

ARTICLES– 7

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1.NUMBERING THE HAIR

I very seldom read news papers. It was Rama Tirtha who said, "Blessed are those who do not read news papers, for they shall see nature and through nature, God."

In a certain state of the development of the individual, the more he reads the more his mind strays from the center within, towards the objects of the world - especially when the reading is not spiritual in nature, but of loose common gossip of the world's atrocities, crimes, murders, scandals etc. Hence, news paper reading is not helpful, especially to those who are striving to fix their restless minds in the restful lotus center of the heart, to taste the nectar of immortality in the stillness of sacred silence.

As the post comes daily, I open all letters and papers every day and often I glance only over the headlines of the articles in the papers and if I happen to find any spiritual or uplifting news, I spend a few minutes more in reading it.

As usual, yesterday, while turning the pages of a daily, I saw the heading of "Numbering the hair." Immediately I was fascinated and read the article with great curiosity and interest. The man has so far counted the hair of four people and the following are the details of the number of hair on each head:-

- | | |
|-----------|-----------|
| 1. 140400 | 2. 102960 |
| 3. 109440 | 4. 88740 |

On one side we can say, "what is there that man cannot do?" He can do anything and everything, for he is the image of God. Verily, he is no other than That. Consider the modern inventions and discoveries that are made day by day, by the genius of man - using only a millionth part of his God given intelligence. If only he could grasp all the million parts of the infinity of God. Who is the source and mind of creation itself, what is there that man could not do? As sons of God, the immortal heirs of the immortal one, they could do all things, provided they recognize their kinship and inseparable relationship or unity with the eternal.

Again, from the other stand point, the relative side of truth, how ridiculous it is to waste the most precious God-given intelligence and time merely in counting the hair of several heads!

I feel sad not only for the man who is counting the hair but also for those who are having their hair counted. What a patient, trying and hard task it must have been!

We read in the scriptures that the very hairs on our heads are numbered by God. When such is the case, what is the use of wasting precious time, doing the same thing again engaging ourselves with such fruitless pursuits? Does it bring the kingdom of heaven nearer, if we know the number of hair we have on our heads? Does it bring the one that is counting the hair or the ones that are having their hair counted, nearer to God?

During my stay in America, one of my students requested me to pose for him, as he desired to make a bust of me. I replied smilingly that I would prefer to pose quietly before God in my meditations rather than to have a mere bust fashioned and sitting for it day after day. We are painfully aware of the sad plight of several people who spend long hours every day for posing, for portraits.

This makes us realize the fact as to how our minds are prone to pose for outer things, instead of humbly facing God in mediation, and we are willing to count the hair or to pose for anything, instead of realizing the goal of human birth. Since God has already counted the number of hair on our heads, if we are curious to know their number, it is useless to do the same thing again - the thing that was done or known by God. The best and right thing is to know God and in knowing Him not only will we know the number of hair that we have on

our heads, but everything else. Let us not be over anxious about the hair on our heads. Let us seek the Lord who will make us free and happy.

In a way, in some form or other, we are all counting hair, neglecting the presence. This theme reminds me of the beautiful illustration given by Sri Ramakrishna Paramahansa, about two men entering a garden, and one man was busy in counting the trees in the garden and the branches on every tree and the fruits on every branch etc. The other man went straight to the owner of the garden, made friendship with him and eating the lucious fruits, he was enjoying a nap, surrounded by God's loving presence. Whereas the other one was still counting, and getting tired, and exhausted.

Now, leaving him to the counting work, let us critically analyse the present state of our activities and see for ourselves whether we too are engaged in counting the trees, branches and leaves or enjoying deep *samadhi* the highest state of peace, eating the blessed fruit of God's love.

It is time for us to give up the futile attempts of counting perishable hair. There is some sense in counting the hair on the head. There is a proverb in the Telugu language about people counting the hair on lemons. What do you think of these people? This must be an advanced stage to the state of counting hair on the head.

The purport of the proverb of "counting the hair on the lemon" is not to give one's mind to non-existing and non-essential things but only to give ourselves wholly to the one truth, one God, one universal presence. Let us make His kingdom and His righteousness our chief aim and then all things will be added to us as the Bible teaches.

Dear readers of Peace journal in East and West, can you join me now by sparing a little of your valuable time - no longer in counting the number of hair, as it were, but in counting the blessings of the countless one, in numbering the wonders of the numberless. One and in measuring the mercies of the one who is beyond all measuring.

Let us draw ourselves, nearer and closer to the indweller of our hearts - the interpenetrating truth, and feel His presence in our very breath and in the stillness of our hearts. Lo! He is here. What else can I say?

May we ever abide in Him filled, surrounded and saturated by His divine love and presence, is my prayer.

Hari Om, Tat Sat Om.

(Peace Oct 1934)

2. NEWS PAPERS

It was Swami Rama Thirtha who said '*Blessed are they who do not read news papers*'. Sri Jaya Prakash Narayan with his life partner, Sister Prabhavathi Devi, Sri Prabhakarji and the other *bhoo*danworkers and members came to the Ashram and we were trying to help and serve them, with spiritual food by reading some of my recent helpful messages, to make their visit worth-while and useful to all of them. We were also reading the message on 'The Two Precious Moments' dealing with 1. The moment of God-consciousness and 2. The moment of the selfless service.

As if to tell us that there is another precious moment, one of the party, an outsider instead of listening to our messages opened his news paper and began to read it in the room before me, while all others were listening to the messages with all devotion and attention.

This incident, made me realize that there is another precious moment to the man of the world. That moment is the moment of news paper reading. In these days of bustle and hustle and restlessness. One can live even without food and water, but not without reading his daily news paper. Watch the man of the world who spends hour after hour in reading news papers everyday, how miserable he feels. When he does not get his paper for a day or two. Such is the thick delusion - *maya*, the attachment even to the news papers, in the world of outer life. I do not teach or advocate, that the people in the world, should not reading of news papers, I have nothing to say against the reading of news papers, but they have their own place and time for their study and assimilation.

News papers can be read anywhere in the villages and towns all over the world. But, here in the Ashram in the Abode of Peace, devotees, even men of the world should give more prominence to the study of holy Scriptures and to listen to the sacred words of God and thus make their visit to the Ashram helpful and worth-while by listening and assimilating the spiritual truths. One can read the news papers everywhere and gossip anywhere, anytime, in the outer world. But here, in the Ashram, in the home of peace, one should pray, meditate, listen and ponder over the aim and goal of precious human birth for the precious life is intended for realizing God, before the call comes. The *maya*, the delusion of the outer life of senses is so thick that it deludes even the learned, the *yogis* and *swamis* who belong to the Ashramas.

When such is the case what to speak of the casual visitors, who come to see the Ashram, often due to curiosity or for sight seeing. To make my point clear, I love to give a recent illustration from the life of the Ashram. Sister Sushila Devi in one of her latest letters, while getting ready to come from U.S.A. to the Ashram has requested me to read the news papers to understand the Suez canal situation. To respect her wishes. I sent for the daily news paper, that one of the friends of the Ashram gets in the nearby villages. He was kind enough, to send it to me and I used to see the head lines and send it back to him. Because, I was reading, some of the Ashram members also wanted to read. Everyday one after another began to wait for the coming of the news paper. The day when they failed to get the news paper. They appeared anxious and miserable.

Then I realized my mistake of reading the news paper even in the name of Suez canal and said 'salutations be unto the news papers and let them not be sent to me again'. The news paper was stopped by the friend as desired by me. Then there is peace within for me and without for the Ashram members. Any wrong habit or outer habit, is very alluring and it is so easy to follow it. Good practices like spiritual study, meditation, keeping a diary of the daily progress etc., appear difficult, and some people of the world think that all these are superficial

and unnecessary. Some find no time to pray and meditate but they have all the time, plenty of time to read news papers and gossip every day, wasting precious time. Such is *maya*.

Some people who do not know the value of time, having no real aim or aspiration in life, waste their precious time in reading not only the important news in the news papers, but also all the advertisements too. They are not satisfied until they read from the first line of the first page to the last line of the last page of the news paper. Thus people find or create happiness in their own way. Some in the moments of selfless service. Some in the moments of God-consciousness and some in news paper reading etc. May God bless them all, for they too are His children!

Mind by itself is restless both day and night. Imagine its restlessness when it gets filled up with all the news paper comedies, tragedies, accidents, incidents, horrible crimes etc. of course, there are some good thoughts, constructive programmes and inspiring message also occasionally in the news paper. Blessed are they who can sip the honey, from the stinging beehives. Blessed are they who seek the Real from the unreal, the Changeless from the ever changing, the Immortal from the mortal. Blessed are they who do not read news papers, who have risen above reading, whose inner gaze is fixed within on the infinite, the eternal light.

May all homage be unto such Noble and Ideal Souls of Freedom.

Om OmOm

An offering

**An offering to Sri Jayaprakash Narayan, Sister Prabhavati Devi and our Prabhakarji
wishing
their Health, Peace and Long lives for the good of the Motherland.**

(Peace Oct 1934)

3. NIRVANIC BLISS

I awakened early from a pleasant dream, feeling a mystic joy and inspiration. It seems that I was giving a message, a spiritual discourse to a group of devoted souls. It was a highly inspirational subject, for as I continued to deliver the message. I was so over powered with spirit of it that I could speak no more but could only feel an interpenetrating fire of ecstasy thrilling through my frame.

I could indeed feel that pleasant sensation of melting, as it were, into formlessness, as I now write these thoughts, pleasantly recollecting my dream. At first a certain state of numbness began to crept all over my body. The senses became still, rather they did not exist at all in that state. Even the mind and intellect disappeared or dissolved. All that was, and is, had been merged into an inexpressible calmness, indescribable peace, incomprehensible silence and flowing bliss - the bubble had dissolved in the river of perfume.

In the beginning, as I was entering into that state of ecstasy, I felt I could talk or continue my discourse. If I wanted to, but the devine ecstasy was so soothing and soul-awakening that I continued to be led, surrendering my ego and impulses to the higher self I do not know how long I remained thus in that blessed condition. Which seemed only a mere dream. But I was filled with the nameless wonder of nothing, a Nirvanic Bliss.

It is for this holy state that I work day and night, offering my all-in-all at the altar of truth. Struggling ceaselessly when I strive to experience it voluntary in the waking state of consciousness. And lo!the occult paradox. I am blessed with a glimpse of it when uninvited, unexpected, it comes without the least effort on my part in the dream state. Indeed, how strange and paradoxical truth seems at times. Yet the divine laws are simple, natural and common to one and all these scared, sweet flashes of divinity are the buds of our latent, spirit fruits.

Perfection in Stillness :

As I analyse the experience I perceive by a practical lesson that it is the very effort to grasp the incomprehensible truth that is often keeping us barred from enjoying the universal vision. For truth is an effortless, transcendental state or condition. It seems that in great sea disasters, a man who does not even know how to swim can save himself, by just keeping his equilibrium and poise. As the specific gravity or the relative weight of the sea water is greater than man's naturally he floats on the water, but in his very struggle to save himself, he gets drowned by throwing all faculties into disharmony. By control, Christ and other *yogis* have been known to tread on the waves.

Many of our attempts, almost all our attempts to realise God, and all our prayers, concentration and meditation are based only on effort, with a lot of feverish strain or tension. Hence it is no wonder that truth is sealed from us. It is stillness - in the deep stillness that can be compared to the quiet ocean depths - that we realise God. So we have been taught in the Bible: "Be still and know that I am God." But we impatiently want to realise Him or call ourselves Gods, without a trace of this stillness either within or without. Ripe fruit drops from the tree when mellowed by long days of sunshine, rain and wind. Evolved souls go to their source after due experiences.

It reminds me of the wonderful statement: "Omnipotence is working, let the moral retire!" *samadhi, nirvana*, the kingdom of heaven or the peace that passeth all understanding will be the immediate direct result only when the mortal retires completely and not until then.

Therefore it lies with us to take a firm hold of our divine birthright, through our self-resignation, today or tomorrow, in this birth or in the births to come. The sooner we realise our Godhead, the better it will be for us and for the well-being of humanity.

Brotherhood in creation :

In studying nature we can find in all its phenomena links and ties of the great brotherhood of created things. What is good for each is good for all in the long run of evolution. And in spite of all the millions of castes, creeds, colours and nationalities in the East and the West the whole of humanity is indeed one vast mass of God's manifestations. It is mystical body which can never be split or divided into parts. One man's sorrow is the sorrow of the whole world. One man's joy is the joy of the whole universe. It is only those God-imbued and God-consecrated souls who are established in their sacred heritage who can ever worship humanity as the one without a second. Unto such souls belong peace eternal and unto none else. May all homage be unto them.

Hari Om Tat Sat

(Peace Oct 1978)

4. NIRVANA

- a) The creature with simple consciousness only is a strain floating in a tide, it moves freely with every influence.
- b) The self-conscious man is a needle pointed to its centre - fixed in one point but revolving freely on that-
- c) The man with cosmic consciousness is the same needle magnetised. It is still fixed by its centre, but besides that, it points steadily to the north - it has found something real and permanent, outside of itself towards which it cannot but steadily look.

Strive for mental peace and the secret of human happiness. The man who has no desire, who knowingly is free from doubt and has attained the depth of immortality, him I call a *Brahman*.

Nirvana is not the annihilation of human desire or passion, but it is universal reason or cosmic consciousness nir-out, vana-flowing. Nirvana means flowing-out, extinction. It is the extinction of bad and sinful; grasping condition of mind and heart not the extinction of soul. Nirvana is holiness - perfect peace, goodness and wisdom. Desire is the basis of sin and must be got rid of. Desire is inseparable from the self-conscious state of the cosmic sense. Nirvana is the extinction of the three fires of passion, lust, hatred and delusion.

There is a mental state, so happy, so glorious, but all the rest of life is worthless compared to it, a pearl of great price to buy which a wise man willingly sells all that he has, this state can be dreamland.

OM OMOM

(Peace Aug 1986)

4. NAMELESS REALMS OF BLISS

The following are few from 'Cosmic Fast' which helps the human beings to reach Him by constantly following the path of righteousness feeling God-consciousness at all times.

When you can see the one in the many, you are always alone with me. Then nothing else can exist besides me - the one without a second. God fulfils all sacred dreams and right desires sooner or later. The buds bloom only in their appointed time or reason. Unnatural anxiety or hurry over them, does not hasten or help the full bloom of flowers, neither the fulfillment of our ambitions and undertakings.

Let sun booms burst from our loving hearts ceaselessly until they fill and refill the whole world creating one luminous man of stupendous light of the Sun of suns.

Bless me with the life of a sweet smelling fragrant flower. This life too is only temporary and evanescent. Instead of living like a banayan tree or an oaktree for a thousand years, better to live a life of fragrance, beauty and service even if it is for a day and then to pass on to higher realms.

When one identifies himself with the spirit -thee indwelling presence - all days are alike.

As I may never get this blessed opportunity again, let me not waste even an hour or a minute in vain, but make the best use of every moment in reaching high or and thus coming nearer to Thee day by day, this is all I pray of Thee.

Whenever my eyes wandered towards His picture, I converted with Him trying to feel His tender love and spirit and await an answer. But He neither spoke nor smiled but continued to look into my heart and soul with His penetrating eyes of love as if asking me to merge within to be still and to listen to His answer in the stillness you my heart.

Fasting and Silence are the imperishable mines of wealth for all seekers of peace. If there is anything most pathetic in this world, it is to see the sad and helpless state of a man who is a slave of the senses, restlessly suffering day and night with numberless desires. His desires will not allow him either to rest or to sleep. Desire alone is the root cause of all physical and mental diseases. It is wonderful to desire the highest. I am with you. The conception of God and of His existence varies, according to the state and state of the individual evolution. May I request you to meditate with me for a little while feeling His presence forgetting all else atleast for the time being.

Very soon I felt O'er shadowed by the consciousness of a lovely sacred presence enfolding me as a zephyr enfolds a drowsy, closed flower at even-tide. The heavenly dew, tears of ecstasy began to flow from my eyes. There is no end to activities in the Ashram or the world. It resembles a cascade of water ever tumbling down, with always more to come. But what a happy thought, so is also the boundless love of God a perennial flow of the living water of life light and love. The more we delight in it, the more His spirit outpours upon and through us.

It is resolved in memory of this sacred fast to weed out these three latent impressions from my life worry, fear and expectation. Worry leads one nowhere but to decay and old age fear saps our life's blood leading us to an early grave. Expectation kills the present moment of peace and joy leading to fake hopes and empty delusions regarding the future. "As we think so we become, we reap what we sow and thoughts are things." It has been said that man is bundle of impressions-thought-impressions that are the result of desires. Desires are the outcome of attachment to objects of the world, be they good or bad. We are all slaves of our

own habits in some form or other. Work done in the right spirit and with proper understanding exhilarates the spirit, strengthens the mind and stimulates the soul and body. Hence, it has been quoted that those who have found their real life-work are indeed blessed.

Men of God-realisation say that the perennial spirng of *amrita* is ceaselessly flowing in every one of us and those who are selfless and God-embued can drink it. Such lives are a blessings unto all. God is certainly with me ceaselessly watching, protecting and blessing me with His love and divine strength. "Forgetfulness of god is death. do not love but live as love."

I need Thee; My Lord I need Thee always. I need Thee more than ever now without Thee I cannot live any longer. We are filled with and surrounded on every side by His love and this is at all times. I often emphasise what we need for our emancipation or freedom is recognition and awareness. I am in the heart of God. We are rich or poor, young or old healthy or sick, virtuous or sinful we are all in the heart of God. There is never a moment, when we can slip out of His universal heart. This one fact or truth is enough for our salvation.

When the body is pure, the mind is also pure and when the mind is pure, the self or God manifests in the mirror of one's own soul. So long as the moon of love and wisdom does not shine in our lives, they are veiled in darkness. When once the radiant truth begins to shine within oneself slowly its light spreads everywhere and radiates all over the world like the light of an ascending moon in a clear blue sky.

I awakened early from a pleasant dream, feeling a mystic joy and inspiration. It is in stillness in the deep stillness that can be compared to the quiet ocean depths that we realise God. So we have been taught in Bible, "Be still and know that I am God" omnipotence is working, let the mortal retire *samadhi, nirvana*. Nectar of immortality, kingdom of heaven or peace that passeth all understanding, will be the immediate and direct result, only when the mortal retire completely and not until then.

One man's joy is the joy of the whole universe. It is only those God-imbued and God-consecrated souls who are established in their sacred heritage, who can ever worship humanity as one without a second.

Instead of wasting precious time over arguments on non-essential questions or in hair-splitting contests, the earnest seeker of truth should assimilate the basic essence and try to become wise and silent in Him - keeping in letters of fire, engraved in the heart, the words 'knowing that, they melt in Silence.'

Lord is our Shepherd and we do not want anything, for He is ever watching and protecting and guiding us. How blissful it is to rest on the bosom of the Lord from day to day like a swan resting on the waves of Lotus lake.

All that I want is to be left alone with my divine doctor and His healing touch. How very difficult it is to live in tune with the infinite each and every moment of one's life. All that I try to spend as much time as possible in meditation and when I cannot meditate, I take shelter under the wings of the sublime statement that, to think is to pray and thus abide in the secret place of the most high even in activity.

Not to allow the thoughts of a monkey to enter into one's mind especially when repeating the *mantram*. The more one tries to walk in the path of truth, the more are the tests and temptations. Narrow and rugged is the way that leadeth to heaven and broad and wide is the way that leadeth to destruction.

Truth is always simple, plain and natural, if we could only take the trouble of understanding and assimilating it paying the proper price.

Man shall not live by bread alone but by the spirit of God. We need the spirit of God to keep us alive-truly alive, in the eternal life of the spiritual law or divinity. Begin to fast a day once a week and also observe silence. The only real pain of separation is from the beloved or truth. Happiness has a great deal to do with selfless work and mental strength.

Prayer is the soul's sincere desire uttered or inexpressed the motion of a hidden fire that trembles in the breast. And whatever you desire, when ye pray, believe that ye receive it and ye shall have it. All that one needs is an open pure and child like heart for communion with God either in the stillness of the heart or in the lovely world where nature is unsullied and undisturbed by the meddling hand of man. Instead of expecting anything to fall from heaven as a result of prayers and meditations it is better to know truth as truth and to realise the same in stillness. It has been always with us and within us and it is merely a matter for us to realise its abiding presence and recognise and take a firm hold of truth, our birthright. What is within us can be easily manifested sooner or later, for it is then no longer a struggle in darkness but a revelation in light. The closed door of consciousness contains the full blown beauty of the red damask of God-realisation. I try to meditate; losing myself in the most high as long as possible and then instead of wasting time I rise and write some of my messages fresh with the atmosphere of those nameless realms of bliss. It is time for all of us to turn to the source and to draw from Him whatever we need. Unfortunately, it is so very difficult for us to go to the source for, all the time, we live only on the surface. Whether it is easy or difficult, the solution for all our perplexing problems is only in going to the source or entering into the silence and claiming our true birthright where there will be neither desire nor suffering. Even if we are in the foundering abysmal depths of poverty and pain, let us refuse to dwell on want, sickness or suffering and thus transcend. "Out of the depths fresh strength, out of the darkness new light, even in the gloom, we are on the way."

Take me like a candle stick
Make my heart a burning wick
May the knowledge of the love
Shine below, around, above
Let me slowly melt in thee
Love consumed, forever free

The poem of Sister Sushila Devi- "the all pervading spirit of The Abode of Peace" takes souls to the bliss.

By repeating santi prayer one will reach haven. No price need be paid. Please help us by repeating the peace prayer. A particle of sand sitting at the gate of mother Ashram.

OMOMOM

(Peace May 1997)

6. OUT OF SIGHTOUT OF MIND

How strong our impressions are? Every impression has its stronghold within us. It was during the time of my accident in America, the nurse who was taking care of me, used to repeat often the words “out of sight out of mind.”

We must be thankful atleast for being remembered so long as we are in sight. There are people who do not remember us even when we are within their sight, for they are so busy with their own personal matters or selfish desires.

One who lives in God, for a servant of the Lord, who has tasted His love, whether it is out of sight or within sight, lets love flow towards one and all equally since he has touched the hem of His garment.

The whole universe is nothing but a large mass continuously changing. There is change everywhere in every one and everything. All the kingdoms of life are changing. Both the animate and inanimate are changing. Who does not change except the changeless one?

When we are surrounded by change within and without, on every side how can we expect unchanging love from the people that live surface lives without steadfastness, like bees that flit from flower to flower. The people of surface love will be changing their love, running after every novelty. If we analyze our lives how sadly we find these words too true. The fickle and restless mind always tries to live on the everchanging objects. Always it is after something new, for it has not yet dived deep within itself. For those souls who have seen the vision who are blessed with a spark of His divine love, whether it is within sight or out of sight their love flows ceaselessly. It is same yesterday, today and tomorrow.

Even in spiritual life, it is strange to see how disciples always run after new teachers. Verily America is a land of teachers with any number of teachings. Every day you get the chance of buying God for a few dollars.

No sooner does one teacher depart giving out his occult methods to all his students side by side making his purse heavy, than another is ready to teach these restless souls his latest scientific methods, to enjoy superconsciousness through another course which is offered “at a most reasonable price.”

Since the price is reasonable they must have this course also. But is this the end? Oh! no. So long as they have dollars to spare ‘to buy’ God, the self-styled teachers of every kind, Masters, *Yogis*, *Swamis*, *Rishis* will be flocking to America, the land of wealth, from every corner of the globe.

It is time for us to realise that we cannot ‘buy God’ with dollars, pounds or rupees. We can buy Him by our changeless love which is the same whether within sight or out of sight. We can realize Him only when we are true to the indwelling presence, when we can learn to stand on our own feet, to find the kingdom of heaven within ourselves.

O, my readers of PeaceJournal! Is not God within our very sight? Who is the one that sees in you? Behold! He is the sight of sight. He is waiting for you in your very eyes. Turn the gaze inside. Feel, feel, feel His presence even as you read this, within yourselves.

Sages who have realised Him, have asked us to meditate on three centers to easily feel His presence without much effort.

- I. The sacred sanctuary of heart, where He is manifesting in stillness waiting for us.
- II. In the sight of our eyes where He is the witness and source of our sight.

III. On the Sun of suns, who is the life, light, and love of not only our eyes but of the whole world.

Of all the three places, the seats of His consciousness, the meditation on sight of the eyes, on the indwelling presence is the easiest method to feel His nearness, right here and now, without mutilating ourselves and God with the latest and up-to-date business like methods.

Dear beloved ones, when He is shining in your eyes, why do you try to buy Him with money? Scriptures teach us that it is not with wealth progeny or learning, that we can realise truth, but by itself. By recognising it in the very sight, you will realise the truth to be no other than your self or all self.

Then alone your love will be changeless, eternal and divine. It will be the same towards one and all whether it is out of sight or within sight. When your love is pure, selfless and sacred, it does not make any difference whether the one you love, is in India or America. Your love flows in torrents and rivers ceaselessly, for it is His changeless love.

Shall we meditate now, on the indweller of our hearts, on the sight of our very eyes, on the light of the Sun of suns, which is permeating our beings as well as universe?

May silent adorations be unto the seer of sight! May our eyes be single to realise Him in stillness!

May peace be unto all

Om Santi Om

(Peace April 1934)

7. OMNIPOTENCE IS WORKING LET THE MORTAL RETIRE

During the days of my fast. I was reading a book on fasting and I felt thrilled and inspired to come across this dynamic sentence of seven words, "Omnipotence is working, let the mortal retire." As I began to ponder over these beautiful seven words, they seemed to me, these very simple words, as seven keys to enter into the portals of the kingdom of heaven. These are the words if understood, assimilated and practised in our every day life, that bring heaven to earth and thus bless the mortal with immortality right here and now.

Dear readers, this statement of seven words gives us the clue or cause of all the sorrows, worries and excruciating sufferings in the lives of the individuals as well as in the whole creation. The mortal has never retired, allowing the Omnipotence to operate. He is always anxious to put his finger in the pie. He must be always on the go, doing something or other, for he can never rest a moment recognizing the Omnipotence working its laws.

Yet, in theory, we all affirm and repeat that the Omnipotence alone is the only reality and it is ever working. If it is working, why can we not be silent? Why can we not be patient enough, to allow the law to be fulfilled? Why not we have the strength enough to say, May

thy will be done? Why are we trying ceaselessly to assert our little ego or “I” ignoring the Omnipotence? Why are we always meddling with the affairs of others, except our own?

The answer can be summed up into one word ignorance. We are ignoring the Omnipotence and trying to install the ego, to reign in its stead. We have no intention to retire yet. On the contrary we behave as if we want the Omnipotence to retire. So that the ego can rule as long as life remains in the mortal coil. Hence, this chaos and confusion everywhere in the world.

Where Omnipotence is working, there is order peace, poise, harmony and blessedness everywhere for it is the unfailing law of truth operating in a most natural and simple manner. But what it needs is our recognition of its divine and eternal workings, not only in theory but in practice as well, peace that passeth all understanding belongs only to those rare souls who could not only recognize the Omnipotence at work, but who have the strength to allow the little self or ego to retire from its vain searches and selfish actions.

Recently we had the pleasure of a visit of an advocate who is a friend of our Ashram. He has a practice of forty nine years in the legal profession and he was telling me that his insatiable desire is not yet allowing him to retire and that he longs to take up the cases in spite of himself whenever a big sum is offered by his clients. He was telling that the Government should put a ban on all lawyers prohibiting them to practice after the age of fifty. In that case all lawyers will be compelled to retire from legal vocations, so that they can spend their remaining years in prayer and meditation and thus reach the goal of human birth.

This thought gave vent to my imagination and I began to think, how peace reigned, in hearts as well as in the whole country in the good old days of the golden age, when rulers were spiritual, living and working for the welfare and freedom of their subjects, compelling them to observe fasting on certain days, to meditate and realize God.

Imagine that the world should be blessed with an Emperor, not as of these days to mobilize or compel all youths at a certain age for military training to fight and kill his brother-man, but to mobilize and compel to love and serve his fellowman, knowing in loving any one we are loving only God. How blessed the world would be, if some one could make spiritual life, not the life of outer ritual and form, but the life of universal love and all embracing unity and co-operation compulsory for every individual on the face of the earth. The nations badly need Kings, Emperors, Presidents and Dictators, that are living, longing for the freedom and illumination of their subjects and as well as their souls.

To return to my subject:- Omnipotence is working, let the mortal retire-from my wild fancies and golden dreams; since the day I came across these words, this statement has been a *mantram*, a sacred affirmation to me. Whenever my mind is clouded with too many plans and thoughts I repeat calmly:-Omnipotence is working, let the mortal retire. But the mortal does not want to retire, not even in the dreamy state. How helpless and indignant is the state of the restless mortal!

In confusion and conflict as I repeat these uplifting words they seem to be some passwords unlocking the doors of the inner closet of my heart, to bless me with a peep of the vision beautiful. As I go back into the manifold activities and various responsibilities connected with the affairs of the Ashram, I feel almost ashamed of myself now, how instead of allowing the Omnipotence to work I put my fingers in the affairs of the Ashram and made the matters worse by causing more confusion, and restlessness for myself and every body around. Had I allowed the Omnipotence to operate in its most simple and direct way, there would have been peace, poise, perfection and blessedness to every one. Our intentions are very good and same but often lead us into trouble and confusion.

Now the question comes to the laymen “If the Omnipotence is working as it does always eternally what shall we do? Are we to be quiet like dummies resorting to inactivity or laziness. There is nothing else to do done by us, if you want the mortal to retire.” This is a very subtle and abstract thought. If we consciously recognize the Omnipotence working, the Omnipotence alone gives us the right understanding leading us step by step, towards perfection. But we must have the awariness of the Omnipotence not now and then but in each and every moment of our lives.

