I feel that they are sitting on the chairs too.

Anyway, I allotted one chair to Krishna, one to Buddha and the next one to Christ and the remaining chair to Mahatma Gandhiji. When I sit on the Krishna chair, I feel His wisdom, as if He is saying: ALL THIS IS GOD, NOTHING EXISTS EXCEPT GOD -THE *BRAHMAN* OR *ATMAN*. When I sit on the BUDDHA chair, I still hear as if Buddha was saying: DESIRE IS THE ROOT CAUSE OF ALL TROUBLES. ANNihilate DESIRE. NEVER BE A BEGGAR, WITH DESIRES, EVEN IF YOU ARE STARVING. FIX YOUR MIND ON *NIRVANA* NOW ALONE AND BE AT PEACE. Then again, when I long to feel the love of the blessed Christ, I sit on the CHRIST chair. He floods my being with his INFINITE LOVE. I still hear Him repeating: COME UNTO ME, ALL THOSE, WHO ARE WEARY AND HEAVY LADEN. How good, sweet, compassionate and tender-hearted Christ is!

Then again I take joy sitting on Gandhiji's Chair, feeling his presence and love. I still hear his pathetic words of Rama, Rama, even in death, while leaving the body. Verily, Gandhiji has been an emblem of service, never expecting any reward in any form. Unto Gandhiji, Work is Worship and service itself is the richest reward. Often, as I sit on these Holy Chairs, I am reminded of the lovely song of my late friend and Brother **Paramahansa Yogananda** in U.S.A. May I share it with you, my loving readers now. It is on:-

SITTING IN THE SILENCE
*On the sunny banks of my mind
Sitting in the Silence
With the Christ by my side
With the Krishna by my side.
When the thoughts have gone to rest
That's the time I see Him best.
Oh! It is lovely sitting in the Silence.*

It is in Silence, the *avatars* speak. Verily, God speaks in Silence. How touching are the following words:-

LORD! SPEAK, THY SERVANT HEARETH!

Let us be still and silent to listen to the STILL SMALL VOICE of KRISHNA, BUDDHA, CHRIST, GANDHI and other *Mahatmas* of the East and the West!

Dear Friends of Peace! Won't you come to your own Santi Ashram, even to listen to the voice of these Blessed Saviours of Humanity! A HEARTY WELCOME awaits you all, to those who are near in the East and also to those who are far away in the West. Where is distance in God, Who is One without a second! GOD IS HERE AND NOW. Hence my friends, let not distance keep us away from listening to the STILL SMALL VOICE of God. Wherever you may be, pray close your eyes and join me in a deep meditation. Let us feel KRISHNA'S WISDOM, BUDDHA'S COMPASSION, CHRIST'S LOVE and GANDHI'S SERVICE. How blessed it is to feel the Presence, the WISDOM, COMPASSION, LOVE and SERVICE within ourselves, as all the *Avatars*--Saviours of the world are within ourselves!

OM OM OM

In conclusion, my heart longs to sing the sacred song of Sri Yoganandaji again but applying it now to our silent Totapalli Hills. Let us sing the song of Silence, meditating on the holy *avatars*.

SITTING IN THE SILENCE

*Sitting in the Silence in the Totapalli Hills,
Having CHRIST on one side.
KRISHNA on the other side,
Facing BUDDHA in front
GANDHIJI on another side.*

*I merge and merge
Dissolve and dissolve
In the One Paramatman
The One without a second
And who is all Silence!*

Om Om Om

(Peace Oct 1962)

29. GARDEN OF PEACE

There is a lovely garden which is called the Garden of Peace or God's Garden. It is full of cool shady trees of various kinds. The Garden is one but the trees in it are many and different too. No two trees are alike. Each tree bears a different fruit too. To me the Garden is the wide world and the trees in it represent, the different nations all over the world. The Nations may be different but the humanity, the mankind is One in the Garden of God. The trees are different in size and kind too but the garden is one. All the trees in the garden belong to you and not one particular tree alone. But man in ignorance instead of being the Master of all the Religions and the Owner of all the Garden, he takes joy in confining himself to one particular tree, ignoring all the other trees in the Garden of Peace.

God belongs to you and you belong to God, hence all the trees in the garden belong to you. All that the father hath, belongs to you. Alas! The ignorant man, takes joy binding himself to one particular tree and neglects and forgets all the other trees. In spite and bitterness or jealousy, he lives to wage war on the other younger trees and to destroy them in his own Garden of Peace. In his superficial outer knowledge, he prides himself as the inventor of poisonous missiles and other dangerous and harmful instruments and wages war and hurls them on the innocent trees, in his own garden, thus finally destroying others and himself. It is with man, either to go down and behave like a friend or a maniac or go up and act like a sage or saint. It is with man, either to be a curse and a burden to mother earth by his selfishness and ignorance or be a blessing to the world of humanity by his ideal life of selflessness and Love Universal. The greatest gift of God to His children is the blessing of a Universal Heart that feels for all and loves

all. Without knowing that in hurting any of the least of His children, they are hurting God. In loving any of His children, be they brown or white, they are loving only God.

In such a glorious Vision of Truth, one sees the same God expressing even in Chinese or Russians. It is the same God sparkling in the eyes of English or Americans. Is it not the same God, throbbing in the hearts of all the children of God, whether they belong to this religion or that Religion in the East or the West? Although all are the children of the same God, some of them are in a very primitive and undeveloped condition, hence they are very ferocious like tigers and venomous like cobras. We cannot teach them of Love of God. Their present state is to hurt, harm, kill and destroy. They find joy in sucking the blood of the innocent, ignoring the unfailing **Law of sowing and reaping**. Someday after many bitter experiences they too come towards the portals of heaven. Although all is God everything and everyone is an image of God, you cannot embrace a cruel tiger or venomous serpent. We are to keep such people at a distance and protect ourselves even though they are destroying one tree after another, in the garden of God. Did you ever see the pests in the gardens? If they are not checked and removed, at once the disease spreads from one tree to another tree and thus ruin the whole garden. Immediate care is to be taken for the protection of the garden. Similar is the case with the dangerous pests of the world, in some of the nations that pride themselves as All-powerful and All-knowing. It is rather hard to love such dangerous and cruel people, yet even though we condemn the evil, we are to love the Real even in them too, for the Peace of our souls. Blessed are they who have the Vision of Universality, whose loving hands are ever stretched with the welcoming words of: **Come unto me**, to one and all, irrespective of the man-made differences in caste, creed and nationality. All trees in the Garden of Peace are near and dear to the heart of the owner, be they straight or crooked whether they give fruits or not. Similarly, all the children in the East and the West be they Chinese or Hindus, Russians or Americans are equally dear to God, the creator of the world and its peoples. God in His Infinite Mercy is patiently watching over the welfare of all His children and waiting for the day of redemption even for the cruel and ignorant children ever repeating: **"Love ye each other as I have loved you"**. At present, when the world is seething with hatred, suspicion, fear and mistrust of each other, the above golden words are like a **cry in the wilderness**.

Yet, our only hope, final hope is only in pouring waters of love and in taking care of each and every tree in the Garden of God, for our Peace as well as for the Peace of the world! In the Garden of Peace, may the All-knowing and All-merciful God, bless us all with the strength, to behold the One in the many and thus may there be Peace and Harmony among individuals, communities and nations for the Peace of all. This is the Prayer of the one who loves the Humanity.

May Peace be unto all!
OM OMOM

(Peace Nov 1962)

30. Global Tour in the Magic Quilt

As a mere boy in the School, I remember to have read the story of a *Fakir*, a *Sadhu* through his penances or some good *Karma* was able to get a Magic Carpet that flies or takes him anywhere he wishes to go. I do not remember now, what has become of the *Fakir* or his Magic Carpet. But my concern now is with my Magic Quilt. This is a gift of some devotees in Kanpur. As it is very cold in Nilgiri, they were kind enough in sending for my use this Precious Quilt.

Day by day as I began to use it, I realize its Magic Qualities. It may be my imagination. Whether it is imagination or real, this Quilt helps me in my onward march. As I cover it on myself, on one side it is warm, because it is covered by cotton cloth, on the other side on the reverse as it is covered by silk cloth, it is naturally cool and no mystery in it. As the Quilt is stuffed with cotton it is warm. When I get tired or weary with too many words from men of the world especially when my feet get cold and body numb, I look at my Quilt. It invites me always, as it is nearby to my writing table. I crawl into the bed and cover myself with the Magic Quilt. Lo! And behold almost in a minute I get warm from the toes to the head as if it were by some Magic.

All the cold and shivering disappears along with the thoughts of “mine” and “thine” too. There is the warmth of the sun, nay, some kind of indescribable Peace. Sometimes, when I meditate and doze there are moments when I felt I was flying in the air, no longer earth-bound any more. There is then neither bed nor cot. In those blessed moments, I stop and introspect my spiritual experience of flying in the air. It is ecstatic, whether it is real or not. Thus I merge within floating in His Presence! How inspiring is God's Presence.

Now coming back to my Magic Quilt, I take joy often like the *Fakir* - the *Sadhu* with the Magic Carpet in my going to the Totapally Valley of Santi Ashram, from the heights of Nilgiri. There I bless our little Jnaneswari and all the members and children of the Ashram. Then I bless all the devotees of the Ashram all over India. Then I take joy in my going via Burma to Hong Kong where I invoke God's blessings on the devotees who have been taking care of the Ashram every month since many long years, then I proceed towards California side via Japan, blessing all the countries and their respective people during my travels.

In California in Hollywood, I am face to face with Vida Reed Stone, a God-realized soul, one of the friends and well-wishers of the Santi Ashram and I greet and bless all her devotees and friends too. There is Sri Ramakrishnarao, in the Duke University who is working in the parasitology, with great interest of communing with the visible and invisible. I pass on the other states where the friends of the Ashram are repeating Peace Prayer, Chicago, Philadelphia etc., I come now to New York, the City of Sky-scrappers and spend some time with the LADY of the CALENDAR, who has been taking good care of the Ashram since the last thirty years. Blessing her with God's richest blessings of health and peace, I come to England, France and Germany and pay flying short visits to all the other countries, including Russia too where there are devotees of the Ashram chanting the Peace Prayer.

As you know Peace Prayer unites the individuals as well as nations helping us to forget the ego the finite personality and blessing us with LOVE UNIVERSAL and PEACE INFINITE. It is the Peace Prayer that makes us to feel God's Presence, His Interpenetrating Presence, not in

the dim uncertain future but right now as we repeat it. Wherever you may be, my friend, please repeat the Peace Prayer even as an experiment and you will feel God's Presence during the repetition itself. Now, after the Global Tour, invoking God's richest blessings on the known and unknown, I come back to the Lakshmi Vihar, via Ceylon and creep into my bed, with my Magic Quilt on, feeling happy and contented as if I have accomplished great things or done glorious deeds. With a heart of gratitude to the Indwelling Presence for all His Richest Blessings, even to my Magic Quilt, I merge in Him more and more and forget Nilgiris, Totapalli, India and the East and the West. Even time, space and causation appear to have disappeared. Only the Self-effulgent Light alone remains and nothing else exists besides IT. Short or long distance does not make any difference to the Magic Carpet. It takes you easily, either to the next room or to the far away America or even into the heart of the planets in the distant sky.

In fact, it is the mind that plays all these Magic's. When the mind is calm everything is calm. When it is controlled, all the world is controlled. I am reminded of one of the chapters from the Hours of Silence. I love to close this message by writing it below for the benefit of my loving readers of "Peace magazine" who are near and far, all over the world.

