

ARTICLES 8

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1.SILENT SERVICE

It is Friday— a day of complete fast with deep silence. I am not supposed to speak or do any kind of work. The whole day is intended to be spent in the most consecrated way by forgetting all forms and names, all 'finite duties' and responsibilities of the world, recognizing the divine and feeling at-one-with the interpenetrating universal energy, so that I can be better fitted to serve the world at large through the Mission of Peace in the remaining days of the week.

While thus engaged in trying to commune with the indwelling presence, a dog and taps at my door. I open the door. It comes inside, looks into my eyes and moans with a hungry look. There is no food with me. It is a day of my silence; I must not go out or wander anywhere. So it departs with a heavy heart, and I continue my musings - trying to meditate but in vain.

After a while, I see a cat coming towards me, and as the window is opened, it comes in and alights on my table, stretching itself at full length, continuing its cry of Mew. It looks into my eyes and pleads for a little milk, Silence or no silence; I rise from my seat of meditation to get some milk. I get a cup of milk and offer it to the cat. It drinks and looks at, my face with a contented heart and with greetings of "Thank you."

On my way to get milk for the cat, I saw a bunch of flowers drooping on the ground, and I picked them and put in a vase with some water. Now they look fresh, with their blooming faces and smile at me with loving gratitude.

While looking through the window, a blue bird comes and perches on the branch of a mango tree, and looks at me. It tries to talk to me. When I open the door, I see the basin empty. So I quickly fill it with water, and the little bird drinking heartily, flies into the blue heavens with a look of satisfaction.

But my heart is heavy for I allowed the starving dog to go away without giving food, when it needed. Feeling sad and repentant, once again I go out get food, and in search of the hungry dog.

I am waiting and waiting for the dog, standing by the door with the food in my hand. When does He, the Indweller of all beings come to me in the form of the hungry dog to eat the food?

How soon does He come! Lo! Here the dog comes with another friend of his. My heart leaps with joy and I feed them both. They are contented and I too am contented and happy, as I go to resume my meditation, to bathe and merge myself in His Ocean of love.

May silent adorations be unto Him who is manifesting in all the various forms.

Om Tat Sat

(Peace Sept 1933)

2.SPILLED INK

One day we were sitting in Sushila Mandir the newly constructed *kutir* of our Sister Sushila Devi. It was a day of foreign mail and every one of us was busy in writing letters to get the post ready.

Suddenly our Jagadish kicked an ink-bottle in his hurry to reach out the stamps. The whole white and clean floor was splashed with ink. Someone ran to get a basin of water and a rag while another to fetch a lemon to remove the spots from the clean floor.

Then the boys started to rub and scrub the floor with soap and peels of lemon to remove the stains. After sometime they were able to get the floor back to its former condition.

This small incident had an effect on my mind. What a great amount of time and energy was wasted to remove the deep ink-marks on that floor! This puts me in mind of the inner stains and blots that we have within us. Are we making any attempts to remove the stains in us?

How we worry ourselves when we find a spot or blemish on our faces! We hesitate even to go out of our homes, until we fix ourselves.

In short, we want to be beautiful externally neglecting the inner beauty which is to most essential. We never worry to be free from the ugliness within us. We present our beautiful faces every-where with a smile, keeping within ourselves all the ugliness and mire of our uncontrolled passions. If only others could see the inner stains as they see the outer ones how we would hate to go out or to show our faces to any one!

The stains on the outer are temporary marring only the beauty of the physical body, but whereas the stains in the inner are more permanent marring the beauty of the soul.

My message now is that it is high time for us to be busy to get rid of the inner stains rather than worrying over the outer stains. Let us purify the mind heart and soul from every kind of blemish, so that we can shine in full glory. Let us try to be pure bath outwardly and inwardly for the kingdom of heaven belongs to the pure in heart. May Peace be unto all.

(Peace May & June 1934)

3.SELFLESSNESS FREEDOM

The freedom has been the goal of every religion on the face of the earth. When I say freedom, it is not the outer freedom alone. It includes the inner freedom as well. It covers all the phases of freedom, in physical, mental and spiritual planes.

Freedom is emancipation from bondage of every kind. It is no other than illumination—nothing less than God-consciousness. It comes only out of selflessness or self-effacement. Selfishness is bondage. A selfish man is bound to suffer and perish, sooner or later, like a worm in a cocoon, getting dried up, with his own selfish and endless delusive desires.

It is not so easy to be selfless, especially to the ignorant, who are steeped in the darkness of external ceremonies, outer attachments and meaningless conventions, lacking the true spirit of love. For the wise, all things are possible. They can remain unattached and selfless, always, like the sun, illuminating the whole world, without expecting the least reward, in any form.

The ignorant, the selfish, are always after the results, running after the toys of name and fame, chasing their own delusive shadows. They are always busy, accumulating the perishable goods of the world, the goods that can be rusted and stolen by thieves, neglecting the heavenly riches.

Selflessness is the sure and straight path to the kingdom of heaven, but it is narrow and rugged as the good book says. Very few and rare are they who tread in it. How blessed are those rare and precious souls of selflessness or self-effacement!

Whereas the path of selfishness is ever overcrowded, for it is broad and wide, misleading numberless people towards the gates of hades, to destruction and death.

If we analyze the lives of average people, we find that they are trying to realize God, through the repetition of secret *mantrams* or sacred affirmations, studying religious books, receiving initiations, joining some sector organization, instead of going to the core of the disease, which is selfishness, and striving to overcome it.

Man is trying to be free, without getting rid of selfishness. He is trying to cover or heal the pestering sores, by outer applications, neglecting the root of the disease within. In many cases, the disease is growing—selfishness is increasing, often out of proportions, compared to the simple remedies of formal worship in the organized temples and churches.

What should one do? At any cost one must strive to be selfless, giving a death-blow to selfishness in every form. One can be selfish not only in deeds, but even in one's own words and thoughts.