The mortal commits mistakes, blunders and crimes, so long he feels separate from the Omnipotence. When once he feels the inseparable, eternal and indivisible unity with the Omnipotence, how can he ever act amiss? It is no longer the mortal that acts through him but the immortal. The Omnipotence works, breathes, moves and lives and expresses through him in each and every moment of his life. Then alone the mortal becomes immortal, the finite infinite and the transient eternal and immutable.

Hence, our strength and freedom lies in attuning ourselves with the universal energy or supreme spirit - in our at-one-ment-with the indwelling presence which is operating as Omnipotence whether it is in the unfoldment of a flower or in the radiance of a planet or in a struggling soul. It is only when we recognize this stupendous Omnipotence we will become silent. This subline state recalls that beautiful statement:-knowing that they melt in silence. Until then we will be picking and pecking every one except ourselves, always alighting on the putrefied sores, thus disturbing our peace and the peace of the world, instead of being silent recognizing the Omnipotence.

Dear loving readers! in conclusion may I request you to realize even now, the great havoc and suffering that the mortal causes by failing to recognize the Omnipotence, ever clinging to the little self. Let us allow now, as well as in future the Omnipotence alone to operate and the mortal to retire. Let the ego, the root of all ignorance be buried so that the Omnipotence fulfills the law, ever shining in the full glory of Sun of suns.

May silent adorations be unto the Omnipotence
May all homage be unto the Omnipresence
May all worship be unto the Omniscience
Om Tat Sat Om

(Peace Dec 1934)

8. ON CORRESPONDING WITH KINDRED SOULS

Letter writing is an art. We can as well say, it is a gift from God or Providence. But gifts do not come to the unworthy and undeserving. They come to the patient, forbearing and to the hard working. Practice makes perfect is a great saying whether it is in writing letters or doing meditation. On the average, I often write ten letters a day. That means in a year 3650 letters. Imagine so many letters going all over the world as silent messengers, consoling the bereaved, comforting the sick, helping the seekers of truth and giving inspiration to all the aspirants.

Sometimes, I feel that every letter is my child, for it comes from within myself and goes to bless someone. I feel also that letters are like the rays of the sun, they go forth to fill the world with life, light and love. But how to write sweet, short and inspiring letters is the question now. Some people write page after page without coming to the point. With a lot of husk and no grains. Some people write to the point expressing all that they have to say in a few words as possible. Some people are very harsh in their words and some are very sweet. One is afraid of reading some letters from people of the world, who are the worshippers of self of mammon. They have nothing good to see in any one. They are always picking and pecking and harping on the weak side, sounding the wrong note, hurting the feelings of others.

Some people see the best in others and their letters are always helpful, constructive and inspiring. At the same time we should not be slaves to flattery. One should call a spade, but not a sword. Flattery is weakness, ignorance and falsehood too. If you can see anything good, please write and express it and make someone happy and good. If you cannot see any good, please try to be silent, minding your own business of self or God-realization, which is the only real business for all seekers of truth in every religion and nation. How welcome are the letters of love, harmony, understanding and sympathy: such letters make us forget all our troubles, and help us to keep in truth with the infinite. If one has to write a letter, one should practice only to write such constructive and inspiring letters, be they to our friends or strangers.

Written words are the potential seeds sown in the fertile soul of the hearts of the aspiring souls. Whenever I send to the aspiring souls a copy of the Cosmic Flashes, I feel that I am connecting myself with them eternally. The written words of Cosmic Flashes go forth into the world, with their silent messages of hope, strength and illumination. One who receives the Cosmic Flashes and makes good use of it, is eternally connected with the cosmic source. Thus, I feel everyone who studies Cosmic Flashes is my own. How blessed it is to pour out love - love infinite and eternal on friends and foes, on one and all ceaselessly. As I am writing this message in the early hours of dawn in the wilderness of Totapalli, wishing the welfare of all our readers of PeaceJournal in the East and the West. My mind is naturally thinking of all our devoted and dedicated readers who have been near and far, and I feel so close and inseparable with all of you.

My loving readers, the manifested words come from the unmanifested, so every word is a message from the indwelling presence of your hearts as well as of the universe. Pray, close your eyes for a while, now, draw closer to the self-effulgent light within. Let us be silent, now, recognizing the Light of lights within, in the stillness of our purified hearts.

May the interpenetrating light bless you all with peace, power and poise, and may you express It in all your thoughts, words and deeds, such is the prayer of your brother, Omkar.

Om OmOm

(Peace Oct 1955)

9. OMNIPRESENT - THE REALITY

Only aspirants know by experience what bliss, peace and new power, this small sentences - the Lord is all pervading - gives.

God is Omnipresent
God is Omnipotent
God is Omniscient

I cannot express in finite words to what extent these trite sayings have aided me, in my spiritual endeavour. They have aided not only me but all those who yearned for God in the past, they are aiding now and they will certainly aid hereafter. These small sayings appear to me as the trinity - Brahma Vishnu and Maheswara. I think they express the Father, the Son and the Holy Ghost of the Holy Bible. If we constantly endeavour to feel the Omnipresence of the Lord, that by itself, without the other two sayings, is capable of giving us mental peace.

If we believe in the Omnipresence of the Lord, we have to fix in our minds, the truth that we are always in His Omnipresence whatever we do, and wherever we go. Then we are always in the divine, whether we move about, do anything or not. At this midnight hour I am writing in the divine. Dear reader! wherever you may be, you are reading this article in the divine.

Practice and experience are necessary. Take the great devotee, Prahlada, though his father, Hiranyakasipu, was a great worshipper of Siva and obtained boons, since he had no experience of the divine, he questioned his son about the whereabouts of the divine. Prahlada replied that one need not the Omnipresence of the Lord and showed Him in a pillar. What we essentially require is introspection and self analysis. Every one has to examine and analyse his own life and see for himself if he is leading the life a Prahlada, or the life of a Hiranyakasipu with egoism and mineness without God experience. The aspirant has to remember over and over again the small sentence 'God is Omnipresent' and it will serve as the *Mantra of mantras* and aid him. It serves as the Teaching of teachings.

My dear reader! have you received initiation from any high-souled teacher? Then the essence of your initiation is the constant feeling of the divine Omnipresence. So feel the divine presence now and here.

If you are not initiated by any body up till now, take this small word 'Omnipresence' as your initiation and great *mantra* from now onwards and try to meditate and chant the divine name day and night in the Omnipresence.

God is Omnipresent

Is this one small saying not sufficient for you to cross the ocean of existence, to reach your goal and make your human birth, so, difficult to attain, fruitful?

Behold! Realise the Omnipresence wherever you turn, it is divine Omnipresence! Having eyes why don't you see? Having eyes why be blind?

People who have no eyes are not really blind. It is only those, having eyes do not realise God that are really blind. Let us use our eyes, to see God. For in all states we are filled with divine Omnipresence. As he is Omnipresent, wherever we go, wherever we turn, we move within Him. As He pervades everything from an atom to a universe, even if we go to the end of the world, we are in Him. When alone, we are in Him. If we are in a vast concourse of people, then also we are in Him. Even when we are for the time being troubled by any disease, we are in Him. We are in Him whether we are surrounded by wealth and prosperity or suffering from poverty. How rejoicing is the tidings that we are in the divine presence

whether we are mounted on the cross or bestwed with the lordship of the three worlds! There is no moment at any time or any where when we are not in the divine presence.

Dear brothers and sisters! In play or song, in work or prayer, in sleep or trance, in speech or silence sing joyfully in loud voice 'I am in the all pervading presence of the Lord!'

There is not a moment when the wave is separate from the sea. There is no moment when the ray is separate from the sun. There is no moment when the atom is separate from the earth. In the same way, there has been no moment, now or before when the *jivatma* was or is separate from the *paramatma*. It will not be so in future also. You always shine in the all-pervading presence of the Lord as a wave in the sea, a ray in the sun, an atom in the earth, as *jivatma* in the *paramatma*. Realise this truth and attain bliss. This is your birthright.

O all-pervading all-merciful Lord! grant that I may realise Thee and see Thy auspicious form in every thing, at all times and in all states of consciousness!

May these eyes of mine see Thee and Thee only and nothing else,

May these ears of mine constantly hear only Thy glory,

May this tongue of mine always drink the nectar of Thy divine name!

May this mind of mine constantly yearn for Thee and become one with Thy divine effulgence!

Let my heart beat only for Thee and get merged in Thy universal heart! O Almighty Lord! O indwelling ordainer of all! O Lord! This finite breath may become one with your infinite and perfect breath and enjoy transcendental bliss.

May all worlds be happy.

Om SantiSantiSanti

(Peace May 1956)

10. OTHERS

The following helpful and inspiring poem on OTHERS has been a source of joy and strength to me in the field of service.

OTHERS

*LORD, help me to live from day to day
In such a self forgetful way
That even when I kneel to pray
My prayers shall be for—OTHERS*

*Help me in all the work I do,
To ever be sincere and true.
And know that all I'd do for you
Must need be done for—OTHERS*

*Let 'self' be crucified and a lain,
And buried deep : add all in vain
My efforts be to rise again
Unless to live for—OTHERS*

*And when my work on earth is done
And my work in heaven's begun.
May I forget the crown I've won
While thinking still of—OTHERS*

*OTHERS, Lord, yes. Others,
Let this my motto be;
Help me to live for Others
That I may live like THEE*

- W.T.P.

In this simple poem the author wants us to pray only for others, and all the work should be done for others. He wants us to slain and crucify the self and to live only for others. Even in heaven, he wants us to think of others and to have our motto always to live, work and die for others.

In the field of service, no doubt everything is for others. The world is filled with others. But in the field of spirituality, in the blessed state of God-consciousness, is there anything like others-you, he and me etc? He who recognizes others in the highest state of God or cosmic consciousness is doomed to darkness in ignorance. There, all is God. All is *atman* or *brahman*, the one without a second. *Akamevaadhveteeyam brahma*. The *brahman* is not two but one. There are no others in *brahman*, the transcendental condition. Yet, we are not always in that superconscious state.

Although service to others is sweet, consoling, strengthening and life-giving. So long as we recognize others, we cannot help but be sad over the sorrow or pain of others. When others are suffering, naturally we feel sad. When others are happy we are happy. Peace that passeth all understanding belongs only to those rare souls who have risen above sorrow and joy and duality of every kind.

In the beginning service to others is essential as it leads to God-realization, slowly and steadily. The path of truth is only through service to others. No doubt it is regged, steep thorny and narrow in the beginning, but as we keep on serving others, without expecting any reward, it leads us finally into the heavenly portals of peace, joy and blessedness.

Service to others is essential foundation.

Meditation is the structure.

Cosmic bliss is the pinnacle.

One step leads to another. The foundation of service is not to be ignored in our anxiety to reach the heights. The worship of the manifested leads to the worship of the unmanifested. Hence, it has been said, the worship of *nara*, man, is the worship of the *narayan*, the God in the highest aspect.

It was with great ecstasy that I was reading in the commentary of Sri Acharya Vinobha on Bhagavad Gita, the Lord Sri Krishna the incarnation of God Himself, while driving the chariot of Arjuna, His disciple, in the war of Kurushetra, at the end of the fighting everyday, Sri Krishna used to attend to the needs of his horses personally, by giving them water, grains

etc., and even grooming the horses. What a practical and illuminating lesson, not only to the house-holders, the *karma yogis* but also to the *sanyasins* - the *gnana yogis*!

Even while incarnations like, Krishna, Christ, Buddha, Mohamed etc, are setting an example for us, by working for others, what to speak of ordinary mortals! Bhagavan Sri Krishna says in His immortal Gita, that the path of the unmanifested is very difficult. As such our salvation lies only through the worship of others, the manifested images of the one indivisible God.

At this early hour of dawn, as I am engaged in writing my thoughts, on others in the form of this message, a kitten comes hungry and crying. Should I say, 'there is no kitten. There is nothing like others. All is maya, delusion. Duality does not exist. Instead of ignoring the crying of the kitten, I feed the little hungry kitten. It is happy and I am happy. The kitten is there, in the world of service. But in the world of transcendental glory, there is neither kitten nor you or I or the Ashram or the world. In that ineffable blessed state, the eyes see not, the ears hear not of another, the mind thinks not of another, for all is one stupendous whole, the splendour of Sun of suns.

It is all light, light within, without, above, below and all around. Infinite light, eternal light, indivisible light, interpenetrating light. May we bow down to that incomprehensible light, which is self-effulgent, being one, to sanctify ourselves, and also for this blessed privilege of human birth and to glorify service and to worship silence.

May all beings be happy, healthy and peaceful, serving the Lord in all His various manifestations of others and finally merge in Him, tasting the peace that passeth all understanding, which is the goal of all life! May peace be unto all!

Om OmOm

(Peace August 1956)

11. ONE THING AT A TIME

One thing at a time, is a simple and natural law that applies to one and all, both to the ignorant and the wise. You can never do two things at a time efficiently. No man can serve at the same time two masters, can you put two swords in one sheath? Can you go at the same time to Rameswar which is in the extreme south and to Haridwar which is in the extreme north, even our childhood in the school begins with the simple rhyme.

Work while you work

Play while you play

I wish to add to the above two helpful lines, the following two lines.

Pray while you pray

Meditate while you meditate

What a consoling and comforting thought it is, that the mind can think only of one thought at a time! You cannot run after two hares. Yet, men in ignorance is running after not only two hares, but several hares. The peace that passeth all understanding belongs only to the one, who understands and respects the unchangeable and natural laws, simple laws of the mind.

If you are thinking of God, you can never think of Satan or of any other things, It is only when you forget God, something else, immediately enters your mind. You cannot keep both the light and the darkness at one place. If there is light, the darkness disappears, if the light is absent, there is darkness. As in illustration:- There is only one thing that really exists, for it is one without a second. You may call It by any name you like.

You can never see both the rope and the snake in the same thing. So long as you see the rope, the snake idea never comes into your mind. When you forget and ignore the rope, there comes in ignorance and darkness the snake idea. When it is the rope all along, why forget and deny the rope and bring in the snake idea and suffer agonies of hell?

Pray! cling to the reality the God-head, through thick and thin. Your salvation and peace lie only in centering yourself on the indwelling light. If you are really clinging to God, if God is your all in all, your life, soul and goal you can never forget Him even for the millionth fraction of a second. One thing at a time. Let God be your all in all, in all your tests and trials from the beginning to the end. With God we are complete and without Him we are empty. With the awareness of God's presence within, without, above, below, and all around, our lives are a blessing to humanity. With the forgetfulness of the indwelling light, our lives are a burden to Mother Earth.

'God-realization now and here' is the only living message of today as well as of ages to come. Let now or never be our life's motto. The bird on the wide sea, sitting on the mast of a ship, may wander for the time being, here and there, and finding no other place to rest, it comes back to its old mast. Similarly, the restless mind may find joy in the things of the world only for the time being, but soon it gets tired with all forms and names, even with the rulership of the world, and gets back to the centre within and identifies itself with the indwelling light. This is a simple message that gives hope and strength to all the restless people. Who are suffering untold agonies being slaves of the mind. To be free of all worries and miseries resolve, to think of one thing at a time. Let the mind think of God ceaselessly. Let it chant any of the God's names or the sacred syllable Aum for the peace of his soul.

When 'one thing at a time' is the simple and natural law paving the way towards peace, why make your life miserable, thinking too many things at a time and thus make your precious life, full of agony, misery and suffering! Recognize the light Omnipresent. Identify with the indwelling light which is Omnipotent.

Silent adorations be unto the Omniscient light, which is the only changeless reality, your real birth-right and divine heritage.

May peace be unto all!

Om OmOm

(Peace Feb 1962)

12.OUR FATHER

Blessed are they who rely on the Father who is not only in heaven but in the stillness of one's own purified hearts. Strange as it may sound, the Father is both in the pure and impure hearts, for, He is Omnipresent. In the pure hearts He is shining in full glory and in the impure hearts, He is dim, covered and hidden by the thick veils of maya, delusion-- deep ignorance. How blessed it is to recognize God's Omnipresence within, without, above, below and all around! It is blessed to rely on the Father completely, not now and then but in each and every moment of our lives especially in the so called tests, trials and tribulations of life which are all mere passing clouds.

Where are the clouds in the sun! Where are the tests and trials in the splendour of millions of suns.? Man forgets the light within and suffers in darkness.

Forgetfulness is death.
Awareness is life.
I am one with the Father.
You are one with the Father.
All are one with the Father.

Father alone never disappoints you. All others however big they may be, disappoint you. At sometime or other. Man disappoints but not God, for, He is same always. Self-reliance on the indwelling light, the living and loving Father, is the message of the hour but not relying on the bewitching and dazzling lights of the world.

Often to teach us a lesson, God makes man, the frail man, to disappoint us. The fault is not with the frail and weak man. It is for our own good, to make us rely on the Omnipresent Father the finite man fails us and Father takes care of us. Recently it happened to trust and rely on a sweet and loving soul, who has been all in all to the Ashram, as well as to myself. He has hopelessly failed and disappointed me completely, one hundred percent. At first it was shocking but later on slowly and silently, I learned the bitter lesson and now I take joy in repeating, all is for the best. Even at the point of death, let my reliance be now and always only on the Father, who is one without a second.

How unfailing is our Heaventy Father, giving us our daily bread guiding us at every step even when we falter and slip! Our strength is in rising each time we fall, for, He is ever with us, watching and protecting us, in all the tests of life. It was written in Cosmic Flashes that all tests and trials are only to test our mettle. It seems God gives us such tests, that can be borne by us. Fire purifies gold. Similarly, all disappointments make us to reach the One, who never disappoints us. As Father is invisible to the naked eye, the weak man rather relies on the big, mighty and powerful personalities and sooner or later he gets disappointed and suffers agony, depression and even death.

The faith of a little sparrow that flies, chirps and sings is needed for the man, who is supposed to be created in the image of God. If God is Omnipresent, Omnipotent and Omniscient, nay, interpenetrating the very cells of his being, where is the trust and faith of man, in this self-effulgent and never failing presence of the Father?

There is never a moment of time when Father is absent, aloof or away from us, either in the past, present or future. There is never an atom of space where He exists not, either within us or without in the world. Hence it is right time to rely on the Father, the changeless reality, the basis of all the worlds. What is needed is to express His presence and infinite power, nay

His light, life and love and here in all our thoughts words and deeds. Let the Father speak and express in little things as well as in big things!

Omnipotence is working, let the mortal retire.

Peace that passeth all understanding is the result of the mortal, retiring. Then alone the immortal, the eternal and the infinite works through us.

Dear Loving Reader: The trinity Omnipresence, Omnipotence and Omniscience is your real birthright! Pray, do not bury it but express the same, not only in your meditations but even in your work, for, it is eternally present in you both in rest and activity. Do not be a sheep but be a lion of infinite energy. Potential power is awaiting to be recognized and released by you for the good of the world and for the peace of all. All that the Father has, belongs to you, for, you are His chosen child living image. Recognize God and be silent. As I often repeat:- If we use what we have, what we have will be multiplied. The way to be happy, is to make others happy. So let us live in God, and lead all His children everywhere and especially all the stray sheep, towards our Father, who is anxiously and patiently awaiting our redemption.

Our Father who are in heaven, the heaven which is within in our purified hearts, bless us, dear God! to feel Thy presence now and here; to rely no more on the big forms and names, but cling to Thee, who art formless and nameless and express Thee ceaselessly, facing Thee in the bird, beast, and man, even in the fragrance of a tiny flower and in the sweet song of the little bird, for, Thou alone art existing pervading from the tiniest atom to the biggest plant, in all the universe.

Dear God! Give us the strength, as we repeat our favourite prayer, the following peace prayer, to feel Thy presence consciously and ceaselessly!

(Peace November 1963)

13. OMKAR IN SICK BED

God knows what is best for each and everyone of us. How true are the wise words: All is for the best. Verify we are on the way even in our tests, trials and tribulations :

Out of the depths fresh strength
Out of the darkness new light
Even in the gloom we are on the way.

The following letter that I was dictating to our Jnaneswari lying on the bed of roses explains the present situation, the condition of the body. What I wrote to Dr. C.V. Ramani, M.D., the Superintendent of Govt. Hospital, Kakinada and to the eminent surgeon Sri P. Pitchayya, M.D., invoking the blessings of the guru, Sri VidwanAppalacharyulugaru, gives our readers of peace full information.

To

26-11-73

Our Dr.Ramani, M.D.,

and

Our Dr.Pitchaiah, Greetings of Peace and Love!

I myself am surprised that I am sending this letter from the sick bed, dictating it to our Janeswari. How anything may happen at any moment! These days I was working hard with too much attachment to the Ashram and thus wandering in its vast ground, hence God has given me this fored rest. What a great privilege it is, not to wander anymore outside, but to rest, relax and meditate in silence.

A wise man said, God allows to break the bones of these who are dear and near to Him. But because of your prayers and good wishes, this time He did not allow my bones, to break anymore. Having nothing to do lying on the bed of roses, I am longing to see both of you, wishing the welfare of all His children.

This is the time that I am privileged to observe along with the silence closing of eyes blindness. How blessed it is to be dead to the world, atleast, to be blind to the outer world.

When I fell, I fell only into the lap of God, for, to me all the world is God's lap. Thus, even though I am lying in the bed now, unable to walk, it gives me joy to be reapeating Sri *Ram Jai Ram Jai Jai Ram Om*, feeling His presence in the very cells of this body and facing Him in all of you. Verily, there is only one malady - sickness. It is forgetfulness of God- the light within. There is only one cure, remedy - it is the awareness of His presence, ceaselessly. May you all help me, by feeling God's presence always! My homage to both of you and love to all your dear ones, friends and patients. Hearty welcome to all of you again, and looking forward with Jor for your kind visit.

With His richest blessings,
Ever your own Omkar.

It was Sunday - the day of sunshine. After serving all the members, *gurukula* children and the devoted visitors with a nice message of inspiring words I rushed back to Nirvana Mandir and had my lunch in a hurry. After resting and doing some work for the Ashram and seeing visitors, rushed towards the foot of the hill, where boys and gardeners were working. As it was getting dark I was in a hurry, almost in mad, haste nearly running, thus my left foot struck a small stone and could not keep the balance, thus fell falt on the ground getting bruises, cuts, swelling at many places on the legs, hands etc. I was unable to rise myself from the ground. A little boy by name Ramachandra was with me, but at the moment of my fall, he was not with me as he was sent in advance to tell the workmen, that I am coming to see their work.

Thus, I was alone except for Omy, the loyal and faithful companion the little puppy, that clings to me like my shadow, considering me as her all in all. Omy was sad and worried, turning around me, barking and screaming as if asking me to get up. Helo came atlast when I called out the boy Ramachandra and I was almost carried to my dwelling place in pain - but smiling at the mercy of God. The Ashram Doctor came and examined and was happy that no bones were broken. Next day, Dr.Pitchayya, the surgeon and Dr.Ramani came with the Guru SriAppalacharyulugaru and were happy that no bones were broken at this age, by the special grace of God. How good is God to give this force rest! He knows what is best for me. These fifteen days, I am really enjoying rest and peace, confined to the sick bed - which I take joy calling it as my bed of roses - although unable to walk.

What a great privilege it is to take rest in God, having no work to do, with no more wandering, and rush and worry. Many of us have become slaves of mad - haste. Hence this forced rest in God having plenty of time to relax, pray, introspect and meditate. But how can Omkar be bound to a bed or cot? How can the infinite be confined to a finite body. On the first Sunday I sent a message to the prayer meeting and also on the second Sunday by His grace an inspiring message to all the members, *gurukula* children and the devoted visitors from near and far, beginning from the nearby villages to the far away U.S.A.

OM OMOM

(Peace February 1966)

14. OLD AGE

In the first place, I do not like the very word old. When there is one cosmic energy or force, which is the only reality which is Omnipresent Omnipotent and Omniscience which is the negative and cruel lifeless word old? Last year I was going to Nilgiri to serve the devotees there in the peace centre. Although it was first class at one station my compartment was suddenly filled up, by a family of missionaries, who are going some - where, with their two children, fowls and other pets and with all their goods, there was hardly any place even to keep my feet on the floor. How anything may happen at any moment in any station! Once it was empty the whole compartment, as if the train belonged to me, now the whole body is my compartment, is filled up not only with the human beings but even with the animal world.

There were-few biscuits near by me offered by devotees at some station. Seeing the children looking at me curiously: I offered them a few biscuits. As a sign of consent, from their parents they took the biscuits. Then the parents were telling to the children to give thanks to *thatha*, the old grand father. In surprise I was looking around in the compartment if there was any, old man besides, who is the *papa* the old grand father, who is the old papa, *thatha* the aged grand father?

This passing incident through it is trivial gives me food for thought, to think of old age. We become old as per our negative and weak thoughts, cosmic energy never gets old. As it is infinite and eternal, it is every youthful. Unfortunately as I had a fall on ice when in U.S.A. I walk using now a cane, walking stick, like an old man, which makes me ashamed now. In spite of the cane as I go out towards Sivalaya, the hill, in the early hours, often I find myself repeating.

“Young man why don’t you run, instead of limping and walking slowly? You are eighty as people say, you are only eighteen as you believe from within. Sometimes I feel that

I am not yet even born. Whether I am born or not young or aged my heart longs to make best use of my closing years every moment, in serving you all!

O! old age where are you? My heart longs to serve you all, the children of God in the East and the West with each and every breath and heart-beat until the end, if there is any end at all. While musing over the old age problems and the endless, heavy responsibilities of the Ashram, I was happy to see an inspiring article in Unity Magazine with the words.

What has become of that managing ediot the year of life are three score ten. People do not die, because they wear out. They die because they do not change their ideas. Further the article adds.

I hold that life is a cosmic energy, that cannot ever be old, for, it is continually being imparted to us moment, by moment. There must be just as much as of this cosmic life energy available to us at tenscare and as there is at eighteen.

After reading the above facts the inspiring life-giving words. I felt I am no longer eighty but only eighteen. May be I am not yet born! There is so much to be done, before I get old only. The long neglected dilapidated Kailas should be revered, saved, and protected to be an international light house of learning, culture of peace for all the aspiring souls in every religion and nation, by having there on the top of the hill in Kailas :- Thetemple of all religions with their respective libraries and shrine of silence on the second floor, facing the ocean on three sides and ranges of hills, on the fourth side. Kailas is calling you, the hills are calling you.

O seekers of truth peace, aspiring citizens of Visakh and loving children of God in all the world, will you not help me to realize my dream of Templeof all Religion for the peace of all in the name of One God of love universal one religion of eternal light and one ageless life of illuminations and peace.

May peace be unto to all

OM OMOM

AN OFFERING

To all my fellow Sisters and Brothers in all religion in the East and the West, who are blessed with hearta of universality, whose love include all, with prayers for their ageless lives of atleast a hundred years with peace.

(Peace April & May 1974)

15. ON THE HEIGHTS

Blessed are they who can remain on the heights always! Blessed are they who can cling to the light within in all the tests and trials of life. Blessed are they who never come down from their heights, inspite of a world of persecutions on crucifixions. How to remain on the heights always? It is the same old question that was asked by Arjuna in the Gita from Lord Krishna. How to make the restless mind, restful and keep it eternally centered in God?

The Lord gives only two ways in two simple words :

abhyasa - Practice

and

vairagyam - Renunciation

Without persistent practice and complete renunciation, you can never make the restless mind restful and peaceful. It is only when the mind renounces, all that is unreal and changing and clings to the reality, then you can remain on the heights ceaselessly.

We must renounce and renounce all that is unreal and changing, and never running after the passing clouds of fame and name. Let us run after the indwelling light alone, withdrawing ourselves from the outer to the inner. It is equally easy to be on the heights or in the depths. It is easy to go down as well as to go up, if you are prepared to pay the proper price.

The price is *vairagyam* - renunciation of the unreal. Your birthright is the splendour of millions of suns. It is awaiting your recognition now and here. Practice, practice, practice to feel His presence not now and then, but ceaselessly, ever standing on the firm rock of renunciation. Do not go down at any cost. Your goal is only to rise up and walk towards the heights. Remember the clarion call of the scriptures, "Arise, awake, stop not until the goal is reached."

Try to follow the simple law of sowing and reaping. Try and try until you succeed, until you are finally established on the heights. Those who are on the heights are a blessing to the world of humanity, be they know or unknown, living in the East or West. They are the blessed harbingers of peace. Those who are in the depths, clinging to the fleeting clouds of the ever changing world, are a mere burden to the mother earth.

Let the watchword be always towards the heights, never towards the depths at any cost. Let each and every breath of yours lead you towards the heights, for it is your soul, the goal of the precious human birth. May all glory be unto those rare and blessed souls, who are shining in the splendour of Sun of suns, ever remaining on the heights, and may we ever walk in their blessed foot prints for the peace of all!

May Peace be unto all

Om OmOm

(Peace March 1986)

16. OUR PUJA - THE WORSHIP

Now-a-days we do not take joy in worshipping God with flowers and fruits incense, as when we were children.

Now our great joy is to worship God in the form of the sick, poor and suffering, who are in need of our service and sympathy. In our *puja* hall - the peace clinic, Dr. Kini and Dr. Prasadrao our high priests.

Sister Sushila Devi was the Angel of Mercy of Santi Ashram, ever joyously serving the sick and poor, including the dumb animal friends of the various kingdoms. Swami DharmaTirthaji and the Compounder Narayanrao also took joy in this great *puja* of human service.

We are grateful to other Doctors and Specialists of the King George Hospital for their free and loving services often sacrificing their spare time to take part in this great *puja* of service and love to fellow-man.

Is not the service of man the service of God? Where is God if not in His supreme creation - Man?

Someone said, "God sleeps in the stone, grows in the vegetable, moves in the animal, and manifests his full glory in man, the highest image of God."

What a great privilege it is to have this blessed opportunity of serving God who comes to us in the various manifestations of sick and poor beings, irrespective of the differences of castes, creeds, colors and nations?

It is man the ignorant man, who creates castes and creeds but God never creates differences or dual aspects. He creates only souls, radiant rays of Himself, to live, breathe and work like Him, ever expressing the highest and never expecting the least reward in any form.