WHERE DO YOU WANT TO GO?

Q: - Where do you want to go?

A: - I want to go to the place whence I have come.

Q: - Where is that place?

A: - It is in the Infinite and the Eternal.

Q: - If it is in the Infinite and Eternal, is it not here and now?

A: - Yes, it is Here and Now. But it has to be realized that this place is the place of infinity and this moment is the moment of eternity.

Then I need not go anywhere, for I abide now in the Eternal. The finite longs to be the Infinite for, it is ever the Infinite. When once it realizes that all along it has been the Infinite, then, it neither longs to go nor stay. It is contented to be what it is, from beginning to end, namely, *Sat Chit Ananda*, Existence Absolute, Knowledge Absolute and Bliss Absolute.

May all be blessed to have God - realization!

Om Om Om

The Peace Prayer and The Peace Chant are not two but one alone. Hence love to add the Peace Chant here, wishing the Peace of all!

(Peace Sep 1963)

31. GOD IS ONE

If God is One without a second, there is nothing besides Him. If there is nothing besides Him, where is sickness, heart malady or health? He is above sickness or health—the dual state of the mind. So long as you recognize the Day or Day time, you are to recognize the Night or Night time also. But God is above day and night, above light and darkness. In the world of duality there is light and darkness but in the Sun, there is perpetual light, the Light that never goes out.

Q: - What about in God - the source of all the world?

A: - As He is the Splendour of Millions of Suns—He is all Light.

Blessed are they who recognize the Changeless in the ever changing world, the Immortal in the mortal and the Infinite in the finite. GOD IS. God alone exists nothing else exists. Body does not exist. Senses do not exist. Mind does not exist. Intellect and ego do not exist.

The snake of delusion never exists. Only the rope of the reality exists. In the rope of truth, there are neither Ashrams nor the worlds. There are neither *Chelas*- disciples to learn nor *Gurus*-the Masters to teach. All that exists is God – the Self effulgent splendor of Sun of suns, the Light of lights.

O! Adorable Light! Thou who art within, without, above, below and all-around, silent adorations be unto Thee.

It is ecstatic to know and feel that in God, no more enemies or persecutors exist no more disease or weakness exists and no more passing clouds of ignorance exist. It is all Light, from the beginning to end. It is Light from eternity to eternity. As the Light is One without a second THAT THOU ART, THOU ART THAT. THAT TWAM ASI. Homage to myself, the One without a second. Homage to Thee, my loving readers as THOU ART THAT and as nothing exists besides Thee. Homage to all the Images of God!

Om Om Om

(Peace July 1964)

32. GOD VISION

Dear Loving Readers:

My Living Images of God!

What is your Vision? Is it universal, like that of the Ocean, which is facing me? Or is your vision finite, like that of a mere bubble? Are you confined to the cage of the flesh, blood and bones thinking of stomach and running after the fleeting clouds of name and fame in the mirage of the world?

The Scriptures teach us that the Nation or people without Vision will perish although they may be rich and successful in outer civilization, in the material things of the world. India still lives because of its Vision and Spirituality. Any nation, if it is without the firm Basis of Spirituality or Universal Love, is bound to perish and decay, fall, sooner or later.

Man, the finite man, the ignorant man, in spite of his jugfull of talk, of God's OMNIPRESENCE, OMNIPOTENCE AND OMNISCIENCE, when it comes to Practical, daily life, when he is doing something wrong, then he does not believe the Existence of God, the All-knowing, Inter-Penetrating God ! Such is the thick *maya*, the dark delusion of outer life:

My heart longs to share with you only what I personally experience in my daily life, and not quotations from the Vedas and Bible, My Book of Personal Experience is my Veda. By His grace I was blessed with a Heart of Universality that lives and feels for all, excluding none but including all the children of God in all the world. Hence, in Waltair Ashram, in front of our Sushila *Mandir* of the late American Sister, I wanted to construct a TEMPLE OF ALL RELIGIONS with their respective libraries, and thus give a real temple of culture and education to all the seekers of Truth in the East and the West.

This lovely and inspiring place was blessed by the presence of the living saint, Sri *Pujya Vinobaji*, and he was kind enough to lay the foundation stone also. But the wise men of Visakhapatnam had only the outer vision of constructing bathrooms and latrines, instead of a Temple of Silence. Thus they wasted a great amount of money and constructed a big building for the use of the restless tourists. God though, in His infinite wisdom washed away the costly building from its very foundations in the last cyclone. Now, some of these people, who think that they are all-knowing, with their finite vision, are planning to construct another building, within the Ashram itself, thus ruining my life's work and this makes my heart sad and heavy.

By God's blessings, with foresight and years of labour, to give a place of prayer and meditation to all the seekers of Peace in every religion, I created a Little Eden, a Garden of Peace by the side of the Ocean, with a Casurina Grove and a Cottage. But the wise men had taken it away in the name of "Public Good" and have now let fall into ruin the whole of the lovely Casurina Grove so that it now looks like the burial ground which adjoins it. And the lovely cottage of prayer and meditation has also disappeared. If you do not believe my words, please come and see it for yourselves especially the place where the two Palmyra trees stand, expressing their sympathy and sorrow.

May I share with you also my thoughts about the God-given, inspiring and Holy Kailas, on the heights of a beautiful hill ?

This was once a War-Base constructed by the Government during wartime at the cost of lakhs of rupees. After the war, when they were about to demolish the strong stone buildings the Vision came to me that what was once a War Base could become a Peace Base, radiating Love and Peace to all of India, and across the ocean, to all the world. Thus, six years were spent on the Holy Mount Kailas in *MOUNAM*, Silence, *Tapas*, to bring Waveless Silence and Light into the hearts and minds of all the seekers of Peace and all the men of finite vision in the East and the West.

For the past fifteen years or more, in spite of the fundless state of the Ashram, we have been trying, to keep Kailas alive, even though the furniture, and even the doors and windows of the buildings were stolen, taken away, by thieves. It hurts me to see that there is not one soul in all of Visakhapatnam, and nearby places, and even in all of India, spiritual India, who wants to see the glory of Kailas and to help to make it into a world Abode of Peace; although many *Rajas*, *Maharajas*, Ministers, of State, Industrialists, Millionaires, and the Richest people had visited Kailas in the past fifteen years.

Suddenly I felt the urge from within. When no one else will help, I alone must do my part centering only in Self-Reliance, offering this life as a sacrifice to revive Kailas and protect the holy place, thus paving the way to World Peace.

In my closing years, in memory of the 77th Birthday, may Kailas be my humble offering to the world of Humanity, to come and realise God in Silence, in the indescribable surroundings of this holy place; with the great ocean before one, and all of Visakhapatnam on one side below; and on the other, a range of blue hills, among them the peak of the sacred Simhachalam, where Prahlada placed all his faith in the Lord; and the last hill, the Rishikonda, meeting the ocean, where legends tell us that *Rishis* stayed in deep meditation to raise suffering humanity above the finite consciousness of the little self. Who can describe the Lofty Vision of this Sacred Land, where the Earth meets the Sea and Sky, and Simhachalam sends forth its most pure waters, the Hanumantha Rivulet, to join all the stars, which one can almost touch with the hand, the Sky, Sea, and Shore, and the Holy Wind, the very Breath of God, in a living Song of Praise to God, the Indwelling Presence, Who resides not only in all this heavenly beauty, but in man, the Cosmic, Infinite Man of VISION. A HEARTY WELCOME awaits each and every seeker of Peace, Beauty and Truth in every religion, throughout the world.

Dear Friends! Do you really want peace? Do you want God? If so, here is the lovely Kailas where you can have Peace freely, at no cost; the Peace that you cannot buy in the market for any amount of wealth. In conclusion, may I share with you the life-giving words of Voice of Kurukshetra?

*To whom can I speak today?
The gentle man has perished
The violent man has access to everybody.
The iniquity that smites the land*

*It has no end.
There are no righteous men.
The earth is surrendered to criminals.*

Dr. Channa Reddy, when he was the Panchayat Minister was kind enough to visit Kailas and thoughtful enough to sanction a generous grant of Rs.40,000/- for a plan to bring water to Kailas. But what did the Panchayat and the Municipality do with that huge amount? Not a pie was spent for God's work on Kailas. The great amount was made to lapse or used for other little things by the wise fathers, the elders.

PEACE

Everyone that thirsteth, comes to the waters of Peace, and drink deep the Nectar Divine. What shall it profit you if you gain the wholeworld and lose your own Peace?

How true are the following wise words: if you want to be miserable, think of yourself, if you want to be happy, think of others. Come to Kailas and join us with Prayers for the Peace of the world. Kailas belongs to you as much as it belongs to us. It is the common property of all seekers of Truth and the Blessed Peace Makers. I feel extremely happy to give a portion of Kailas for the benefit of All!

One portion of Kailas is to be given to the great plan of our Dr. Ramakrishna Rao, Head of the Psychology Department of Andhra University, for the establishment of an International Institute for the Study of Parapsychology, in the name of Divine Science.

My heart rejoices to see that the ardent Buddhist, Sri John Reynolds is coming with a Tibetan Lama to give to AndhraDesa and to all the world, both Buddhist and non-Buddhist, a BuddhistVihara, in the name of Lord Buddha. Thus, AndaraDesa, where once the Buddha visited and taught, which was once the home of great Buddhist Viharas at Nagarjunakonda and Amaravati will again become a centre of Buddhism.

WHAT YOU SOW, YOU REEP is an unfailing Divine Law. DESERVE, NO NEED OF DESIRING is another inexorable Law of God. In my closing years I am grateful to God for his sending from the far away America a devoted and dedicated soul in the form of Sister Susanna Reynolds, to finalise and complete the AutoBiography in the Lovely Kailas in Silence. She is a worthy person, with her simple and selfless nature, ever longing to serve all His children, including the Dumb Animals, and be in charge of the SPIRITUAL HEALING CENTRE, serving the sick and the poor, the suffering and depressed; especially those who have forgotten the God of precious human birth. May God, in His Infinite Wisdom and Mercy enter now into the Heart of one Philanthropic Soul to give us WATER and LIGHT and thus with their help, a chance to begin to realise our long-cherished dream of WORLD PEACE, creating BROTHERHOOD OF MAN and FATHERHOOD OF GOD, through the Medium of the, SPIRITUAL HEALING CENTRE, PARAPSYCHOLOGY and a BUDDHIST VIHARA on the Heights of Lovely Kailas.

NOT MY WILL, BUT MAY THY WILL BE DONE, O LORD!

Dear Loving Readers! Kindly accept this Tiny Offering, wishing your Welfare and Peace. As all are my own, you too are included in my GOD VISION, May this Humble Offering open your eyes so that you can begin to work, breathe and live for the glorious life of Selfless Service, no longer living for yourselves alone but for others; for, all are the Living Images of the One Indivisible God, the Universal Power.

May peace be unto all!
Om Tat Sat Om.