Selflessness is the highest virtue. It is not only the common factor in all religions, but it is also the basic principle and soul of all recognized religions.

Every prayer we offer, every worship we perform, every word we speak and even every deed we do, should lead us towards selflessness and make us free. All that we do in our everyday lives should lead us to freedom, but not towards more bondage.

It is high time to realize by every seeker of peace and lover of freedom, that *jivanmukti*—the living emancipation, is only in complete selflessness and nowhere else. In vain is the search for freedom, in rituals and ceremonies, in books and temples, in creeds and organizations and in teachers and masters. It is to be searched within, in the stillness of one's purified heart. It is to be sought only within, in utter selflessness.

Great souls like Sri Ramana Maharshi and Mahatma Gandhi are already free and liberated, for they have conquered the disease of selfishness, destroying its contagious germs from its very root.

Such souls need not attend churches and temples or be connected with sects or creeds or engage in performing needless sacrifices, ceremonies and rituals. Their highest worship is ever centered in selflessness.

Look at Buddha, Christ, Krishna or any other Saviour of humanity! Can we ever hope to find the least taint of selfishness in their holy lives? They are the embodiments and incarnations of selflessness in thought, word and deed.

A selfish man is never happy in the long run. Although he looks fat, rich and happy outwardly, the life of a selfish man reminds one of the fate of a heavy log of wood, which is getting eaten inside by white ants, making it hollow and empty. Such are the inevitable results of selfishness! It is the selflessness that pays and blesses one and all.

Knowing that Self is Omnipresent in every one, nay, interpenetrating the whole cosmos, how can a man, remain ignorant and be a slave of the dangerous enemy—selfishness?

Beginning with tiny quarrels and feuds, to the big wars and battles, that are raging now in the world, demolishing invaluable monuments, wiping out ancient civilizations, killing the sacred life, filling the fair face of Mother Earth with bloodshed and shame, have their root or origin only in the simple selfishness.

Man becomes aggressive, unreasonable and senseless with the intoxication of selfishness. Compare the lives of Hitler and Mussolini with the holy lives of Christ and Buddha. On one side we see selfishness in the national selfishness, sacrificing the interests of one's fellow-beings and the sister nations; and on the

other side we see the glory of universal love, the splendours of selflessness, leading towards PEACE ON EARTH AND GOOD-WILL AMONG NATIONS.

The essence of all religions has been given out by sages and saints in both East and West repeatedly, in the following simple words:

WHEN SHALL I BE FREE?

WHEN THE "I" CEASES TO BE.

Do you want to be free? Then get rid of the ego – the little “I” become selfless. This moment you will be free, and freedom is your birth-right and self-effacement is your salvation.

It is the mind--the restless mind, the ever-thinking mind, which is the cause of both freedom and bondage. When the mind is given to selfishness, the inevitable result is sorrow, suffering, bondage and death. When the same mind is given to selflessness, the result is joy, happiness, freedom and emancipation or *mukti*, right now and here.

Dear Readers of Peace! As God or the Universal Self is One without a second, let us realize, that in loving any one we are loving the One Self, that in serving anyone, we are serving only the One Indivisible God. O! Let us forget these tiny forms and names in the blessed glory of selflessness. Let us worship no longer, the tiny evanescent bubbles, but only the Universal Lord—the Infinite Ocean of Cosmic Bliss.

Let us be no more slaves of the phantoms of passing name and fame, but recognize the nameless and formless one in the self-shining splendours of sacred selflessness or self-effacement.

May selflessness abide in the hearts of individuals as well as nations, giving a death-blow to the poisonous disease of selfishness in every form and thus may we help to establish the kingdom of peace on heaven on earth, now and here is the prayer of your own brother.

OMOMOM

(Peace Jan 1939)

4. SELF PRAISE AND CONDEMNATION OF OTHERS

(atmasthuthi and paraninda)

There is a huge almond tree in our Totapalli gardens which looks very artistic and beautiful; it is called *seemabadam* the English name is almond tree. It also yields very costly and tasty almonds. But at the time of blossoming, in its season, it emits an unbearably bad odour.

This big tree reminds one of the people who are filled with self-praise. If you happen to sit with them or to be in their company even for a few minutes, the bad odour of self-praise gushes out.

They are not satisfied in praising themselves and glorifying their great deeds and grand achievements, but they begin to criticise and condemn each and every one even innocent people with whom they are not connected.

One wonders how *atmasthuthi* and *paraninda*, self-praise and condemnation of others go hand in hand, for they seem to be inseparable.

Blessed is the man who can find the beam in his own eye instead of finding the motes in the eyes of others.

How blessed is the man who finds the highest in every one and beholds the sweet face of God in every face, instead of picking holes into the lives of His children.

One should not judge any one in haste, but one should listen to his conversation, even if it is for a short period of five minutes.

In those five minutes see for yourself whether the words and ideas are expressing self-praise, glorification of self and also indirectly hurting others by sharp criticism.

After all who are we to judge? God -the allknower, the indwelling presence of our hearts is the only judge. Our duty is only to bear, forbear, love and smile, ever relying on the inner strength and realization of truth.

How true are the words, what one has within himself, he beholds in others!

Yudhisthira, the king of righteousness, could not find even one wicked man in the whole world, for everyone seemed to him to have some good in him, whereas Duryodhana, king of vices found all people crooked and bad; for he saw even in the best some flaw, for he had the worst within himself.

Life is full of tests and trials. It is a constant struggle between the lower and higher propensities. Man's life is very rarely free, from the ordeals of tests and

tribulations. He is very often tried in the fiery crucible of life in evolution. There is a Judas for every great soul showing the way towards the kingdom. Verily man's glory or greatness lies in resigning himself to the all-wise God, ever repeating cheerfully: *O Lord! Not my will, but Thy will be done.*

Blessed is the one who has inner strength, not to react in the face of severe tests and the blackest calumny of these who oppose good. As two blacks can never make one white, what is the use of hitting back? After all, whom do you want to blame, when all is God, and everyone -like the baby that hurts you in ignorance, is a living manifestation of God.