As work is worship, the work we love itself is its own reward for selfless and dedicated souls. For a selfish man, for every little service he does, his one main thought is : what can I get out of this service?

What is there to get in the form of perishable goods? Is anything greater than serving God? Is not service of God itself the richest reward? But one should be aware and conscious that in serving any one, he is serving only the child of God, the image of God.

What inexpressible joy to give to those blessed souls who can see God in every one, in every form and name?

It is most touching and elevating to see the high priests of our Puja Mandir - the Peace Clinic, examining diagnosing and treating the ailments of all the helpless, sick and poor one after another who floor to our free dispensary.

It moves one's heart to see our Sister Sushila Devi, a refined and cultured lady humbly and tenderly attending to the needs of patients who were often quite dirty, here dressing a wound, and there bandaging a terrible sore, or counselling a sick mother and giving a peppermint to a weeping child after some bitter dose.

Sister Sushila Devi was the moving spirit of love, compassion and service along with our devoted doctors, inspiring patients as well as others that visited the Peace Clinic, with joy, health and strength, and above all with a longing to serve the poor and suffering and thus make life, ever a blessing instead of a burden to mother earth.

In those three months, with the active help and sympathy of our Dr. Kini, Dr. Prasad Rao and other doctor friends, we had the blessed privilege of worshipping, serving five thousand images of God.

Our heart's sympathy and warm thanks go out for all the friends in the East and West for helping us to make this *puja*, the worship of God possible for us.

Dear friends of "PeaceJournal", may I request you through our "PeaceJournal", for your good wishes, sincere prayers and warm sympathy so that we can continue doing our *puja*, the worship of Brahman, the universal Lord, in His various manifested forms.

May God's richest blessings ever be upon our kind hearted Doctors and Sister Sushila Devi and other selfless workers in the Peace Clinic and on you, dear loving readers of "PeaceJournal" is my prayer!

Om OmOm

(Peace July 1991)

17. PRACTICE OF THE PRESENCE OF GOD

It has been my desire to write an inspiring essay on this beautiful theme, but I thought it better to practice His presence a little more, before I give expression to it. Today, at the early hours of the dawn I woke up repeating that I will find a way or make one, to write a masterly article on the practice of His presence. Hence, here I am, trying to share my thoughts, on this helpful subject with all of you.

As I am writing this, feeling His presence, I request my readers also to read these lines, feeling and recognizing His presence. Dear Readers, are you feeling His presence now, as you read? If not, stop for a while and close your eyes and feel the indwelling presence. What a great privilege it is to feel His presence continuously and share it with each and every one that comes in contact with us?

Profound treatises have been written, ennobling and elevating sermons have been delivered from the pulpit, authors have imitated and quoted this phrase in their essays, from time immemorial, and yet the practice of His presence, remains a mystery in the daily lives of individuals as well as nations.

How easy it is to say that the practice of the presence of God always is the surest, safest and the most direct way to reach the heights of infinite glory. But how very difficult it is to feel His presence, in thought word and deed, in every moment of our lives! It is easy to repeat the words like a parrot but difficult to achieve. The peace of the individuals, the happiness of communities, the freedom of nations and the salvation of the whole world depends only in practicing His presence, which is pervading and permeating the whole world from an atom to the planet.

What is the cause of differences in castes, disturbances in communities, racial hatred in nations, inequalities in religions and above all the present economic depression all over the world? The cause is as simple as anything if only we try to discern it with our God given common sense, which is very rare now a days.

The absence of the practice of the presence of God alone is the root cause of all misery, agony, oppression, starvation and death on the fair face of the ever plentiful Mother Earth. If you are practicing His presence, how can you hoard up money while God in the form of the poor outcaste is dying for a morsel of food? If you are practicing His presence how can you oppress and suppress others, who are no other than His images? If you are practicing His presence how can you preach that your religion alone is the best, criticising and condemning His manifestations in other religions? If you are really practicing His presence how can you see anything anywhere other than His sweet presence in each and every form and name?

For the establishment of righteousness, for the peace of the individuals and for the common welfare of the whole of humanity, it is time that we should practice a little more, to feel His presence consciously in all that we think and do. It is easy to feel His presence, when all is going on very well, when the purse is fat and heavy, when success attends at every step on every side and when one is adored and worshipped with nothing but praise and honor.

But how very difficult to practice His presence when tested and tried through the fire of crucifixion. Can you feel Him in sickness, passing through excruciating pain? Can you feel His presence, in poverty and starvation while the children are famishing pleading for a little nourishment? Can you feel His presence when tortured and scourged when nailed and crucified by your nearest and dearest ones?

The practice of the presence of God is both easy and difficult. It is easy for those who feel and realize Him within, in the stillness of their hearts because they can feel Him like the heat of the sun or the cold of the chill wind. It is difficult for those that have not tasted His presence in silence, in their meditations. They may be able to count easily the waves in the sea, the stars in the sky, and the very hair on their heads, but can never feel His presence.

Dear Ones! If you want to practice His presence in the outer life, first begin to practice regular meditation and try to feel Him in the stillness of your hearts. Meditation helps you in the beginning to render the practice of the presence of God practicable. Begin to meditate even from today only a few minutes in the morning and evening. What you practice in the silent moments of your meditation, try to feel and express it in the outer activities of your respective lives.

Coming down from the abstract heights of the practice of His presence, I like to be a little personal by giving my own experiences for the benefit of my sympathetic and loving readers.

Often I try to take a walk, only to practice to feel the presence of God. In spite of my determination, sometimes I walk a few steps forgetting His presence. Then as a punishment, I

retrace those few steps and began to walk again practicing His presence, while walking at every step.

As I try to absorb myself in deep meditation at times a kitten jumps suddenly on my shoulders and begins to purr, as if imploring my love. I try to recognize the rithemic “soham” (I am He) in the steady and continuous purr of the pussy.

Once I was returning from Madras on a night train, and it was fully crowded and there was no place for me to sit. The friend who came to see me off at the station, entered inside the carriage and woke up one of the passengers, who stretched himself at full length. I was given a little space to sit, but as soon as the train moved, our sleeping friend stretched himself again and pushed me into a corner with his dirty feet. The more I made room the more he pushed me to stretch himself. It then became not only difficult for me to feel His presence, but I began to feel even resentful at it. Suddenly I tried to practice His presence. Lo! in a moment the dirty feet of my fellow passenger turned to be the sacred feet of my beloved; and my resentment transformed itself into the form of ecstatic tears of joy. I was over-whelmed with happiness, for I felt His presence in the very touch of the feet of my fellow passenger. Thus hours passed in sweet communion, unconscious of anything other than His presence within and without. The strange fact of the incident is that the practice of the presence has changed the heart of my fellow passenger also, for in the morning he was all attention and kindness offering sincere apology for his behaviour. How the practice of the presence changes hades into heavens!

On the other day a friend, after a long stay here left our Ashram, promising to work for the prosperity of our cause. After a long silence an ugly letter came from him like a thunder bolt from the clear blue skies. It was hard to recognise His presence. But it is only here one must assert and manifest the presence. God comes to us in various forms to test our love and faith in many ways. Instead of resenting the bitterness, I replied in a sweet and loving way opening my heart and stretching my arms and practicing the presence of God. When everything else fails it is the practice of the presence of God that wins. The only unfailing remedy for all the woes and sorrows of the world is the practice of the presence of the God. If you do not have faith in my words, try it only for a few days to practice and recognize His presence. You will see the marvellous results. Practice His presence in small things as well as in big things.

“Try, try until you succeed” is the only simple motto to reach the glory of the practice of His presence. Surely, some day you will feel His divine touch, as our Sister Sushila Devi expressed in one of her mystical outbursts thus:-

My one dream and solace in the world of distress is that in
some hour of silence and deep, deep calm, my Lord will touch me and
the touch of His hand will transfigure me to spheres beyond the glory
of the sun, moon and the stars.

Blessed are they, who can feel and recognise His sacred touch in the very trying moments of their lives. Undoubtedly the touch of His hand or foot will transfigure us to spheres beyond our comprehension. Ah! to live and breathe just for His holy touch ever practicing the presence of God, is the only worth living life.

Constant repetition of the following statements will be of immense help to seekers of truth, to be ever centered in the presence of God.

In the past I have been in the Presence

In the present I am in the Presence

In the future I will be in the Presence

There is never a moment of time when I am not in the Presence

From eternity to eternity I am nothing but the indivisible Presence

Om OmOm

The practice of the presence of God can never be made a living reality of our lives, unless and until we clearly understand the true conception of God. Without the real and true conception of God, even if we were to retire into the solitudes of Himalayas and practice hard day and night, the result will only be utter failure, for it is only a battle in entire darkness. When once you understand and realize the true conception of God or feel His presence, you will shine always as an emblem of His splendor, where you may be.

Then you cannot confine His presence, to time or place, temple or church. Whether you are sleeping or meditating you are always the presence. In both rest and work, silence and activity, you are nothing but the presence.

MEDITATION

Dear friends of 'PeaceJournal' in East and West! May I request you to join me in a silent meditation to practice the presence of God. Pray! draw closer and come nearer. Let us feel His presence from top to toe, in each and every cell of our beings in the feet, legs, thighs, stomach, heart, neck, shoulders, hands. Now coming towards the face let us feel His presence in the eyes, ears, nose, mouth. In the very smell, taste and touch, it is nothing but His presence. We are filled and surrounded by His presence in the stillness of our beings let us meditate now on the very breath *prana*, the living energy. As we meditate on the breath, the visible breath becomes invisible. Om OmOm. This is an abstract and perfect state of practicing the presence of God. Let us not waver now but be centered in the universal energy of '*soham*'. Thus as we continue the bubble bursts, in the ocean of glory to find itself - as the *akhanda sat chit anand* the Existence Absolute, Knowledge Absolute and Bliss Absolute.

HARI OM TAT SAT

Note: Our readers are requested to practice this meditation, as they read the above lines feeling the presence consciously in each and every limb of their beings.

(Peace Feb & Mar 1934)

18. PEACE OF MIND

My friend, do you have peace of mind? Life is a burden, nay a living hell, without peace of mind. Yet, only one in a million is blessed with peace of mind. Why only one in a million is blessed with it? Is it because of good luck or by the special grace of God? No, a thousand times, no. Here, the law operates equally for one and all. Here, there is nothing like good luck or winning in lottery by the grace of God.

Peace of mind belongs to the masters of the mind, but never to the slaves of the mind. Of all the things in the world, the most difficult thing is only to control the mind, to crush the ego and to annihilate the little "I". Hence, it is no wonder, there is only one in a million, who is blessed with peace of mind. There are two beautiful words in the Sanskrit language that will help us to understand this vital theme in an easy way. Those words are :- I. *Pravritti*, II. *Nivritti*.

I. *Pravritti* is the life of out-going senses. Here, a man is a slave of his finite senses, working in the mirage of the world, running after his own shadow. Here, man is never satisfied. He is always restless and discontented, over scheming to accumulate the perishable goods of the world, being a slave of the passing clouds of name and fame. The inevitable end of such people is destruction and death in ignorance and darkness.

II. *Nivritti* is the life of indrawn senses. Here, the man tries to draw all his senses inwardly, working no longer in the outer world, but in the inner world of spirit, transcending the senses. Here, one is happy, contented, restful and peaceful too. The inevitable goal of such people is God-realisation or peace of mind, the goal of precious human birth.

What we need, what every man who is blessed with human birth needs is only peace of mind. Devoid of it, man's existence is a living hell, however learned, rich and mighty he may be in the outer world of form and name. So long as you identify with the passing and perishable body, there is no peace of mind for you. How can you cross the river of life, hugging to a crocodile of delusion? Peace of mind lies only in the consciousness of truth, when you identify with nothing but truth, the only changeless reality. Peace of mind belongs only to those rare and precious souls, who are saturated and centred in the one indivisible truth, the infinite and eternal light.

Where is peace of mind, so long as a man remains a slave of his imaginary fears, considering this one a friend and that one an enemy? He who can see Himself, in both friend and foe is the monarch of peace of mind. It belongs to the one, who sees Himself in others, not only in others but in all the creation. Verily, the world of phenomena in such a one, is rising like a wave in the limitless and fathomless ocean of the soul.

Peace, that passeth all understanding abides only there, where one has nothing to see, nothing to hear, nothing to expect or desire or even to think, for even thinking is possible only in duality but never in unity. Peace of mind is no other than the blessed state of the splendour of the millions of suns.

My Loving Reader, shall we merge and dissolve in It now, as It is our life, soul and goal? Are you ready to merge in It? If so, pray, join me in a deep meditation, drawing the out going senses, towards the inner light, in the quest within, where it is all peace, infinite peace, eternal peace and universal peace!

May Peace be unto all!

OM OMOM
(Peace Feb 1951)

19. PEACE PRAYER - FOR WORLD PEACE

(Inhale and Exhale Peace, as it is the Individual Peace that leads to Universal Peace)

The four Vedas are the four limbs of Hinduism, and the Upanishads are the essence of the Vedas. Of all the Upanishads the Kena Upanishad is considered to be one of the most important Upanishads, teaching the transcendental truth in a most lucid and simple manner. In it is found the following *mantram*, or holy affirmation.

“That *Brahman* is called *tadvanam*. By the name of the *tadvanam* it is be meditated upon. All things love him who knows It thus.”

‘*tadvanam*’ means: Adorable of all. By the name of adorable it is to be meditated upon. How wonderful it is to see that our peace prayer, begins with the holy word *tadvanam*: Adorable Presence! All glory belongs to the Adorable Presence, who is the life and the soul of all existence and expression!

What is that thing by knowing which everything is known? has been the voice of the sacred Vedas.

First seek ye, the kingdom of heaven and His righteousness and all these things shall be added unto you, has been the call of the holy Bible.

This peace prayer being universal satisfies the *dwaithi*, the dualist, *vistadwaiti*, the qualified monist and the *adwaiti*, the monist. When you begin the prayer with *tadvanam* calling God as Adorable Presence, you are a dualist. When you repeat the life-giving words :

“Thou who art within, without, above, below and all around,” you are a qualified monist, when you come to repeat the soul-awakening words :

“Thou who art the Heart of the heart, Mind of the mind, Breath of the breath, Life of the life and Soul of the soul, you are a monist of the highest order.”

You are establishing peace in your individual heart when you are repeating:

“Bless me dear God! to be aware of Thy presence now and here is all that I ask of Thee.” You are paving the way to universal peace, when you are repeating; “May all be aware of Thy presence in East and West, North and South. May peace and goodwill abide among individuals as well as communities and nations is my earnest prayer. May peace be unto all! omomom”

The happy ending of the prayer with the three OMs, represents: Omnipresence, Omnipotence and Omniscience, covering the past, present and future, thus establishing peace and goodwill, now and forever on the rocky foundation of personal experience of individual peace, which is bound to be the greatest blessing to the peace of the world.

In the same Kena Upanishad, we are happy to read the following soul-stirring words, which are the essence of the Peace Prayer!

He is the Ear of the ear, the Mind of the mind the Speech of the speech. He is also the Prana of the prana, the Eye of the eye. Knowing this, the wise, having relinquished all false identification of the self with senses, become immortal when departed from this world.

Thus the Peace Prayer satisfies every seeker of truth all over the world. This Peace Prayer, need not be confined to the East or the West, for it is a prayer coming from within, from the heart of every man and woman, of every religion and nationality. Verily, the *jiva* the

individual is striving to identify with the *Brahman*, one's own heritage and thus express and assert his divine birthright of the splendour of millions of suns.

This simple but most efficacious prayer may be repeated by one and all, not only in English but in any language which is dear and near to one's heart. Its benefit and efficacy cannot be described in words, but can only be felt by each and every one, by mere repetition, not in the dim and distant future but immediately as it is being repeated. Hence, my Loving Readers of PeaceJournal, to make our theme complete let us feel in tune with the infinite and repeat the Peace Prayer.

(Peace March & April 1952)

20. PUJA - THE WORSHIP

(Individual *Puja* and the Universal *Puja*)

As Individual Peace leads to Universal Peace, so also the Individual Worship leads to Universal Worship. However separate and self-centered a man may be from the world, he cannot be aloof and disinterested in the universal worship, as a wave can never ignore the ocean. In the individual worship, the "I", the ego occupies a prominent place; but in the universal worship, the ego or "I" is absent. Although, the individual worship begins with ego, it leads finally to the universal worship, where the finite ego dissolves or melts in the universal whole or *paramatman*.

When I use the words, individual and universal worship, I do not mean exactly, the worship of the individual or the universal. I am trying to give out the two aspects of worship, the individual *puja* and the universal *puja* how they are carried out within, in the individual, as well as without, in the universe. At the very outset let me mention, this is not intended to deal with the elementary forms of *puja*, the worship of idols with flowers, incense, camphor etc. This subject deals more of the mental side of the *puja* in the higher aspects of evolution of man. I shall also share with my readers, my personal experiences.

It was only three days ago, at the very early dawn, while it was still dark, I felt like taking a little walk, feeling the presence of God. I began to walk towards the gate, remembering that the *shakti* or energy which is moving in the body, is God-force. Every step was leading me towards God. It was His *shakti*, the soul-force, in the very movement of the body. Thus, I was wending my way almost floating in the air, God's air, towards the hills.

Unconsciously I walked, with ecstasy nearly a distance of two miles, where there is a spring of water, gushing out from the rock and falling on the *lingam*, the symbol of Shiva, the Mallikharjuna. Hence, it is called MallikharjunaDhara or Shiva's Spring. As all is God, no wonder man cannot do away with idol or image worship in some form or other and he has to realize his ideals through the idols. If a learned man says, that he is so educated and cultured, that he does not care for the worship of idols, then he must be worshipping his own idol of flesh and blood, his physical body. We are not speaking here of the *jivanmuktas*, the liberated in life, who are above body, mind and world.

May all homage be unto them!

As God pervades and permeates the whole universe, whether in the individual body of flesh and blood, or the mightiest planet of light and life, we cannot help but feel His presence, either in the individual worship within or in the universal worship without. Verily, that which is expressing within, is the same light manifesting without.

Now let me come to my personal experiences. In these days of blessed silence, I take joy in doing my individual puja in the following three ways.

1. Physical
2. Mental
3. Spiritual

Let us deal on these three themes of worship separately one by one.

1. PHYSICAL WORSHIP:

One cannot remain always like a stone without any motion. Even a *sanyasin* who has renounced the world, has to move and engage himself in some movement or other, even in such simple and natural daily acts, such as washing, eating, drinking and talking. Thus, whenever and wherever there is motion of the body, it is helpful to offer all movements to God, the Lord of motionlessness.

Thus if I am walking, I am doing *pradakshina* to God, walking in Him and towards Him. All my movements of body, while eating or playing, or working, are my offerings to Him, the Lord of creation. Every movement of mine, be it small or big, is an offering to God. This is the physical *puja*, the worship or offering of the motion of the body.

2. MENTAL WORSHIP:

When I am not working or moving, when the body is steady and relaxed, there is yet the mind which is working constantly planning and scheming to do something or the other. I am not discouraged for its many thoughts, for I consider every thought as a prayer to God. My thoughts are supplications, prayers to the Almighty.

Thoughts are like the aroma of the incense ascending higher and higher dissolving in the ether but filling the atmosphere with the fragrance of the incense. One can light the incense sticks considering them, as representing Omnipresence, Omnipotence and Omniscience. What wonderful offerings are these thoughts to the Almighty? As clay is the source of all earthen pots, as gold is only the source of all ornaments, so also, God is the source of all thoughts and vibrations. Not only, God is the source, but He is also the goal too, hence let us offer all our thoughts, be they weak or strong, to the indwelling presence of our hearts, as well as of the universe.

3. SPIRITUAL WORSHIP:

This is the highest form of worship, when the body no longer moves, nor the mind wanders within or without. In this sacred worship, all the waves in the lake of our mind are subsided. There is only one vibration of *soham*. Here, the worship is natural and it is going on, in an automatic way, both day and night. All that you have to do is only to remain as a witness of this most natural and highest worship which is going on, not only during waking state but also in the sleeping and dreaming states as well. In silence you are repeating, nay, the still small voice of God within is repeating, with every breath *soham, soham*. The divinity I am the light I am. I am Existence Absolute, Knowledge Absolute and Bliss Absolute. OmOmOm.

UNIVERSAL PUJA:

Musing with the such precious and sublime thoughts, I was sitting in the presence of Mallikharjuna Dhara all alone, facing the little spring and listening to its sacred music in the ceaseless flow of the water, falling down through an iron tube or pipe. The sun was not yet

visible from the spring as it is in a deep valley but its light is slowly spreading itself, at that hour of daybreak in all glory and wonder. The grandeur and the natural beauty of the rocks, the tall trees and the shrubs and the foliage around, the chirping of the crickets, the singing of the birds and above all, the soothing sound of the spring reminding the holy vibrations of the Mystic Syllable Om, were simply soul-entrancing, captivating the heart and inspiring the mind.

No wonder for the time being, I forgot the individual puja in this great universal puja where the flowers are blooming for Him and the birds are singing for Him and everything and in every form is expressing His glory! In that universal worship. I saw the hill people of the Totapalli village, cutting their wood and some women carrying pots of water and boys untying their cattle to allow them to graze. Is not all this the universal worship by man, woman, and child unconsciously each doing his duty as an offering to God?

The wafting of the cool breeze, the radiance of the bright sun, the dancing of the rolling waves in the ocean and the twinkling of the stars in the sky are not all these the expressions of the worship universal? Thus, I became silent, allowing the individual to forget in the universal for a long time. When I opened my eyes again, it was the happiest moment of my life to see hundreds of birds and to listen to their sweet music, the most natural worship in different tunes and various notes.

Man can learn much from the birds of the air. How care-free, happy and natural they are! As the Saviour has said, they neither sow nor reap, nor gather the seeds into barns nor worry for the morrow. Yet, the heavenly father takes care of all His children be they men, beasts or birds or so much as even the tiniest creatures of the earth. What man badly needs is faith, the faith of even a tiny mustard seed in God, the indwelling presence.

As I was sitting only within a short distance of a few feet from the spring, as if it were inviting me, I felt drawn to take a bath. While allowing the running stream of water descending on my head, there was only one thought - one prayer, which I wish to share with you, dear readers!

As the water in the gushing stream is unbroken and ceaseless, let the mind also flow towards the highest, in one universal whole. May this breath of life, be an offering - my *puja* to the breathless one the *akhandasatchidanandam*, the Existence Absolute, Knowledge Absolute and Bliss Absolute!

May there be peace within and without in the heart of the individual, as well as in the universe, in the microcosm and in the macracosm! May harmony and good will abide among the individuals as well as the nations, nay, among all creatures of the universe!

May Peace be unto all!

Om OmOm
(Peace July 1952)

21. POTENTIALITY

Potentiality reminds me always of Omnipotence, for Omnipotence can be expressed though the powerful word potentiality. Infinite in the finite also expresses my idea and the same thought. The votaries Homeopathy are aware of the high potentiality of their smallest pills. In these days of scientific culture and renaissance, all are aware of the high potentiality of atom and hydrogen bombs etc.

It is only few precious souls that know the highest and the infinite potentiality of the spiritual bomb of atomic force. Nothing can beat or be greater than the atomic bomb, the spiritual bomb of all the avatars and sages of the East and the West.

The pranava Om is the bow, the *atma* is the arrow and the *Brahman* is said to be its mark. It should be hit by one who is self-collected and that which hits becomes like the arrow, one with the mark, that is *Brahman*.

This is what the Upanishads say about the mighty sacred syllable *aum*, the great *Manthra* of *manthras*. *Kotipatri puja*, the worship with ten million *bilva* leaves was done, before the universal symbol in the Nirvana Ashram of Totapalli Hills, for 10 days beginning from Jan 21st 1956, by hundreds of devotees. *Bael* leaves and fruits are considered, not only sacred but also efficacious for the general health, curing a number of diseases.

When such is the case, ponder over the efficacy and potentiality of the *bilva* leaves when they are used in the *maha puja*, the highest *puja*, chanting the name of God ten million times in all the ten days. For the goods of devotees all over the world wishing the welfare of the suffering sick, near and far, all these sacred leaves, that were used in the *mahayagna*, the greatest worship, have been burnt and made into holy ashes. They are kept safe in the Ashram ready to be sent to any ailing people at their request. I felt from within that I should write this message on the potentiality of these holy ashes, from the time of the *kotipatri puja*.

I do not suggest that all should use these holy ashes and that the ashes give *mukti*, freedom or emancipation, neither do I promise that the incurable diseases will be cured by using these holy ashes, still I dare say, that according to the faith and belief of the patients or individuals these holy ashes of highpotentiality will surely help them. It is all in the faith. As you believe you get relief and be cured. As Christ said, it is not the I that cures but it is the faith of yours that cures. Think of the gigantic Banyan tree in the tiniest Baniyan seed. Think of the mighty man the divinity in the smallest embryo, in the womb of the mother. Think of all the Vedas and all the scriptures compressed in the sacred syllable Om!

Similar is the case of the *Bael* leaves offered on the altar of God, in the most universal way, by His trusting and devoted children, repeating His name ten million times. My heart longs to share these holy ashes, the sacred *udhi*, with all the devoted children of God, all over the world. The holy ashes can be used not only by the sick ailing people, but also even by the healthy and aspiring devotees for spiritual renaissance. A letter from the devotees of God who wish to avail themselves of this golden opportunity, addressed to the Manager of Sri Santi Ashram, Totapalli Hills.

Will bring the holy ashes with the instructions. By God's blessings, may be holy ashes of the *mahakrathu*, the *kotipatri puja*, the greatest worship with ten million leaves, give health to the sick and ailing, strength to the weak, rest to the restless, comfort and consolation to the sick and worried, above all peace to the strife-born humanity. This is the prayer of your brother, friend and well-wisher Omkar. Om OmOm

(Peace June & July 1956)

22. PEACE PRAYER

Our simple Peace Prayer has been a great blessing to many devotees who are near and far in the East and the West. May all glory be unto God, the source of all prayers! From Junagadh a noted Doctor, writes the following words about his experiences with the repetition of the Peace Prayer.

‘Yes O Adorable One! Last night as advised by thee, before I got Thy letter of 8th Nov, Peace Prayer was repeated 108 times at one sitting. It took one hour and half. During repetition, I felt I was rising up from the seat. Round light, bluishmass of light was seen and all the time I felt a thrill all around the body. It has given me peace within. Now once in a week the same, will be done on Sunday or Thursday and shall write further experiences.

- H.J. Chhatrapati
M.B.B.S.

From Germany the Editor of Friede, our Peace Journal, writes that Peace Prayer has been his Talisman, in both sickness and health. May all homage be unto God, the Goal of Peace Prayer! The Peace Prayer can be used by the worshippers of different faiths, in all the religions.

As an example, the Peace Prayer begins with Adorable Presence and a *Shiva bhakta*, a devotee, can substitute the word Shiva instead of the word Presence and thus begin with the words: Adorable Shiva. In a similar way, a *Rama bhakta* can address his *istadevata*, as O! Adorable Rama and continue the prayer. A *Krishna bhakta* can begin the prayer with the words O! Adorable Krishna. Similarly, the votaries of different religions also can substitute the holy names of their deities such as Christ, Allah, Buddha, Mahommed, Zoroastar etc., *Sai bhaktas* can begin their prayer with O! Adorbale Sai, thou who art within and without etc.

One friend from Malaya writes that Peace Prayer is wonderful, but he is waking up from sleep with the name of Shiva on his lips. That is also helpful. If he repeats Peace Prayer even once or twice using the words: O! Adorable Shiva, thou who art within, without, above, below and all around etc., he will be filled, nay pervaded and permeated by Shiva’s presence immediately.

This is a Prayer that makes one feel God’s Presence, not in the uncertain future, but in the present moment, during the repetition itself.

As Sister Sushila Devi writes : It is a golden link uniting the individual with the universal.

Dear Loving Reader, if you are not yet fortunate enough to taste the nectar of the Peace Prayer, please try it, repeating the Peace Prayer only for a week or even for a day or two and realize the benefits for yourself. I have not started this message, to extol Peace Prayer, but only to share some of my latest experiences with it, with my loving readers of peace. As it is so easy to feel God’s presence in the very eyes, I thought it will be helpful, if we could add the words Eye of our eyes and also Ear of our ears in the Peace Prayer. By adding the above could see Him in all the eyes, in all the world and recogniz Him in all the manifested sounds that come from the elements or nature. Verily, it is He, in the song of the bird, in the roar of the lion, in the cry of the baby, in the mirth of the youth and in the words of a friend or foe, for all sound comes from the one source.

The worshippers of nature or of formless aspect can begin the prayer as, Adorable Light, for He is the Sun of suns and the source of all Light. As God is of the millions of suns splendour, let us draw ourselves towards the center of all light, meditating on the effulgent light in the heart and repeat the Peace Prayer with the added above changes, for our peace, as well as for the peace of all!

If it is helpful one can begin to repeat the Peace Prayer vocally and then with lips, as one advances, it is to be repeated mentally. As one continues to repeat it, mentally, one comes to a certain blessed state, where the body becomes light. A sense of formlessness comes, as if one is floating in the air. Then please do not disturb that sacred state even with the repetition of the prayer. In a certain state even the whole prayer cannot be repeated, then, repeat only the following words again and again:

O! Adorable Presence or Adorable Light, feeling the presence or light within, without, above, below and all around. Do not disturb this evenness or awareness with the thoughts of mine and thine. Try to abide in that self-effulgent light, which is the only changeless reality and Thou art That.

(Peace Sept 1956)

23. PHILOSOPHY OF BREATH

Philosophy and Religion :

Man is interested in Philosophy, more than in Religion. Philosophy deals with the kernal, the substance. Philosophy deals with the form and name, and religion deals with the formless and nameless truth. Philosophy deals with truth too, but only from the surface whereas religion deals with the core of truth. Hence, it is no wonder that it has been said, "Religion begins where Philosophy ends."

Let us try to know what is Philosophy and what is Religion, before we proceed further.

Q :- What is Philosophy?