AN OFFERING
An Offering to our President,
SRI VISWANATHJI,
Ministers, Presidents and all the Peace Seekers who are working for the Peace of the
VISION OF UNIVERSALITY

OM OMOM

33. GOING OUT OF THE BODY

(GRUESOME ASTRAL, MYSTICAL EXPERIENCE OF FRIDAY
NIGHT at 8 p. m. on 24th May 1974)

My heart longs to share this uncanny and Memorable Experience of my life at the eightieth year of 24th night, at least with those who are dear and near to my heart like *Pujya* Swami Chidanandaji, *Pujya* Mother Krishna Bai, Sri Swami Satchidanandaji, *Pujya* Sri Swami Krishnanandaji of Sivananda Ashram and also of Gujarat, Swami Brahmanandaji, Mother Saraswathi Devi of America. Dr. Pitchayya, Dr. M. S. Rao, Sri Bhashyam Appalacharyulu, Sri Tharakam and other consecrated souls who love me in the East and the West, whose impressions and blessings I cherish most; although this incident may appear trivial for men of the world, I am longing to learn some deep helpful lesson from this simple incident.

In Lakshmi Vihar, Peace Centre, the usual *bhajan* with prayers was going on under the efficient care of Sri Sadhu Markandeya, Swami Ramananda Thirthaji, Sri Sadhu Ram and other visitors from Alamur and Vizianagaram A. P., with Chy. Shanti and Ashram children. Nothing was wrong with me feeling a bit tired with a longing to be alone with God, I did not attend the prayers on that night. But following the urge within, the ever protecting Jnaneswari stayed with me instead of going and attending prayers. I was healthy and happy and nothing wrong with me physically or mentally. I was sitting on a comfortable stool within one yard to my cot, having taken a few grapes and a plum fruit from the Ashram Dr. M. S. Rao offered by him lovingly for my use.

I was just thinking of shifting myself to my comfortable bed, but became unconscious, the head was bent down, unable to stir or move even to see, Jnaneswari felt anxious and alarmed and called Rajaji who was in the next room. He rushed and tried to lift me and reach the bed. Both of them were unable to move me, for, the life has gone. There was only the dead body. With the help of two more devotees the body was lifted with great difficulty and was laid on bed

in sorrow and mourning. I was called *Swamiji*, *Swamiji*, *Swamiji*, but there was no life, the sight was vacant; the breath has stopped; life flown somewhere. How can a dead man speak?

As it was the end of life and end of the world too, Chy. Shanti and other children were weeping sitting around the bed, with Prayers of SRI RAM JAI RAM JAI JAI RAM OM.

There was complete darkness and sorrow in Lakshmi Vihar for several minutes and suddenly Jnaneswari cried out. “*Swamiji* is seeing! Life came back.”

With a mile I asked, “Where am I?” unconscious of the surroundings. I was told that I was in Lakshmi Vihar- Peace Centre, amidst the members, devotees and visitors of the Ashram. Then I said: I was safe in His presence.

Sadhu Markandeya who rushed to get the Doctor to testify or verify the death and that the life has gone out of the body, rushed with Sri Vasudevan and Doctor Nanjundan old devotees of the Ashram, to see me alive and even talking. Who can tell about the glory and blessings of God! This is not a case for the doctors to solve, not even to the Mystics to give out the answer.

Thus ended the marvellous episode of *parakayapravesam*, on the memorable night of 24th Friday. Since then I was unconsciously introspecting myself, with the one thought. Where was I taken for 15 minutes, leaving this body dead and inert? Has anyone taken me? Or did I go alone? How did I come back and enter the lifeless body, for the joy of all?

Whatever may be to mystics unknown and incomprehensible to the finite mortal mind, my heart longs to make this Astral, Mystical Experience, the greatest blessing - a real stepping stone, a helpful experience of my life- to myself and to all those who love me.

Om Tat Sat Om

An offering to all those who love me in the East and West with prayers for their Peace and Illumination.

May Peace be unto all!
Om Om Om

(Peace June & July 1974)

34. GETTING READY FOR THE CALL- THE DEATH

Blessed are they who are ready if the Call comes this moment or any moment from Yama, the God of Death.

As all know. Life is so uncertain. Today man is and tomorrow he is not. The call may come any moment, anything may happen in any time.

There is an interesting book, nay, it is an inspiring book like our Gita - the famous Bhagavad Gita, nay helpful for seekers of Truth, called or named as IMITATION OF CHRIST, by a great simple devotee Thomas Kemps.

As we read Sri Bhagavad Gita, if you read this Imitations of Christ also every day or at least often, it will help us in the spiritual path.

There are many inspiring and practical chapters like: MEDITATION ON DEATH, EXAMPLE OF HOLY FATHERS etc., which will be helpful if read but practiced in one's daily life.

We all know how death comes suddenly, unexpectedly irrespective of age to one and all even to young and aged.

WELCOME TO DEATH. But let us be ready when it comes. Once when I was young, long long time ago, I wrote a message named WELCOME TO DEATH which was highly appreciated by many savants and Teachers. You will be surprised to hear from me, that I have known of some unfortunate cases who died even in sleep suddenly. Such is the inevitable end of all. Now let us come to the subject in hand.

These days I do not know why that I am unconsciously getting ready for death, if the call comes any day, any moment I am trying to put the things in order so that there would not be confusion in the Ashrams. Our Nilagiri Peace Centre in Kotagiri by God's grace is kept in worthy hands of some selfless devotees, My heart rejoices that the Peace Centre will serve God's children, even if, I do not see it again with these physical, eyes.

Now I am longing to make our *Mounashram* self-supporting and in good order before I close my eyes or as some pessimists- Mammon worshippers predict that the whole of *Mounashram* will be drowned by the waves of the Ocean.

But I take joy in repeating: Let us realize God before the ocean allows us to draw ourselves in the ocean of *Samsara*.

Now as for Mother Ashram it is also blessed to have few rare and precious souls, to take care of it even if I am absent physically also.

These are some of my unwarranted unconscious thoughts wishing the great future of the Mission of Peace - the INTERNATIONAL INSTITUTE OF PEACE UNIVERSAL.

By God's special grace and your richest prayers may my life-work of 60 years be a blessing to all devotees, the Seekers of Peace in the East and the West. My soul hurts and feels sad to leave any Ashram even after the demise of the body in the selfish hands of the self-interested people.

May Peace Be Unto all.
This is the Prayer of your own Omkar, who loves you all.
Hari Om Tat Sat Om

3-9-77. 5. A. M.

(Peace Sep & Oct 1977)

35. GOD'S PANCHASEELA

[Repeat these holy statements everyday as you wake up considering them is the real *mantrams* that leads you to God realization Now and Here today only.]

1. Every movement of the body I consider it is leading me towards God. Every step I take leads me towards GOD.
2. Every word I speak is about God. May all my words lead towards Him. LOKA SAMASTA SUKHINO BHAVANTU. MAY PEACE BE UNTO ALL. May all the children of God in the East and the West feel His presence.
3. May every thought, be an offering to God the All-knowing, the Indwelling presence. Verily, THOUGHTS ARE THINGS-- AS I THINK I BECOME.
4. Above all, the most important thing the essence of Vedanta is as God is the Breath of the Breath be offered to the Omnipresent God, Omnipotent God and Omniscient God,
5. God is the Breath of the Breath What a wonderful and Soul awakening Truth it is! Let us make it our mantram of our *mantrams*. Let us Inhale and Exhale Peace with each and every breath. *Soham* is our life Soul and Goal. Let us follow it like *tailadhara*, oil poured from one vessel in to another vessel without a break. Recognize the glorious *Soham* and be Silent.

As it has been said by the wise, that an idle man's brain is workshop of *saitan*--devils. I will never keep myself idle; to avoid the *saitan* to come near me, I will be repeating always whenever I am free, I will be repeating one of my following *mantrams*:

1. Om Namo Narayanaya!
2. Om Namassivaya Nama Om!
3. Jai Jai Rama Krishna Hari Om!
4. Sri Rama Jaya Rama Jai Jai Rama Om!

Practice, Practice is needed. No more theory. No more words, Practice Now and Here in our daily life is needed, most essential for spiritual progress, standing in the fire rock of purity

which is the foundation of our *Panchaseela*. Beginning now with every moment every step you take, every thought you think, every Breath you Inhale and Exhale.

Verily, God is seeing through your very eyes, thinking in your mind, flowing with each and every Breath. *Soham* the holy *mantram of mantrams*.

SILENCE, SUPREME SILENCE and WAVELESS SILENCE, this is the A *Japa Gayatri* the Individual Unutterable *Soham*

Om Om Om

AN OFFERING

An offering to those who are dear and near to my heart, to all those who are rare and blessed souls in whose hearts Sri Shanti Ashram Branches are opened for their Peace as well as for the Peace of the world.

May Peace Be unto all
Om Tat Sat Om!

(Peace Sep & Oct 1977)

36. G O D

As not a blade of grace moves without God's will or wish and may God Himself write this helpful and interesting Musing or Message.

God is the holiest and sweetest word in the Dictionary or vocabulary of words. Millions of people all over the world repeat this holy word, consciously or unconsciously for something or other in the world of activity.

Millions of people may repeat the holy word God, but how few and rare are these who really love and believe in God in all the world in the East and the West.

This can be known by introspection and self-examination of one's own daily life whether they believe in boundless God or in the forms and names of the world. We all believe in God for something or other with a certain desire--inherent desire. To begin with, a student wants God so that he can succeed in his examination. A merchant wants God so that he can get more people in his business. So also, in every vocation, whether one is a Doctor, Lawyer, Teacher or Philosopher, he wants God for his success.

How few are the people who love God, for the sake of God!
As Mahatma Gandhi used to say, I can live without food and not without God.

Mahatmaji used to pay the highest attention to Prayer and God, for they are his very life of existence.

What is life without Prayer or God?

It is life empty, hollow, lifeless and soulless without God!
May God come first, middle and last in our devoted lives, in all our life under all circumstances.

How are the few people who love God for his sake of love, blessed are they who love God because God is all love, without any desire or motion.

Before we proceed further, let us try to know the devotees or people, who love, the real conception of God.

What is your conception of God to begin with? Please tell me the conception of God from your daily life of experience. Do you feel Him within and without? Do you feel Him in your tests and trials, in all your trying circumstances?

If your conception of God is bound to temples or churches you see Him only when you go to Churches or Temples.

If our God is Omnipresent, we see Him everywhere. If our God is Omnipotent we feel Him in all that we do. If our God is Omniscient, we face Him in all our activities we do.

Thus God became a part and parcel of our lives; nay He is the breath of our breaths life of our lives and soul of our souls.

God is our all in all. He is the only Truth or Reality in the world of changes. God is the changeless Truth or Reality in the ever changing world of *maya* or delusion. Let us not forget God in the name of too many words this Musing or Message.

Let us feel God in the stillness of our purified heart when the eyes are closed. When the eyes are opened let us see Him in all the manifested world. What else is there to be said in words? Be still and know that you are God. Now all that we need to feel God's presence is only to begin to feel and practice to feel indwelling presence within and His all-pervading and all permeating presence in the world.

Silence: Supreme Silence: for God is waveless silence of the ocean. Verily God is love. So there is no need of any more finite words, God is love and love is God, and where love is there is God. How true are the words that the heart devoid of love is a cemetery--a real burial ground.

All that we need is only a little practice now and here to feel God's presence in Love here and now. From this moment onwards the past is dead and buried. Let us forget the dead past. Let us feel God's presence in each and every moment, from this moment onwards, remembering that He who wants immortality in every motion or movement is God. In every heart-beat, it is God. In every word and deed it is God. In every breath it is God. It is *Soham*. God is all *Soham*. He is *Soham* Silence. He is *Soham* everywhere! May we eternally be centered in *Soham* glory-Supreme silence-Love-Universal- that includes All!