Our duty is only to see the best, the highest in every one, leaving the judgment to God.

How one longs for that blessed day, wherein no one will speak ill of his fellow-brethren, where in love will abide instead of the tearing down and wrecking of innocent lives.

It is blessed to live in a world where self-praise is replaced by self-abnegation or self-forgetfulness, and condemnation of others by seeing and praising the best and highest, in others.

How blessed it is to see the Real in the unreal, the Light in the very darkness and the Immortal in the very mortal.

Such blessed souls can be aptly compared to the holy *kalpataru* the tree that grant all boons to his trusting children.

As you sit under the cool shade of a *kalpataru* tree, you will be blessed with the fulfillment of all your desires, bathing in peace, power and plenty. The men of realization are verily the *kalpataru* trees of the world, in whom you find the sweetness of life and fragrance of love, instead of self-praise and evil thoughts towards others. Self-praise, stifles one with its poisonous odour, and self-abnegation gives out the sacred fragrance of the holy lotus of love universal, that includes all and excludes none.

Dear friends, let us beware of the people who speak ill of others and expound about their high merits and noble deeds. Let us be discriminating and know under which tree we are resting, whether it is an English almond or a *kalpataru* when associating with others.

Let us refuse to tarry under the tree when it emits the poisonous odour of self-praise and condemnation. Let us however inhale and exhale always and only the

sweet fragrance of self-abnegation beholding the highest in all the sweet and sacred images of God remembering that even the *seemabadam* yields luscious and rare fruit if we wait, long enough for the divine-fruition.

May all His children in East and West be praised and glorified!

May peace be unto all.

OmOmOm

(Peace July, Aug, Sept 1941)

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5.SANKALPAS

(INHERENT DESIRES)

Sankalpas are the inherent thoughts, latent desires, and unexpressed wishes rising from the lake of one's own mind. As the ocean is never free from waves and the sky from stars, so is man never free from some *sankalpa* or other. Man is bound by *sankalpa*, for the scriptures teach, that *sankalpa mathrobandhah*- mere thought is bondage. Here the critic might say, how thought or anything can bind the *atman*, the soul, which is ever free. He might add also, what is there besides the *atman* to bind, when It is One without a second undoubtedly he is right in what he says, the *adviteeyam*, the one without a second? Can never be bound, for there is nothing besides it to bind. Yet, in the plane of relative world, I and you, he and she, all are bound with something or other beginning from the most ignorant to the highly intellectual philosopher.

Even a swami or a yogi who runs an Ashram or a Mission is bound with its various activities, more so, if he is running after the praise of the world, seeking riches, fame and name. Often there will be the *sankalpa* that his Ashram should be the finest or the ideal Ashram in all the world. Similarly, each man, from a beggar to a king, be he ignorant or learned, has his own desires, according to his vocation in life. But the truth is, that freedom belongs only to that rare and blessed soul, who has risen above *sankalpas* of every kind, be they good or bad *sankalpas*, do not leave even *sanyasins* - recluses or *grihasthas*-the householders; unless and until they renounce all latent desires.

Why and how does the *sankalpa* rise in the limitless, the infinite and eternal? Why are there waves in the ocean and the stars in the sky? Such as these deep and abstruse problems, let us leave to the mighty intellects of the great scholars to solve; but let us try now to understand the *sankalpas*, more in a practical way taking illustrations from our daily life and find out the ways and

means of controlling or overcoming them, for Peace, which is the soul and goal of human birth, lies only in the complete rooting out of every kind of *sankalpa*, be it for himself or even for the good of others.

Now to make our theme clearer, *sankalpas* can be divided into three sections.

- I. The *sattvic* - the Harmonious - the selfless.
- 11. The *rajasic* - the Active - the restless.
- Ill. The *tamasic* - the *asuric* - the dark or selfish.

The wise say the *sattvicsankalpas* never bind the soul, as the waves in the ocean can never bind or retard the ocean.

The *rajasicsankalpas* increase the desires, leading man from birth to birth, creating restlessness and ceaseless activity, like the fire fed by fuel.

Whereas, the *tamasicsankalpas* dark desires, bind a man with bad *karma*, always leading him in the down ward path of darkness, giving lower births to satisfy his low desires. He goes down and down like a ball dropped on the steps of a staircase.

The scriptures teach us for the peace of one's you to realize the goal of the precious human birth in this very existence, one should try to overcome selfish and evil thoughts, words and actions with the help of good thoughts, words and deeds. Even the good *sankalpas* can be given up when one reaches perfection, for the fruit falls of its own accord when it is ripe. Sri Ramakrishna Paramahansa gives us the simple but very helpful illustration of how when a thorn gets into the foot, we take another thorn to take out the first and then throw away both the thorn similarly, when a soul is about to reach the heights, one gives up both the selfish as well as selfless *sankalpas*, unconsciously rising above the three constituents of *prakriti* the nature, namely *sattva*, *rajas* and *tamas*.

Dear Reader, in the coming issues of Peace, we will deal in detail about the ways and means of overcoming these *sankalpas* and impressions. Shall we have a short meditation now, on that blessed state of wavelessness which is free from all latent desires? Pray! close your eyes and join me in a deep meditation. Even though this thought itself is a *sankalpa*, it will not bind us; more so, as our meditation is a meditation for the peace of all.

May there be Peace, in East and West, North and South. May Peace abide with you my loving reader this is the *sankalpa* of your brother Omkar.

OM OMOM

(Peace April & May 1951)

6.SERVICE BEFORE SELF

Blessed is the person in whose life service comes first before the self. The goal of all religions is only the annihilation of the ego or the little self. Any work belonging to any community or nation, when it is based on selfless service, is bound to be a success, not only to the individuals but also to the world at large in the long run.