A :- Philosophy is a Mental Science, a Metaphysics. It is the knowledge of the forces, the causes and their laws. It is practical wisdom and rational understanding.

Q :- What is Religion?

A :- Religion also is a system of Mental Science, dealing with the practical side of Philosophy. It is a system of faith, worship and intuition. It has been said that which unites with the source is religion. Religion is the realisation of God's Omnipresence, Omnipotence and Omniscience Now and Here.

Science of the Breath :

Now, let us come to the Philosophy of breath. Breath has a science of its own. It is very deep and vital too. Breath is the beginning, middle and end of the very creation. The very thought begins with breath. Life begins with breath. Indeed breath and life are not two but one. It is because of the breath I am writing now. You too are reading this message because of the breath in you. It is because of the breath, man begins to scheme, imagine, work and even to meditate on the laws of the subtle truths. When breath is all-in-all, when it is the life of Philosophy and the soul of religion, it is strange that there are many philosophers

and religionists who do not deal and emphasize, the necessity of understanding and meditating on the life-giving and soul-awakening breath.

- Philosophy is the shell, the outer sheath and religion is substance, the inner sheath.
- Philosophy is the fruit and religion is its juice.
- Philosophy is the flower and religion is its fragrance.
- Philosophy is the sun and religion is its sunshine or light.

A philosopher speculates with the nectar of immortality and a man of religion drinks It. Thus, it has been aptly said, that one begins to walk in the path of religion when he gets tired of all words and philosophies. Let us come to the practical side of the breath. It is the life of the Philosopher and it is the soul of the man of religion. The Philosopher is busy in discussing over the rudiments of breath. A man of religion is absorbed in meditating and identifying with the life principle - the vital breath.

Control of Breath :

The most restless man in the world can say, that he is a master of his breath even for a moment while he breathes in and breathes out. If he can control the breath for a moment, he can control it for another moment and thus slowly, steadily and gradually he can control any number of times or for any length of time. Here, control does not mean the stopping of the breath, or blocking of the nostrils. It is meant awareness of the breath - or rather the awareness of the presence of God in the very breath, for God is the Breath of the breaths. Let us inhale and exhale peace, our birthright, with each and every breath!

The Philosopher longs to control the world with the control of breath. A man of religion or God-realization desires to control the world by controlling his unruly mind. Breath control leads nowhere, although it helps temporarily in toning the body with health and mind with strength. Whereas mind control leads one towards the goal of life, the soul of the very existence, filling the heart with laughter and the soul with peace. It is the big breath, the universal breath, the *Soham* breath, which leads the aspiring man, every seeker of truth towards the blessed heights of God-realization, where dwells the splendour of millions of suns or the peace that passeth all understanding.

Breath is One :

What is the difference between your breath and my breath? What is the difference or the connecting link, with our breath and the breath of all the world. What is the connection between the breath inhaled in the past and the present breath exhaled now? As we inhale and exhale the breath, is it broken or continuous? Is there any connection between the first breath that you have taken when you were born and the breath that you will be exhaling out at the time of the demise of the body? What about the primal breath, the very first breath, at the time of the creation and the breath that you are inhaling and exhaling now? Are there many breaths or one Breath, the universal breath?

God is the Breath of the breath. You are breathing the Breath of God. If you are breathing the Breath of God, then there is neither past, nor present nor future in the one unceasing breath. Verily, the universal breath is free even from birth and death, from destruction and dissolution, for It is indestructible and eternal.

Dear Friends of PeaceJournal, my loving Readers! Let us close our Philosophy now and begin to practice to feel the Breath within, even while you read this message. Let us close our eyes and identify no longer with the shell, the outer sheath but with the substance, the vital breath, the indwelling presence, which leads us eventually into breathlessness- the goal of all Philosophies and the soul of all religions.

May silent adorations be unto the Transcendental
Breath. May It bless all with Supreme
Silence and Profound Peace.
May Peace be unto all.
OM OMOM
(Peace June & July 1957)

24. PEACE CENTRES

Blessed is the one who is free of all longings. Peace profound belongs to the one who has risen above all longings. Yet, so long as we have a body and live in the world, there is some longing or other in the name of service or God! It has been my longing since my boyhood days to start 'Peace Centres' not on land, but in the hearts of the aspiring individuals in the East and the West. I am one of those who firmly believe sooner or later that it is the individual peace that paves the way to world peace.

Hence the ideal of Sri Santi Ashram has been :

It is the Individual Peace that paves the way towards Universal Peace ; so establish IT first in your own heart, then share IT in your home, radiate IT in your community and thus let IT vibrate from heart to heart, till IT pervades and permeates the whole universe, through your pure and ideal life of peace.

This is one of the happiest moments of my life for the opportunity God has afforded me to establish peace centres in all of your devoted and dedicated hearts. If there is anything that makes me sad, it is only when I fail to enter into the aspiring hearts of devoted souls like you, to establish centres of peace.

How blessed it is to convert our dedicated hearts as peace centres, allowing from there peace and love to flow ceaselessly in rivers and torrents not only towards our dear and near ones but also towards the whole of humanity.

Infinite Peace covers everything.

It does not exclude anyone.

Love universal includes all.

Do not love but live as love has a deeper significance. It is easy to love, but to live as love is the grandest thing. It is a most sublime state. In loving, we may love a few people who are dear and near to our hearts and neglect or forget others. But in living as love, love being universal, one without a second, there is not the least possibility of forgetting or excluding anyone.

Love universal excludes none.

It covers all.

Words creates relativity - duality

Silence creates souls - souls of cosmic consciousness.

In the first place, is there anything like “Others” in the one self-effulgent light? The man who thinks that he is serving others is ignorant. Others exist for the ignorant, in ignorance. When all is God, the one supreme indivisible *Brahman*, where are others in It? In serving anyone, we are serving the one self.

In helping you, I am helping Myself.

In loving you all, I am loving Myself.

Adoration be unto the one indivisible *atman*. Which is shining in all of you, sparkling in your very eyes! How close, nay inseparably one is God! He is the breath of our very breath! If you could only recognize Him, in the stillness of your aching hearts, and feel Him in your very breath, inhaling and exhaling peace with each and every breath, there is no need for any of you to come to me or to this peace centre, for, the real peace centre is within you, awaiting your recognition now.

I long to help you to help yourselves.

I long to serve you to learn to stand on your own feet.

The essence of my life’s teaching has been summed up in the following three short sentences:-

1. Do not rely upon me.
2. Do not rely on any others.
3. Rely on the indwelling light which is awaiting your recognition, pervading and permeating the very cells of your being.

As we think, we become. What we sow, we reap. Man is the master of his own destiny. As thoughts are things, let us raise our thoughts to God, who is never aloof or separate from us.

How blessed it is to consider the wide world as one’s own home and all people in it as Sisters and Brothers and to love and serve them as one’s real religion!

In my world, there are neither *chelas* nor *gurus*. All are the living images of the loving God, the one indivisible light. It is needless to say, that I am not trying to make disciples out of you. I am only longing to help you all, each and everyone of you to express and manifest the inherent light which is everpresent in all the images of God.

When I speak of God, I am not speaking of the God, who is far away in the heaven or who is confined to a religion or nation. When I mention the name of God, it means to me the God who is interpenetrating the very cells of your being, who is sparkling in your very eyes Now and Here and who is the Mind of your minds, Heart of your hearts, Breath of your breaths, Life of your lives and Soul of your souls.

Be true to the self-effulgent light within yourselves, which is your divine heritage and true birth right. If you are untrue to yourselves, if you cannot rely to recognize the light which is nearest and dearest to you, how can you be true to others or to all the outside names and forms even to the biggest personalities and *avatars*? Self-reliance is the beginning, middle and end of religion. I bow myself in adoration to the souls of self-reliance. Self-reliance gives peace, poise and power. Self-reliance gives health, longevity and bliss. There is nothing in this world that a man of self-reliance cannot do. All things are possible to him, for, self covers everything. He is the lion of Vedanta - the end of knowledge.

Dependence, be it on any big name or form is weakness, slavery and ignorance. The man of self-reliance roars like a lion. The man of outer dependence bleats like a sheep. It is my one aspiration to see you all roaring like lions, pouring out your love on one and all, sharing your peace with the whole of humanity. Peace belongs to the giver and never to the beggar. Be givers of life eternal, light infinite and love universal!

In spite of all the Philosophy and religion, if man is still miserable, he is the cause of his own misery. If he is happy, he is the cause of his own happiness. Are you happy or miserable? If you want to be miserable, think of yourself. If you want to be happy, think of others. The way to be happy is to make others happy.

Let the happiness of others be our happiness.

Let the health of others be our health.

Let the peace of others be our peace.

May I be allowed now to end my message by entering into your consecrated hearts, with the chanting of Vedic Prayer - the Peace Chant.

(Peace Sept 1957)

25. PEACE BROADCASTING STATION

Sri Santi Ashram - The Mission of Peace, since the last 41 years, has been the Peace Broadcasting Station in the Totapalli Hills. It is a lovely and lonely place consisting of nearly one hundred acres of land with flower and fruit gardens and several *kuteerams* and buildings for the use of the members of the Ashram, children of the *Gurukula* - the residential school, Hospital workers and patients and above all, the visitors who came from near and far from the East and the West. How blessed it is to have a Home of Peace - a Peace Broadcasting Station, which belongs to all the aspiring children of God in all the religions and nations. Santi Ashram has been the common property of all His devoted children in the world. This has been My Legacy, to the world of devotees in all the religions and the nations.

Dear Friends! whoever you may be, wherever you may be, you too are welcome temporarily or permanently and thus take part in the spiritual feast of :- "Live in God and help others to live in him," which has been the only aim, ideal and aspiration of the Mission of Peace. It includes all and excludes none, for Santi Ashram, considers the wide world as its home, ignoring the outer differences in castes, creed, colours and nations. What a blessed privilege it is to consider all, as our own, nay to see the sweet face of God in every face. *isavyamidamsarvam*. All this world is filled with the presence of God, the *iswara*. *antharamamayam*, *eejagamantharamamayam*. All is Rama. All this world is pervaded and permeated by the interpenetrating presence of God. Now let us dwell on some of the activities of our Peace Broad Casting Station. It is after 4 A.M. in the early hours of dawn, everyday the gong is sounded, to wake up not only the workers, members and the devotees in the Ashram, but also all the friends, devotees and well wishers of the Ashram, who are scattered here and there, in India as well as in Europe, U.S.A., and in the far East. How helpful it is to

listen and to feel the vibrations of the sacred syllable *aum*, in the sound of the bell, and to wake up from the sleeping state, to the waking condition, to express Him in all the activities and to recognize Him in work as well as in silence!

At the hour of dawn as well as, at the lovely hour of sunset, the Mystic Syllable Aum chanted by all the members and workers of the Ashram, including the 40 *gurukula* children wishing the peace of all, in the world ! Thus the holy vibrations of peace go forth from the heart, to all the universe, everyday on every occasion. The holy word *aum* is chanted often and often throughout the whole day and night for the peace of all! In the Peace Broad-Casting Station, *aum*, the holyword, is considered as the universal name of God. In chanting *aum* we are chanting the name of all the Gods and Goddesses. It means that we are respecting and worshipping all the various manifestations of the one indivisible God, in all His aspects, with equal adoration and love. In chanting the sacred word *aum* we are touching the devoted hearts of the bird, the beast and the man, for the whole creation is included and not an atom is excluded in the love universal. The *aum* sound vibrates from heart to heart, piercing the dark clouds of duality, doubts and suspicion with its sharp shafts of light, life and love. It dispels all clouds of ignorance with the knowledge of infinity and eternal light. The chanting and meditation of *aum* helps the individual to establish himself or herself in the pristine glory of the suns, one's real divine heritage and the birthright now and here, as we chant and intone the holy and Mystic Syllable Aum. In chanting *aum*, with the first chant, one is filling the body from top to toe with light. With the second chanting he is filling the whole world with divine energy and with the third chanting of the holy word, he is allowing the bubble like world to merge and dissolve in the infinite ocean of *satchitanandam*- Existence, Knowledge and Bliss Absolute. It is also helpful to repeat the first *aum* recognizing the infinite light in the past and the second *aum* feeling the eternal light in the present, and the third *aum* recognizing his inseparable oneness with all the future. It is light in body, mind, world and every where. It is present in the past, present and future. Thou art That from Eternity to Eternity.

Our Peace Broad-Casting Station is blessed to have so many Sub Broad-casting Stations in India as well as all over the world. The universal sound *aum* is chanted in Totapalli, the mother-station and it is received in all the sub-stations in Waltair, Bobbili, Kharagpur, Calcutta, Jamshedpur, Delhi, Benares, Sarnath, Lacknow, Haridwar, Kashmir, Karachi, Bombay, Vijayawada, Eluru, Rajahmundry, Madras, Kotagiri, Coimbatore, Madurai, Rameswaram, Hyderabad, Moradabad, Guntur and Chirala etc. It goes out to Ceylon and covers Italy, Germany, Holland, England and several cities in the United States of America and Canada and travels to the far East to Japan, China, Hongkong, Singapore, Malaya, Burma, Assam and comes back to the Totapalli Ashram again. The sound travels with a high speed of vibration, especially the holy sound of the universal symble *aum*, slowly and steadily, helping to create peace on earth and goodwill among nations. Not a thought is lost for thoughts are things. Silent thought creates and the word vibrates and manifests the latent and hidden power, the potency of the infinite. How true are the words:-

Let one man alone live in God and the whole world is united through the silent and ideal life of the one individual. The results of sowing seeds of peace today in silence may not be visible today or tomorrow alone but they will surely sprout and fructify in their own time. Our's is only to do our duty for duty's sake leaving the results to the all-knowing and all-wise God, the universal power.

Dear Friends of the Peace Broad-casting Station who are the listeners in the East and the West all over the world, pray tune in with the universal vibrations of infinite light and eternal love, establishing yourselves in God's Omnipresence, Omnipotence and Omniscience.

This infinite power alone is your real birthright. You are the roaring lions and not the bleating sheep. Pray, wake up from your long slumbers. Shake off the lethargy of the many years. Be centered now and here in the full glory of the Sun of suns! How blessed it is to express Omnipresence, Omnipotence and Omniscience in each and every moment of our lives wishing the harmony of all religions and the international peace of the whole world. Let our aim and ideal be always high, reaching the heights never low, groping in darkness. In conclusion, let us chant now the Peace Prayer that helps to create peace in the heart, leading the individuals to the universal. The simple repetition of this Peace Prayer, makes anyone, any votary of any religion feel His presence as he or she repeats it with all the strength of one's heart, mind and soul.

How aptly the glory and potency of prayer is expressed in the following simple poem.

Prayer is the soul's sincere desire,
Uttered or unexpressed,

The motion of a hidden fire
That trembles in the breast.

Now let us recite the Peace Prayer identifying with the Adorable Light, the Indwelling Presence.

May peace abide in all the devoted and dedicated hearts of the members and listeners of the Peace Broad-casting Station and of all the Sub-Broad-Casting Stations in all the world.

May Peace be unto all.

OM OMOM

AN OFFERING

An Offering to the Sisters and Brothers of all the Peace Broad-Casting Station in the East and the West wishing peace in their hearts.

(Peace Sept & Oct 1958)

26. POOR AND NAKED

“Poor and Naked we came into the world and Poor and Naked we leave the World.”

Duality is the name of the world, although all is *Brahman*- God. The world is a mixture of good and bad, happy and sad incidents too.

Recently a sad incident happened in our Waltair Ashram. Some friends and well-wishers of the Ashram brought a *sadhu* to the Ashram, with a request that he should be allowed to stay in Santi Ashram.

As the *sadhu* has been a man of meditation, he was given by cottage near the Hanumanthawaka facing Kailas Hill. It seems he was fasting also for 100 days recently.

Fasts should make us healthy and strong, but not sickly and weak. I too have been an advocate of fasting since early years, having taken long fasts of 15, 21, 30 and 40 days, but not such a long fast of 100 days. It was a happy surprise to read in one of the recent letters written by a great devotee, one of the members of the Peace Centre in Kotagiri, the following words.

Dear Swamiji MaharajPranams:- One great desire is always haunting me that your physical sheath should survive and sustain for not less than 300 years, by which time the whole country, nay, the whole world, all the universe shall be deluged with peace, in the cause of which you are a silent and valiant fighter. May Peace be unto all.

-Bhojan

Is it possible to live for 300 years? Here and there in the world, we read and hear of the people who live more than the span of 100 years, by their ideal and simple lives of moderation in food and work.

“Where there is a will there is a way.” All things are possible for those who trust in God! How blessed it is, “To be good and to do good!”

Blessed are they in whom the desire for life is extinguished. A sage is free of all desires. It is same to him, whether the body lives long or dies today.

I often recall the words of the sage Asthtavakra with great joy,-

Let the body remain until the end of the *kalpa*, ages or let it dissolve now, what is that to me, who is the *atman*, without age and free from growth or destruction?

Our present theme now is, not about the life eternal, about coming into the world poor and naked, and leaving it again poor and naked, unable to take anything with us, when we depart from the world of duality or delusion.

Hardly fifteen days passed and we hear now, the sad news that the *sadhu* is no more. He expired suddenly on one night. He was all alone and no one was with him, when he expired.

God alone knows whether he struggled for life or he left the body peacefully. The *sadhu mahatma* was given a decent burial in the Ashram grounds, by the members and devotees of the Ashram with the chanting of God's name and *bhajan*, invoking God's blessings on the departed spirit of Sri Sadhuji.

Here comes the strange and interesting part of my message.

The Sadhuji had a small trunk of his own. Everybody thought that he was a *poorsadhu*, having some spiritual books and clothes in the trunk.

Imagine the happy or sad surprise to find gold coins and currency notes in the trunk, when it was opened by the friends of the Sadhuji ! It seems it all amounted to, nearly Rs. 3000/-

The Sadhuji could not take with him even a pie of his hard earned cash. God alone knows how he earned it and what he wanted to do with all this money.

Sadhuji could not take it with him but his disciples took away of his money. We are to see not whether they will take it with them or do any good in the name of Sadhuji to keep his memory sacred and fresh in the Ashram where lies, the remains of his mortal coil, the body in *samadhi*.

Our Sadhuji's sudden passing away, without telling a word to anyone else, about all the money, that he so carefully hoarded and kept in the trunk is a living lesson and should be an eye-opener, more to all the other *sadhus*, *yogis* and *swamis*, who have bank accounts or keeping money in the ground or trunks or beds or pillow cases etc.

This sad incident should be an eye-opener not only to the *sadhus* but also to the *grihasthas*, house holders too.

A rich man died suddenly leaving plenty of money, jewels lands etc. without writing any Will. As usual with the men of the world, he too was expecting never to die so soon but to live long.

But who can tell the hour of death! Since his departure, his wife and children, inspite of all the wealth, they have been in actual hell, fighting with each other filling suits even in the courts.

Is not death better than this kind of life of bitterness and hatred among brothers and between them and the mother? What is real is ignored and the unreal is worshipped. Man has become a mammon worshipper instead of a God-worshipper. Misery is the lot of all mammon-worshippers be they learned and mighty.

Sometime ago I heard of an Ashram devotee who could not do much good when alive but when he died his relations found Rs. 5000/- under his pillow. He could not take even a single pie of his money with him, but his relations have taken away all the amount. How true are the words:-

Today is ours and not tomorrow, hence let us do our good deed today only.

Whether we do our good deed today or not, let us adjust our affairs and money matters, today only, before the call comes suddenly. Let every pie we have, whether it is earned with sweat or easily earned, let it be utilized in His service, in serving His sick, poor and helpless children in His name.

Whatever we want to do with our cash or property let us do it ourselves, but not leave it to our disciples or friends to do as they please after we have gone.

I was amused the other day, to see the tomb or *samadhi* of a devotee who got it constructed while he is still alive in his garden.

He is wise in realizing that his disciples and friends will forget and forsake him and may not respect his wishes, hence he is extra careful, even while alive only, in constructing his own tomb now.

It is not the construction of our own tomb and *samadh*s that matters or is important, but it is the way that we make good use of the God-given money, in the service of His children, while alive, during our life and after departure from the world of duality.

Above all, let not death come suddenly when we are so unprepared. Let our life be a blessing to the world of humanity but never a burden to mother earth, while alive or dead!

Let us do our good deeds today only remembering that poor and naked we came into the world and poor and naked we leave the world!

Let the unfortunate sadhu's sudden demise, the unexpected disintegration of his body, without taking even a broken needle with him, be a living lesson to all of us. May God's richest blessings ever be upon the departed spirit of our sadhuji, and may his unexpressed wishes or dreams be fulfilled by his friends and disciples!

Let our ideal be always, "To be good and to do good," doing our good deeds today only but never in the uncertain, dim future.

May Peace be unto all.

Om Tat Sat Om

(Peace May 1959)

27. PEACE PRAYER

Peace Prayer unites the individual with the universal. It is a prayer that makes you feel the presence of God, not in the uncertain future, but right now, as you repeat it. But you have to repeat this simple Peace Prayer with all the strength of your heart and soul, to feel God's presence Now and Here in the very cells of your being.

Pray I do not discard peace and prayer for it is, too simple. Some people are after big words. They want words, but not the spirit of the words. The more bombastic and complicated are the words, the more they love it, for their lives are not simple but complicated and filled with endless insatiable desires.

Simple people love always simple prayers that lead in a straight and direct way into the very heart of God. In this simple Peace Prayer, God is no longer confined to a heaven or far away sky nor to a temple or church. He is not even aloof or separate. He is the heart, nay the life and the soul of the individual.

This is a prayer, that can be repeated by the votaries of any religion or all religions or even belonging to no religion. It is a sublime prayer that can be repeated even by a non-believer, for it gives peace of mind. The silent repetition of it, blesses anyone with the peace that passeth all understanding.

Peace Prayer begins with:- Adorable Presence, the word "adorable" begins with light from the very toes of your feet, filling your whole body with the light, until it reaches the highest centre, the thousand petaled lotus, *sahasrara*, in the crown of the head. When you repeat the word presence, you are filled and surrounded by the holy presence, which is the

only reality, pervading and permeating the very cells of not only your being, but also the whole universe, from the tiniest atom to the biggest planet.

You are now in the Adorable Presence, you are centred and saturated with the Adorable Presence, which is face to face to you. It is no longer a dream or mere imagination. If you believe in Gods Omnipresence, you are filled by His Omnipresence Now.

Wherever you may be, whatever you may be doing, who ever you may be, you are a spark of God, nay you are the living image of God, a ray of the radiant sun, the light of the world.

You are in the Adorable Presence and the Adorable Presence is in you. As you advance day by day, repeating this simple Peace Prayer audibly in the beginning and inaudibly in the end, in your deep meditations, you will realize in silence that adorable presence and yourself are not two, but One, infinite peace, belongs to the one who sees the One in the many.

That which exists is One. Thou art that.

All glory be unto the Adorable presence!

There are blessed moments in my life, when I am not able to repeat the whole of the peace prayer. The repetition of the two simple words adorable presence, fills me with ecstasy, leading me from the finite to the infinite consciousness.

As we continue repeating:- Thou, who art within and without, above and below and all round. His Light pervades and permeates the very cells of our beings. We feel that we are filled and surrounded by the Adorable Presence - the Self Effulgent Atman - the light of the millions of suns' splendour Now.

The simple and powerful word Now, contains in its bosom, Omnipresence Omnipotence and Omniscience. How blessed it is to live in the present living moment, forgetting the dead past and ignoring the dim, uncertain future too! Blessed are they, who can live from moment to moment, recognizing the infinite in the finite!

Strange as it may sound, in the repetition of the Peace Prayer, I can never use the single tense such as "the eye of my eyes", for He is the Eye of all eyes. Similarly, I can never say, bless me dear God, I love to repeat only, bless us dear God, for all are His children and His love includes all, excluding none.

There is the little self, the ego, prominent in the repetition of the words. May 'I' be aware of Thy Presence - hence we are happy in using the plural word "we", namely, may all be aware of Thy Presence in the East and the West, in the North and the South!

In wishing the welfare of others, you are establishing peace in your heart first. May peace and goodwill abide among individuals as well as communities and nations. This is our earnest prayer!

Man, the ignorant man is unhappy and miserable, because he is thinking too much of himself. The way to be happy is to make others happy, forgetting the ego, the little self.

The constant repetition of the Peace Prayer helps to kill the ego, to dispel the ignorance and to create love in the heart and peace in the soul.

Let us repeat the peace prayer, wishing the peace of all, not only when we are in temples and churches, but in each and every moment of our lives, for Adorable Presence, is the Light of our hearts. Peace prayer helps to establish, peace in the heart, now and here, which alone paves the way to establish peace in all the world.

Dear Loving Reader, may the simple Peace Prayer, help you to establish in your devoted heart, and may it fill your home with peace and radiate the same peace, in the community and nation, until the Light of the Adorable Presence pervades and permeates the whole universe.

Let us close our eyes and repeat now in all reverence and silence, the holy Peace Prayer, that unites the individuals with the universal, for Adorable Presence is the *sutratma*, the holy thread, that runs through all the beads - the beings, the children of the Almighty God. May adorations be unto the Adorable Presence, the indwelling light of the heart and the self-effulgent light of all the worlds! May Peace be unto all!

Om OmOm

(Peace Jan 1960)

28. PILGRIMAGE TO KAILAS

Kailas is considered as the abode of the God's. Its chief diety is Viswahath, But Lord Shiva - Sri Viswanath is no longer in Kailas for He is busily engaged in the world, in serving His children. Thus Kailas is neglected and almost looks God-forsaken. In spite of the ruins and abandoned condition of Kailas, it can never lose its natural beauty and divine splendour having the surging ocean in front and partly on the right and left and blue hills as its back ground.

Before leaving Totapalli Ashram for the Peace Centre in Nilgiris, I promised to pay my homage to kailas by spending atleast one day on the heights of Kailas, alone with Shiva, the God, the indwelling light, in the waveless silence. As the climbing of the hill is steep and rugged especially in the hot sun, I wanted to start, before the sun rises up. Some of the members of the Ashram, whenever I plan to visit Kailas, remind me of my age - the age of the body, saying:

Dear Swamiji: You cannot climb up the hill now as in the olden days, for you are no longer young. But I say within myself; I am getting young and younger day by day in everyway, so I can climb up the Kailas, better than in my younger days.

When one repeats the sacred syllable Om for every step as one climbs up, how can it be any other thing, other than a pilgrimage to God? With the help of a battery light, as it was still dark, we started from the Ashram. I used the plural word "we" for a little boy of eight years old, by name Bala Krishna followed me, while mounting the Kailas.

I have asked him to repeat Rama with every step, while walking "ra" with the first step and "ma" with the second step. It is exhilarating to repeat God's name for every step Bala Krishna, the little boy, although young in age but is quite ripe and advanced in spirituality, for he can sit in one steady posture any length of time, without moving a muscle of his body. As per our past *karma* or past, each of us is blessed with a special gift. Love, devotion, and steadiness are the special gifts of our little baby. Bala Krishna who followed me faithfully and reverentially on the pilgrimage to Kailas.

Whenever I climb up any hill, I am reminded of, “The Call of Swethagiri,” during my stay at Bobbili and its experiences in the hot sun and my interesting message over it. I often say, not a blade of grass moves without God’s will. He leads us towards the green as well as dry pastures, giving us new experiences over every little or big trials in the life of the world. Bala Krishna was leading me and I was following him. It is children who lead even the aged into the kingdom of heaven, whose portals are ever open for the little children, who are unsullied and pure in heart. After reaching Kailas half way; as the hill is steep. It was rather trying to climb up any more with ease. When I was out of breath unconsciously I was repeating.

I am in the Omnipresent Light.

The Omnipotent Light is in me.

I am the Omniscient Light.

It is easy to feel God’s Omnipresence into very cells of the body, but it is trying to feel the Omnipresence all over the world outside. How true are the words, that when we can feel Him within, we can feel Him without also, for what we have within, we behold the same without. When I repeated the potential words Omnipresence and Omniscience, I did not wish to be Omnipresent and Omniscient knowing everything, but I wanted to be Omnipotent, having power within, so that I can bear the burdens of the life in the Ashram and in the world with a smile. Omnipotence drives away all passing clouds of depression, weakness and ignorance.

“Omnipotence is working, Let the Mortal Retire”

What potential and powerful thoughts! When the mortal from the field of restless action, there is peace within and without. Then alone Omnipotence works fully. But the ignorant mortal makes a mess of his life, by putting his two fingers in the pies and by mixing the affairs of others, in the world. He wants to reform everybody except himself. He is picking and pecking at the faults of others, except at his own blunders. He is happy and contented having big beams in his eyes and pointing to others the moles in their eyes. Reformation must begin from within, pilgrimages also, must begin from within. At one place, on the way to Kailas we were sitting and little Bala Krishna was helping me, at one place by carrying my bag also. He was also carrying a blanket. At one place I was watching him, folding the blanket. I was wondering as to what he would do with the folded blanket. Suddenly he said, “please get up sir,” when I obeyed, he put the folded blanket on the rugged stones and then said. “Now, you can sit on it Sir. I was deeply touched at his consideration and love, though young as he is in years. It has been said that it is not the grey hair, that makes one ripe and wise, but it is the love in one’s heart, even though one is young in age, Bala Krishna was repeating the Peace Prayer in Telugu wherever we were sitting on the way.

At one place while Bala Krishna and myself were chanting the name of God over looking the ocean, I recalled the holy picture of Surdas in the Nirvana Mandir of Santi Ashram Totapalli, when Sri Suradas was singing the name of God, *Bhagavan* Krishna was singing in front of him, listening to his holy music. Here I did not close my eyes always but was looking now and then to see whether the flowers, trees and birds were singing the name of God or not when I saw all of them weaving their heads. I was in ecstasy.