Hari Om Tat Sat Om
A TINY OFFERING

A tiny offering to our Jnaneswari on her birthday, 13-10-79 with prayers for her longest life of Health, Peace and illumination and who lives such an ideal, simple life of selfless life without expecting any reward in any form. May God bless her with His richest blessings and may Peace be unto all!

Hari Om Tat Sat Om

(Peace Nov & Dec 1979)

37. GOD OUR ADVOCATE

It was Lord Buddha who said, to be born is to suffer. Verily; to be born is to die also. To be born is to attain freedom, from birth and death as well.

All life in this world of changes is in a continuous state of flux- it is a state of rising and falling-a matter of ebb and flow.

Iron is tested by fire. Man is tested by tests. Iron gets purification. Man gets inspiration and strength. Tests and trials, tribulations and persecutions are the necessary rungs in the ladder of man's life.

In the life of the world, whenever there is trouble man runs towards his advocates- especially to adjust his legal affairs, forgetting the Divine Advocate within.

This Divine Advocate within does not need any legal fees or stamp duties. What is more, He does not need any explanations or representations of your case. He understands before you even approach Him, for He is All-wise and All-knowing. If we rely on the Divine Advocate His Omnipresence, and Omnipotence and Omniscience are at our call.

When one trusts the Divine Advocate, one need not worry whether the Judge decrees the case favourably or unfavourably. What we most deserve will be decreed for us, in our favour to the exact mathematical ratio or calculations.

How blessed and wonderful it is, to rely wholly on the Holy Advocate, Who is the Advocate of all advocates; nay Who is our Father, Mother, Teacher; Friend, Comforter and our All-in-all!

As a boy, I read some stories where babies in the wilderness were protected by the hood of a cobra and I saw several pictures of it also.

The baby is protected by the most dangerous, poisonous and powerful cobra. What harm could come to such a baby under the protecting-hood of the loving cobra?

Strange as it may sound, these days I feel that I too am protected by our Divine Advocate, and that He is spreading over me thousands of hoods and watching me with millions of eyes.

Often and often as I close my eyes, I feel the Holy Hoods of God, are just over my head whether I am asleep or awake! What a great consolation it is to feel that God's hands ever on are

our head whether in rest or work, both in meditation and activity. He is ever watching us regardless of our environments. How soul-awakening it is just to feel that He is watching us in all our tests and trials with all the tenderness of a mother with a million eyes!

He is there ever watching us--nay, He is with us Now. As I write this and even as you read this message.

Dear Friend! Feel, feel the unfailing and ever-present Love of the Divine Advocate—pray, feel as you read this message--for He is with you now and always. Where is the moment when you are separate from Him either in past, present or future? You are eternally one with Him!

All that you need is only Recognition of your inseparable, visible and eternal unity and Partnership with God, the Holy Advocate.

Let tests and trials come like the roaring waves of the turbulent ocean, let tribulations rise like seething eruptions of a volcano and let criticisms and condemnations descend like the burning fire of bombs from the skies; yet the man of God, the one who trusts and relies on the Divine Advocate is ever safe and sound well-protected from every kind of harm.

But alas! Man has fallen so low and forgotten His Divine Creator that he rather seeks frail, human help than Divine and unfailing guidance from God.

In all our tests and trials, even in our worst tribulations and crucifixions, let us have the strength only to rely on the indwelling presence, the Divine Advocate, Who is never away or separate from any of us.

How soul-awakening it is to know and to realize that our Divine Comforter is not only ever watching and protecting us with a million eyes but also that He is pervading and permeating the very cells of our beings!

He is within, without, above, below and all around. Hence it is no wonder that He can be approached at all times under all conditions by any of the least of His children in the Kingdom of Earth.

O! Divine Advocate! Help us in our helplessness, with Thy ever resourceful helpfulness and understanding love. Give us strength in our tests and trials to lay our heavy heads on Thy Bosom for rest and comfort!

Above all, bless us, Dear God, to be always aware of Thy ever-protecting, Invisible Presence, and thus be ever-centered and contented in Thee!

Often these days I find meditating unconsciously on the Holy Advocate, in the form of Sun of suns, with His millions of protecting and balmy rays over and around me. I feel that the light within, is only a tiny ray of the millions of the Sun's splendour. Silently, the finite light rises and rises and becomes One with the Universal Light, the infinite Light. The Ecstasy is complete. It is brimful.

Dear Friends of Peace, may I be privileged to extend my hearty invitation to all of you, wherever you may be, far or near, strangers or neighbours, to join me in sharing the bountiful blessings of God! Just close your eyes and feel God's invisible hands on you and His ever protecting presence in the very cells of your beings!

May we now taste the Nectar of Immortality from the briefing and overflowing cup of ecstasy which is no other than God's Light, Life and Love!

HariOm Tat Sat Om

(Peace April 1981)

38. GOD'S VALENTINE

(A Short Story)

A mother on St. Valentine's Eve, was somewhat surprised to hear her little daughter Rosalie ask her to take something to the letter box, which she wished to mail herself, telling her mother that it was so very 'important' that she should not send it by anyone else. The mother, entering into the fun, and seeing a rather large envelope in her little girl's hand, asked 'Are you sending a Valentine to yours sweet heart, my child?' 'Why, of course, Mother,' Rosalie answered. 'Don't everybody send Valentines to their sweethearts?' But when the mother asked her the name of her sweetheart, poor little Rosalie almost cried. She said, Mother, is it nice of you to ask me the names? Do people have to tell the names of their sweethearts always? Please don't ask me, mother dear. Then perhaps I may tell you tonight; but not now?'

So. Rosalie's big sister took her kindly by the hand and they went out together to the letter box. When Rosalie, standing on tiptoes, pushed her letter into the box, but held it so that her sister could not see the address. Rosalie smiled and heaved a sigh of relief, but said nothing. The rest of the evening her mother noticed that Rosalie (about six years of age) was looking unusually serious.

When bed-time came Mother went with her little girl because she felt that there was something weighing on Rosalie's heart. When alone together Rosalie sprang on to her mother's knee, and oh, how safe she felt; Just alone with mother?' After a few moments silence, Rosalie asked her mother "where is God, mother?" The answer came quickly: "Everywhere, my child." Rosalie continued, "Yes, I thought so. Mother, do you love God as much as you tell me to love Him?" "I hope so, dear." "Mother, listen; I must tell you a secret. I have lots of boy sweethearts, but not one of them is as fine as God is; they are rough, and say things that my Valentine this year is only to God." Seeing her mother about to speak, Rosalie stopped her and said, "Let me go on, and I will tell you all about it. You have told me so much about God, that I think he is the beautifullest sweetheart in the world. So I wrote to him a letter as I could not find Valentine just like what I wanted. I said in my letter,

Dear God, will you be my Valentine?
I am yours and you are mine.
Be my sweetheart always, God,

And I will be your Rosalie.

"I could not write, dear mother, as nicely as you would like and may be did not spell right, but God will understand, won't He, Mother?"

Tenderly and lovingly the mother clasped herdarling to her heart, and said; 'He does understand right now, darling, and He loves His little Valentine.' Rosalie did not notice the tears as they chased down her mother's cheeks, but she was so happy at havingtold her mother, that as soon as she was in bed, she cuddled down to sleep. Her mother kissed her goodnight, but on leaving the room, she overheard her little one say; "Good night, dear God, good night."

The following morning, the children were all agog for the mail carrier to come around with the Valentines. At the breakfast table, however, they were all startled by the noise of fire engines tearing past the window. No one knew how it happened, but like a flash Rosalie darted off, her little body was crushed by one of the engines! Words cannot tell of the anguish of that family. Rosalie had gone toGod.

In the cemetery, under a lovely tree, is a smallgrave.On the head-stone is carved the words:

ROSALIE
"God's Valentine"
February 14, 1926

Dear children, the lesson this should teach us is to keep our hearts and minds clean always, ready for God when we are called away. We should always make a Divine Comrade of God; reverently worshipping Him by being pure and faithful in all we do; yea, even in our games.

As Rosalie had used one of her father's businessenvelopes with the return address the letter was returned unopened, Very reverently did the parents lay that letter just as it was on the wood fire so that Rosalie's message to God was forever between God and herself.

(Peace Dec.)

39. HOW LONG?

The still small voice seems to whisper the significant words 'How Long?' often and often as I close my eyes to meditate. It almost makes me feel that the voice is repeating the following words: "My child, how long will you engage yourself with illusory things. How long will you be a slave to words and empty thoughts, away with all feverish deeds, lifeless words, and soulless thoughts? Taste the nectar of immortality, the motionless, the state of divine glory, which is your birthright, merging your deeds, words and thoughts in the splendor of Supreme Silence." Sacred words like these surely wake up a man from his long slumber and heavy lethargy. Oh! To be free from every word, deed and thought!...what a wonderful and peaceful state it must be! Infinite Peace, is found only in unity and completeness, but never in the finite exertions of the tiny ego.

How the time is flying, making days to pass into nights, and nights into days. Not only days, but weeks and months are passing away. Years and centuries are rolling away. Yet, we are satisfied in doing the same things over and over again, ever worshipping perishable objects, ever thinking of them by day and dreaming of them at night. We are busily engaged in chasing our own shadows, forgetting the substance. How long shall we run after the will-of-the-wisps of this world? Let us make a determination therefore to engage ourselves no more in doing selfish deeds, in uttering worthless words and in thinking useless thoughts. What will be the resultant factor of rising above every kind of activity? None other than, the realization of the unmanifested glory in this very life. But alas! How very difficult it is to be entirely free from every kind of motion. Verily there is motion in the works we do, words we speak and also in the thoughts we think. Every time we are engaged in speaking an idle word, or in thinking an unnecessary thought, we are wasting some energy.

Infinite Peace will be the result of rising above all activities, physically, mentally, morally, and spiritually. The Peace that is beyond mortal comprehension can be manifested only in perfection, the state of *Samadhi* or motionlessness. After listening to the words "How Long?" within oneself, one should drive away all imaginary and fluctuating thoughts, from the lake of one's mind. Then only one can feel the great state of freedom. Oh! Just to reach that perfect state, where there are no more words and thoughts! This is the essence of Truth and the goal of our lives. To realize that sublime state of Peace one must master his own mind. He should not have any kind of thought waves or latent desires within himself. The impressions are stored up from numerous births. All these impressions from previous incarnations should be controlled or destroyed. The mind should be dissolved.

O precious mind, when will you cease to wander from one object to another! Pray be steady and one pointed on the living presence now! O tender eyes, see no more the dual aspect of life! Behold nothing but Unity in diversity. Try, try again to recognize the one God in the various faces of humanity. O my loving ears, strain yourselves no more in listening to discordant notes of *Maya's* music. Try to listen only to the still small voice of the Almighty. May my senses, mind and intellect be dedicated to His service and to the silent worship of Him.

Let us answer, once again, our great question 'How Long?' with the simple answer 'No Longer'. Let us then no longer be slaves either to selfish deeds, worthless words or useless thoughts. Let us be the masters of our intellects, minds and all our senses. Let us assert and

manifest our Divinity, our Perfection and our God-head. When? Not in the uncertain future, but "Now and Here", for verily He is here.