Selfless service gives out fragrance and radiance, consolation and comfort to others and peace and joy to those who are engaged in selfless service. The greatness of the community or nation is to be judged by the men of selfless service.

Selfless service is the outcome of God-Realization. It is only possible to those who are blessed with personal experience of their inseparable oneness with the indwelling presence of their hearts, the creator of themselves as well as the world.

Personal experience of God in one's own life is the only thing that counts, for it is the aim, soul and goal of the precious human birth and all else is nothing but mere talk. Shall we eat the fruit of God's love or be satisfied with the dry and lifeless peelings of the fruit or in counting the endless leaves of the tree of life? Shall we not make proper use of our precious time in His service?

Hence, my loving friends, let us first strive with zeal and earnestness to realize the goal of human birth, namely our inseparable and eternal oneness with God, and then engage ourselves in the Selfless Service, with the Peace of our souls derived thereby, for the progress of the community and for the good of the nation and the world, is the prayer of your brother Omkar.

May all homage be unto the souls of selfless services.

MAY PEACE BE UNTO ALL

OMOMOM

(Peace Aug & Sept 1951)

7.SAHAJA SAMADHI

(Natural State of Ecstasy or Super consciousness)

Sahaja Samadhi means natural trance. The word, trance, may give an impression that it is induced or imposed by certain practices. So let us call it the natural state of transcendentalism. It is something beyond the senses, mind, intellect and ego. Yet, it is something which is ever present; interpenetrating the very cells of one's being as well as the universe. Spiritual tranquility is causeless. Here one need not try to become the self, for he is already the self. He should only know that. What a deep and sublime thought!

Sahaja Samadhi is man's life, soul and goal. It is his divine heritage, his true birthright. The greatest consolation is although man is not aware of IT, nay in spite of his forgetfulness, IT is always there, within and without throbbing in his very heart and flowing in his breath, repeating inaudibly in a most natural way, both day and night, in waking, dreaming and sleeping states, the most helpful and powerful *Mantram* of all *mantrams*, the sacred affirmation *soham*- I am He.

One who works, breathes and lives ever having his being, in this *Soham*consciousness is the one liberated in life—a *jivanmukta*. Peace that passeth all understanding belongs unto such happiness that knows no change which is the same, infinite, eternal and everlasting belongs only to those rare and precious souls, who are blessed with *sahaja samadhi*, the natural trance. Here the flow of ecstasy is perennial and unceasing like oil poured from one vessel into another or like that of a river gushing from the hills towards the ocean.

In this blessed state, one is free of long prayers and deep meditations. One has reached that blessed state of completeness through introspection and realizes now, that everything is Himself or Brahman. All struggles, trials and attempts to reach or grasp something, to concentrate or meditate have ceased once for all for the free soul. He is ever centered in the natural trance from eternity to eternity. It does not make any difference to him whether he is worshipped or disgraced. He is the same whether sleeping or engaged in work. He is the witness of all the manifested world of phenomena. He is like a dry leaf, wafted by the breeze without having a will of his own. He is like a fruit fallen down when ripe. He is like a sweet smelling flower, full of fragrance. He is care-free like a bird flying in the sky. He is playful like an innocent child, filled with purity.

The following inspiring thoughts from the famous sage Sri Ramana Maharshi also throw a clear and precise light on natural state.

He who is fixed in the pristine, (*sahaja*) state, is in automatic and incessant *tapas* - penance. There could be no idleness in that state.

Fixity in the primal state is the most excellent form of *tapas*, engaged in such incessant *tapas*, one develops moment after moment.

Inherence natural in the self, not withstanding contact with the world is known as the natural state; abstract consciousness withdrawn from such contact is *nirvikalpasamadhi*.

The *sahasrara* of a *jnani* is aflame with consciousness. Should thoughts arise in such a brain, they are consumed.

Sacred scriptures have compared such liberated souls to innocent babies, to the drunken and to those who are possessed. A God-man is innocent like a baby for he is free of desires. He is compared to a drunken person, for he is fully intoxicated with God's interpenetrating presence. As he is filled, soaked and saturated with a new spirit of peace, power and glory, he is compared to one who is possessed by an elemental spirit, for he is no longer conscious of himself -as in the case of the one who is possessed by a spirit.

The man of illumination, although seeming to be asleep he is not sleeping, although appearing to be working, he is not working, for he is ever centered in the highest state of *parinirvana* - the *mahasamadhi*.

As Gita teaches:—The yogi who has realized the truth knows that it is not he that acts whilst seeing, hearing, touching, smelling, eating, walking, sleeping, breathing, speaking, giving, gasping, opening and closing the eyes. He understands that the senses move among the objects of the senses.

Verily, he is the wisest of the wise. He is no longer bound to one body, to one caste, creed or nation. He works for all, breathes for all and lives for all. He is the common property of all. Such a one is the fragrant flower of humanity and the self-effulgent light of the manifested world.

May all homage be unto such – living flames of wisdom and illumination.

OM OMOM

(Peace December 1951)

8.SOMEBODY WHO CARES

Dear friend, do you have somebody who cares for you, considering you as all in all, and feeling happy when you are happy and feeling sad when you are sad? If so, your life is blessed and it is worth living. The selfless love and the tender care of somebody is the greatest blessing of God. That somebody may be, your precious mother or your life partner, or a sister or a brother or, a daughter or even a friend who lives and breathes for your welfare.

You must be true because of the somebody, who thinks that you are true.

You must be pure because of the somebody, who feels that you are pure.

You must be brave because of the somebody, who supposes that you are brave.

You must be selfless because of the somebody, who trusts that you are selfless.

You must be God-conscious because of the somebody, who believes that you are God-conscious.

For the sake of that somebody who loves you and works and lives for you, you are to be very careful, for if you give yourself to sadness or depression, you will make your loved one also sad and depressed. Hence, you must be true, happy pure, brave, selfless and God-conscious even for the sake of the somebody, who is looking up to you as her or his deal.