At last we reached the portals of Kails but, alas! the portals were missing as they were stolen by some robbers. In Kotagiri, the doors of our Lakshmi Villa bungalow, as well as of many other window doors of similar bungalows in Nilgiris are not locked and are made of glass. There no one steals and the property is safe for years even though the doors were fixed with glass only and windows without iron bars. Here in Andhra it is sad to see, even though

the doors are made of wood and protected with iron bars, that they are damaged, broken and stolen. Strange and different are the ways, nature and customs of people in different states and countries although the God is One and the same to one and all.

“Robber, Robber welcome, come.” You can steal the gate of Kailas. You can steal the doors and iron bars, locks and other furniture in Kailas, but you can never steal its spiritual grand, its natural beauty, above all its waveless silence. Dear Robber! Can you steal the mighty ocean? Can you steal the blue hills? The birds are singing in Kailas. Can you even steal their songs of freedom? Freedom is the birthright of man, bird, and beast. No one can steal it. Man - the ignorant man, can steal only the perishable goods of the world, but never the imperishable wealth of immortality.

After entering Kailas, it made us sad to see even the iron bars were removed by force by chopping the wood of the windows. The *maya* - the delusion, is so deep that the weak and ignorant man does not hesitate to sell his very soul for a mess of pottage. As every wave that goes down rises again, I feel the dilapidated, neglected and forsaken Kailas. Will soon have its glorious day, giving solace, comfort and peace to seekers of peace or truth in the East and the West. It has been my fond dream and ardent hope that Kailas should be the World Abode of Peace. Not my will but may His will be done for the good of all His children in the world!

While we were at Kailas our little Bala Krishna made a seat for me on a cement stone and spread the blanket and we both ate two oranges as we were thirsty. Finally, we finished our breakfast with *Satyanarayana Prasadam* given to us so lovingly by Sri Satyanarayan, the Assistant Manager in the Annavaram Devasthanam, glorifying God for all His richest blessings and invoking His blessings on all the people in the East and the West and the North and the South, from the heights of Kailas.

May Peace be unto all.

OMOMOM

(Peace May 1961)

29. PEACE OF MIND

Peace of mind and God-realization are not two but one. Peace of Mind belongs only to the God-realized souls. He whose mind is stayed on God, is at peace with all the world. Peace of mind is the birthright of each and every individual on the face of the earth. It is not the monopoly of *sadhus*, *sanyasins* and monks alone. It belongs to the house holder as much as to the *sanyasin*. In fact Peace of mind is the goal and the soul of every child of God, in both the East and the West.

As life is not worth-while without peace of mind; how to get it is the most essential thing to know now. Peace of mind belongs to the selfless, devoted and dedicated souls. A selfish man can never have peace of mind, for he is always thinking of himself, sitting in his own well of deep ignorance. Whereas the man of God-realization is breathing peace and breathing out peace. He is inhaling and exhaling peace with each and every breath, for peace is his birthright.

Life is not worth, living without peace. Life devoid of peace of mind is *hades*. It is the desire that blinds and creates delusion and makes even a recluse or man of the world miserable. So long as there is the latent desire within, there is no peace of mind. Is it possible to have greenness or life within, when the plant is in the burning fire of desire from its very roots?

Everything in this world of form and name is wrought with fear except the peace of mind. The man of desire is like a sheep of fear. The man of God is like a lion of fearlessness and freedom.

“Desire creates fear. Desirelessness creates peace.”

Q : How to get Peace of Mind?

A : Give up desire - the insatiable desire, the root cause of all misery

A crow or kite carries a fish in its mouth and many more crows are after it, trying to pick and peck, to get the fish from its mouth. Wherever it goes, all the other crows are chasing and following it from tree to tree. Finally, it gets tired and drops the fish (the desire) from its mouth and no longer the other crows follow it. They all leave this crow in peace. It sits now on a lonely tree alone enjoying peace.

The crows are after the crow that has the fish in the mouth now, pursuing it. Thus goes on the vicious circle of desire. Whoever has the fish of the desire in his mouth, is being followed with endless worry, restlessness and misery.

Q : Is it possible to be free of all desires, so long as we live in this world?

A : Yes, it is possible so long as you are centred in God.

In God there is no desire, as there is no darkness in the sun. All desires are only in body consciousness. God-consciousness is free of all desires. Peace of mind is there, when one sees not of another, hears not of another, thinks not of another, when all is God. Duality leads to agony, restlessness and misery. Whereas non-duality or unity leads to contentment, happiness and peace of mind. He who controls himself, controls the whole world. The slave of desires is always miserable. The master of desires is ever contented centering himself in the light, which is the only changeless reality.

You can never expect peace in the every changing things of the world. Peace is only in the changeless, the eternal and the infinite. Even in simple things, when one discharges his ordained duty to the best of his ability, there is satisfaction and contentment. A lazy man is a burden to mother earth. How true are the words that, **“He who wastes moments wastes all his life.”**

Dear Friend, do you wish to have peace of mind, not with lips only, but with heart and soul. If so give up desire, the selfish desire, the root cause of all suffering. Peace of mind has a price of its own, we have to pay the proper price to get anything in this world.

Q : What is the price to get this Peace of mind?

A : Complete annihilation of the little self, the ego.

The flute is empty, hence, such celestial music comes out of it. If you can empty yourself from all “myselfness” and “thyselfness” and from all the differences, the divine music flows from you also. Empty your self, if you wish to have peace of mind. Make your body from top to toe like an empty flute. What is it by knowing which, everything is known? First, seek the kingdom of heaven and righteousness and all these things shall be added unto you.

KNOW THYSELF

Then peace of mind seeks you. Knowers of self-the living *atman* need not run after peace of mind. They are eternally centred in the peace of mind which is the life, soul and goal of man. Man in knowing Himself, he comes to know everything and becomes the master of not only of himself but of all the world. Peace flows in torrents and rivers from the masters of the peace of mind. They are breathing peace and breathing out peace ever centered in a world of peace. My homage to all the children of God who are the masters of the peace of mind.

I love to close this message with the repetition of our simple Peace Prayer as it gives me Peace of Mind as I repeat it. May the Peace Prayer help the readers of call - divine and peace, as it helps us to feel God’s interpenetrating presence in the very cells of our beings as we repeat it.

Verily, it is the individual peace that paves the way towards universal peace. The peace in our heart spreads in our home, and community and radiates in the nation and world. Here is our Peace Prayer for the peace of all!

This is a prayer to be offered not only for the good of the individual but also for 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.

Please help us by memorizing and repeating this simple prayer as often as possible, not only during your periods of prayer and meditation, but also even while amidst your work whenever you can spare a minute for God and thus help us in establishing Peace of Mind in your heart, as well as in the world! This is the prayer of your brother Omkar.

LokaSamasthaSukhinoBhavanthu.

OM TAT SAT OM

AN HUMBLE OFFERING

An Humble Offering to all those who wish to have Peace of Mind the Nectar of Immortality.

(Peace Oct & Nov 1961)

30. PLEASURE AND PAIN (The Two Extremes)

Blessed is the one, who is the same in both pleasure and pain. The essence of all religions in the world is only to achieve this blessed state of equanimity in both pleasure and pain. Lord Krishna, in His immortal Gita teaches us, to remain same in pleasure and pain and in all the dual aspects of life. He further asks us, to see the one indivisible God even in a high caste *brahmin* or the low caste *peraya*, the so-called outcaste, now called by the sacred name *harijan*. The Lord asks us to see God, even in an ant, mosquito and in all the creation for *eswara* as the Isha Upanishad teaches, pervades the whole universe, from the tiniest atom to the biggest planet. Life in the world of duality is not all sweet, like pudding, sometimes it is bitter too like quinine. It is neither all-day nor all-night always. Each day of sun shine is followed by a night of darkness.

Peace belongs to the one who is same in all the changing conditions and to the one who sees the One in the many. There are moments of inspiration as well as depression in every one's life, for such is the inevitable life in the dual plane of the world. But there is a certain sacred plane, where one is free from all dual conditions of ups and downs. In the world, there is pleasure and pain, sunlight, and darkness, joy and sorrow, but in the sun there is always light. When such is the case how can we expect ignorance in the self-effulgent light, in the Sun of suns, which is eternal, perpetual, infinite, and self-effulgent too. May all homage be unto the self-effulgent light, the indwelling presence of our hearts, the soul and the goal of our very existence.

Sometimes one feels that there is nothing in our hands as we are only the instruments and God leads us towards the green pastures, pleasures, as well as towards the dry places in the wilderness of pain and disappointment. Due to the fundlessness in the Ashram, I was led recently to Rajahmundry a place of wealth as well as of many devotees of the Ashram. Due to the rush of the visitors both day and night, Sri Ayyannaone of the devoted members of our committee suggested that we should go out towards the Godavari Bund for fresh air. As it was the *dasara* festival day, I suggested to visit the Ashram devotees in Dawaleswaram. Our sudden visit was the happiest surprise to our devotees for they were engaged in *puja* with elaborate arrangements. We too offered prayers, repeating Peace Prayer and tried to fill their hearts as well as their home which is just by the river Godavari, with the holy vibrations of the Mystic Syllable *Aum*. Our Ayyanna suggested on the next day morning we should all go on a steam launch - a pilgrimage on the holy river Godavari. First, I was unwilling for there was so much work to be done for the Ashram and we were getting ready to leave Rajahmundry for the Ashram. But, I was persuaded to accept the invitation as we may never get such facilities.

After accepting the invitation I was worried at the thought, that I was putting pleasure before service to the Ashram. Anyway I was reconciled with the hope that I could make this pleasure trip a pilgrimage of service to devotees. Imagine a big steam launch floating on the rushing rapids of the Godavari river, as it is in floods now. A table was arranged on the deck with chairs on rows for the devotees to sit. My place was like a pulpit and the devotees were expecting a message. The launch left the shore with the chanting of the sacred syllable *aum*. There was *bhajan* singing of God's name ceaselessly by the devotees. Our host and hostess Sri Mr. & Mrs. NalamRajaroo, Sri Mr. & Mrs. Krishnarao, Sri Atmaram and his daughter. Sri

Pandurangarao the devoted Brake Inspector, an old devotee of the Ashram, Sri Satyanarayana and many others were with us to enjoy the spiritual feast along with the boat ride.

Our Moti Devi, her brother MerwanjiManekji, Kumari Jnaneswari, Chy. Santi and some of the *gurukula* children also took part in the pilgrimage. After *bhajan*, in the launch in silence, Sri Ayyanna read the Cosmic Flashes. Miss Moti read out the two chapters from The Hours of Silence. Then, Smt. Shakuntala Devi repeated the three inspiring stories that I had given on the previous day in her School for the little children. It was inspiring and helpful to hear the uplifting and simple following stories!

1. THE THREE GOLD STATUES:- One is worthless, because of its having a hole from on ear into the other ear. The second one is worth a thousand rupees because it has the hole from the ear into the mouth. It remembers the word of God for a few days. Where as the third gold statue is priceless, because it has a hole from the ear into the heart. Whatever it listens never goes out from the other ear or mouth, but enters right into the heart hence it is invaluable. Blessed are they who assimilate truth from every side, in the stillness of their purified hearts.

2. The story of the two disciples which explain how the *guru* gave a dove to each one and asked them to kill the doves where no one sees. One kills it keeping the dove under the cloth and the other one fails to kill it, for there is some one seeing in the very eyes of the dove. He alone deserves upadesha, initiation who sees God every where.

3. The story of the child-like faith of the *pujari's* son who made God to come and eat his offerings which the father disbelieves and God says "I cannot be seen by the selfish and arrogant but only by the innocent and devoted. Verily, the kingdom of heaven belongs to the children, for they are very pure and innocent.

Then I was requested to give my message. It was a moment of inspiration and ecstasy, floating on the bosom of Godavari, having water all around. Here is the essence of my message:- There are moments, blessed moments in everyone's life when one forgets body, mind and world. This is one of the rare and precious and unforgettable moments. Let us make this happiest moment of inspiration and peace permanent in our lives. The average man everywhere is sad, worried and unhappy, may be due to ill-health, poverty, legal worries and many other troubles in the world. In some sad and extreme cases, man wants to commit suicide. Some people, to forget their sorrows and troubles drown themselves in the wells, tanks and rivers. Here is Godavari, offering solace to the weary, tired, sick and unhappy. The ignorant man thinks one deep plunge makes him free. But alas it is not so. It is cowardice, weakness and ignorance, to commit suicide to be free of troubles. Your troubles follow you even if you leave the body in the river, for your endless and insatiable desires make you to take another birth. You are to be born and reborn again and again until you become free of all desires.

Hence, the only way to be free of all troubles and worries in the world is to cling to God, identifying with the indwelling light, rising above ego and thus forget all the passing clouds, with the help of the self-effulgent light or God within. This is the only right royal road. Then our Moti gave her Peace Prayer in English and kumariJaneswari in Telugu, with the chanting of the sacred syllable *aum*, and we had all few minutes of silence too floating on the bosom of mother Godavari. The stillness and silence are so deep and inexpressible. It was a moment of God-consciousness, making us all to feel His presence in that auspicious moment of peace.

May all glory be unto God.

Our hosts Mr. & Mrs. Krishna Rao arranged some prasadam and fruits and milk to all the party and with *bhojan* and chanting of His holy name all ended in joy and peace. Now the other extreme.

Streams of visitors were coming until 5 p.m. and we were hurrying to leave Rajahmundry soon, so as to reach the Ashram before night, covering the 50 miles distance. At last we left Rajahmundry with the farewell words and chanting of God's name amidst the cheering of the devotees and by the time we reached the outskirts of Rajahmundry it was getting dark. Hardly we covered five miles chanting the name of God, and the bolt of one of the wheels was broken and the peace van had to be stopped. It was dark and drizzling too and the driver told us the death news that we could not go any further in the pitch darkness. It was a sad disappointment, for all the members and children were expecting to rush to the Ashram to receive the welcome address, more so as our Sri Merwanji Maneckji is coming to the Ashram for the first time.

There was no other alternative than to go to Rajahmundry which is only five miles, from there Totapalli is 45 miles more. But I did not want to go back, hence sent the driver on a bus to bring a jeep from Rajahmundry. We were waiting and waiting hour after hour in darkness, but no driver or jeep came. Imagine our surprise in that pitch darkness, twelve elephants passed by the side of our peace van. As they were stretching their trunks towards us, our Chanti got so frightened to see the elephants, that he jumped into the van, to save his life. For Chanti his life comes first and foremost. He is there first, wherever there is eating going on, occupying the first seat. It seems the elephants belong to a circus. Anyway we were happy to see them passing by us in that dark night exchanging a few farewell words in Hindi with the drivers of the elephants. At last the jeep came nearly at the midnight hour and we are too many for the jeep with a lot of luggage belonging to the Ashram. What to do, except packing ourselves and the bag and baggage in the jeep. As there were no doors on the jeep, we were afraid of our sleepy children. Anyway, to escape from the danger of falling in the middle of the night, they all started singing the name of God. The bhajan was going on aloud, more on account of the fear of falling down in sleep, rather than with devotion pining for God. At last by God's blessings and with the ceaseless chanting of His name we reached the Totapalli Ashram by 1 a.m., and the jeep had to go back to Rajahmundry, more so as our peace van was left on the roadside in the pitch darkness.

When we went to Rajahmundry before we had similar sad experience of getting the bolts broken and we had to get the jeep again. But we were glad now because the rain was not pouring in torrents as before. There is always something to be thankful. This time we did not have any food to eat or milk or water to drink, for we were expecting to reach the Ashram and enjoy nice dinner. Blessed are they who remain serene in such extreme cases, when there was neither food nor drink, but suffering with hunger and cold. Anyone can be happy when all is going on well, but he alone is the real sage who can smile when tests and trials come unexpectedly. "Why don't you laugh when troubles come;" has been one of my favourite adages.

In the ever changing world of forms and names, we are made to reach the goal of our lives only through tests, trials, calamities and tribulations. Blessed are they who can cheerfully welcome these inevitable tests and trials of life, "converting the very stumbling blocks into stepping stones". After all pleasure is a passing cloud and so is the pain too. Behind the very dark clouds, there is the sun ever shining. In the world there is darkness and light, sorrow and joy, pain and pleasure but in the effulgent sun there is always perpetual light. When such is the case with the outer sun the self-effulgent Light of lights, the Sun of suns is ever free of all passing clouds nay even the bubble, like world is absent. My homage

to the *jeevanmuktas* in the East and the West unto whom pleasure and pain are the same who have risen above the dual plane of the world of ignorance, who are verily the *sthithaprajnas*, the beacon lights of the humanity, leading the erring world from darkness to light, from error to truth and from death to immortality, by their simple, ideal lives of peace. May peace be unto all.

LokaSamasthaSukhinoBhavantu.

OM TAT SAT OM

(Peace April & May 1962)

31. PERPETUAL AWARENESS

Everlasting peace is only in the awareness of God's presence perpetually. Forgetfulness of God, the indwelling light is death. How can there be peace in death or forgetfulness of the within? Where there is awareness of His presence, there is the infinite light, eternal life and universal love. Where there is forgetfulness, the denial of light of God, there is misery, agony, suffering, worry and death. This is divine law that applies to the saint and the sinner, the rich and the poor and to the learned and the ignorant.

The mind should never be allowed to be idle. How true are the words that, "The Idle Man's Brain is a Workshop for Devils." Hence, always be occupied with some selfless work, so that Satan the devil will not have any scope to enter into your mind or even to come near you. Work is worship. When you are worshipping God, the self-effulgent light, how can Satan dare to come near you? Be a flame of God. It has been said; even the repetition of the name of God is helpful to keep away the devil at a distance.

Try again and again, until you succeed, to centre yourself in the Light of lights, to be perpetually aware of His presence, which is the only simple and direct method. God is here and now. He is always within you, pervading and permeating the very cells of your being. Are you not repeating that He is Omnipresent, Omnipotent and Omniscient? So, it is high time to feel and express Him, in your thoughts, words and deeds and to be aware of His presence ceaselessly.

What an inspiring and simple word is awareness!

Dear loving reader, awareness of God's presence is your true divine heritage and birthright. Hence, let us be aware of His presence, the indwelling light for our peace, as well as for the peace of all, in the East and the West!

May the perpetual awareness of the indwelling light now and here, bless us all with peace that passeth all understanding thus establish peace on earth and goodwill among nations in all the world!

May Peace be unto all.

Om OmOm

(Peace Dec 1963)

32. PEACE PRAYER

Man wants God, but he is not ready yet to pay the price to realize Him. Many a man wants God with lips but not with heart and soul. If you wish to have God with heart and soul. He is now and here. He is always with you. Where is the moment when He is separate from you? In the past you are one with Him. In the present you are one with Him. In the future also you are bound to be one with Him. There is never a moment of time not even the millionth fraction of a second, when you are separate or aloof from God. Some people like the words such as peace, love, divine substance, the universal energy, the infinite and eternal light, instead of the word God! Words make no difference, but it is the life we live and the real belief we have in truth that counts.

All of us have come from one source, live in the same presence and bound to go back or merge in the great beyond or God. What a great joy and consolation it is just to know and feel, the repetition of the Peace Prayer, even once with heart and soul, helps us to feel God's Presence Now and Here. Please try to repeat the Peace Prayer now, with all the strength of your heart, mind and soul with closed eyes. You will see the happy results for yourself. Begin to repeat it with noise in the beginning. As you merge within, repeat it, only with lips and then gradually with the mind. Silence prevails, Peace pervades and permeates the very cells of your being. Then do not disturb this peace, with any more repetitions, audibly or inaudibly. Recognize and be silent. Kindly pay the price of repeating the Peace Prayer memorizing it, to reach the goal of your precious human birth. God, the Adorable Presence is within and without and all around you, awaiting your recognition.

God is the only One, who does not need any effort any strain to realise or recognize Him, for He is ever-present, interpenetrating the very cells of your being. Dear Friends of Peace Journal, let us begin now to repeat our helpful and inspiring Peace Prayer with child-like faith, feeling the Adorable Light in the very cells of our beings, beginning from the toes to tip of the head. It is all the Adorable Presence, the self effulgent light. Let us repeat now the Peace Prayer.

Glory GloryGlory

(Peace May 1964)

33. POCKET MONEY

We hear of parents giving pocket-money to their children. I feel I am favourite child of God and He gives me pocket-money through His chosen devotees. Not only God arranges pocket-money for me, but also He watches how I am going to utilize it either for self gratification or in the service of others who are only various manifestations of God. Once it seems an ignorant man received Rs. 99/- and he made himself miserable, even starved himself to make up in full Rs. 100/- . Thus it is that the mind and its endless desires make one miserable.

Now with the gift of Rs.116/- I feel that I am the richest man in the world, owning all its riches. It rests with me to be restless and miserable trying to make it up to a thousand Rupees. Like the man who received Rs.99/- and became restless to make it up to Rs.100/-. I too, from the time the pocket-money came into my hands have been restless not with the thought of increasing it but with the thought of utilising it, in the best useful way in His service.

The first thought, rather the resolution, that has given me joy, was this :- I should not spend even a *paisa*, single pie of it on myself in any way; but should spend the whole of the pocket-money on the deserving poor and worthy, making them a little happier. When the generous donor has given me his generous offering, I told him, that in the first place I do not have the pockets to keep the money in as I do not wear shirts and anyway that I would try to make the best use of his thoughtful gift. The next thought was how to make a crippled woman who lives at a distance of six miles by the roadside begging every day for a few coins, crawling from side to side, because she has no legs.

Then my mind wandered towards a blind fisherman near the Waltair Ashram, thus I began to think of many of the helpless, sick and poor people. We are grateful to the Christian Medical Mission of Pithapuram for their great help and sympathy in taking care of our *gurukula* children and other workers, by supplying regularly the rations of wheat, oil etc., that they get from U.S.A.. Recently they were kind enough to send valuable clothes to give to the poor. Immediately, I selected a costly blouse to be given to the helpless woman that crawls sitting by the roadside. It was my personal joy to give it her. I was deeply touched, when I had seen the great joy on her face, beaming with happiness, when she wore that valuable blouse. I felt the presence of God in her contented and beaming face. Verily, in serving any of even the least of His children, we are only serving Him.

If anything remains, I wish to spare a few paise for the 'poor-rich' also, who are accumulating more and more in spite of their hoarded wealth. I feel sad for such unfortunate people who cannot spend or use the money on themselves or in the service of others while they are alive. After the demise of not only the rich people of the world even of the Mahanth's and *Peethadhipati's*, Heads of the *Mutts* and Ashrams, we hear filing of cases

and suits in the courts, over the ownership of the properties of the *Mutts* or Ashrams. Such is the deep *maya* or delusion of the world and attachment to money and properties, even with *swamis* and *yogis*. May I make best use of my pocket money, while I am alive? I do not wish to leave it to others or to my successors to disburse as they like after I am gone.

Anyway, it gives me joy to promise God to spend not only my pocket money but everything I have in the service of His children, whosoever give a cup of water or even a flower or leaf, to any of the least of His children in the East or the West is giving it only to God, for all are the children of God, hence we are all called by the sacred name, the living images of God.

We have the following motto, sign which has been the inspiration in my life.

“As today alone is ours and not tomorrow, let us do our good deed today only, nay now only.”

Blessed are the wise, who lie in the present moment, making the best use of not only their precious time, but also every piece, that God has given them to make the best possible use in the service of His children. It is only what we give to others that is our real stored up wealth and follows us even after we leave the bodies. Someone said what you hold in the hand, turns to dust. It means that it does not help you.

It was the blessed Christ who said: What is the use of gaining the whole world losing your own soul? May God’s richest blessings ever be upon the generous donors of the generous pocket money!

May Peace be unto all!

OM OMOM

(Peace March 1968)

34. PILGRIMAGE TO KAILAS

It was here in the holy Kailas that I had the privilege of spending six long years in silence, *mounam*, glorifying God for all His richest blessings, above all, for the precious gift of Kailas not only to me but also to enable me to serve all the seekers of peace in the East and the West. Since then, several years passed and my silence. *Maunam*, seems to be a dream now. Whether it is a dream or reality the very thought of those peaceful years of silence brings me joy and strength even now. Since then, it has been my ardent wish, to spend sometime again in peace and silence, but somehow due to *maya*, delusion, since I have been busy and absorbed in too many activities of the Ashram down below, I could not come again although several years are rapidly passing by. But this year in spite of all the impediments, I resolved to spend even a few days on the heights of Kailas, although Pujya Sri RamanandaThirthaji proposed to take me to TehriGadval District, in Himalayas to inaugurate the Marble Pillar of Swami Rama Tirtha, the God-intoxicated soul at the place by the Ganges side where he left his mortal coil, the body, while taking his bath. Such is the end of all finite life, although Swami Rama lives eternally, being birthless and deathless.

Of all the people in the whole world, the Yogis, Swamis, Philosophers, the learned Scholars and Pandists, it is really a great privilege given to me in my closing years that this sacred duty of inauguration is offered to me, for the love and admiration I had for Swami Rama since my very boyhood days. May all glory be unto Him, the all knowing God of all wisdom. Although the time of our going to Tehri is fast approaching, I snatched these days, in visiting kailas even for a short stay. I am grateful to the friends and well-wishers of the Ashram, B.G.M.A. Narasimharao and Sri Ramana Rao for bringing me to Kailas in a jeep. How can I ever write or describe the great glory and peace I had in these ten days of my stay in Kailas? Ofcourse, Rammy my inseparable companion, followed me from Totapalli and it is lying now at my feet with great affection.

For all the love of Rammy, every day at the hour of dawn, as it looks in my face so faithfully. I begin the day by feeding Rammy with biscuits, teaching the song "*Rama Ramayanuma Rammy*." O!Rammy! Repeat the name of Ram. Do not forget *Ramanam*! O Rammy! Everyday as I feed Rammy, I am reminded of the holy words of Sri Krishna in Gita. "Who soever gives a leaf or fruit with devotion to any body gives it only to Me". As I give water to Rammy at the end of the feeding, I am reminded of the words of the blessed Christ. "To whomsoever you give a cup of water, you are giving it only to Me." The most important and helpful thing that I wish to share with my loving friends and readers of peace journal is my personal experience.

The invisible presence of the holy spirit is surrounding and hovering over me around. You are to believe me when I write several times everyday in these ten God-intoxicated days, I felt and still feel His presence so vividly I had to turn my head to feel invisible presence. Often, I felt there is the holy shadow, hovering over me watching and protecting

me always. It was so real that I could listen to the rustle of His robe and almost could touch the hem of His garment. But alas, when I open my eyes, the shadow disappears, but I am happy and contented that the holy shadow of the unseen angels, the silent messengers of peace are ever with me, near by, nayever in me as the guiding stars of my life. How blessed it is to live, breathe, work and move in Him, the indwelling light of our hearts as well as the creation of all the worlds! As I am going down into the Ashram life, into the world of bustle and hustle, I am writing this message in the very early hours of dawn, more to express my homage to Kailas, for all its richest blessings of inspiration, protection and above all, for the ceaseless awareness of His presence and to be in tune with the infinite. In all these years, the dumb animals the cows, the cats, dogs and other tiny birds, sparrows and all living creatures have been my friends. I talk to them and they respond to me.

During this stay of Kailas, I felt that I have gone a step forward, for I made friends not only with dumb animals but also with the fragrant flowers of every kind and size. For instance, there are several bushes of jasmine flowers. For want of water they have been badly neglected. After my advent, imagine my happy surprise, after I poured a little water, how they began to bloom for me. I felt so deeply touched with the real response of these fragrant, jasmine flowers in Kailas. They seem to whisper to me in their still, small voice, "Thank you dear Swamiji for giving us fresh life pouring of water and giving us a drink in this hot summer days." As many of you know, I never pluck flowers and never allow any one to pluck them thus allowing the sweet fragrant flowers to get themselves separated in their natural course from their mothers, the lovely jasmine bushes. Kailas commands a beautiful view of the ocean on two sides, and on the third side the glorious view of the ranges of hills and on the fourth side the town of Visakhapatnam with its millions of electric lights shining, drawing our minds towards their various bewitching colours.

It is a sight to be experienced but not to be described to see all those millions of lights brightly shining in the depths down below and to lift one's head and to see millions of stars up above the sky ever calling you towards heaven. In Kailas, it seems, the stars and moon are so near that one can touch them by stretching one's hand. It is in Kailas the birds, sing to me, the winds blow His presence and sun shines His glory and above all, the flowers exhale God's invisible fragrance. Thus it is my privilege to live in a world of my own, where nature pays its homage in all aspects, above all, communing with the simple innocent flowers.

In ecstasy, unconsciously, in Kailas the Vedic Peace Chant comes out, wishing the welfare of all beings and creatures in all the four quarters of East, West, North and South. May I share it with my loving readers of peace Journal?

THE PEACE CHANT

May there be peace in heaven!
Peace in the sky,

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

May peace be unto all. Om OmOm

(Peace June 1968)

35. PLATINUM JUBILEE ASPIRATIONS

In memory of the blessed Platinum Jubilee, my heart longs to do the following things that are helpful to me as well as others.

- (1) Open the eyes, to see everything as God, for in reality nothing else exists except God, the truth, the eternal *dharma* either in the past, present or future.
- (2) Let me lend my ears only to listen to words of God, above all to be silent, remain alone with God so that I can listen to His still small voice.
- (3) Let me use my tongue only to speak of God. Never to speak anything mundane even to entertain people, either in the name of the Ashram or service to others.
- (4) See God, Hear of God, Speak of God. This is the simple but powerful, life-giving and soul-awakening message of the three monkeysthat helps to establish peace not only in one's heart, but also in the whole world.
- (5) **Let there be Peace on earth and let it begin with me!** Let me sing this song of Peace from dawn to dusk everyday with the first glimpses of dawn until the late hours of night as I retire into oblivion and sleep in His arms of peace.
- (6) Speak less. Think well. Meditate more, always introspecting your life and the progress you are making moment by moment in your day to day life.
- (7) Begin the day with the spiritual study reading **Cosmic Flashes, Hours of Silence, Gita**, or any other inspiring Book and then make it a point to write your diary of

your new resolutions to grow day by day in every way. Writing of spiritual diary is not helpful for outer progress but it is essential for the spiritual growth.