Those that have reached the heights of Illumination are free from all kinds of thoughts and impressions. Even the thought of "How Long?" is absent in them. But so long one has not reached the divine state of Peace, the highest peak of Glory, it is better to examine one's life often and often, rising from lower state to higher state until one manifests the glory of God-consciousness. It is a great thing to know, where we are standing, in our present state of development, and where we are bound for. Knowing our present condition should we not remember the goal of our lives, and try to march on and on, nearer and nearer, making no more delay, to reach our destination? By sincere self-analysis, we come to realize that the present life of eating, drinking, talking, sleeping and striving to gratify the many desires of the senses, is not the life of Cosmic-consciousness, which is infinite, immutable and boundless. Therefore, what we are to do is only to strive ceaselessly until we reach the goal of our lives. Unflinching devotion to realize one's ideal is what is needed in the path of spirituality.

Dear Loving Reader, as you read this message, please close your eyes for a minute and silently repeat the following words:-

"How long am I to remain enslaved of these finite thoughts, words and deeds? How long am I to bind myself to the little form of flesh and blood-ignoring my Supreme Self? How long am I to play the part of a fool being the very embodiment of living Truth? How long shall I cling to this perishable tiny body forgetting the Spirit? How long shall I be hurt? How long shall I offend and insult others by my dual life? How long shall I remain a Judas betraying Christ instead of manifesting my God-head? How long shall I lead the path of popularity and not the path of spirituality?"

Thus analyze your thoughts, words and deeds one by one. Do not engage in the deeds any more that will not lead you toward Truth. Do not repeat words that will create disharmony or that may hurt others. Speak only words that uplift and inspire. In the same way examine your thoughts, just as a merchant counts and recounts his gain or loss in each of his transactions. One must be filled only with such thoughts, words and deeds that spread love and peace. It is well to be silent rather than noisy and talkative.

Dear loving aspirant of Truth, do not be satisfied with the finite life. Assert naught but your Divine Heritage. You are the emblem of Truth. You are the child of Immortality. Pray assert your Immortal Heritage, for no one can manifest it for you. You are to do it for yourself. Each one should be the saviour of himself. Now is the time and this is the place. As you read this message, remember and regain your holy birthright.

When the soul whispers in the stillness of your heart, the sweet words "How Long?" do not sleep any more, but getting all your latent forces make a firm resolve not to be lukewarm any more. Gather all your wandering thoughts and repeat with the saviours of humanity, the life-imbuing and soul-stirring words "Now or Never". Thus realize the living Truth in the present moment, be true to the Indweller of your heart, who is shining in the full glory of millions of

Suns, within your own self. May this simple and silent message be a message of real strength on this new day of this new month new and year is the sincere prayer of your own brother

-Omkar

OM OM OM

(Peace Jan 1932)

40. HAPPINESS

Happiness has been the unrelenting quest of humanity since those remote ages, beginning with the birth of creation. Yet the average man has been divorced from happiness, though ever seeking but never finding it.

Verily, happiness is the soul and goal of human life! Devoid of happiness life is incomplete. Life is intended for Happiness and Perfection. But alas! How very few are the really happy? One is facing unhappiness and imperfection on every side in this world.

The subject of Happiness is a common and familiar theme, yet few and rare are they who are familiar with that sweet happiness which is the soul of man and the goal of life.

Man finds happiness, according to the state of this own evolution and particular temperament, in the things that are near and dear to his heart. Happiness changes or travels from one object to another when one is imperfect.

WHAT IS HAPPINESS?

HOW TO BE HAPPY?

WHO IS THE HAPPIEST MAN?....

are the most important things that one should strive to know, to understand and taste the happiness, which is everlasting or eternal.

Happiness is an indescribable and inexpressible state of divine ecstasy which cannot be described or portrayed in finite words, but can be felt and tasted by Men of Realization or Illumination.

Like the taste of sugar, the taste of happiness cannot be told in words. One becomes dumb, to express or describe happiness in words. Happiness is a sweet and sacred ecstasy. It is indescribable Bliss, is Supreme Silence and it is Perfect Peace, the Peace that passeth all understanding.

Then comes the second question: **How to be Happy?** The simple way to be happy is to make someone else happy. The direct way to be happy is to be egoless by effacing the little self. Happiness belongs only to the selfless man and never to the selfish man.

Happiness is in selfless service. It is in Universal Love. It is in complete self-effacement. If you want to be happy, be prepared to crush the ego, to efface the little self, right here and now.

The way to be happy, is simple, plain, direct and open to one and all. But are you prepared to pay the price to be happy? Do you really want happiness that knows no change? Then become selfless. Live not for yourself, for the little self, but for others. Let the happiness of others be your sole happiness. Thus alone you will be perpetually happy.

Then last of all comes our final question: **Who is the Happiest man?** Undoubtedly the *jivanmukta*, a soul of freedom, alone is the happiest man in the whole Universe. A *jivanmukta* is one who is liberated in this life, now and here, but not at some other time in the uncertain future.

jivanmukta is free, because, he is selfless. He is liberated because in him, the fever of desire is cooled down and the germ of selfishness is destroyed.

Dear Loving Reader! Are you happy? If so, blessed is your selfless life. If you are not happy, examine your life and find out the cause of your unhappiness. What is it that stands in the way of your happiness? Is it the little self, the tiny ego, the tenacious selfish "I"? If so, lose no time, in crushing it and in annihilating the little self.

Let happiness be the soul and goal of your whole life. Let happiness at any cost, under all circumstances, be the watch word of your dedicated life.

Let me repeat once again, that life is not worth living without happiness and it is a burden to mother earth, devoid of happiness. So let us strive to be happy in selflessness and in the service of others, who are no other than the different manifestations of the One Self -the Supreme Self of Indivisible Splendor.

Happiness is in unity and never in duality or diversity. The scriptures have declared that the seat of happiness is where one sees not another, hears not of another, thinks not of another and cognizes not of another. Happiness is there where one recognizes the One Supreme Self everywhere both within and without and thus becomes silent with stillness. He sees himself as the One Self of all the creation.

There is One Sight, One Vision, One Splendor- the Light of Sun of suns.

May we identify ourselves with that Eternal Light, ever worshipping It, both in silence and activity, centering ourselves in selflessness and thus taste the sweet nectar of Immortal Happiness is the prayer of your own brother!

May Peace be unto all!

OM OM OM

(Peace March 1939)

41. HOW TO GET PEACE OF MIND?

Three Engineers and a Doctor visited Kailas Ashram recently. They came up the hill in a jeep. They said that the road leading to the top was in a very bad condition and that if it were neglected further, even jeeps would not be able to reach Kailas. I told them that the matter of repairs of the road was the concern of Engineers and my only concern was always to live in God and help others to do so as it is the individual Peace that paves the way to Universal Peace. One of the Engineers asked "Swamiji, please tell us how to get Peace of Mind." As Peace of Mind is an important theme essential to all people, let us try to understand it thoroughly probing into its various aspects.

How to have Peace of Mind? Do you really wish to have Peace of Mind? Or is it merely a passing thought? You may exclaim 'who does not wish to have Peace of Mind?' But the question is whether you are ardently desiring to have Peace. Just wishing for Peace when there is some trouble, is not sufficient. A burning desire for Peace, is the first qualification to attain it. Remember that we are bound to get what we desire earnestly, sooner or later, provided we strive for it.

Further, no man can serve the two Masters, God and Mammon. You cannot be worshipping the material goods and the wealth of the world with heart and soul and also have Peace of Mind.

Why do you want Peace of Mind in the first place?

You should be able to say with all the strength of your heart and soul.

'I want Peace of Mind because it is my Birthright. I want it for life is not worth living without Peace. I want Peace, for it is my Life, Soul and Goal.'

Such should be the attitude towards Peace. How did you become great Engineers? Is it not through years of hard study and ceaseless work? Suppose one wants to become an Engineer, but goes to a Medical College and studies books on medicine. What do you think also of one who wants to go to Banaras, but takes the route that leads to Rameswar? If you wish to go towards the Himalayas, you should travel north, but not to the south. So, if you wish to have Peace of Mind, you should worship God alone and not Mammon.

The problem of Mental Peace is a perfect Science in itself. But the only difference between the Science of Mental Peace and other Sciences is that while other Sciences deal with the objects of the world, of forms and names, the Science of Mental Peace deals with the Subject Itself-the Formless and Nameless God. It is a complete Science in itself, Science of all sciences, unlike any other ordinary science, such as Medicine, Engineering, Law, Geology, Zoology, Biology and Botany etc.-indeed, It is a Divine Science!

Are you prepared to take up this Course of Study of Mental Peace? If your heart and soul are set on it, then seek the help of those who are adepts in it, who are not running after the shadows of the world but are ever centered in God-hood and unto whom the world of duality exists not. Be careful what books you read. Choose only such precious books that deal with God and Peace. Give up idle talk and reading trash literature and cheap books of fiction. Remember

the great unalterable Law of Sowing and Reaping! You cannot sow tares and hope to reap a rich harvest of wheat. Seeds sown even in secret bear fruit openly.

What you are in the present, is the result of your past actions and what you are going to be in future, depends on your present thoughts, words and actions. Become selfless, for a selfish man can never have Peace of Mind. It is the Selflessness that leads to God-hood and Mental Peace. A selfish man always thinks of himself, whereas a selfless man thinks of others.

*Selfishness degrades.
Selflessness elevates.*

Peace of Mind comes only through God-realization. God is perceptible in the stillness of your purified heart. The Kingdom of Peace belongs to the child-like and the pure in heart. Let not your Life and your Religion be separate entities. Live and act according to the principles of *dharma*—the righteous way of living. Religion is not a cloak to be donned and doffed as and when necessary.

No one has ever succeeded in deceiving God--the All-knowing One! In trying to dupe Him, one dupes himself and inevitably falls into the ditches of confusion and chaos. Complete self-surrender to Him leads to Peace of Mind. If you are willing to pay the price, you can have Mental Peace now and here. Are you willing to offer the price? Are you ready? Mind is the bubble and Peace is the Ocean. If you wish to have perpetual Peace, let the bubble of the Mind merge in the ocean of God-hood: *Satchidanandam*—the Existence, Knowledge and Bliss Absolute.

Dear Friend, have you achieved real Peace of Mind? If not what are you doing in order to achieve it? Life is a mere burden without Peace. Hence, before the Call comes from the Great Beyond, realize your ambition and aspiration to have eternal Peace. Peace of Mind consists of being IN TUNE WITH THE INFINITE. It means oneness with God—the Indwelling Light. It is the PRACTICE OF THE PRESENCE OF GOD, in thought, word and deed during each and every moment of life that leads you on to that blessed state.

Be in God whether you are resting or in the midst of your work. Repeat the Peace Prayer often as it helps you to connect your mind with the Universal Source, the Light of lights, which is your Divine Heritage. Remember, God is the Divine Magnet. Do not be aloof and separate from Him. Let not the bewitching and alluring world draw your mind away from the Divine Magnet of Life, Light and Love! If you are pining for Mental Peace, Kailas extends you a hearty welcome to taste the Peace that passeth all understanding in the SILENCE of its Blessed Solitude.

May the Almighty bless you with PEACE OF MIND! May Peace be unto all

HARI OM TAT SAT OM

(Peace Sept 1953)

42. HOW TO LIVE TO HUNDRED YEARS

Would you like to live to a hundred years? People would like to live not merely to a hundred but to a thousand years even, only if it is possible.

Life is dear to all. Somebody somewhere feels disgusted with it. In however many anxieties and troubles one way be placed, he still wants to live.