How blessed is the life of selfless love, where souls live for each other, glorifying God, rising above little self-seeking self! It is because of this God given somebody, many an erring soul walked in the path of truth and purity, setting an example for the one who is looking up, considering him or her as the ideal.

My Friend, it is not so easy for everyone, to be blessed with the love of somebody, who lives and breathes entirely for others. Then what to do? The next best thing is to have God Himself, as your somebody who cares, as your life companion, as your all-in-all, for He is your soul, as well as your goal.

What is more, when we are happy, God is happy, when we are sad, He is sad, for God and we are not two but one. God cares for us. No one else can care for us like God—the impersonal. Even in the personal dear ones who are caring for us, it is the reflection of God that makes them to care for us. God in the form of somebody is caring for us, looking after our welfare day and night. What a great privilege and good fortune it is, to have somebody in flesh and blood, to be watching us in every moment of our life, wishing and praying always for the best and the highest in us.

As somebody is caring and loving us who may be remaining at a distance of thousands of miles, across the seas, may be watching and protecting us disembodied, from the astral regions, let us strive to be true in thought, word and deed to that somebody, for, if we are sad, that somebody will be sad, and if we are happy, that somebody will be happy. For the sake of our precious somebody let us do something, groveling no longer in the depths of depression and darkness but shining in the full glory of the splendour of millions of suns.

May all homage be unto the somebody who is no other than the one indivisible light, the only reality, the indweller of your devoted and dedicated heart and may peace and long life be unto you my loving reader.

May Peace be unto all.

OM OMOM

(Peace Aug & Sept 1952)

9.SRI RAMANA MAHARSHI

Originally is the result of intuition which transcends all conscious thought. It produces independence in thought, word and deed. It is not mere physical independence but mental, moral and spiritual independence. A man of independence does not rely or depend on anyone else, however great and mighty the latter might be. He relies only on Himself—The One Supreme Self, beyond which he perceives nothing, and acknowledges nothing.

Blessed is the country which has such men of originally. The world is full of imitators, the worshippers of the dead or the living, for it is easy to imitate others and very difficult to be original. It needs souls like Sri Maharshi to be original, following none, imitating none, not even the angels and the Gods, but relying always on the Light within, expressing its self-shining splendour.

Sri Maharshi has always been original from the beginning to the end, original in his outlook and expression, whether it is, in the little he had written or in the few sage words he has given out or spoken. When he wrote, it was Bhagavan who wrote, and when he spoke it was Bhagavan who spoke, through his vehicle. Those who confine Sri Maharshi, either in the past or present, to a form and name, cannot help but bind him to a place to Sri Ramana Ashram or Tiruvannamalai, but Bhagavan is equally present now in Kailas as much as in Ramana Ashram and in all for he is Omnipresent.

Further has not Bhagavan said that the whole world with all its so-called big dimensions is only a mere froth in the Glory of God? Why confine Bhagavan to a place or name, in the mere evanescent froth which is ever changing, ephemeral and which disappears before our very eyes? Let us behold him in the fathomless and boundless ocean of the unlimited Self-effulgent Splendour! As I write now in the silent hours of Kailas, in the stillness of my heart, I feel the presence of Bhagavan. I love to forget myself in his infinite, eternal and ineffable glory. I long to pay my humble homage to Him, by recognizing nothing but Bhagavan within, without, above, below and all around now and always.

A friend from the far away west has sent us a valuable book called, human destiny. In the introduction of this book it was mentioned: a book like this can be written and published not often, but only once in a hundred years — a century. This same thought reminds me, that a soul like Maharshi is not born every day or even in a century, but once in a hundred centuries for the benefit of the world.

In conclusion what is Sri Maharishi's message? To understand his message, let us approach the sun the light of the world and ask him, for his message. O! Sun, what is your message to the world? Is it necessary for the sun to tell us what his message is, my loving readers? Is not his eternal and effulgent light a glorious and silent enough message?

Similar has been the living message of the loving Bhagavan Sri Maharshi to you, to me and to one and all, in the East and the West and all over the world. His message is the message of the living flame of God-consciousness, the perpetual awareness of the indwelling self, in his own words inherence or steady fixity in the self is the means of liberation from bondage.

Sri Maharshi said that the sahasrara of a jnani, the highest center, the thousand petalled lotus is aflame with consciousness of the self-effulgent light, and if thoughts arise in such a brain they are consumed. Hence, in memory of the sacred birthday of Bhagavan, let our *sahasrara* be aflame with God-consciousness, so that all thoughts of the ego, the little self, will be consumed in the fire of the interpenetrating presence of the millions of sun's splendour!

May Bhagavan bless us all with the vision universal, so that we may be able to behold little Bhagavan's—His living images all over the world, not only during the periods of the meditations but also in each and every moment in our daily lives, as we engage ourselves in our respective ordained duties according to the divine call, for the happiness of ourselves as well as for the peace and goodwill amongst individuals and nations all over the world.

MAY PEACE BE UNTO ALL

OM OMOM

(Peace Feb & March 1953)

10.SOUL REFLECTIONS

One should know of his subject thoroughly before he begins to write on it, let it be on any subject. The present theme has been so deep, so near and dear to my heart. I longed to call it the intuitional reflections. Whether we call it by the name the intuitional reflections or deep reflections or self-reflections or soul reflections, it is all one and the same. Anyway the soul or deep reflections cannot be the outcome of body consciousness or of a selfish life. Let us leave the selection of the right name for these reflections to the intelligent and loving reader, to reflect and meditate and thus to classify, as per his wise discretion.

Peace supreme and eternal is the goal of the precious human birth. The peace that passeth all understanding belongs only to those rare and wise souls who have risen above body, mind and world. To rise above body, mind and world, one must be a master of every thought, word and action.

How to control thoughts, words and actions?