- (8) Read now and then the two helpful booklets, 'Benefits of Keeping a spiritual Diary' and 'God-realization now and here,' as they will keep you in touch with the indwelling presence. Repetition of the inspiring Peace Prayer also helps you definitely to be in touch with God within and without. Be in tune with the infinite always!
- (9) Even in the name of the Ashram and its various activities such as *Gurukula*, Hospital, Aged Home etc., never beg anyone. These activities belong to God and He will take care of them through some of His chosen children. Your duty on rather responsibility, is only to trust in God and cling to Him more than ever.
- (10) You have done so far in all these 75 years by His grace enough of work, with speech, hands and feet too, wandering all over the world. Now the time has come to wander no longer outside but inside. Let thy pilgrimage begin within until it reaches *sahasrara*, the Highest Centre of God-Consciousness and thus merge in the splendour of millions of suns.
- (11) **Remember always that God has no other body on earth than yours.** He is working in you, thinking and moving in you, nay, talking and expressing in you, when you are silent you are *Brahma*, when you are active you are *Shakti*. You are the wave in the infinite ocean of *akhanda Satchidananda*, the Existence, Knowledge and Bliss Absolute.
- (12) How consoling and soul-awakening is the inspiring thought; that I cannot afford to forget God, the indwelling presence, even for the fraction of a millionth of a second. Thus let me speak less, think less but meditate more in silence. Let me write less too, instead of wasting precious time in writing letters or even messages. There is only one message, the Message of *Soham* or Supreme Silence which excludes none but includes all, which is ever expressing day and night through your breath.

I should not waste my precious time in weeping for those who do not weep for God. In trying to reform others, I should not go down trying to change the world. **Be dead that ye may live**, should be the loving motto, ideal and inspiration of the Platinum Jubilee.

Let there be Peace on Earth and let it begin with me, Now and Here. May love alone flow towards all the world including the dumb animal friends!

May peace be unto all, *Lokaassamasthasukhinobhavanthu!*

Let me close now my Platinum Jubilee resolutions and aspirations with the peace chant.

(Peace Feb 1969)

36. PENNY WISE AND POUND FOOLISH

(Trying experience in the Tram)

We were received at the Calcutta station by our old friends, Sri Satyanarayana and Sri Koteswar Rao and we were made comfortable in one of the rest rooms of the Howrah station. Since our Takkar Baba, the Lilliput has been trying to help us throughout the pilgrimage, I wanted to buy for him something useful in memory of the holy pilgrimage. As he was looking at the wrist watches of everybody, I wanted to take him to the market to buy a small wrist watch, as there was still plenty of time for our train to take us to Waltair, by the Howrah-Madras Express.

It was only 10 A.M. and our train was scheduled to leave the Howrah station by 3 P.M. and having nearly 5 hours of time at our disposal, Satyanandam and myself started perhaps at an inauspicious moment of *rahukalam*. Adjoining the station, there was the Police Station and we asked the Police Officer about the whereabouts of the New Market, where one can buy anything, beginning from a watch to an automobile, a motor car. The Sub-Inspector was kind enough in advising us, to take a taxi that would take us in few minutes at a cost of less than two rupees, as the distance was very short, nearly a mile.

As we wished to save every *naya paisa*, for the Ashram, instead of wasting money on taxis, we decided to go on rickshaw or on a tram, to the New Market. When we bargained with the rickshaw men, they demanded too much money. Then we decided to go on a tram, as it is only a few *annas*. Calcutta being a big, busy city, there were so many number of trams, running for every few minutes. We were asked to take No. 50 or 51 tram to reach our market place. We waited and waited and all the other trams of different numbers are coming and going except the number 50 or 51. We were looking at the big clock tower at the station; it was already past 11 A.M. At last when the No 51 tram came, it was too full. As we continued waiting another tram came it was also full. Passengers were standing holding to the straps in the tram, as there was not even standing place. Wherever we may be, we always share our Peace Prayer with the fellow people our neighbours. One of the medical students receiving our Peace Prayer, felt touched with our plight and wanted to help us and; promised to take us to our destination, New Market, going out of his way. Tram after tram was coming and going and they were all full and people were holding to the straps and some were standing even on foot-boards of the tram. At last our patience was rewarded and our medical friend helped us to enter into the NO 50 tram, which was already full. We allowed our way inside for a standing place and holding to the strap in the standing posture. There was no need for the Lilliput to hold to the strap, for he is too short and further he was pinned amidst the passengers, hardly having breathing space. We were more anxious and afraid of the time, as it was nearing midday more than of the traffic jam and rush of the

people. Thus we had to stand a long time holding to the strap, having no space even to stand. Some devoted passenger offered his seat for me, though it was too small, I sat on it. As it was uncomfortable, I rose again, as standing posture was far better. Amidst that big jam, getting almost crushed I was happy to see that I was thinking of Badri, whom I had the good fortune of bringing Him from Himalayas. I was whispering to Badri with closed eyes. "Very sorry, holy Badri for bringing You into such a big jam getting You crushed." But Badri in His still small voice says with a smile that He is same whether in crowds or alone, whether on the heights of Himalayas or depths of Calcutta busy streets, for He is always the Witness of all the manifested world. Any way I was feeling ashamed of our PENNY WISE AND POUND FOOLISH WISDOM.

The time was passing and at last our destination, New Market came and as the tram was too crowded, either to get down or even to move about, the tram passed away the New Market. After two or three stops with great effort and with the help of our medical student we were allowed to get down from the tram. Imagine our sad plight after all our sad experiences of standing in the tram and getting crushed, we were made to get down at a wrong place and we had to go back again nearly a mile to reach our destination. The sun was hot being midday and we had to walk back and were worried over the time as it was nearing one o'clock, we had to take our food after reaching the station and get ready to board train at 3 P.M. without missing it. We were weary and thirsty trudging our way in the hot sun on the pavements of the busy Calcutta streets. Lilliput and myself quenched our thirst by drinking two glasses of pineapple juice with ice too. What a luxury and how good is God, in spite of our needless tests and trials, all to save a few *annas* for the Ashram!

At last, we reached the New Market and seen two or three shops for the wrist watch of Lilliput and unfortunately they did not have the small watch wanted by our Takkar Baba, Satyanandam. But we had the joy of making the proprietors of the shops, the Sindhi merchants as subscribers of our Peace journal and one of them promised to visit the Ashram and took Ashram address. Peace Prayer was given to him with some other peace literature. It was all a wild goose chase with a lot of strain and strife to the body, as well as to the mind. As it was nearing 2 P.M. we had to rush back now, no longer on a tram but on taxi, regardless of the cost of taxi, for there was a possibility of missing our train. The return journey by taxi did not cost us even one rupee 50 *paisa*. We were ashamed of our foolish adventure in the hot sun to save a few *naya paisa*.

PujyaRamanandaji and other members of the party were worrying over our long delay and they had their meals and getting ready to go down from the rest room to board the train. A cool bath refreshed my body and mind and our friends, Sri Satyanarayana and other devotees helped to make us comfortable in the reserved compartments of the Howrah Express Train to Madras. But our Lilliput was disappointed for not getting his wrist watch, after all our trouble on the tram and in the streets of Calcutta. After a full meal the

Lilliput has forgotten his disappointment and snoring in the train forgetting the bitter experiences in the tram and the restless, busy life of Calcutta streets.

May peace be unto all and all glory unto God for all His blessings and protection even amidst the thickest clouds of depression and disappointments!

OM TAT SAT OM

(Peace March 1969)

37. P E A C E P R A Y E R

(A Satsang message at Nirvana Mandir on 31.10.1969, reproduced by M.S. JagadishBabu)

So many of us have been repeating the Peace Prayer daily, and very often by leading an assembly of devotees to follow. But how many do actually feel and experience the inner content of the prayer, while we are orally going through it? In many cases it may just be a parrot like repetition of the words. How then can it help if the feeling of God's presence is not experienced when the prayer is recited? We have to introspect and find out how far the words carry a reality of experience behind them, and then think of bettering our performance the next time we recite the Peace Prayer. To fully understand the inner content of the prayer, the following few hints will help to develop the positive feeling of the experience of God's presence, while the Peace Prayer is being recited.

'Thou who art within and without' :- When we say this, the presence of God is to be experienced within our body, that is to say, permeating all our thoughts and feelings, that pass through our mind. We are to experience His presence outside us (without), pervading all our relationships and dealings with all entities of the external world.

'Above and below and all around' :- That is, we should feel His presence in the entire space, above and below and all around, His presence in the earth we tread on, in the space we move about in, and filling the distant starry sky too.

‘Thou who art interpenetrating the very cells of our being’:- Here we should feel and experience His presence within the physical body we are endowed with, as the ‘*chetana*’ (consciousness) invariably flowing through the minutest cells of our body.

‘Thou who art the Eye of our eyes’:- When we see through the eye, it is only Him we see in all beings either sentient or insentient, while the eye functions because of His permeating presence as the subject.

‘The Ear of our ears’:- Whatever we hear is the reflection of His *lila* (play), His attributes and His own cosmic sound, the *omkardhwani* (the sound of *aum*), while the ear functions only through His permeating presence as the universal subject.

‘The Heart of our hearts’:- We must feel Him in our hearts that throb with the feelings of love and compassion, with the joy of feeling His presence, and beat only because of His pervading presence within.

‘The Mind of our minds’:- The mind that feels all delight as emanating from His inalienably constant presence, experiencing the mind to be activated through Him alone.

‘The Breath of our breaths’:- The air that we breathe is to be felt as only the flow of His presence in us as *vayu* (air) or *prana* (vital air).

‘The Life of our lives’:- The whole of our existence is but a reflection of His own Presence in the form we have taken.

‘The Soul of our souls’:- This *atma* of ours is to be understood as only Him, even as Sri Shankara Bhagavatpada in the *ManasaStuti* praises Him as ‘*atma twam*’.

‘Bless us, Dear God, to be aware of Thy Presence, now and here’:- Oh God, Bless us by making us feel your presence Here and Now, not at any other place or at some other time, but just now and here may we be aware of Thee.

‘This is all that we ask of Thee’:- This should really reflect as the sole object of our perfect contentment irrespective of our material possessions or needs. This request granted, we have no other longing than to experience the feeling of His inter penetrating presence.

‘May all of us be aware of Thy Presence in the East and the West, in the North and the South’:- After the individual has the experience of this feeling of His presence, our prayer to Him is that all may be blessed similarly irrespective of caste, colour, sex, nationality, creed or religious beliefs, to be aware of His presence in all quarters of space.

‘May Peace and Goodwill abide among individuals, as well as communities and nations’:- This prayer is to Him to enable the feeling of peace consequent upon His presence being experienced in the individual, to be radiated to communities and nations also, to ensure universal accord, harmony and peace in communal and international spheres also.

‘This is our earnest Prayer’:- When we send forth to Him this prayer we should feel it sincerely and express it in thought, word and deed, with sincerity in our daily life free from any mental reservations whatsoever.

‘May peace Be unto all’:- Here we pray to Him for the prevalence of peace in all phases of our experience, sentient or insentient.

OMOMOM

(Peace Jan 1970)

38. PIPPIHA - THE HOLY BIRD

How blessed are the lives of the people who are blessed to be born in the holy land, where the holy Pippiha bird sings the song of *piukahan*, seeking its beloved with the piercing cry of *piukahan*.

Here are the flowering leaves of the mango trees. It is only in this mango season that we hear the cry or song of this tiny holy bird. As I am writing this message, the holy bird is singing its life-awakening song, seeking its beloved, *Piukahan, Piukahan, Piukahan*. Dear Loving Reader, are you seeking your beloved? You have the blessed privilege of human birth, being born as a human being, the living image of God.

To understand my present theme in a clearer way kindly read the following chapter from Cosmic Flashes:

A bird was singing in our hills,
Longing for all its beloved;
Where are you, my darling, where may you be,
At the beach, in the forest above?
The sweet longing cry was heard for hours.
And lo! The answer came!
The beloved is within you,
In your own pure heart,
Shining so bright as a flame.

There are a pair of sweet birds in Totapalli Hills. We used to see them and hear their sweet songs at the time of the mango season. The name of the bird is Pippiha. The song of

the bird is '*piukahan*'. *Piu* means "Beloved", *Kahan* means 'Where is?' Where is the Beloved? Is the note of these birds.

The heart-rending cry of those birds cannot be described in words. You ought to listen with your own ears, as the bird repeats, in pathos, hour after hour, seeking its "Beloved with one deep resonant cry of *piukahan*:"Where is the Beloved? Where is the sweet Beloved?

On the same page 105 of Cosmic Flashes, there are the wise words of Ashtavakra. I am tempted to share them with all Loving Readers of Peace Journal, and also the inspiring journal Mira of Sri Dadaji Vaswani. I feel like paying my loving tribute to Sri T.L.Vaswani; repeating that blessed is the life of man or woman who is privileged to be born in the holy land of Bharata, where holy saints like Dada Vaswani, Guru Nanak, Ramakrishna Paramahansa, Rama Tirtha and other *mahatmas* are born setting an example to all the seekers of truth in the East and the West, by their ideal lives of dedication and selflessness.

Pray. Come to Santi Ashram, not to see me, but to listen to the song of Pippiha, the sacred bird in the valley of Totapalli Hills. Here are the welcome words of Sister Sushila Devi, who worked, breathed and lived in Santi Ashram for nearly twenty five years, with prayers for the welfare of the Ashram, expressing her simple consecrated life, as written in the following poem;

HE PRAYETH BEST

He prayeth well who loveth well
Both man and bird and beast.
'He prayeth best, who loveth best
All things both great and small!
For the dear God who loveth us,
He made and loveth all'.

Here is our Sister Susila Devi's initiation to all of you;

SRI SANTI ASHRAM The Universal Home

O Come to Santi Ashram,
Abode of rest and love,
To visit, stay or meditate.
And find the Peace that's incarnate,
The gates are wide
There's is room for all.
We welcome folks both great and small,
Come to your gardens full of flowers,
And carry in its fragrant bowers.
High, lovely hills to soothe the eyes,

At Sri Santi Ashram where Peace abides,
There wild birds fill the air with song,
And learned Sadhus linger long;
They'll share with you the truths so dear,
That make mere man a saint or seer,
Then flock to Santi Ashram,
The Universal Home,
It's gates are standing now ajar,
To friends from near and far.

I love to close my present theme with the following simple poem from "Unity", or "Prayer for Protection".

The Highest of God surrounds me
The Love of God enfolds me
The Power of God protects me,
The Presence of God watches over me,
Wherever I am, God is.

Dear Loving Readers of "Peace Journal" the holy birds are extending you a hearty welcome to Sri Santi Ashram of Totapalli Hills. Let us come soon and call on the Lord with every breath.

Om SantiSanti Om

(Peace June & July 1970)

39. PRAYER

(Swami Omkar, in New York)

O almighty Father! I ask of Thee to grant me strength to consciously recognize my inseparable oneness with Thee now, as Thou art the Heart of my heart, Mind of my mind, Breath of my breath, Life of my life, and Soul of my soul.

O father! Help me to realize that Thou art pervading and permeating my very being and let me feel Thy presence, as I am offering this prayer unto Thee, for Thou art present in each and every cell of my body.

As thou art within, without, above, below, on every side and all around, bless me to behold Thee everywhere and in every one, and to recognize Thee in each and every aspect of my life.

O Lord! I can feel Thy presence, nay, I am feeling Thy presence now and I plead only for strength to stand by Thee, not now and then but forever, hence grant me the firmness to be firm rooted in Thee.

O God! Let me never approach Thee begging for perishable riches, things of the world or the outer beauty that changes. Let me strive and crave only for the beauty of the soul which is changeless. I need neither fame nor name, praise or blame. All I want is only Thy light and life, the source of my existence.

It is ignorance to pray for decaying and changing things that pass away sooner or later. All forms are changing from a tiny blade of grass to the biggest planet. Thou art the only eternal truth in this world of all changes, hence I want Thee alone.

O Indweller of my heart! This body is Thy temple. Help me to purify it, so that it will be a proper place for Thy dwelling. I need only self-purification for the manifestation of Thy full glory.

Pray, purify my senses, mind, heart, intellect, and the ego, the little self. Let them recognize nothing but Thee in the world of activity. Let them merge and dissolve in Thee, in the world of silence.

O Father! Give me the understanding that Thou art inseparably one with me whether I am in rest or activity and that there is never a moment of time when I am separate from Thee. Let me realize now, that my strength and life are only in the recognition of my oneness with Thee.

As I am eternally One with Thee let me manifest Thy presence and glory in all the activities of my life. If I am walking it is Thou. If I am speaking it is Thou for Thou art my all in all.

O Divine Presence! As Thou art seeing in my eyes, hearing in my ears, thinking in my mind, beating in my pulse, throbbing in my heart, and flowing in my breath, I am silent before Thy splendour. Glory! Glory! Glory!

Ah! Words do not come. Speech is ended. Mind is calm and waveless. I am now in Thy loving presence and sweet embrace filled with Thy love and surrounded by Thy splendour. O! I am floating in Thee now, I am formless and nameless in Thy light.

O Lord! I cannot praise Thee with my words; neither can I please Thee with my thoughts. Pray; accept my mind, heart, intellect, and soul. I belong to Thee I am Thine. Verily Thou and I are not two but One alone. All homage be unto Thee, O Universal Energy. Thou who art manifesting in all the various aspects.

O Divine Effulgence! Help me to live, breathe and work with every heart beat, recognizing always within and without, this sacred unity of Thy interpenetrating presence of divine splendour, wherein there is neither seeking nor searching.

O All Pervading Truth! Let me not confine Thee to form or name, to time or place, whether I am in temple or home, alone or in a crowd. Let me feel Thy presence and manifest Thy glory in thought, word and deed, in the waking, dreaming, sleeping and other higher states of consciousness.

Above all may I realize now the peace that passeth all understanding as I dissolve in Thee, merging in super-consciousness which is my life, goal and divine heritage.

May Peace be unto all. Amen.

Om OmOm

Dear Reader:- This is not a prayer for mere repetition with lips, it is not intended to be offered to the God of sky or heaven, but to be consecrated with unity to the indweller of your heart.

This is a connecting link that unites the individual with the universal, and it is a prayer of self-purification for your self-assertion, self-reliance, self-manifestation and self-realization.

As you repeat the first paragraph just feel that God is in your heart, mind, breath life and soul.

Pause at the words:- Thou art pervading and permeating. Let them sink into the depths of your very being.

Thou art present in each and every cell of my body. Can you feel His presence in your very cells as you repeat the words? Feel, feel, feel.

As you repeat:- Thou art within without, above, below, stop for a moment, lift your eyes and behold Him on every side and every where.

As you enter into His presence do no search or beg for glass beads but seek the pearls of peace and diamonds of glory.

Always seek the imperishable and everlasting truth.

Do not discard this prayer thinking that it is not demonstrating prosperity and material success. Just know the truth and all these things will be added unto you.

When you come to the words – This body is Thy temple, try to enter into the depths of your heart forgetting the outer sheath. Lay aside this physical form for the time being. Realize your unity with the presence in the temple. Know that you are in His presence nay, you are the presence alone if you can only still this restless mind.

Be still and know that I am God. You are now a perfect image of God since you passed through the fiery process of self-purification.

There is never a moment of time when I am separate from Thee.

You are never separate from Him, whether you are conscious of His presence or not.

As the wave is never separate from the ocean, even for a single moment, so also you too are never separate from truth.

You are inseparably One with God.

Feel this indivisible oneness, not with mind and intellect alone, but with heart and soul. Until you feel this great unity lay aside this prayer. Take your own time, avoid worry and hurry.

Merge within the depths of your soul.

If I am walking it is Thou. When you walk, with every step try to feel His presence. When you speak, try to express His glory in every word. When you think, try to manifest Him with every thought.

It is not yet too late. Arise and awake to find that God is always with you and in you.

Thou art flowing in my very breath. Can you feel, nay are you feeling His presence in your breath? Pray! Feel, feel, feel.

I am floating in Thee:- are you really floating in God?

O Beloved One! Whoever you may be, wherever you may be, feel that you are surrounded by His presence, saturated by His love. Hence you are floating in Him.

O Glory! What else is there to be said. Peace! Peace! Peace!

Loving Reader! Keep on floating in Him. Continue living in the same inseparable oneness. You are in the finished Kingdom, shining as a purified, perfect image of God.

For the wise, one word is enough.

If you are a sincere seeker of truth craving for God, knowing that super-consciousness is your life, goal and divine heritage, this one prayer is enough for your peace and freedom. This leads you directly to self-realization and recognition of your birthright.

Kindly close your eyes now. Forget the outer. Merge within. Make the mind one-pointed. Dissolve in the Sun of suns, in the Light of lights, and thus taste the peace that passeth all understanding.

Silence, deep silence, supreme silence.

May this prayer lift your vision to open your inner eye, strengthen your mind, broaden your heart, inspire your soul and thus lead you to self-reliance and self-mastery, making you whole and complete in the name of God or truth who is no other than your own higher self and in whom we work, breathe, and live as One without a second, is the prayer of your own brother Omkar.

May Peace abide with Thee. AUM!

(Peace April 1985)

40. PRABHU

In the sacred books of the East, especially in the Upanishads, we read that everything and everyone is filled and persuaded by Brahman, “All this is Narayana or Brahma” has been the teaching of the Vedic books. Whether it is Narayana or Brahma, it is not two, but One and the same.

“That which exists is one and sages have called it by various names” has been the universal and unifying, central note of the Vedic scriptures.

Any religion which is based on such universal and all embracing foundations is bound to be eternal and a great blessing to its votaries and followers.

In the Himalayas also, the sacred place where *sadhus* and sages of every stage meet and spend their time in prayer, worship and meditation, we meet sages and saints who call or address every one by the name Narayana, seeing God in His different manifestations.

The Swamiji, who visited our Santi Ashram, addressed everyone by the sweet name, Prabhu, and every woman by the name of Mother (Matajee).

The literal meaning of Prabhu is Lord. Prabhu is the Lord of the universe. Prabhu is the indwelling presence, who is One without a second. Prabhu is the eternal and infinite light, who pervades and permeates the whole universe, excluding none, but including all!

What a sweet, precious and musical word is Prabhu One who calls others by the sweet name of Prabhu, considering everyone as the manifestation of the One God, will also become eventually a living Prabhu, an ideal of all that is best and the highest.

How life-giving it is, to call everyone by the sweet name, Prabhu! How soul-awakening it is to consider everything as Prabhu!

Purusha and *Prakriti* are not two, but One. The unmanifested and the manifested are One and the same, for the former is an expression or a shadow of the latter. Hence, sages consider all this, as Brahma or Narayana.

All differences of castes, creeds, colours, sex and nationalities are dwindling into nothingness, when we consider everyone and everything as the manifestation of the Almighty, the Prabhu, the universal Lord.

In such a sublime state there are no more petty differences of rich and poor, high and low; great or small, man or woman, aged or young. All are the children of Brahma, the Infinite Light.

Our Himalayan Swami calls and addresses even children and servants by the sweet name, Prabhu, hence all the members refer to him as Prabhu and call him in return by the precious name, Prabhu.

What one has within, the same he beholds without. The one who feels the presence of the Lord within oneself, feels, everyone and everything outside as the manifestation of the same Lord.

Anyone who has darkness of duality within, feels everything as separate and dual. He doubts and suspects everyone, because of the shadows of ignorance. Whereas, the one who is blessed with the vision universal, trusts and loves everyone, for each is a part of Himself-the One Prabhu.

In such a blessed state there is not the least possibility for jealousy, pride or resentment or any kind of ignorance. As Gita, the Song Celestial says, he is free from the three enemies of destruction; lust, wrath and gree, that are leading to the gates of hades, destroying the self.

On the contrary, one who considers all as Brahma or Narayana is filled with love universal and peace eternal. He sees nothing but Brahma on every side and in everyone. He listens to the sweet voice of Prabhu, even in a song of the birds. Unto such, there are no more foes or friends, strangers or near ones, Easterners and Westerners, all are the living divinities, the children of immortal bliss.

Such a one ever bathes in joy, surrounded by bliss and radiating the same happiness towards one and all. His joy or *ananada* is not the joy of finite senses but of *brahmananda*, the universal bliss. Coincidentally, the name of our Reverend Swamiji is also Brahmananda, the bliss absolute. He is sweet and child-like, ever bubbling with perpetual bliss.

We have also known and heard of the instances, where this Prabhu, consciousness has been extended not only towards human kingdom, but also towards the animal kingdom by St. Francis, Kabir, etc.

We read in the scriptures of a saint, who was following a dog with a cup of ghee, the clarified butter. It seems when he was ready to eat his bread with ghee, a dog came on the scene and snatched away the bread. The dog was running in fear with the bread in its mouth, followed by the saint, with the ghee cup in hand through bushes and thorns, saying to the dog; O, Prabhu ! The bread will be too tough for you without the *ghee*, please accept this *ghee* also.

The eyes of this great saint of compassion and love, lost to see anything other than God in any creation of life.

We read also in Sri Ramakrishna's Gospels about a *Sadhu* who is sharing and eating his food with a dog from the same plate. When people laughed and scoffed at him he replied that:- NARAYANA IS EATING WITH NARAYANA WHY DO YOU LAUGH O, NARAYANAS!

In the daily life of our Sister Sushila Devi also, one is blessed to see her great and infinite love towards all wounded and exploited, persecuted things, identifying herself with their sorrows and joys.

She has been the Florence Nightingale to the sick and poor in our Ashram and a silent friend to all the helpless dumb creatures of God's infinite creation, serving best those least able to repay her.

Unto Sister Sushila Devi, all life is a living expression of Prabhu, the Almighty, the indwelling presence of every heart and the eternal light of the whole creation.

Dear Readers of "PeaceJounal", is it not high time to spread this Prabhu-consciousness far and near, by beholding God in all! May we start it Now and Here, by recognizing the presence of Prabhu, The Lord, in the stillness of our hearts as well as all over the world!

When we attune ourselves with this Universal Prabhu State, all conflicts and wars cease. The Hindus and Mohammedans, English and Germans, Americans and Japanese all will be recognised as the children of the Prabhu, the One Father of the manifested world.

Then alone, the Iron Age ends and the Golden Age begins. Thus, peace and love reign supreme in the hearts of individuals all over the world. May Maha Prabhu, the Universal Lord, bless you all, dear Prabhus or loving reader, with vision universal, wherein you will see nothing but the different incarnations or manifestations of the One Lord, in all Prabhus!

May Prabhu-consciousness be awakened in all!

May all homage be unto all Prabhus!

OM TAT SAT OM

(Peace March 1990)

41. PRACTICAL VEDANTA

In the land of Vedanta, ancient and sacred Bharatvarsha, there are very few souls who do not know the profound meaning of Vedanta. Nevertheless, the reiteration of its meaning is ever life-giving and soul-awakening to votaries of Vedanta. Therefore let us again dwell a moment on the thoughts repeated by sages and saints, and expressed in the Vedic books of yore, namely, the literal meaning of Vedanta: The end of knowledge.

What is the end of knowledge? It is the realization of the holy spirit of the four *Mahavakyas*, in one's won practical life.

Ayamatma Brahma – This *Atman* is *Brahman*.

Tat TwamAsi – Thou Art That.

Aham Brahma Asmi – I am Brahman.

Pragnanam Brahma – Knowledge is Brahman.

The 'realization' and 'assimilation' of this spirit of unity in one's own life is Practical Vedanta.

What a concise and beautiful word is, Union! Thee of all these *Mahavakyas* or great sayings is Union. Yoga so often only connected with the mysterious and occult in some minds is aught else than Union; that sublime, ultimate unity of the individual with the universal. This is the highest Yoga or Union.

India has been considered by men of learning to be the cradle of Vedanta. On reflection, we may say the whole world has been full of avowals of Vedanta or Truth, but most of it alas! Is only in speech, intellect and theory. As we see now the lack of its true practice results in war, bloodshed, death and all the ills of mankind.

The world has no need of dry philosophers and empty hearted scholars who take false pride in merely repeating like parrots high sounding words such as I am Brahman, *soham*, etc without realization of or even meditation on the Omnipotence of these holy *mantrams*.

Now let us consider the practical side of Vedanta, the great panacea for all the ills of life and the saving principle, the Philosopher's Stone for the groaning world, powerful to lift suffering humanity from dark chaos to effulgent light.

A *Vedantin* without practice is like an upstanding but withered and dead tree that is hollow inside. He is like a log of wood which seems sturdy from the outside, but is eaten by white ants in the inside. He is but a corpse, fit for the cremation ground. A *Vedantin* without devoted practice becomes dry, egoistic and ignorant filled with false pride and a superiority complex.

Vedanta is not merely the lip repetition of *mahavakyas* and other lofty spiritual sayings. It is not gained by laziness and inertia neither achieved by cruel penances and other founderingings in darkness.

The highest Vedanta is the living realization of *aham brahma asmi*(I am Brahman), consciousness in one's own life. It is the silent expression of *soham* (I am That) glory in one's own very being in all that one does, speaks or thinks of in ones daily life. It is the perpetual and untiring practice of God's presence or universal love.

The world devoid of Vedanta is a dark hades, but with the practice of Practical Vedanta it is glorious heaven even now and here. It rests with each one of us to make our world a hades a heaven, with our individual and respective thoughts, words and deeds.

It was Practical Vedanta when Lord Sri Krishna proclaimed in His Immortal Gita, the Song Celestial; He who seeth Me everywhere and seeth everything in Me, of him will I never lose hold, and he shall never lose hold of Me.

It was Practical Vedanta when Lord Christ asked us to love our neighbours as ourselves, nay more than this, namely, to turn the right cheek meekly to an assailant when smitten on the left.

It was Practical Vedanta when Gautama Buddha, the Lord of compassion, proclaimed that, "Hatred can never be conquered by hatred, but by love alone."

It was Practical Vedanta which Swami Rama Tirtha sang, so eloquently:

I shall shower oceans of love and bathe the world in joy.

If any dare oppose, welcome!