Now, our question is how to live to a hundred years. Since mind is our only support, we can certainly live up to a hundred, but to attain anything, have we not to pay the price for it? So also, to live to a hundred years, we have to follow the rules of health.

We have to take only *sattwic** food. Not only in food and conduct, we must be moderate in everything, small or great. One must perform one's duty with regularity and joy.

Just as it is easy to take artificial food, live an artificial life, and die a premature death, it is also easy to live to a hundred years or even more, by living a spiritual life, taking food of a *sattwic* nature and in moderation.

Often we learn from people, who have actually seen, that there are *yogis* in the Himalayas who have lived for hundreds of years,

Though some people may not be inclined to believe the longevity of the Himalayan Yogis, we often read in the newspapers that somebody somewhere lived up to one hundred and fifty, to one hundred and eighty years, taking a regulated *sattwic* diet and leading a natural life.

In one place, in the Ashram, it is written 'Talkless, Meditate more.'

As I write this article, my inner voice advises me to reduce this writing and these words, end to give the gist and my experience in as few words as possible.

Just, we will consider what leads to premature death,

1. Unnatural, artificial life:

- a) Worshipping the stomach always with fish and flesh, spices, pickles, tamarind, oils etc.
- b) Eating in excess even without feeling hungry and suffering afterwards.
- c) Drinking wine, tea and coffee etc.
- d) Smoking tobacco, which is poison in various forms.
- e) Keeping awake till midnight, wasting time in useless idle gossip.
- f) Rising from bed long after sunrise.
- g) Not finishing morning ablutions before sunrise.
- h) Not giving the body any exercise.
- i) Closing all doors and windows with a kerosene light burning inside the bed room.
- j) Not having a free motion without having recourse to hot coffee and cigars.
- k) Being slaves to lust, anger, envy etc.
- l) Eating something or other between the meals.

- m) Gulping water while taking food, on the ground that the food is hot with chilies.
 - n) Taking a bath in hot water at midday instead of a bath in cold water, early in the morning.
 - o) Putting food in the mouth in a hurry like fuel in a boiler and swallowing it without mastication, instead of taking food slowly and peacefully, thinking of God.
 - p) Not taking water or lemon-juice after rising from bed.
 - q) Not forming the habit of passing motion daily at a fixed time and consequently suffering from constipation for a number of days.
 - r) Constantly thinking about food, drink and raiment and always desiring worldly, impermanent goods.
- Death extends its invitation every day, to people who are slaves to the caprices of nature.

2. Now, we will consider the rules of health, natural exercises. *Yoga sadhanas* and regulations of life which are conducive to longevity, even up to a hundred years.

- a) 'Early to bed and early to rise,' is the advice of wise people, rising early between four and five O' clock and finishing all ablutions.
- b) Soon after rising from bed, taking slowly one or two tumblerful of cold water or water mixed with lemon juice (Hot water will be helpful to those who suffer from constipation).
- c) Practicing *Yoga asanas* or taking some exercise for 10 or 15 minutes, until there is perspiration in the body or according to circumstances, taking a long walk up to two or three miles taking the Divine name step after step.
- d) Taking a cold bath in the sea or river or near a well or even in one's bath room, rubbing the body well with a towel.
- e) Spending alone at least half an hour, in Prayer and Meditation, thinking of One's *ishta-devata* according to one's religious practices.
- f) Slowly sipping fruit juice, milk or buttermilk whichever is available and which suits one's body early in the morning. A Naturopath says, even water should be taken slowly as if chewing it. Sugar should not be added to milk and fruit juice. If necessary honey or sugar candy may be added.
- g) Following one's daily routine of work, taking food only when one feels hungry. Regulated *sattwic* food should be taken. Every morsel should be taken in the name of the Divine. Boiled vegetables and uncooked food should necessarily be taken at least once a day. If some leaf vegetables, cucumbers and other vegetables are eaten slowly after due mastication, at least, once a day, one is never troubled by constipation.
- h) While taking food, water should not be taken for each morsel.
- i) If one feels thirsty it is good to take cold water one hour before or after meals.
- j) Even if compelled by friends, relations or near ones, one should not eat anything between one meal and another.
- k) As tea and other drinks are injurious to health they should be treated as poison.
- l) Even if one is hungry, he should not overeat though the food is delicious and tasty. Overeating is the root cause of all diseases.

That is why our ancients divided their stomachs into four parts i.e. half of the stomach should be filled with solid food, one part with liquids and the other part should be left vacant and filled with air. By eating moderately and that too only when one feels hungry, living a regulated life and putting time to good use without wasting it in vain talk, all disease disappears.

- m) It is good and helpful if once in a week, only one meal is taken and fruit juice or some other liquid for the other meal. Once in fifteen days on the eleventh day of the new moon or full moon, one has to observe complete fast and cold water or cold water with lemon juice added to it should be taken, to slake thirst. At least, once in a month a day should be spent in solitude and silence in some Ashram if possible, without any worldly thoughts and in the study of religious books and meditation.
- n) In the evenings, at sunset, it is good to take a brisk walk or some exercise for ten or fifteen minutes till the body perspires and then take a bath. People advanced in age may take their bath in tepid water. At least, once in a fortnight one should take an oil bath.
- o) As in the morning, in the evening also, at least, for half an hour, one has to pray and meditate on God and enjoy the experience of the Self.
- p) Attending to one's routine work, one has to take a *sattwic* diet which conduces to longevity and health, and go to bed early.
- q) Celibacy ensures long life. It gives auster to the face and also gives the experience of the self which is one without a second.
- r) At the time of going to bed, one has to retrospect and examine the life he led that day. (Whether he did his work remembering God or not, whether he fell a victim to any weakness) and firmly resolve not to repeat that mistake noting all his activities in a diary and going to bed remembering God.
- s) One must enjoy unity within his breath which constantly says, days and nights, "*soham-soham-I am the atma, I am the atma*" whether one knows it or not- and follow the breath as the divine effulgence of *soham* which is eternal, pure, permanent and perfect. Then one can live not only to a hundred years but can live even as long as he likes.

Dear Readers of Peace magazine!

If you want to live a hundred years, and if you want to fulfill the purpose of this human life which is so difficult to attain, begin to follow the rules of health which help your gross body, not at some future time but right now.

Rise from the bed early in the morning and begin to practice *Yoga-asanas* or take some exercise till your body perspires.

In your daily activities, in all your trials try to observe the rules of love so that you may enjoy mental bliss.

To attain spiritual progress, to establish peace, pray and meditate regularly, not when your body (which is full of anxieties, numerous diseases and troubles) becomes infirm but now when the body is fit, attain *jivanmukti*- which is the goal of human existence.

Can there be two swords in onesheath? There isno darkness where the Sun is present. There cannot belight where there is darkness. Where there is illhealth and fear, health and courage cannot exist.

Perfect health is your birthright. Why should youthink of disease? Always think of health and be healthy.The scriptures in dealing with the illusion of the ropeand the snake, say, that if the rope is recompensed, thereis no snake, and if the snake is seen, there is no rope.

Try to express in your lives, the essence of thesmall verse written by the sageAshtavakra and crossthe ocean of existence, realizing the self.

When the rope is not known, it appears as a snake
When the rope is known, there is no snake
When the self is not known, the entire universeappears
When the self is realized, the universe disappear.

May the All Merciful Lord fill you with the realisation of the self, bless you with health and longevity,and make you attain the seat of immortality and liveforever and ever!

May all worlds be happy!

Om Santi SantiSanti

Hari Om Tat Sat.

(Peace June & July 1956)

43. HEAVEN HERE AND NOW

If there is **Heaven** anywhere in the world, it ishere in **Santi Ashram**, the Mission of Peace in Totapalli Hills where Sisters and Brothers of allreligions and different nations gather under one roofliving each other as the children of God. The verybasis of the Ashram has been since its origin:-

The world is our home. All the people in itare our sisters and brothers. To love and servethem is our religion.

I wondered in the moments of introspection,whether I am partial and self-interested in considering **Santi Ashram** as a **Heavenly Place**, for it hasbeen my child, rather my creation by **God's Blessings**. Indeed, it was God who used me as Hisinstrument to create a place of Peace a **Heavenlyabode** where devotees in all Religions –aspiring souls from the East and the West could come and stay worshipping God in their own way. I feelhappy at my convictions for these thoughts not only of myself, but also of many visitors and devotees from the different parts of the

world, who have come and stayed in Totapalli Ashram consider it also as an **abode of Peace** - as **Heaven on earth**.

It is **Sister Lalita Devi** (Mrs. Lulu Wilding) the President of our Kotagiri **Peace Centre** in Nilgiris during her stay in Totapalli Ashram who at first wrote a nice message calling it **Heaven in Totapalli**, which is being re-printed in this **Peace** issue. May all Glory be unto God! **Totapalli Ashram** has its own holy and inspiring vibrations which are being felt by all the seekers of Truth.

As I partake in the worship on **Sunday meetings** in the Prayer Hall, as I see children sitting in rows, little boys on one side and girls on another side, all the male members on the left and all the lady members of the Ashram as well as the sisters of the new **vayojanschool** on the right side and many visitors in front, my mind often goes back, comparing this heaven with the other heavens of which we read in the **Puranas**, Bible and other scriptures of different religions. What is the difference between those imaginary heavens in the sky or heaven and this living heavens of which is Now and Here in front of us before our very eyes !

How blessed is Santi Ashram - the Heaven on Earth, to have among its members and workers Christians, Buddhists, Zoroastrians (Parsees), Muslims and Hindus of all faiths and beliefs etc., etc. It makes me happy to see the pure and innocent faces of the little children doing **Bhajan**--worship and listening intently to the messages. The olden people also who have been in the Ashram working for its progress since the last forty years appear to be happy and contented to have done their good part to the best of their ability. I do not know about the heavens that are in the celestial regions. Some say they do not exist and some say they do exist. But I am here concerned with the present heaven- the Heaven in Totapalli Hills Now and Here, which has been a great blessing to many a weary and tired soul in the various religions since the year 1917, which was established in the wild jungle land of Totapalli, where tigers, leopards and other wild animals used to roam freely.

Now by His grace no longer this old forest is filled by wild animals, but it is inhabited with **Devas** and **Devatas**. My simple heart rejoices to see the devoted faces of all these living images of God, taking part in serving His children--living as **One family** under **One divine roof**--representing the **Brotherhood of Man and Glorifying the fatherhood of God**. It is here again in His Heaven of Earth in Totapalli Hills, no particular deity of anyone special religion is worshipped. The devotees of all faiths and religions are respected, for it is a Holy Place of Universal Worship, where all are included and no one is excluded. Even the septic, agnostic and a non-believer too have a place in this Heaven of Peace for all are the images of God. All the atoms in the earth have one source. All the waves in the sea rise from the one ocean. All the rays of the Sun come from the effulgent Sun. Similarly, all the people of all the faiths and denominations or even those who do not belong to any particular faith or man-made denominations in the East

and the West in the North and the South, has the one basis and goal which is God or Light--
the **Indivisible Presence** of all the worlds.

All of us have come from Him
We live in Him
We go back to HIM
In the past we have been one with Him
In the present we are one with Him
In the future also we are bound to be one with him,
We are eternally one with God.