Q. What is action? Gita teaches us, that it is difficult even to understand what action is and what inaction is?

A. Wherever there is selfishness, there is action, even though a man does not engage himself in doing any work; but sits silent.

Q. What is inaction?

A. Wherever there is selflessness, *atma* or Soul-consciousness, even though such a man engages himself in all the actions in the world, he is not doing anything.

Now, coming to the present there, we have stated that peace supreme is the result of cessation of all actions, words and thoughts. If we admit and believe that soul is one without a second, and that it is Omnipresent, Omnipotent and Omniscient, how could the soul act or move?

What for and how should the soul engage itself in any action, when there is nothing besides IT? Thus, the soul is ever free from all actions of every kind. What about all the words that we speak both day and night? Does the soul babble or rattle with finite words? It is only ignorance of the Soul that makes one to talk and talk, wasting precious breath. The soul is free from all words, be they good or bad, selfless or selfish, helpful or hurtful and pungent.

As the soul is complete, and all-in-all, it cannot move and has no place even to go anywhere. Being Omnipresent, it exists everywhere. As it is wave less, it does not need any words or ripples in its bosom of the fathomless ocean of light, life and love.

Now, the source of all creation, the main source of man's life on earth, is thought. How to control it? This is the most difficult thing in all the worlds. A man by practice can sit steady without moving, he may even hold his tongue and train to be silent, but what about the latent thoughts, inherent vibrations in the lake of his mind?

The same Gita, the Song Celestial, says: he who sits silent without doing any action, but allows the mind to roam and think of sensual things is a hypocrite. The essence of all religions and philosophies is centered only in the control of thought, as thoughts lead to words and words to deeds. Thought is possible only in duality, in ignorance, but not in the effulgent splendor of the Soul. On the same vital theme, Astavakra Gita helps and supports us by throwing more light, with the following words:—

"First, become intolerant of physical action, then of extensive speech and then of thought. Thus, the Sage -the knower of truth, abides in supreme self, the unthinkable one, the goal of life.

Verily, the wise, the liberated in life, knowing that, they melt in supreme silence;indeed, the self does nothing, for it is eternally complete.

Atlast, I see the vision universal, nay I feel it, in the stillness of body, speech and thought. My Friend, my soul comrade, my loving reader, it is completeness within, without, above, below and all around. Pray, wherever you may be, do meditate on this completeness, the soul of supreme silence!

May Peace be unto all

(Peace Aug 1954)

11.SUSPICION

A suspicious man or woman is not only a most dangerous being, but is also a most miserable creature on the face of the earth. Suspicious people not only make themselves miserable but also, they make everybody around them miserable. Being weak, they suspect everyone and everything. One should be aloof from such persons, if possible keeping a distance of a million miles from them.

The atman, the truth, the indwelling light belongs to the strong, but never to the weak,who are running after shadows, recognizing darkness, instead of light, which is their birthright. It is really strange and unfortunate how they see the snake in a rope. The snakeobsession naturally fills them with fear and worry. Everybody who is unfortunate to be associated with such weak and suspicious people is also drawn into the delusion of the snake-idea. Thus all are miserable in the ditch of dark ignorance.

When all is God or Light, why should you suspect anyone or anything in the first place? Why should you see the snake in the rope, and thus make yourself miserable needlessly, making all others also unhappy? Learn to see the highest, the best, the indwelling

light, the only reality in each and every one and thus be happy. By beholding the light in others, not only you are happy, but you will make them also happy. All are benefited, by recognizing the light, within, in ourselves, without in others and all around and everywhere. Verily, it is the light that pervades and permeates the whole universe. To begin with, how does the suspicion start? It begins with the forgetfulness of the Godhead or divinity within. You forget the light and all becomes dark and you will see the same darkness, naturally everywhere.

No wonder, that it has been said by the wise seers that inadvertence, be it even for a moment, is death. Forgetfulness of God is real death. Thus suspicion begins in inadvertence or forgetfulness of the light within and it thrives and grows fat on wrong imagination. It was Swami Rama who said: Better have a bullet in the heart than a doubt of your Godhead, the indwelling divinity. Hence, I repeat in his wise words: Better have an atom bomb in your heart, than suspicion of any kind. The sacred sanctuary of your heart should be free of all jealousy, suspicion and worry. Suspicion creates false fear. It paralyzes the arteries and deadens the nerves. The very blood is poisoned and it makes one lifeless and soulless. Let there be light in your heart, the light that never goes out, the light which is eternal and infinite.

Dear Friends, when light is your divine heritage, why do you give yourself up to the weakness of suspicion? Recognize God, the self-effulgent light and be silent. All is light within, without above, below and all around. You are the image of the light and all are the images of the same light, for the light is indivisible, being, one without a second. The sooner you give a deathblow to the dangerous trait of suspicion, the better it is for you, for your dear ones and to all those who are associated with you.

You can overcome this dangerous weakness, with a little daily practice of meditation, twice a day. To begin with, meditate on the indwelling light everyday. Resolve to see the same light within as well as without, in yourself, as well as in all your friends and family members, nay even in the ugly and so-called foes, for all are the images of the one living, infinite light.

O Adorable Light, bless us with the divine vision, where it is all light, the infinite, the eternal and the self-effulgent splendour of millions of suns! Give us the strength to behold Thee alone, in all the trying conditions of life. Above all, bless us not to be the slaves of self-delusion, seeing or imagining the snake in the rope — the Reality. May we ever be centered and established in Thee, who art our life's soul and goal.

OM TAT SAT OM

Dear Loving Reader, have you ever read the following beautiful poem, by an unknown author? As my theme will be incomplete without sharing this helpful poem, let me include it here, for your kind perusal and assimilation in your daily life.

I KNOW SOMETHING GOOD ABOUT YOU

Wouldn't this old world be better
If the folks we meet would say —

"I know something good about you,"
And treat us just that way?