Come, for I shall shower oceans of love.

All societies are mine!

Mine welcome, come, for I will pour out floods of love,

Every force is mine, small or great, welcome, come.

O! I will shower floods of Love.

Peace! Peace! Peace! Om! Om! Om!

It is in Practical Vedanta that man realizes the glory of *ahimsa*, that in loving any one, one is loving only the one indivisible self or God, and likewise in hating or hurting any one, one is hating or hurting the One *atman*!

Vedanta is the complete annihilation of the little self, the ego or the ignorance of 'I' ness and establishment of universal love with supreme selflessness.

It is here alone the Vedantin realizes the great truth of the beautiful statement that: "Religion and life are never two, but one". Thus his life becomes intermingled with divinity that it is a ceaseless flow of Vedanta. When he moves, it is God, who moves, and when he

expresses himself the outcome will be immortal Vedas and Bible to bless and enlighten all creation.

He stretches his arms to East and West to embrace the oppressed as well as the oppressor, the weak and the strong, the sinner and the saint, for his love is universal, boundless as the eternal.

His religion is no longer confined to special books or sermons, neither to temples nor to teachers. He finds his religion flowing in the running brooks, blooming in the sweet smelling flowers, expressing itself in the dumb animals and manifesting in the innocent babes, for his God is the God of the whole universe, pervading and permeating from the tiniest atom to the greatest planet.

Above all, a Practical Vedantin is a silent witness like the light of the world, the glorious sun. He dispels all clouds of darkness that exist in the form of racial and religious errors and antagonisms, economic rivalries and territorial squabbles, ever remaining impersonal, beneficent and radiant by inherent nature, which is divinity.

A Practical Vedantin's life is blessing not only to himself and his country, but to the whole world.

May adorations be unto all Practical Vedantins!

May Practical Vedanta, the beacon light of The Rama Tirtha Publication League, be a blessing to everyone whom it reaches and to all seekers of peace in East and West is my prayer!

OmOmOm

(Peace June 1989)

42. PRAY CEASELESSLY - MEDITATE DEEPLY

Let your joy be to commune with God. Similarly you should try to hear the voice of God in every sound, for all sound is an emanation of God. God is all silence. He is waveless silence. Verily, by changing myself. I am changing others. I am reforming the world by ideal and selfless life. Indeed it is the Individual Peace that paves the way to Universal Peace. Let us help the peace of the world, by establishing peace in our hearts first and then in our homes, communities and the world at large.

Thus let the reformation begin from within, with myself. May every breath of mine flow only towards Him, the universal light, the light of the world. May every heartbeat throb only for the peace of all! I may not change others, but I can change myself. I may not reform the world, but I can surely reform myself. Blessed are they, who are pure in heart. Peace belongs to the pure. It is self-purification that leads to the world-purification.

Dear Loving Readers of PeaceJounal, what is your contribution to the world of peace? Let it be your self-reformation. Less words and more silence is needed with purity and peace. May your ideal life of self-reformation be a source of joy to your creator and a blessing to all his children. Now let me conclude my message with the repetition of the Peace Prayer and Peace Chant with Prayers for world peace.

May peace be unto all.

OM OMOM

(Peace June 1992)

43. QUIET TIMES

**Let us be silent that we may
Hear the whisper's of the God's.**

-Emerson

The Quiet Times or silent meditations have been the soul of the religions of the East from time immemorial. Their various stages, states and methods have been made a great science by master soul's and super-minds whose metaphysical discoveries are recorded in lucid and detailed accounts.

Religion without quiet times or silent meditations is empty and void. Philosophy, whether it is of the East or of the West, without quiet times is dry, lifeless and soul-less.

A certain votary of quiet times has beautifully said:

“By meditation I can converse with God, solace myself on the bosom of Saviour, bathe myself in the rivers of divine pleasure, tread the paths of my rest and view the mansions of eternity.”

By the study of comparative religions also, we come to the conclusion that all religions and philosophies of every clime are centred in quiet times.

Now-a-days, we are glad to see that the Oxford Group also is especially emphasizing the great necessity for having quiet times every day, wherein we draw so close to God that we may learn His will, in all things, and rise from our quiet times acting in accordance with it.

Hinduism expects its votaries to meditate four times a day, at the hour of silent dawn, at the busy hour of the mid-day; at the beautiful sunset time and at the quiet mid-night hour, thus maintaining a ceaseless flow of God-consciousness or *samadhi*.

Mohammedanism demands that its followers, wherever they may be, and in whatever work they might be engaged should stop that work for the time being, and fall on their knees, five times a day, to have a little quiet time with God. It is most inspiring and touching to see these pious Mohammedans, resorting to quiet times, regularly at their fixed hours of prayer, however busy they may be, to reach their blessed paradise.

In Buddhism also the devout followers of the blessed Buddha, the great compassionate one, devote themselves to the noble eight-fold path, having deep and long meditations of quiet times as often as possible to realize that holy state of *nirvana*, or as Jesus Christ calls it: the Kingdom of Heaven within us or the peace that passeth all understanding.

Then comes the lofty religion of Christianity, the creed of the holy One, who had spent many an hour and day, on the hill-side and wilderness in silent prayers and deep meditation, absorbed in quiet times. Irrespective of the differences in denominations and beliefs, it is most touching to see the various worshippers of Lord Christ going to the Churches and Cathedrals, at the appointed hours to have a word of prayer, or communion in quiet times.

Thus we see, devotees of the various religions are having their quiet times, both consciously and unconsciously. The wandering children of God the world over have learned that God is found in silence, and there they seek Him by their devious paths.

If all people could practise to be more quiet in their so-called quiet times, there would be more harmony, unity and understanding, among individuals as well as nations. In quiet times, we come to realise that we are all equal in the presence of God. It is only when we are not quiet or God-conscious, that we are conscious of all the outer differences of names and forms.

When we neglect our quiet times and the things pertaining to God, it is then we take false pride in calling ourselves holy Christians, sacred Hindus, pious Buddhists, devout Mohammedans, etc. In deep meditations, all differences of caste, creed, colour and nationality are forgotten. We feel indissoluble links with all God's creation and realize that we are all the children of the same God. In Him, there is neither East nor West, neither black nor white, neither high nor low. It is all One religion, the religion of love, One presence and One spirit. It is One indivisible state of profound peace.

We are all the emblems or embodiments of the One great God. Verily, we are the children or the images of the light, infinite and eternal! It is only in this blessed state that the great statement of holy book: Be Still and know that I am God, is fully understood and appreciated. One must become quiet, calm and completely still to realize one's divine heritage or God-head.

It is unfortunate to see that many people in both East and West are having quiet times on surface alone, without going deep within, to realize the Holy of holies in deep stillness, in their selfless and purified hearts.

Hence it is no wonder that we are facing so much jealousy, criticism, condemnation and chaos in the world. Racial prejudice and religious bigotry, are two of the greatest and most subtle enemies of the quiet times.

Therefore, to enjoy the loving quietness of Christ the gentleness of Buddha, the wisdom of Krishna, the strength of Mohammed and other world saviours, one must rise above the narrow confines of nations and religions. Freedom or emancipation is in complete universality or self-effacement. When the little ego is effaced, one does not take inordinate pride any longer, merely in his privileged birth or religion. He takes joy in seeing the same.

God in every one, and loving everyone as himself, as there is but One Self or God. Who is eternally manifesting in all the various forms in the universe. Verily, truth is One, men call it by various names. And the same truth is shining in every heart and sparkling in every life in both East and West.

It is not enough to just close one's eyes for a few minutes and think of everything else in the world. To have real communion, one must remain in the quiet time or meditation, until he loses himself in God, tasting consciously the heavenly peace. This can be done only through steadiness of mind or concentration.

As a pearl-fisher dives for priceless pearls, buried deep in the ocean-bed, so must we merge into God's presence, wherein the great light shines in the great void. One must be sure to rise above the mortal mind with its imagination and mere fancies and really let the divine mind overshadow.

Gita—the Song Celestial, teaches:

“That he who sitteth in quiet time, only controlling the organs of action, but dwelling in his mind on the subjects of senses, that bewildered man is called a hypocrite.”

In the Bible, Christ also teaches the sanctity of silent prayer and meditation in the following woes:

“And when Thou prayest, Thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets that they may be seen of men. Verily, I say unto you, they have their reward.”

“But Thou, when Thou prayest, enter into thy closet and when Thou hast shut Thy door, pray to Thy Father which is in secret; and Thy Father which seeth in secret shall reward thee openly.”

“But when ye pray, use not vain repetitions, as the unbelievers do: for they think that they shall be heard for their much speaking.”

Hence, the essence of this message is to make our quiet times, very deep until we taste God's love, His sweet ecstasy, the nectar of immortality, in the stillness of our hearts. When we sense the deep things of inner experience, the root of our consciousness grows into a great tree by which we shall ascend into heaven.

The days when the quiet times were thought to be confined to priests and monks, or even to preachers and *yogis*, are gone. Quiet times are the birth-right of every child of God. Life is incomplete, void, empty and dry without quiet times or meditation. The quiet times of the soul of faith bring forth decisions which are the silent voice of holy spirit making manifest God's will.

A business man, a college professor, a school boy or girl, a house-servant, a humble gardener or anyone is privileged to have his or her daily periods of silent meditation to be alone with God.

Quiet times do not differ from the universal principles of the mystical life. Quietness signifies the repose of the soul in God as the resting point of all activity, which takes the soul to the centre of all wisdom, light and love.

It is not compulsory to be connected with outer creeds and religions to enjoy silent times, but it is essential and in whom, not an atom or the tiniest creature is excluded.

It is not exclusiveness, but all embracing and all inclusive love which is the watch word of quiet times.

In our Ashram, the Abode of Peace, we not only emphasize, but go to the extremes in stressing on the great need of quiet times.

We request all our visitors to leave behind the gate, the main entrance to the Ashram, their questions, doubts, discussions and arguments which are the result of not having quiet times.

We ask all loving friends who come to us, to make best use of their precious time, especially during their stay in the Ashram, by retiring into a *kuteeram*, a meditation place or to sit alone under the cool shade of a tree, for a quiet time instead of wasting their precious time in idle words.

The moment one merges in the quiet time all doubts are dispelled and all clouds of separation are expelled.

What is the need of constantly listening to the same outer teachings and sermons when God is interpenetrating the very cells of our beings, shining in our hearts and sparkling in our very eyes? All that He needs is our wise silence.

He is ever waiting patiently in the stillness of our hearts. Let us not disturb Him by our restless thoughts and too many words. He does not need our descriptions and praises or flattering words. He wishes only our stillness 'with confidence, confession, conviction, conversion and continuance.'

Quiet times make us healthy physically, wealthy mentally and strong spiritually, for it is in quietness one is at his best, obtaining the right vision for his ordained daily work.

It is in quiet times, that man is face to face with his creator, the ever-present witness, the interpenetrating presence, for in the lake of his mind when all the waves subside, he is beholding the vision universal. Quiet times make even the most restless and turbulent minds, calm and restful.

It is in the quietness that illumination dawns and God speaks. Then the aspirant enjoys Christ consciousness all through his life both in silence and activity. His very work becomes worship, for he is never separate or aloof from the great light, even for a moment not only in his quiet times, but also in the outer active duties of busy life, as real life and true religion are never two but One.

A man without belief in quiet times can as well be compared to a beast of burden, for verily, he is a burden to mother earth, selling his soul for the passing clouds of outer name and fame. If we watch closely even the life of cats, dogs and other animals, we will be surprised to see that they too are relaxing often, retiring aloof from the crowds to have a little quiet time, though unconsciously.

When such is the case with animals, how much more a man who is created in the image of God, should be particular, above all else in having his quiet times as often as possible, both for the peace of his mind and for the welfare of others. Emerson and advocate and devotee of the quiet times exclaims:

“What a strange power there is in silence! How many resolutions are formed, how many sublime conquests effected, during that pause when the lips are closed, and the should secretly feels the eye of her maker upon her!”

Another great soul has said that:

“It is not the number of books you read, nor the variety of sermons you hear, nor the amount of religious conversation in which you mix, but it is the frequency and earnestness with which you meditate on these things till the truth in them becomes our own and part of your being that ensures your growth.”

Dear Loving Reader! Quiet times cannot be adequately understood through descriptions and discussions in public, but by individual practice in silence. May you enjoy their glory and beauty in stillness right now and here!

Whoever you may be, wherever you are, may I request you to join me now, as you read this message, in a silent meditation? Pray! become still and meditate on the Light of lights. Which is ever shining in our Heart of hearts, awaiting our recognition, nowand here.

May God’s richest blessings of peace and Illumination be upon you and on all the lovers of quiet times is the prayer of your own brother, Omkar.

May Peace be unto all!

OM OMOM

(Peace April 1939)

44. RELIGION AND LIFE ARE NOT TWO BUT ONE

Philosophers of all religions in both East and West, have expounded theories about God's eternal existence. Scientists of every age also have racked their brains consciously or unconsciously about the, Unknown Something and given out eternal laws that are the basis of creation. Scholars have discussed God's Omnipresence both in debates and writings, and established. His Omniscience, sages and saints, drinking deep the sweet nectar of immortality, have proclaimed God's Omnipotence in one voice, from their practical experience.

It is an established fact from every source, that God alone is the only reality, existing from eternity to eternity. As far as theory is considered, it sounds wonderful, but when it comes to practical life, the life of tests, trials, temptations and in the keen competition of modern times, something else, seems to be real, rather than God, at least for the time being.

If God is the only truth and reality, why should we feel His presence only now and then? Why are we not feeling Him always, in every moment of our lives? It is easy to feel His presence when we teach others, when in temples or spiritual company. But what we need, is to feel His presence always, forever.

It has been the one dream and ambition of my life from very boyhood, to attain those heights, where there is no more forgetfulness of God even for a single second; be it waking, dreaming or sleeping states of consciousness. Whether it is in life or death, in sickness or health, in poverty or wealth, we must recognize only the living truth, the One presence that pervades and permeates not only one's being, but the whole universe. But the question is :- are we recognizing the reality in our trying conditions of life? If we look at the facts, facing truth, we have to confess that we are denying God, times out of number. No sooner do we resolve to live, work and breathe in Him, identifying ourselves with the truth, than somehow, someway, our minds are drawn towards forms and names, and we often live identifying ourselves with the gross sheath, and recognizing the changing world of phenomena, instead of the eternal truth.

Is there any permanent remedy for this incurable disease of forgetfulness? The commonly prescribed cure by all men of realization is, to be in eternal communion with; God, either through prayers, or meditations. It is all right when we are offering prayers, or when engaged in silent meditations, what about the rest of the time? One cannot pray always, neither can he meditate forever, closing his eyes, at least not the average man who is struggling to earn his daily bread. We are not concerned here with individuals who are

exceptions. We are dealing with the mass of humanity wishing the common welfare of all His children.

If we are asked to meditate twice a day, we complain of lack of time. We have time for everything except to grow spiritually. We do not have time to merge and realize Him, and thus to reach the goal of life. While struggling with these conflicting and contradictory thoughts with the sole desire of reaching the highest state, a ceaseless flow of consciousness, in one of the still moments of meditation, a beautiful thought illumined my mind, like a lightening flash, magnetizing my whole being. That thought is the theme of my present essay.

Religion and life are not two but One:-

Even to understand this statement theoretically it gives one a strength of security and hope. Religion is not confined to prayers or meditations, neither to temples nor churches neither to teachers nor masters. Religion is realization of God's presence, everywhere, in every one and at all times. Religion is the expression of One's life in the outer world of activity. As such how can anyone separate religion and life? They are never two, but one only.

Religion can be compared to a lovely flower, and life to its sweet fragrance. How can you then separate fragrance from a flower? There are flowers, however, without fragrance. Outwardly they are beautiful, but they give little joy. There are also some flowers that are malodorous and a menace to creation. In the same way we find people also who do not have any fragrance or love, but possess outer beauty and vain glory, living as a burden to Mother Earth.

Dear Beloved Readers, examine your lives and see for yourselves whether you are sweet-smelling flowers, giving out peace and love, or only thorny flowers of poisonous qualities, emanating hatred and bitterness. As you engage yourselves in the respective duties of your lives, spare a moment for self-examination, and thus see whether you are separating the fragrance from the flower. Pray! do not separate life, from religion. Always be the sweet smelling flowers of peace, blessedness and love, sharing your life with the whole of humanity.

When we understand firmly this great truth of unity of religion and life, we need not worry any more over lack of time for long prayers or deep meditations. Whether we can repeat our prayers or not, whether we can steady our minds or not, we are expressing only the same presence. It is the one presence that moves, breathes, works and lives in us whether we are engaged in the outer or inner life.

The real cause of all conflicts, troubles, misunderstandings, flights and wars in individuals or amongst nations, is only the ignorance of separating life from religion. People try to be pious and spiritual when in temples and churches, but when they are out of the

churches they readily crush and oppress their weaker brethren, they can cut without conscience, the throats of their fellow beings, and they can do anything, in the name of perverted patriotism, or bigoted fanaticism.

If only they could understand that they can never separate life from religion, whether they are silent or active, playing or praying, working for self or for others, what a different world it would be. Then there would not be the least need for the complaint, that they do not have time to pray or meditate. Whatever they may be doing, they are expressing His presence; for they can never separate God from their life of activity. What a great joy it is just to know whether we want God or not, that we are filled, saturated and surrounded by Him, on every side and at all times!

Dear Readers! As you read this message if you can be only conscious of the presence which is shining in your eyes, which is reading these lines, you are in reality as much worshipping in a temple or church, meditating on His glory, Feel.....feel.....feel. What we need is only to be conscious of the indivisible presence, which is the life and soul of our activity or existence.

In this connection Sri Sankara's inspiring verses on Mental Worship will be a wonderful help. So let us 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 *Prakriti* Thy wife
And my five vital airs are servants Thine
My homage to Thee are all pleasure mine,
My sleep is meditation rapt, serene;
My movements all hearty *Pradakshin*;
And all my utterances praises Thine,
By thus whatever I do, Thou deign O Lord
To be by me – Thy supplicant - adored –
But Thine I am, in truth though One are We
And Thou not mine – a wave I, Thou and sea,
Oh! Lead me, Eternal Light, O boundless Love
To Thine own Bliss, from *maya* dark remove.

OM! OM! OM!

These are verses not merely for repetition but for realization of their spirit in one's daily life. What a great joy it is to feel that our sleep itself is meditation. Thus every line of the above verses has deep and inspiring significance, to make us feel the unity of religion and life.

Souls of freedom, said, "one word is enough for the wise". Here are words that give impetus, new energy, fresh start and inspiration to all seekers of truth. The very repetition that "Religion and life are not two but One", thrills one's mind, heart and soul. When one realizes this great truth, he need not any more confine God to fixed hours or to certain sacred days. He can bring out His God from the temple into the street from worship into work, and from silence into activity.

What a blessed life it is to live in that continuous state of God-consciousness? If it is real God-consciousness, it cannot have any break. How can you drink nectar for a few hours or minutes and then be satisfied with gall? There is no happiness in a life of lukewarmness. On the contrary there is worry, agony and restlessness, for we neither belong to spirit nor mammon. Imagine the state of a man, who is hanging between heaven and earth.

Beloved Readers of Peace Journal; our question now is, how long are we to continue or be satisfied with this finite life of senses? Let us wake up and make something out of our lives. It makes no difference whether we are *swamis* or *yogis*, teachers or students, young or old, men or women, belonging to this creed, or to that religion of East or West, let us only wake up to this ceaseless flow of God's spirit. Make a firm determination now as you read these lines, no longer to be a lukewarm but to attain to that state, where God-consciousness, is no longer dream or imagination, but a living reality at all times and under all conditions. Mere determination without practice will not take us far. Leaving aside everything that is non-essential, let us struggle now to realize our ambitions and thus reach the sacred heights. It is not yet too late. What else can I say, or could anyone else say?

Here are some of my personal thoughts and aspirations from my daily practices or *sadhana* for realizing the indwelling presence, or the beloved within. These are given here for your perusal and assimilation. If you find them helpful, pray accept and realize them. With the first glimpses of the dawn, as soon as I come into consciousness, into the waking state, I still lie down on my pial, recognizing His presence and glory. I fill each and every cell of this body from top to toe, with His presence and light. He is always there, but only a little remembrance and recognition are needed. I leave my pial repeating, since religion and life are not two, I will express Him in all the activities of my life, all through the day.

As I engage myself in ablutions I try to feel His presence. As I walk, with every step I strive to manifest His glory. Verily God alone is manifesting in every movement of the body for He is the source of all energy and activity. Dear Beloved Readers, I leave to your feelings and realization the happiness of carrying Him where ever you go and expressing Him in whatever you do. The very conception of this eternal oneness is simply marvellous and soul-awakening. It is worthwhile to try and achieve this state of unity, for it is our only hope and goal.

Practice of the presence of God is the surest, nearest, direct and the most simple and natural way to realize Him. It is to be practised not now and then but always. What a great

joy it is to recognize Him in all our activities of life! If we are engaged in doing any work, it is with Him, for He is there. He is the activity or sacred energy of our deeds or acts. He is the Speech of our speech for He alone is expressing in our words. It is no other than He who is the basis of our thoughts. In stillness He is the silent One.

‘Thus, this *mantram* that religion and life are not two but One,’ is to be repeated and felt in all our deeds, words and thoughts, to achieve the goal of this human life. As we can never expect to find any kind of darkness, in the blazing light of the sun, so also, we will never expect darkness in any form and we will be free from all temptations and weaknesses, by making religion and life one, for we will be in his presence, in all our trial or tribulations. He is the ceaseless presence of our hearts and souls all through eternity. How can we forget or ignore Him? Even if we forget Him, He is not forgetting or leaving us. He is the indwelling presence of not only our hearts but the universe. So let us worship Him not only in darkness with closed eyes but in broad daylight with opened eyes.

Let us recognize Him not only in churches and shrines, but also when we are outside the churches and shrines. Let us manifest Him not only in prayer and silence, but in work and activity. Let us see Him not only within, but without, not only in ourselves, but in others, for in every face He alone is shining.

GLORY GLORYGLORY

Precious Readers of ‘Peace Journal’:- I am struggling to live in this eternal unity and craving to share this with all of you, nay with the whole of humanity, for this unity alone is our common birthright. Now repeating the *mantram* or sacred affirmation that religion and life are not two but one, let us make our lives rich, complete and illuminating to ourselves and others.

Shall we stretch out our arms now to embrace the sweet beloved, who is waiting to be remembered by us sooner or later? Shall we open our hearts and souls to the indwelling presence? Shall we dissolve our restless minds, in the restful splendour of the Lord? O! Let us consciously feel now, that we are filled and surrounded by His glory. Let us realize, be and saturated by His love. Let us recognize His Omnipresence, bathing our very cells in His glory. Om! Om! Om!

As we are feeling His presence now, hence let us pray.

PRAYER

O! Adorable presence, we promise Thee in this hour of sacred stillness, in memory of this sweet communion, to live, breathe and move in Thee, recognizing Thee alone, within, without and all around. Pray! Bless us, to be true to our determinations and thus to stand by Thee, forever never separating religion and life, but only expressing Thy presence and light, in each and every moment of our lives, with every heartbeat every breath.

Accept our homage of Thee on every side and in every form and bless us, to make our lives's work a continuous worship, more so since religion and life are one. Now send us, into the world of activity to express Thy light, to share Thy love and to manifest Thy beauty and glory in serving all Thy children.

May Peace be unto all, in East, West, North and South.

OM

OMOM

(Peace Nov & Dec 1932)

45. REVELATION

“As I alone reveal this body, even so do I reveal this universe.”

These are the words of the sage Astavakra. At the hour of dawn I muse and meditate on these *atmic* words of infinite potentiality. In the practical daily life, no doubt, you and I reveal in these physical bodies. We feel the consciousness from top to toe, in very part of the body. It is easy to reveal in the body. But how to reveal in this universe, is the deep and intricate problem now.

I often ask:

Do I reveal in those sweet-smelling flowers?

Do I reveal in Sitaram, the little kitten which is purring?

Do I reveal in the children who are playing?

Do I reveal in the people who love me and in those who do not even understand me?

As I look up above into the sky I ask again:-

Do I reveal in those twinkling stars?

As the sacred hour of dawn, as I gaze into the self-shining face of the sun the question comes unconsciously: am I revealing only in the body but not in the whole universe. The consciousness is confined to the form and name. I feel It, within and it is so hard to feel It in the fragrance of flowers, in the purring of the kitten, in the smile of the children, in the activity of people, in the twinkle of stars, above all, in the brilliant splendour of the sun. How to reveal in all the universe, as we reveal in the body, is the most essential secret for the seekers of peace to know now! In vain I grope within and I search without also for the solution.

Once again, I approach the Sage Ashtavakra for the solution. In the very next verse he asks us to renounce the body and the universe. We are asked to rise above body and

universe to perceive the supreme self, by being established in wisdom, the goal and the end of Knowledge. When we can rise above body and universe, indeed we reveal in all the universes. There is but one reality and Thou art that- *Tat TwamAsi*. It is easy to repeat *mahavakyams*, great affirmations such as: *Aham Brahma Asmi*- I am Brahman, I am That, I am That I am, etc., but how difficult it is to reveal in the manifested world in the practical daily life, in all its tests and trails! Revelation belongs to those rare and blessed souls, who are blessed with the vision beautiful, the vision universal and the vision transcendental.

When we renounce the body and universe, when we rise above them, all the bodies in the universe, belong to us. The pain or pleasure of any of the least of His children in the creation effects us in the manifested world. In the unmanifested state one is above pain and pleasure, praise and blame, knowledge and ignorance, strength and weakness and other dual states of the world.

“As I alone reveal this body, even so do I reveal this universe.”

My Loving Readers, here is the greatest truth for meditation and to be practised in our daily lives, if we wish to taste the peace that passeth all understanding. When one is deeply engaged in introspection in all silence, the individual becomes the universal. It is wrong to say, ‘Becomes’ for, in the One without a second, there is no becoming. As the holy Scriptures say *Jivo Deva Sanatanah*, the Individual alone has been, all along, *Deva*, the Universal! **‘knowing that the wise melt in silence, recognize that and be silent.’**

Who are you to recognize the *atman*? You are never separate from the *atman*, the supreme.

Indeed, Thou art That. Silence, Wave less Silence, Supreme Silence. May all Homage be to the Knower’s of *Paramatman*, the Supreme Self.

OM TAT SAT OM

(Peace Jan 1955)

46. REBIRTH

When I say Rebirth, I do not mean re-incarnation. I do not mean even to die and take another birth. I am using the word rebirth, in the sense of new birth, a birth into God-consciousness while alive in body. The Bible teaches us, to be reborn to realize God. Vedas also teach us to take a new birth with *Brahma jnanam* or opening of the third eye of God-consciousness.

The man of the world thinks, it is so easy to die and to be born again. One can die a thousand times and be born again in different bodies, and it is not called rebirth. Rebirth is not such an easy thing. Anything can be achieved in this world of never ending changes. One can win the rulership of the world. He can be a master of all the degrees and titles. He can earn all fame and name in the evanescent. At, if not reborn he is far away from God. He has not even touched the hem of His garment. Although he looks satisfied without, he is miserable within.

These days being indisposed in body, feeling temperature, which is beyond all degrees. What is this little temperature when compared to that infinite temperature of the millions of suns' splendour? With such thoughts, lying in bed, the query comes persistently.

ARE YOU RE-BORN?:

Do you want any name and fame? Do you want that others should think well and high of you! Are you dead to the world! Oh are you unconsciously, still running after the fleeting clouds of name and fame, in the bubble-like world, without knowing it yourself?

What is that thing by knowing which, Everything is known? Knowing thyself, thou shalt know all. The peace that passeth all understanding belongs only to those rare and precious souls who are dead to the world of alluring names and forms. Verily, it belongs, to those who are reborn, annihilating all the old *vasanas*, impressions of not only this birth and of all the past births. The happiness that knows no change, which is eternal, belongs only to such blessed souls who have taken new birth into God-consciousness with love universal.

None of the things of the world can move or tempt such God-intoxicated souls, for they have found the pearl of price, in the stillness of their purified hearts. As we see in the world, the biggest man, even the most learned man, has become a slave of a few words of praise. He forgets himself, his real *atman*, when people begin to praise and flatter him. Again he forgets himself when people criticize or blame him. He is hanging between heaven and hades, relying on others' praise, without having a firm foundation, a backbone of his own. All this is due for want of rebirth. It is only the rebirth or the new birth that makes a

man, to give up running after shadows, in the mirage of the world, and be happy and contented with the indwelling light, the self-effulgent light within.

I offer my homage to all those precious souls, who are in the world or out of the world, be they house-holders or *sanyasins* in whom, the ego is rooted out and completely destroyed and who can treat even the emperorship of the world, as mere child's play, and who are happy and contented within themselves with the awareness and recognition of the highest truth, the immortal light. Indeed it is the self-effulgent sun, which is the only changeless reality, amidst the very thick and dark clouds of doubt, suspicious and ignorance of every kind. Glory be unto the new born! May peace be unto all!

OM TAT SAT OM

(Peace Dec 1955)

47. ROARING LION

It is sad to see that man with all his philosophical knowledge and high learning, should bleat like a sheep, instead of roaring like a lion! Man takes joy in speaking bag-full of God's Omnipresence, yet he does not recognise His presence anywhere or within himself in the practical life. He speaks of God's Omnipotence yet he remains a weakling always showing signs of some sickness or weakness. He speaks of God's Omniscience, yet he is contented to remain ignorant.

In the present day world, we see very rarely roaring lions, whereas the bleating sheep are everywhere, all around us, in every religion and nation. What is the cause of this bleating? The cause is, the wrong identification with body, instead of with the soul. Identification with the changing body, the passing cloud, naturally makes one afraid of every little sound or change. Whereas identification with the changeless spirit, the indwelling presence, the light of the millions of sun's splendour makes one fearless and roar like a lion, but never bleat like a sheep.