Where is the moment of separation in the past, present or future, from the Indwelling Presence of our hearts, which is no other than the Universal Light the Indwelling Light, the Interpenetrating Presence which is **Omnipresent, Omnipotent and Omniscient, Verily, Heaven is Here and Now.**

My heart rejoices also to see in the Heaven on Earth in the Totapalli Hills, several *Mahatmas* God-realized souls coming from the East and the West and also from the hoary headed sacred Himalayas, and blessing the members, workers and children with their **Inspiring Messages, Initiations, Bhajans** and wise suggestions to realize God Now and Here. As all are one, let the **Happiness** of others be our Happiness. Let the health of others be our Health. Let the **Peace** of others be our Peace. My message will be incomplete now without mentioning here the **Universal Anthem**. Let us all repeat it now.

*One Cosmic Brotherhood,
One Universal Good,
One Source, One Sway,
One Law beholding us,
One Purpose moulding us,
One Life enfolding us,
In Love Always.
Anger, Resentment, Hate,
Long made us desolate,
Their Reign is done
Race, Colour, Creed and Caste
Fade in the dreamy past,
Man wakes to learn at last,
All Life is One!*

Dear Loving Readers of Peace magazine! Ye, who are the Inheritors of Immortality—Life Eternal, you too have legal right to take part in the Heaven on Earth in serving His children in the various fields of service, for **Santi Ashram** is the **Common Property** of all His aspiring children, all over the world. **A Hearty welcome** awaits you all here to visit our Heaven on Earth and to stay and abide here temporarily or permanently. May I close now my Invitation with the Vedic Prayer the Peace Chant. Pray! Join me also in singing it Now, wishing the Peace of the world.

(Peace April 1961)

44. HANDIWORK OF GOD

(**LAKSHMI VILLA, PEACE CENTRE**)

LOVE INSPIRES LOVE

*There are loyal hearts, there are spirits brave,
There are souls that are pure and true;
Then give to the world the best you have,
And the best will come back to you.*

*Give love, and love to your heart will flow,
A strength in your utmost need;
Have faith, and a score of hearts will show
Their faith in your word and deed.*

-In Tune with the Infinite

OUR LAKSHMI VILLA, PEACE CENTRE in Nilgiris has been the Handiwork of God, for it is intended to serve all His children of different religions and various faiths. It has been said, not a blade of grass moves without **GOD'S WILL**, yet many things are done by human effort and certain things by Divine Effort or God's Blessings. When things are done by human effort with selfish motives, there is struggle and strain. But when good works are done by God's grace, there is perfect ease and happiness. Hence, human effort is compared to the struggles of a man on a hot summer day, fanning himself with a palm-leaf fan to get cool. Whereas God's grace is compared to the Life-giving breeze *malaya-marutham*—the Divine Breeze that fills one with coolness, blowing on one and all freely without the least strain or effort.

Sri Balasundaram, the great devotee of Sri BalaYogi was the District Collector in East Godavari District, and a sincere friend and well-wisher of Santi Ashram also, visiting it often during his stay at Kakinada. That was ten years ago. As the home of his father-in-law is in Kotagiri, he visits this place every year in summer. This year when he heard that I am now at

Kotagiri, he felt surprised and could not believe himself until he visited Lakshmi Villa and saw me. He exclaimed;

Where is the far away Totapalli and where is Kotagiri and how could our Swamiji come here from such a long distance?

After spending a few hours in Lakshmi Villa, he remarked;

God has brought Swamiji here, for the Nilgiris needed a Universal Home of Peace.

In fact, I was unwilling to come even when Sister Lalita Devi came to Totapalli and requested me to come here, saying;

The Nilgiri needs your Divine Message. It has Churches, Temples, Mosques etc., except a Centre of Peace, which includes all the votaries of every religion in the East and the West.

In order to satisfy Sister Lalita's wish, I promised to come next year. Then she wrote to me:-

When people are thirsty for a drink of water, will you say; I will give it next year? After reading her pressing and appealing letter, I realized that God wanted me in the Nilgiris to serve His Divine purpose.

God's ways are inscrutable and incomprehensible to the finite, human mind. How He uses us as His chosen instruments! In the first year the Lakshmi Villa Bungalow was taken for a month only rent-free from the *zamindarini* of Dasapalla Estate - on condition that it should be vacated after a month. In the second year it was taken for two months to serve His children. In the third year it was taken permanently to serve as a **Peace Centre** for the benefit of all His aspiring children! How good is God!

My life work of nearly 44 years in all our Ashrams and their properties have been registered in the name of a Committee consisting of well-known, selfless and dedicated souls, so that everything that was in my name could be used to serve God's children in all the world, irrespective of the man-made differences in caste, creed, colour and nationality. Now this rich and valuable property also is getting registered, not in my name but in the name of our worthy Committee Members, so that it will be our **Common Property** of all the devoted sisters and brothers of all different faiths. Even my name is not included in the Managing Committee for, *Swami is dead and Omkar is Alive in all of you*. I long to be free and happy like a bird, Nothing belongs to me and everything I have belongs to you all!

The Nilgiri Hills are blessed with bracing climate and with great beauty and silence. Kotagiri is considered not only as a place of Peace but also as a place of health resort. This lovely place has everything except a Prayer Hall or a Congregational Place of Worship, for the use of

God's children of different religions. Hence, the great need of *ViswamathaJyothiPrarthanalayam*—the **PRAYER HALL OF UNIVERSAL LIGHT** for the common worship and for the use of the votaries of all faiths. On an auspicious day, Sister Lalita Devi laid the foundation for the Prayer Hall of the Light Universal, in the presence of the devoted public of Kotagiri, with *Puja, Bhajan, Prayers* etc., Invoking God's richest blessings, for its early completion, with a seating capacity to hold nearly six hundred devotees. The unique and special feature of the Universal Temple is the *Universal Symbol* in Neon Signs representing the Symbol of every Faith in different colours, the First of its kind in the history of the world, infusing faith and inspiration into the hearts of all devotees.

As the work in Lakshmi Villa is new and as the accommodation is limited, we are not able to allow this year, many devotees who have been anxious to come here. Suddenly, an old devotee of the Ashram Sri Swami Reddy, the Supervisor from Hyderabad, turns up to our consternation with bag and baggage, when we were not allowing even the devotees who have been pressing to come here with repeated requests. Yet, God's ways are mysterious. What was our joy when we realized that this Supervisor was sent by God to help us with the construction of the *ViswamathaJyothiPrarthanalayam* ! Our devoted supervisor is busy now taking copies of the sketch of the Prayer Hall with his wise suggestions and also to get all the friends and well-wishers of the Ashram interested. To begin with, he offered his salary of one month towards the construction of the Prayer Hall of Light, Life and Love, I was deeply touched with the deep love and offering of our devoted Swami Reddy. How God comes to us in the form of His chosen children to help in serving His cause of Peace! My heart rejoices to hear of the loving remarks of our Supervisor, that the whole of Lakshmi Villa is pervaded and permeated with Peace and Love the holy vibrations of God.

The present **Prayer Hall**, is estimated to cost nearly Twenty-five Thousand Rupees at least, by the time it gets completed I am one of those who consider all the wealth in the world belongs to me. As we do God's work, He alone will help us with all that we need. If all the devotees of the Ashram in the East and the West like our devoted Supervisor, offer their one month's salary or a part of their income to God, in order to help and serve His children, not only one Prayer Hall but a Hundred Prayer Halls--Universal Temples can be easily constructed in no time.

Lakshmi Villa is already full now with devotees. I had to offer my Office Room to accommodate two devotees from Hyderabad and Bangalore. More are expected from Bombay, Madras and from Andhra etc. When the Prayer Hall gets completed it will have more accommodation to provide for the devotees and friends of the Ashram. In the meantime, may I request all the children of God, to extend their helping hand, in all possible ways, so as to help us to make *ViswamathaJyothiPrarthanalayam* completed, so that it would be a great blessing, increasing Peace Universal in the heart of the Individual and thus spreading It far and near in the Universe.

At present all the Ashramas in Totapalli, Visaketc.. are forgotten, By God's blessings the presentwork of the **Prayer Hall**, must be completedat any cost, for your use and for the good of all,with your prayers and sympathy. If the **Call** comes I would be happy to close my eyes only afterthe completion of this God-ordained work. Poor andnaked we came into the world, poor and naked weleave the world and it is only what we do for Godand His children helps and follows us in the longrun.

It was kind of Sri V. V. Giri an old friend andwell-wisher of the Ashram, who is now the Governor of Kerala, kindly to promise to come here-toinaugurate the **PRAYER HALL OF UNIVERSALLIGHT**.Everything in this world passes away,except what we do for God's work. The way tobe happy is to make others happy. Our real joy isin giving, for the more we give, the more we get how aptly the little poem on *dana*, illustrates theglory of sharing!

DANA-GIVING

*Give, give, give,
That which you hold will turn to dust;
Give while you live, for, give you must;
Else, what you hold tightly in your hands
Will vanish through your fingers and be lost.
Give, and there flows a mighty fountain throughthe land*

Dear Friends, **Lakshmi Villa Peace Centre**ofKotagiri,Nilgiris extends to you all a Hearty Welcome. It needs your prayers and sympathy for the speedy completion of the *ViswamathaJyothiPrarthanalayam*—the **PRAYER HALL of UNIVERSAL LIGHT** of all Religions and in making it a real blessing to the Votaries of all Faiths.

SOMEBODY

*Somebody did a golden deed,
Somebody proved a friend in need,
Somebody sang a beautiful song,
Somebody sailed the whole day long,
Somebody thought, It's sweet to live"
Somebody said, "I am glad to give".
Somebody fought a valiant fight;
Somebody lived to shield the right;
Was that Somebody You?*

MAY PEACE BE UNTO ALL!
OM OMOM

(Peace June & July 1961)

45. HOW GOOD IS GOD

GOD is good, because He is all love. Whatever side I turn my eyes I see God's loving glory. He is there wafting His cool breeze on me. He is here making me to bask in His loving balmy rays. Whether I am on land or in water in the sky or heaven, God is there protecting me with His never failing love and wonderful care. Every sight portrays Him. Every sound expresses Him. He is in every rain drop. He is in the thunder and lightning too. During my recent visit to the Rishikonda Beach, while bathing in the ocean, I felt that the voice of EVERY WAVE, IS A PRAYER. *The Ocean is praying "Why don't you pray O Man?"* is a beautiful thought and a lovely motto in our Waltair Ashram, reminding people to think of God.

How blessed it is to make all our thoughts as prayers! Verily, God is within and without. As He is Omnipresent there is not an atom of space where He exists not, it is all He, not only on every side but also above, below and all around. Naturally, He is in everyone. Hence it has been said that MAN IS AN IMAGE OF GOD. God is even in the fragrance of sweet flowers. He is even in our sleep too. This thought is the outcome of the message of little jasmine flowers last night. On the verandah of the *Nirvan Mandira* I sleep, I inhale fragrance of the sweet flowers. No one has planted this jasmine creeper. It sprouted by itself with some other plants there and began to grow and bloom giving plenty of flowers month after month. How loving and good is God!

While I was in ecstasy inhaling and exhaling Peace in the sweet fragrance of these tiny flowers, from somewhere a little bird began to sing in pathos "Pau Kahan." Where is *Prabhu* - the beloved.

I was deeply moved and touched with tears in my eyes on one side inhaling the nice fragrance on the land and hearing from the sky, the cry of the innocent bird seeking God. It was a holy moment of divine ecstasy!