Wouldn't it be fine and dandy
If each hand clasp fond and true,
Carries with it this assurance—
"I know something good about you.

Wouldn't life be much more happy?
If the good that's in us all
Were the only things about us
That folks bothered to recall?

Wouldn't life be much more happy
If we praised the good we see?
For there's such a lot of goodness
In the worst of you and me

Wouldn't it be nice to practice?
That fine way of thinking, too?
You know something good about me,
I know something good about you.

Blessed are they who are free of suspicion of every kind, and whose minds are fixed and established in God - the Light of lights. Unto such belongs the peace that passeth all understanding and unto none else.

Let us rather have a bullet or an atom bomb in the temple of our holy hearts, instead of harboring suspicion of any kind of anyone! Let us refuse to see anything but Light in us or in others. Thus we will be living in a world of light and our lives will be a blessing to humanity.

May Peace be unto all!
Om Santi Santi Santi Om
OM TAT SAT OM

(Peace Aug 1955)

12.SUBJECT AND OBJECT

(Where is Real Happiness?)

To understand this theme clearly and in a simple and easy way let us try first to understand what the subject is and what the object is?

It is difficult to understand the subject, for it cannot be seen with the physical eyes. It is easy to understand the object, for, it can be seen with the eyes. The world is the object.

That which is the witness of the world is the subject.

Everything that has a name and form is an object.

That which is formless and nameless in the Subject.

The objects change — the subject never changes.

Men suffer, because they cling and rely on the ever changing objects.

Only, one in a million relies on or clings to the changeless Subject and thus he is eternally happy.

All heartaches, headaches and every kind of ache, sorrow and pain are only due to the reliance on the transitory objects. If you wish to be free from all troubles and worries and be happy, the only way is to cease clinging to the objects and learn to rely on the subject, as It is the only changeless reality and the source of all happiness.

Q. Where is happiness, the happiness that knows no change?

A. The changeless happiness is only in the eternal subject. Hence, the sooner the restless man realizes that infinite mine of happiness lies only within the subject, and never in the world of objects-the bewitching forms and alluring names - the better it is for him and for the peace of others and the world.

Q. Where is the subject? This is the most important and essential thing to be known.

A. The subject is omnipotent, omnipresent and omniscient and it is everywhere. It is all in all.

One who has recognized it, in the stillness or his own purified heart can recognize it also in the outer world of bustle and hustle. Verily it is the subject that pervades and permeates the whole universe too. The subject is the ocean and the world is a mere bubble in it. In short Thou art the subject.

Tat Twam Asi -Thou Art That.

Being the Light of lights, why beg for a little light? Being the subject; the indivisible *atman*, why delude yourself into a finite object and make yourself miserable and unhappy? Wake up - take hold of your birthright, the infinite, eternal light. There is but one reality and that reality art Thou.

Affirmations are the powerful *mantrams*. The repetition of the same is very helpful. Hence here is a *mantram* for you to memorize and repeat as often as possible, every day. Make it a practice, to wake up from your sleep with the *mantram*. Engage yourself in all the

work feeling that you are the subject. And finally sleep in the Sun of suns, as the subject, to wake up again to the glory of the self-effulgent light,

Q. Can the subject ever sleep?

A. No. It is above sleep. It is all-light or awareness.

Q. Can the sun ever sleep?

A. No. the sun is above sleep. It is free from darkness, lethargy or sleep.

SAGE ASHTAVAKRA SAYS

There is only one bondage for you being the subject and the witness, you forget yourself and think that there is another subject besides you.

Your only bondage is, being free, you think that you are bound; being the Light of lights you run after the dark shadows of ignorance.

Let all shadows flee before the self-effulgent splendour of the subject the Sun of suns, by the constant repetition of the following *mantram* or affirmation.

I am the Subject.

In the past I have been the Subject.

In the present I am the Subject.

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

I am eternally the one Subject – The *Sat ChidAnandam*.

I am the Existence, Knowledge, Bliss Absolute Being the Subject.

I am ever free and eternally happy.

Om OmOm
Hari Om Tat Sat Om
May Peace be unto all!

(Peace Nov 1956)

13.STRUGGLE

All life seems to be an endless struggle in this finite world. There is struggle in every walk of life. There is struggle even in repeating prayer and in doing meditation - in the early stages of spiritual life. There is struggle in climbing the steps, but when once we reach the roof, the heights, and all struggles cease. Until one reaches God, the heights of glory, the goal of life, man's life seems to be like that of the life of a fish on dry land.

Did you ever watch a fish on dry land, struggling for life? It is very pathetic and heart-rending. Life is sweet from the mighty man to the tiny insect. Life is sweet to all the creatures on the face of the earth. All are struggling, identifying with the finite life of senses. How few, rare and blessed are they who are struggling for the infinite life! Unto such all struggle ceases, for in the infinite, there is no more struggle for it is one without a second.

Struggle is possible and inevitable in duality and never in unity. Where there is always one which is self- effulgent. Wherever there is ego, there is the struggle. It is the ego that creates the struggle.

Q:When shall I be free?

A: When the 'ego' ceases to be.

There is only one place — rather one state which is free of all struggles where there is no more struggle. May I lead you to that blessed state?

Q: Where is that blessed state?

A: It is within you.

Q:Which is that holy state?

A: It is the soham state.

Behold!God is the Breath of the breath. Merge within. Follow your own breath concentratedly. Follow ceaselessly without any break, rising above the mind. Soham is there within you, ever expressing in the waking, dreaming and sleeping states. It is eternally present.

As soham is the universal breath, as it is one without a second, it is free of all struggles. As you follow the tiny breath, it becomes the mighty breath of the universe. The individual becomes the universal, the individual has always been the universal, it has been One eternally.

That which exists is One.