Man's birthright is strength but not weakness; it is fearlessness but not fear with shivering. Even in the face of a thousand tests, trials and tribulations, man must learn to stand on his feet, centring on truth and thus roar but never bleat, in the face of death itself.

Let the jackals howl, let the dogs bark, let the frogs croak, what is that to the lion of infinite and eternal strength? Did you ever see an elephant passing through the streets, unmindful of the barking of a thousand dogs? It is so majestic and strong, relying on its own strength that it does not heed, to any of the little disturbances or howlings. It moves on, in spite of a million barkings and sounds.

A wise man's life also, should be patterned after the example of the elephant which is strong, and mighty. Let man try to identify himself with elephants and lions but not with sheep and goats. Let him learn to practise to roar identifying with the spirit, but not bleat, identifying with the body, the lump of flesh and blood.

LET US MEDITATE NOW!

'As we meditate on the breath within, the lion in us begins to roar'. Let us be the lions of light but never the sheep of darkness. Let us roar ceaselessly but never bleat, for happiness is in fearlessness, in roaring, but never in fear and in bleating.

May all Glory be unto the Roaring Lions!

May Peace be unto all!

OM OMOM

(Peace April & May 1958)

48. REAL RELIGION IS GOD-REALISATION

Q: What is realisation?

A: Realisation of God's presence, the indwelling light now and here, both in work or rest or silence and to see God in all and love all in the universe.

'If Religion and Life are not made two, but only One,' the earth can be made a paradise. It has been one of my ardent wishes since the last fifty years to make religion very simple, easily understandable and practical for all the ardent seekers of truth. Man, the ignorant man makes religion complicated due to unfortunately for want of proper guidance, and consequently to his endless selfish desires. 'Desire binds all, desirelessness gives freedom, happiness and peace.'

Dear friends, my loving readers of Peace Journal! Please close your eyes, merge within, have calm introspection and see for yourselves. What are your desires? What is their root cause?

It is really your endless desires due to your ignorance which are standing in your way to God-realisation. It is pity many *sadhakas*, devotees are doing more and more *pujas*, prayers and meditations, unconsciously increasing their desire. The way to be really happy and peaceful is to come out of ignorance, which alone helps to give up slowly all subtle desires that are infesting one's mind, heart and soul and leading us astray from the goal of human life.

Give up all selfishness and unnecessary desires, which mislead you, from the real goal of human life, be free and happy and make all others also happy. This is the message of the hour for the peace of the world. Keep always service before self! This is another aspiring and helpful motto, that really helps to establish peace in the individual which alone paves way to the peace of the world.

Religion is very simple and direct too, because God is here and now, within and without, ever surrounding you, nay pervading and permeating the very cells of your beings.

In this connection, I invite the attention of all ardent seekers of truth to Gita IX-2 which is as follows:-

"The sovereign science, the sovereign secret, the supreme purifier is this, immediately comprehensible, unopposed to *dharma*, very easy to perform, imperishable".

Bible, also teaches that the kingdom of heaven is near at hand. Verily, heaven is within.

Beloved friends who are earnestly aspiring for peace, my heart longs to help and serve you all, no longer with mere words; but with something practical and helpful now and here.

Q: Are we earnestly pining for God? Do we really need God-realization now and here?

A: If so, the God for whom we have been seeking is Here and Now, in the stillness of our pure hearts, eagerly awaiting our recognition. He is here sparkling in our very eyes, throbbing in our hearts and breathing in our very breath as soham, (I am He) the one big breath, the one universal breath, embracing all and excluding none.

This is practical religion, the religion which is not confined to Temples, Churches or Mosques, the religion which is truly all love, which is pervading and permeating the whole universe, from the tiniest atom to the biggest planet as One without a second. 'Recognise self--the *atman* and be silent!'

Man, the finite man, the ignorant man with his egoism, has only learnt to talk much, as a parrot with high sounding words getting himself confused and deluding others with lifeless words. He cannot be silent, for silence becomes death to him, instead of life eternal.

Be still and know that "I am God", *tattwamasi*, That Thou art!

We are actually in the ocean of *akhandasatchidananda*, the existence, knowledge and bliss absolute.

Q: What should we do now?

A: Do nothing. Say nothing. Be nothing. Only be silent, recognizing waveless silence.

Knowing That, the wise melt in silence. Silence creates souls!

This is true religion. This is God-realization. All the rest is mere concoction of words--the trash or useless pulp of the sugar cane, after extracting its juice.

O! Adorable silence! Bless us all, to feel Thy presence--
The Omnipresent, Omnipotent and Omniscient Light!

May there be peace in heaven, sky, waters, earth,
Plants and trees! May all the celestial beings!
Radiate peace! May peace pervade all quarters!

May peace be unto all!

OM OMOM

49. RAMA AND RAMI

Rama and Rami have never been two but One always in my life. I see **Rama** in Rami and Rami in **Rama** for duality is ignorance and unity is wisdom.

Rami was born in the Peace Centre four years ago. Even as a baby he used to follow me. He liked to drink plenty of water and would come into my bathroom to drink and sleep. As he was inseparably attached to me he came with us to Totapalli, to the Mother Ashram when we left Kotagiri.

Though born in a cold climate he was contented and happy in the hot climate as well for as the scriptures teach us, we should remain the same in cold and heat, in all conditions and changes, both in crowds and in silence.

Rami was always fond of silence. Wherever we went he always would seek a secluded spot and sleep and rest there alone. He was fond of everybody and allowed even strangers and children to fondle and play with him. Even while having a bath he never used to make a sound, but would allow the boys to do what they liked, rubbing, scrubbing and cleaning.

Rami had no strangers for he was too loving and gentle. All were his own. What a blessed state it is to consider all as one's own; this has been denied even to many human beings.

We heard yesterday the sudden news that Rami had left the body on 12th June in the Mother Ashram in Totapalli Hills.

RAMI IS NO MORE:

Can we not see him any longer? We cannot see him any more in the physical body, but his loving spirit is everywhere. It has been said that the spirit of the departed enters into those who loved him. Rami loved me, clinging to me like a shadow and I too loved Rami as my own. Hence, naturally Rami's spirit must have entered into me with his love and devotion, loyalty and universality, love of silence and solitude. Thus, instead of feeling sorrow or separation I feel added strength in the recognition or awareness of Rami's spirit and love, pervading and permeating the very cells of my being now.

How can I ever forget Rami! Rama is immortal. Rama and Rami are One. I see Rama in Rami and Rami in Rama. Nay, I see Rama in all of you.

Bobu and Joy are an American couple with a baby, Shakti, who have been staying in our Peace Centre for a long time. Today happened to be the birthday of Bobu. As he is a universalist, feeling for the peace of all, all the children of God in all religions were included

in poor feeding and it made me happy to see Bobu feeding the children of Hinduism, Islam and Christianity. We had prayers in English, Tamil and Telugu and two Nuns who attended with their school children repeated the common prayer of devout Christians. There was *bhajan* and meditation too.

There was rejoicing, all were happy, but there was a note of sadness and I felt Rami's presence, not only in the celebrations but within myself. Unconsciously tears flowed from my eyes, I repeated: Ram is here. Rama and Rami are One.

My homage goes to all the universal souls whose hearts throb for the welfare of bird, beast and man, including the dumb animals and fragrant flowers. My message would be incomplete without sharing with my loving readers some of the inspiring incidents in the life of our little Rami during his stay of three years in the Mother Ashram.

DURING THE STAY OF RAMI IN TOTAPALLI:

In the early hours, while it was still dark, Rami used to rush every day to my place in Nirvana *Mandir* along with *bada* Rami and I would teach them:

Rama Ramayanuma Rami, Ramunimaruvakuma Rami

Repeat Rama's name, O Rami, do not forget Rama, O Rami

This simple *mantram* was composed for teaching the Ramies every day. After their initiation and repetition of Rama's name I would give them a few biscuits and then they would wait for me to take them for a walk towards Sivalayam.

If I went to the *jnana guha*, the cave, for meditation, both the Ramies would follow me to meditate also in the cave and they would stay there often for hours with me.

When Rami was a mere baby, one month old, he would cling to me and stay in the bathroom in the Peace Centre, Kotagiri. In Totapalli when Rami was grown up, he would lie happily in a corner while I was bathing. Strange and unbelievable as it may sound, after the bath, while I wiped my body, Rami used to lick my wet feet as though to wipe them.

Whenever I took food Rami would lie under my chair. Rami was a vegetarian and live on milk and rice. He was fond of *papadstoo* and all dry things.

He used to attend the spiritual discourses regularly and always insisted upon lying under my chair, especially on Sundays. On that day of Sunday Prayers Rami would get ready early and go in advance, reaching the Prayer Hall and sitting under the chair before my arrival.

You cannot imagine how fond Rami was of riding in the peace van whenever we used to go out to serve the devotees in nearby places. He would sit on a seat like a human being, silently watching everything on the roadside without even barking.

Rami was never after food. He was only interested in spiritual food and would take part happily in satsang and in silence. At the foot of Sivalayam, while I would meditate Rami also would occupy a seat of his own and spend long periods gazing at the stars in silence.

The only thing that made me sad was that at the instigation of *bada* Rami our *chota* Rami also would sometimes bark at certain people. I used often to wonder whether they were not barking at some people as if to ask them not to come and disturb my silence. Rarely, it was painful to me when the Ramies would fall on certain people as if to bite them. When this happened I used to wonder if this was not a spiritual attack, as if the thoughts of the people might not be pure and the Ramies were telling them to become more spiritual, especially in my presence, in a holy Ashram. The only thing that ever pained me about our Ramies' conduct was when they would bite some strange person.

Whenever some of the members of the Ashram would go from *satsang* in the night our Rami used to escort them and leave them safely in the lower Ashram and then return to my place. Often and often Rami would sit on the high pedestal of our Universal Symbol as if greeting people who were coming and going, as if asking them to meditate on the Universal Symbol. Universality was the very nature of Rami and he would cling to the Universal Symbol and greet all the devotees of all religions. Little Rami often would play with the children as though he were repeating with the blessed Christ: 'come unto me.'

I do not wish to weary my readers by narrating all the other personal experiences that have made me feel that Rami was not a dog but a human being in dog form. Often Rami used to sleep on a sofa with pillow under his head. Many times Rami would sleep with his head on my feet. What else can I write of the deep love and great devotion of Rami, except to glorify God for all the human qualities with which He blessed Rami as though Rami was a person in the form of a dog. The Nilgiris is nearly a thousand miles from Totapalli. As there is no distance in God I feel Rami entered into my heart as soon as he died, left his dog body.

As it has been my nature to assimilate all that is good from every source, even from the dumb animals, not only from Rami but from every single bird, beast and tiny flower, let me express Rami's love more than ever now and in the future.

These days, whenever I utter the words calling Rami he answers my call, for verily, Rami and Rama are not two but One!

Blessed are they who can see the one indivisible Rama in all the manifold forms! Verily, Rama and Rami are never two but One. Silent adorations be unto the One. Who is the Life, Light and Heart of all Creation, both in the manifest and Unmanifest worlds!

May Peace be unto All!

OM OMOM

AN OFFERING

A tiny offering to our gentle and loving Rami with Prayers for his Rest and Peace in God, the universal spirit; wishing also the welfare of all Animals in the East and West.

(Peace Aug 1971)

50. Real Essence of Vedanta

(BODY ALONE IS THE TEMPLE OF GOD. THE INDIVIDUAL IS SOHAM, THE UNIVERSAL BREATH)

Dehodevalayaprokto, jeevodevossanatanaha,

Tyajethajnananirmalyam, soham bhavenapujayeth.

Body is the temple of God, the one who is residing in it, the *jivais deva*, the individual alone is the universal has a deeper significance today more than ever. Worship Him with soham consciousness. When I think of the body as the temple of God, the vision of Sri Jaganath Temple, in Puri. Jaganatha comes to me. Then comes the Viswanatha Temple in Benaras. Then the mind flies towards the Temple of AdiSankar in Srinagar Kashmir, finally it goes to Dwaraka the Temple of Srikrishna. As the mind is so restless it wanders towards Rameswaram Rama's Temple and also Kanyakumari Temple too, for the light or God resides in all the Temples, and Churches not only in India but also in all the world.

When I say *jivodevassanatanha*, the individual alone is the universal since the beginning, I feel the presence of Krishna, Buddha, Christ, Mohammad, Ramakrishna, Ramatirtha and all the *avatars* of old and new. When I come to *tyajethajnananirmalyam*, I have to destroy the ignorance of 80 long years, my attachment to Ashram and to all of you.

Finally, when I come to *soham bhavenapujayeth*, I worship Him with *soham* consciousness. Finally I feel *soham*. I forget the body, mind, ego and the world; I come out of the cage of the body, the nest of blood, flesh and bones. There exists only one indivisible universal energy, the Light of lights, the splendour of millions of sons.

WE ARE IN THE LIGHT, THE LIGHT IS IN US, WE ARE THE LIGHT

There is never a moment of time when we are not the light and when the light is absent in us.

Glory, Glory, Glory.

Silence supreme, Silence, Waveless silence.

Thou art That, *tatwamasi*

OM TAT SAT OM

(Peace May & June 1990)

51. Remembering and Forgetting God

How deep, dense and intense is *maya* even to the wise!

With one breath, one feels that he is the Light of lights, the splendour of millions of suns, the *soham*. With the next breath, there is body-consciousness with all depressions, worries and anxieties.

What is wrong? Religion is only skin-deep. The foundation is not deep. What is most essential is the personal experience of *soham.soham*, the greatest *sampada*, the only imperishable wealth, is so near, nay, inseparably One, the immortal nectar of immortality. But it is terribly ignored and horridly forgotten and neglected. What is the result of this gross forgetfulness even momentarily? It is misery and agony and restlessness. Verily, forgetfulness of light within even for a moment is actual death.

What is the remedy? The remedy is very simple. It is only the awareness of His presence, the indwelling light, Now and Here. But alas! How difficult it is to put it into practice, in daily life, in thought, word and deed!

Your are in the Light, The Light is in you, You are the Light.

Make a life and death resolution never to forget God, the light within. Cling to it in life and death. Be true to your own determination or self-assertion. When you are false and fickle to your own resolutions, how can you be true to God, the light within?

‘Inhale and exhale peace, Thy birthright with each and every breath.’

Thou art That, *Tat Twam Asi*:

Thou art the *soham* with this breath. Follow it without a break like *thailadhara*. No other way, or any secret way or easy way, except ceaseless persistent practice. Practise, practise, practise until you succeed. The more you forget, the more you long to remember this unceasing oneness, the ceaseless silence.

How can there be any forgetfulness in the splendour of millions of suns. Give a death-blow once for all to this bug-bear of forgetfulness, to the terrible phantom of the restless mind which is making a wreck of spiritual life. Whether you are working or resting, Thou art in *soham*. Whether you are alone or in a crowd, Thou art in *soham*.

As nothing else exists besides the self-effulgent splendour of millions of suns, identify with this only living truth, be a blessing to the creator who has blessed you with the precious human birth.

No more words, no more dreams. Thou art the dreamless dreamer. Wake up from your long slumber, never to sleep any more, *soham* art Thou, now and always, eternally.

Om Tat Sat Om

(Peace Dec 1991)

52. Return To Nature

When shall we be free? We will be free only when we return to Nature, when we can attune ourselves with universal energy, when the little ego is completely dissolved, when we can fully establish ourselves in gnosis or direct perception of truth, dissolving the restless mind and destroying its innumerable impressions.

How very difficult it is to find a complete man who is natural always, physically, mentally and spiritually. The life of artificiality is reigning supreme everywhere, in both East and West. Many are slaves to a little bit of applause or for the passing joy of name or fame. It is sad to see that the world is filled with slaves of food, fashion and passion instead of with masters of nature in every aspect. Such slavery brings bondage, creates weakness and kills self-reliance.

We need people for the building of the new age, who are masters over everything even in the most trying circumstances. We need souls that are masters of not only food and dress but who are the masters of their nerves, muscles and of the very cells in their bodies. Humanity is ever ready to offer its homage to the masters of the mind, heart and soul. Who is the greatest man in the world? Not he who can hover in the etherial regions nor he who has conquered even the whole world but he who has conquered his mind and emotions. The master of the mind is the master of the world, and the ruler of universe.

As we return to nature, let us have a look around us, to behold the complicated, artificial and unnatural lives, that pass about us as object lessons. Then let us turn to the very food we eat to begin with for it has been said that one who has conquered his palate has conquered everything. We find a few people, struggling to control their passions, without controlling first, the quantity and quality of the food they eat.

How can we expect a firm and steady structure of higher, inner life with a poor foundation, made up of highly spiced animal diet and other things unfit for human beings. Instead of prolonging life, with pure natural diet such as nature produces, man runs after mixtures, fried stuffs and all manner of spiced combination dishes, and thus unconsciously is diminishing his life and digging an early grave with his spoon, knife and fork. Someone said that "God created food, and devil created a cook." We have a cook in the Ashram, who is a new man; in spite of our repeated requests and reprimands, never to use chillies in our food, he adds a chilly or two and when we find fault with him he says ignorantly, "How can you eat insipid and tasteless food? I put only a very small chilly into it to taste."

I heard of people that eat only a single coconut a day and thus prolong their lives and look young always. I once met a great soul, who is the picture of health and happiness, in spite of his many long years and I asked him, to tell me the secret of his perpetual youth and he smilingly replied "I live attuning myself with nature, eating natural food, enjoying out-door life, observing celibacy ever filled with pure and clean thoughts."

Here is a personal question to my loving readers, Are you eating to live or living only to eat? Pause for a while and answer the question yourselves sincerely. Wake up from the surface life of artificiality to the glorious life of nature and thus eat only something natural and invigorating, to help you to realize the goal of your precious lives.

What prevents us in comparing some stomachs to garbage pails? Alas, they are not even, private or personal garbage pails but they are the public ones, for such stomachs are continuously, from various sources filled with every kind of highly spiced pungent, putrefied food of many mixtures. Eating and drinking is not only the goal but the soul of such lives. Watch them while they eat. Are they eating food, chewing and masticating? No, no, they gulping, swallowing hastily and bolting it? They have a very long way to walk before they return to nature. The root cause of all worry, hurry, sickness, weakness and ignorance of every kind is only the unnatural way of eating unnatural things.

Now let us, consider the dress we wear. Are we wearing it only to protect our bodies from the heat and cold? No, no, the times are changed and so are the lives. Whether we are monks or householders we have to wear a certain dress conforming to the rules of the order, being slaves of fashion; so to say.

Even in the mental plane we do not have any freedom. We are made to think sometimes as others think. In the spiritual world also there is very little freedom. Many are like blind sheep following their heedless shepherd whether it is for good or bad. Thus at every step, we are violating the natural laws of life choking the instinct, burying the free-will and blindly ignoring His Omnipresence.

We are always on the go, filled with mental strain, running after innumerable conflicting desires. Where are peace, poise and contentment? How badly we all need relaxation. Watch the faces of people as they walk by sit or eat. They are in a terrible hurry as if they were spirits in the nether world.

Did you ever see passengers sitting in the railway trains as if glued to the seats, clutching their fists? Many people also, do carry their luggage in the compartment where they sit. They carry it on their shoulders, and thus make their lives nervous wrecks.

It was only last year, we were ascending the steep hills of Kashmir in a lorry which was fully loaded with luggage. We were on a level of more than ten thousand feet and the path was narrow and the curves steep and dangerous. No doubt the least slip would have meant an 'adieu' to the world, but there was no need to cross such bridges before we reached them. You have only to glance at the death like paleness on the faces of some of the worried passengers, to see that they were already in the hands of death passing untold agonies and sufferings. They were embracing death not once but several times before the lorry reached its destination over those slippery and rugged roads. It has been said that one is dying every time he is afraid of some little thing or other.

We all need relaxation, not only on the smooth roads of life, but even in climbing its rugged precipices. Not only in the waking hours but even in sleeping time, we find very few people who can repose peacefully, relaxing their feverish nerves and restless minds. Relaxation is the spiritual food for the body, mind and soul. It is quite essential in all vocations of life.

A preacher should preach his sermon in a most relaxed and natural way but never should he teach excitedly, pretending to be something other than what he is. All excitement and restlessness comes only from a life of pretention. Even when we have company, instead of being simple, humble and natural we pretend to be something other than what we are; no need of putting on unnatural air of false pride and supremacy, killing the God-given, blessed state of relaxation and reposeful serenity. Whatever we may be doing, it is our privilege to be relaxed. It cost us so little to be relaxed and it means so much for the success of life. It has been experienced by one's self analysis by scientists, that sleep one hour with complete relaxation is equal to the dreamy and restless sleep of twenty four hours.

There is no need of strangulating the presence of God by practising some of the painful postures, where one is stiff, nervous and excited. Meditation should be practised in an easy and comfortable posture, with perfect relaxation. Relaxation is the should and goal of all spiritual practices and meditations.

Once a disciple approached a *guru*, the spiritual teacher and asked him to initiate him into the mysteries of life. He received the direct and simple initiation in the form of the following words: "Be your own sweet self, always."

If we could only remain forever, as our own sweet self what else is needed. Poor and naked we came here and we return in the same way from this world. There is nothing to be added or accumulated, neither is there anything to be left or renounced for those who are living as the one sweet self, for it is complete in itself.

To return to nature, one must enter into the heart of nature, spending a part of the time in the lap of nature among trees, where birds sing hymns of joy, flowers perfume and bloom, fresh winds blow and rocks stand in silent grandeur. Watch the children playing how guileless and innocent and natural they are! Listen to the birds singing. How care-free and joyous, they are look at the blooming flowers inhaling their sweet fragrance. Is there any artificiality in them? We have so much to learn from nature!

Return to Nature
Be Thou free and sure
No longer slave of food and dress
No longer cowed by worldly stress
But soaring like a snowy dove
Enter the resting place of Love

Dear patient and loving readers of Peace Journal, how many of you are willing to arise, become free and return to nature? Putting aside all the masks of deluding forms and names let us remember always, that the highest spirituality is the most child-like life of nature. Let us be natural and relaxed in all we do. Let us not sell our souls to please and entertain our so-called friends. Let our one ideal and ambition be to be true to the inner self, and the sweet harmony of mother nature will be ours.

Dear Beloved Readers, it is not only worthwhile, but it is our only hope to be relaxed and natural. Even as you read his message, see that you are completely relaxed, for a while both within and without. Practise this most beneficial exercise, not only when you read this essay, when you meditate, but, in all the activities of our lives. As you rest on your beds, remember that you are not these gross sheaths, but only one indivisible self.

May this sweet self shine through your loving eyes, throb in your ever blooming heart, work through your selfless hands and flow forth in your very breath, filling and revivifying your whole being with infinite life of eternal nature, is the prayer of your own brother, Omkar.

Om OmOm

(Peace May 1995)

53. Rare Reflections

Universal love and perfect equality is the law of nature or God. No one can mistake this unalterable law, we must love one and all equally. Before attaining perfection, it is needed that one should learn to live, not only his neighbour, but even his enemy as his own self. Then alone he can enjoy perfect peace as he is filled with universal love. There can never be universal love if one has not learned to love all with perfect equality. By loving a particular individual more, we are loving others less.

Our foes and revilers must be loved as we love our dearest and nearest ones. If not our lot will be misery and anguish in suffering. Every one whether great or small, rich or poor, saint or sinner will be made to realize this unchangeable law even at the point of the bayonet.

The pitiable atoms are those who confine their birthright, the all-pervading self, to the bubble-like body. How foolish one must be to exchange an ocean of boundless bliss for an ocean of endless sorrow.

It is the forgetfulness of the self, which is root, of all ignorance when one lives always in every second of his life as self, one without a second, where is the cause for delusion or ignorance? It is the little 'I' the individuality that is making a wreck of divine consciousness.

How true and noble are the great utterances of saints of yore, where the 'I' is the infinite is not. So long as one lives as a body, he can never realize or understand what Infinity is. But when one lives as Infinity, there will be no more body idea, the root of all evils and ills of human life. So one should not under any trying or testing conditions, confine his birthright the infinite consciousness to the finite and imagining consciousness of the body. One's Godhead must be asserted. The Godhead must be felt and enjoyed like a never ending continuous fire of divinity.

The way to the path of truth is not 'I' but divinity. The way to the path of untruth or hell is 'I' alone. The consciousness of the little 'I' alone, is creating hells. So to be free from hell, one should rise above the little 'I'.

One should live identifying himself with truth or divinity dissolving the little 'I' in the inexpressible universality.

Strength is needed for one and all. It is the strength alone that takes everyone to his desired goal. A weak person will be quite unfit for anything and everything. For at every step he will be encountered by numberless temptations and downfalls. He will be ever filled with misery and sorrow for they are the fruits of weakness.

The weak are always fit for the burning ground but never for serving humanity or for the realization of the self. As such one should exert himself even unto death to rise above weakness. If one gives way to little and tiny weaknesses he becomes a slave of big blunders and other numerous sins in no time.

If one should be filled always with strength both within and without, he would be an emblem of strength under all trying circumstances facing strength alone all around him.

What a loving and energetic world is strength. If one repeats simply the word strength, strength, strength, he will be on ideal of strength, and weakness will never dare to approach him.

Strength of the body, strength of the mind and strength of the spirit are needed for complete success in all undertakings more so in self-realisation. Strength of the mind is higher than the strength of the body and strength of the spirit is higher than the strength of the mind.

There is nothing fearful about death. Death is only a change common to everyone that has a birth. Everything that has a birth must have a death. So over the inevitable laws of nature no one need think or feel anxiety or sorrow.

But what is real death? Ordinary physical death is never to be called a real death at all. Real death is nothing but hell, where is that hell? That hell is in body consciousness. And where is life? Real life is in heaven. Where is that heaven? Is heaven in the sky, sun or moon? It is within Thee alone. It is in truth alone, in Thy divine consciousness alone.

Forgetfulness of Thy divinity alone is real death. For this alone brings untold miseries. This alone is the root cause of immemorable sins. This alone is the nest of all sorrows and defections. As such spiritual men consider the forgetfulness of the self alone as real death, but never the ordinary death of mere changing forms. Blessed are they who fear not the so-called death.

As such everyone must try to be above death, ever filled with divinity, never forgetting or exchanging his glory of blessedness and peace, for anything in the world under any trying circumstances, even for a single moment.

Facing death cheerfully, we may all rise to the state of divine consciousness.

The real peace is in the thought that I have been the divinity in the past, and I am the divinity in the present and will continue to be the same divinity even in the future.

One should not repeat this externally with lips alone. He must repeat it feeling the divinity internally. Divinity alone must be gushing out from every pore of his body. One should feel the divinity in the fluttering of the leaves. Divinity alone must be blowing in the hot winds. Divinity alone must be shining in the splendour of the blazing sun.

Divinity is not be imprisoned in body, senses or mind. Divinity never exists in illusions and delusions. It is above the plane of thoughts and imaginations. Divinity exists where all thoughts ceases. Divinity is above duality. Divinity is Oneness alone.

I feel Eternal Peace when I see everything as God. God is not in me alone. God is one and all. God is not within only. God is without also. All this is God. Everything is God. Everywhere is God, when all this is God how foolish of me to see Him only within. What is within is without also. Forgetting the all-pervading God, how ignorant it is to seek for internal God.

I can never suffer when I fill everything and everyone with God. Verily, I will suffer crucifixion when I behold in any one other than my own self or God. When I can see God in everyone and in every atom of space, at all times and under all circumstances, the God that is within me will take care of the self. Thus alone one will be filled with peace, divinity and unity.

I am not the body, I am not the senses. I am not the mind. I am not the intellect. Then who am I? I am the master of all the senses, mind and intellect. The body belongs to me but I am never the body. The senses belong to me, but I am never the senses. The mind

belongs to me, but I am never the mind. So also I am never the intellect, but the intellect belongs to me. As master of all, I am One without a second.

I exists in my own glory, beyond the senses, body, mind and intellect. I am the all pervading self of formlessness.

May peace be unto all.

(Peace Oct & Nov 1995)

54. BIRTHDAY MESSAGE – ROSARY (Japa mala)

Translated by Dr.Vasantha

Rosary is partially helpful to Sadhakas in early stages. Devotees of Sri Krishna use rosary made of *Tulasi*(Holy Basil) beads for doing Japa-repeating a Mantra or God's name. Devotees of Shiva like Rudraksha Mala (Rosary made of Rudrakshas). Some devotees use rosaries made of Sandalwood beads. Use of rosaries made of Pearls is also in practice amongst rich people.

Though these external rosaries are to some extent helpful to reach God, it is difficult to keep mind steady and focussed. There is only one permanent and peaceful rosary which facilitates concentration. That is SOHAM Japa mala.

That is the only Spiritual Rosary which is eternal, unwavering and always existing. Wise men call it 'Ajapa Mala'. It can be said that, in a lakh or even a crore of people only one may use Ajapa Mala. It is sad that people who use such a Japa Mala are scarce. This itself is SOHAM meditation, one which grants liberation in the simplest way and gives the visions of Inner Light, always present and peaceful meditation.

Loving devotees! The embodiment of Soul in the form of sisters and brothers, on this Birthday wishing for your Spiritual progress, my inner self is desiring to offer you, with love, SOHAM Japa Mala as a birthday gift. This Japa Mala is not within the reach of those seeking the outer material world. It is closest to those turning inwards and desiring the divine.

Why so many words and writings? Time is very precious. One who is wasting such priceless moments is wasting ones whole Life. Today is ours. Resolving that you are born just in this moment, doing SOHAM meditation with each breath, be liberated. This Ajapa

Gayathri meditation alone can help for our Peace and to realise the most difficult and otherwise unachievable Realisation of God Now, Here and This very moment.

Loving Soul-mates! Receiving my this small birthday gift immediately, to make your most precious human birth blessed, start a new life from this moment, make best use of every moment in future with God consciousness, feeling that my birthday is your birthday, I request you all to help in World Peace while working for your liberation

This alone is a tiny gift on my Birthday.

May there be Success in all

OM TAT SAT OM

(Santhi 1980)