It was the full moon day and I was going in the early hours towards the Kailas Hill, moving in His Presence. At one place on the way towards the hill, I sat on a slab of stone. On one side there was the full Moon going slowly down the horizon. On the other side, there was the advent of the rising Sun, dispelling all clouds of darkness, it was an ecstatic moment that cannot be described in these finite words to see the two balls of fire - one rising from the East and the

other going down the horizon in the West! How Good is God! He has given me the Sun and the Moon, as my living *gurus*.

How rich I feel to own the Sun, the Moon and the stars! I am the monarch of all that I survey. The world belongs to me. Verily, it is my own creation. How good is God to bless me with a healthy body, an aspiring heart of love and a discriminating mind. He has not only given me these precious and priceless gifts, but He is also ever enabling me to feel His Presence within me and all around, protecting and watching, how I am making good use of His precious love. The Glory of God's Love lies in enabling us to realize His eternal oneness with us, for He is the Eye of our eyes, Ear of our ears, Heart of our hearts, Mind of our minds, Breath of our Breaths, nay Life of our lives and Soul of our souls. Glory Glory Glory!

INHALE AND EXHALE PEACE WITH EVERY BREATH- Recognize His presence, in the tiniest atom and in the biggest plant, for He is the Soul of all the creation- The Individual alone is the Universal. Above all, my heart longs to worship God. Who is all love and who has been too good to me, no longer with words but with Supreme Silence and in dumb ecstasy.

Be still and know Thou art That.

OM TAT SAT OM

(Peace June & July 1963)

46. HOW TO LOVE GOD

“To love God in the most Practical way is to love our fellow beings. If we feel for others in the same way as we feel for our own dear ones, we love God.”

“If, instead of seeing faults in others we look within ourselves we are loving God.”

“If, instead of robbing others to help ourselves, we rob ourselves, to help others we are loving God.”

“If we suffer in the sufferings of others and feel happy in the happiness of others, we are loving God.”

“If, instead of worrying over our own misfortunes, we think of ourselves more fortunate than many many others, we are loving God.”

“If we endure our lot with patience and contentment, accepting it as His will, we are loving God.”

“If we understand and feel that the greatest act of devotion and worship to God is not to hurt or harm any of His beings, we are loving God.”

“To love God as He ought to be loved, we must live for God and die for God, knowing that the goal of life is to love God, and find Him as our own self.

Om! Om! Om!

(Peace Dec 1970)

47. HOW IS YOUR HEALTH?

These days, when I am still lying in the bed, in the posture of *seshasana*, as requested by my devoted and dedicated Dr. Pichayya, devotees and friends, the well-wishers of this body and the Ashram ask me the one question with great concern:

HOW IS YOUR HEALTH, DEAR, SWAMIJI?

While feeling grateful for their love and concern, I wish to say with great joy:

MY HEALTH IS WONDERFUL!

*For the Wonderful One is abiding in my
heart, pervading and permeating the very cells
of my being, expressing in each and every
cell and in every moment of my life.*

But it is more of the physical health of the body that my devotees wish to know. But the body is only a passing cloud, it is a mere wave in the Ocean of *Akhandā, Sat, Chit, Ananda*, the Existence, Knowledge and Bliss Absolute. Anyway the simple question makes me feel embarrassed and I wonder what to say to satisfy my visitors and devotees.

Am I the body or the *atman*, the Soul, the One without a second? As *atman*, the Splendour of Millions of Suns, the Light pervades and permeates the very cells of the body. I am more concerned about the Health and Peace of the *atman*, the Soul and of others, than of the passing body.

For the question, ‘How is your Health?’ my reply comes in the form of the following words:

My health depends on the Awareness of the Presence of God by you. As thoughts become things, please help me by feeling the Presence always, ceaselessly, for this thought of the

ONE PRESENCE, the INDWELLER, the ETERNAL LIGHT, helps me and helps you and it helps all the people in the world!

Often the devotees and visitors are not satisfied with my philosophical reply, the spiritual answer. You will be surprised to learn that I did not know the exact place of the operation on the body during all the long stay of nearly 70 days in the Hospital.

Out of the fullness of my heart I repeat, 'How good is God!' Unconsciously I repeat, God has been too good to me, considering me as His chosen child!'

Dear Loving Readers of Peace magazine, devotees everywhere in the East and West let me express this vital thought, deep thought that:

MY HEALTH DEPENDS ONLY
ON YOUR LOVING THOUGHTS
OF HEALTH AND LIGHT!

The Self-effulgent Light is Eternal and Infinite and It is ceaselessly shining in all of us.

So my loving Friends, please help me by feeling His Presence, within and without, by recognising His Interpenetrating Light in the very cells of the body. Health, or Light is the Only Changeless Reality. Let us feel IT within and without, from the toes to the top of the head, from the tiniest atom to the biggest planet, in all the world. Glory! Glory! Glory!

Verily, thoughts are things, as *you think, you become* what we sow, we reap.

God if you think of, God you are.

Dust if you think of, Dust you are.

In my turn, in my own way, I love to ask the same question of you.

'HOW IS YOUR HEALTH, my Loving Images of God?'

Are you feeling His Presence

in the very cells of your body ?

As it is the Individual Peace that paves the way to *Universal Peace* let us establish health and Peace, first in our own beings. Let us have the strength to recognise in each and every cell, within and without, the Splendour of Millions of Suns.

Thus we help ourselves and we help the health and welfare of all the ailing children of God in the East and the West. The essence of this Message is:

Let us never recognise the passing cloud of sickness, but let us have the strength to recognize only the Eternal Health, the Infinite Peace in the very cells of our beings as well in all the Universe.

Let all the people in the world, the Living Images of God, be happy, healthy and Peaceful! Let us repeat now in ecstasy:

WE ARE IN THE LIGHT.
THE LIGHT IS IN US.
WE ARE THE LIGHT.

THAT which exists is ONE
You are THAT LIGHT.
Tat Twam Asi. Thou art THAT

Hari Om Tat Sat Om.

AN OFFERING

A Loving Offering to all the sick, ailing, sad and depressed children of the One, Indivisible GOD, in the East and the West, with my, ardent Prayers for their HEALTH and PEACE.

Lokah Samasthah Sukhino Bhavanthu.
OM OMOM

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(Peace June & July 1972)

48. HOW TO FEEL GOD'S PRESENCE ALWAYS?

The answer to this vital question, the solution of this Soul-awakening theme, lies in your conception of God.

If your conception of God is finite and limited, you can never feel His Presence ceaselessly. If your God is confined to a religion or creed, to a temple or church, you can never feel Him ceaselessly. If your God is confined to heaven or sky, to a dogma or fanatical belief, you can never feel Him ceaselessly. If your God is confined to a name or form, to a time or place you can never feel Him ceaselessly.

First let us try to understand the full meaning of the simple word CEASELESSLY. Have you ever watched oil being poured from one vessel into another vessel? Did you notice how it falls in a stream of continuous current, without any break in its course and runs in a ceaseless flow? Your mind also has to run towards God, ceaselessly in unbroken flow. This is a helpful simile for a steady uninterrupted and concentrated meditation.

This state of steadiness is explained in *DHARANA*, *DHYANA* and *SAMADHI* concentration, meditation, Cosmic Consciousness, *NIRVIKALPA SAMADHI*, or Trance. Now let us come to the true conception of God, He is Omnipresent, Omnipotent and Omniscient. He is at the same time interpenetrating the very cells of your being. If so, you are in God and God is already in you *TAT TWAM ASI. THOU ART THAT.* As God is *ONE WITHOUT A SECOND*, as nothing else exists besides Him, you are *THAT* already.

GOD HAS NO OTHER BODY ON EARTH THAN YOURS. How wonderful! He is working through you. God is moving and breathing through you. Not a blade in of grass moves without His will. I am writing now because of His Presence. You are reading now, my loving readers, because of His Presence, In the real conception of God, He is seeing through your eyes, hearing through your ears, working through your body and thinking and functioning through your senses and mind. Verily, He is throbbing in your heart and flowing in your very breath. How close and near is God, closer than your hands, your feet, your very breath!

Indeed, He is the Breath of the breath. He is the Universal Breath-*SOHAM* Breath that embraces all excluding none, but including everything. Even the dumb animals, plants, herbs and flowers are included in God's Presence. It is He who is shining in the stars, the sun and the moon and other planets. How blessed it is not to be earth-bound! Let us crawl with the insects; let us fly with the birds; let us sing and play with the children. God is not only in the form of the flowers, birds, and men; He comes to us in the form of the critic, an enemy, to test our mettle and the love that we bear in our hearts. Blessed are they who can repeat even from the Cross, facing God even in their persecutors. "FATHER, FORGIVE THEM, FOR, THEY KNOW NOT WHAT THEY DO." In my religion there is nothing like FORGIVENESS, for, all is God.

The *Crucifixion* as well as the *Resurrection* are one and the same unto those blessed and rare souls who have the correct and real conception of God, Just the other day we received a letter from a lady who is the Editor of *Animal Champion*, finding fault with us for not writing in our *Peace journal*, advocating the protection of their lives and removal of the sufferings of the Dumb Animal Friends. I appreciate her kindness towards the animals and sympathy for their sufferings. But I feel sorry for her unkindness or harshness towards her fellow-beings, who are kind and good in their daily life of compassion.

As I am writing this message both the Bada Rami and Chota Rami are near me, as if asking me to send their love to the Animal Champion lady in the far off England. In our Ashram we have nearly a hundred cows, bulls, calves, all living on our love. Not only we love and take care of them but we consider all these dumb animals as a part and parcel of our lives, the living images of God. In loving and serving any of the least of His children, we are only loving God! The only difference is that we do not broadcast and advertise our work; but feel content in our silent service, without expecting any reward.

While I am engaged in writing this message, sitting under the cool shade of a mango tree, it made me happy to see a doctor coming to see me, offering his selfless services to serve the sick and the poor. Two sisters came and sang devotional songs that touched my heart. In all these simple incidents, I see God and I feel His Presence. It gives me joy to face Him in everyone. The sun shines in the day time. In the night it is dark. Yet, in the Sun there is always sunshine. The wind blows; sometimes it stops too. The waves in the ocean rise high and they go down too. In everything in this world, there appears duality, cold and heat; light and darkness, sickness and health, poverty and wealth, ignorance and knowledge. God alone is the Changeless One. He is above all changes.

How to feel His Presence ceaselessly is the problem of problems? In the outer life, awareness of His Presence ceaselessly seems to be almost impossible. Inadvertence comes at every step. Forgetfulness seems to be the nature of the mind. The mind of even the learned and wise, is so fickle and restless, always thinking and imagining both useful and useless things. The only way, the helpful way seems to be, to merge within, to introspect over one's life, to be still but to know in stillness that we are a part and parcel of God. In stillness we realize that there is something within, in every man and woman, even in the dumb animals too, that which is flowing ceaselessly in their very breath, with each and every inhalation and exhalation.

Inhale and Exhale Peace:-This is the greatest help to realize God, if only we could follow ceaselessly our own breath. *SOHAM* is the Universal Energy. It is the essence and soul of all creeds and religion, *SOHAM* is the *MANTRAM* of *MANTRAMS*. It is the *MAHAMANTRA*, the Holiest affirmation that makes us feel His Presence, Now and Here, immediately. Let us only have the strength to feel and feel His Omnipresence; and to be eternally centered in God, the Universal Energy.

Let us close now with the VEDIC PEACE CHANT, with the prayer that it may lead us into that ceaseless flow of God-consciousness, which is the soul of man and the goal of humanity!

(Peace Feb & March 1970)