THOU ART THAT - *TAT TWAM ASI*

SOHAM

OM TAT SAT OM

(Peace Feb 1957)

14.SAHAJA SAMADHI

Constant abidance in God-Consciousness

This is not a message on *samadhi*, but I am trying to think out some of my thoughts on *samadhi*. It is only children who try to describe or explain the inexpressible and incomprehensible in finite words. *Sahaja samadhi* and *atmanista* are one and the same. *Atmanista* is God-consciousness — the opening of the cosmic sense. Some call *sahaja samadhi* as natural trance. I do not like the ordinary or common word trance as it brings down into the common plane of some kind of hypnotism etc.

Sahaja Samadhi is only God-consciousness or Super consciousness or Cosmic consciousness. That which exists is one and as repeated by sages and saints of the East and the West. It is called by various names. It is not the name by which the truth, the highest is

called, that matters, but to feel It, to realize It, to taste It and to consciously feel or experience and be aware of It, nay, be that, it is that which masters now. *Ekamevaadviteeyam brahma*. Brahman, (God) is one without a second and Thou art That.

Sahaja samadhi is the birthright of every individual on the face of the earth, yet it is strange and sad to see only one or two in a million, consciously expressing, the indwelling, inherent divinity, the light of the Sun of suns, Why? Why all people are not able to express the indwelling light the only reality which is their divine heritage and birthright? This is the greatest delusion of the *maya*, which makes the Real unreal and Unreal real. *Maya* converts a lion into a sheep. It makes the lion to bleat instead of roar.

It is only the *sahaja samadhi* that makes all clouds to be dispelled. It drives away all forms of ignorance. It makes a sheep into a lion. It is more apt to say that it makes the lion to remember, that it has never been a sheep but always a lion, even in its forgetfulness and ignorance. It is not so easy to be steeped and immersed in *sahaja samadhi* perpetually in each and every moment of one's life, especially when facing tests, trials and tribulations of the world. It needs the gigantic strength of a Christ, to be in *sahaja samadhi*, to express cosmic sense or love universal even when nailed on the cross.

Here is another secret or fact. *Sahaja samadhi* can be expressed only when souls are blessed with *nirvikalapasamadhi*. *Nirvikalapasamadhi* is that blessed state, the highest state of transcendental condition which is entirely free of all duality. Having been blessed with a taste of this highest ineffable state, in the stillness of his dedicated heart one naturally comes into the *sahajasthiti* expressing the light in all conditions, in the mundane life of the world also. The taste of *nirvikalpa* which makes one forget the body, mind and world, is the goal of human birth. It was on 18th November, I was blessed with a taste of it, rising above all forms and names, nay even above time, space and causation. It is a blessed state that cannot be described in finite words or comprehended by the tiny mind. Since the dawn of *nirvikalpa* on 18th November, my mind has been in the *sahaja sthiti* naturally more than ever.

If I am writing it is He.
If I am thinking it is He,
If I am moving it is He.
If I am breathing it is He.
If I see Him all around,
I face Him in all sound,
It is He in the sound and silence, in both the manifested and unmanifested.

As I am writing this message in the very early hours of dawn filled and surrounded by silence. Sitharam, the little kitten is sleeping at the back of my chair. Even in its sleep it is unconsciously repeating soham. *Soham, soham* with every breath.

I am That, You are That, All are That.

Tat Twam Asi-Thou art That.

The *mantram*, the holy statement: I am in God or in the light is very helpful to bring out or to express the *sahajasthiti* in the daily life of the world. Wherever you may be, you are always in the light. I am writing this message now sitting in the light.

Dear Loving Reader, you too are reading this message staying or abiding in the same light, wherever you may be, for the light is one without a second. With the help of the same one indivisible light. I am writing and you are reading, and our Sitharam is snoring, *soham*, unconsciously. It is the same light, which is shining in the sun, moon, and stars and in all the planets. Blessed are they who can recognize the one, in the many, in all the world of forms and names.

Now let us come to the next step:

The Light is in me: Not only I am in that Light, but the Light also is in me, interpenetrating the very cells of my being. Nay, the Light is pervading and permeating the whole universe: How blessed it is to feel the Light in the very cells of our being not only now and then, but always, unceasingly for the Light is there eternally.

Now we come to the last step or the highest state.

I am the Light. I am the Light in the past. I am the Light in the present I am bound to be the same Light in the future. I am the Light eternally. Where is the moment when I am not the Light either in the past, present or future? There is never a moment when the Light is absent, either within or without, either now or in the past. Glory, Glory, Glory! All homage be unto this infinite and eternal Light! The sage Ashtavakrasays; being the Light of lights why beg for a little light? He continues to say:

Your only bondage is, being the Light of the world and ever free, due to the bonds of attachment and deep *maya* the delusion, you forget the Light within and think that there is someone else besides you. Is not this your pure delusion, binding you in ignorance?

Not only you are in the Light and the Light is within you, but also, you are the self-effulgent Light, from eternity to eternity. Make your highest moment permanent. The consciousness of the Light is your highest moment. Try to make this highest moment, everlasting, permanent. The Light is within, without, above, below and all around. Nothing else exists except the self-effulgent Light. When once you are blessed to feel It, to realize the Light in Silence in your deep meditations, you can express the same Light, in the sound, in the outer life of the world. Thus the Sahaja Samadhi becomes natural, a part and parcel of one's life.

The sage who is blessed with *sahajasthiti*, does not need any more set of prayers or regular meditations at fixed hours. One enjoys *sahaja samadhi*, even when asleep. He is awake even in deep sleep. Indeed *samadhi* destroys the ego in every form, its very roots. Peace reigns, where the ego is annihilated. Be still and know that "I am God" know thyself.

The one who has known himself has known the self of all! He is ever complete, eternally full. *Om poornamadahpoornamidam, poornathpoornamudachayate, poornasyapoornamadaya, poornamevavashishyate. Om shantissantissanti.* The whole is all

that. The whole is all this. The whole was born of the whole. Taking whole from the whole, what remains is whole. Om Peace PeacePeace.

An Offering

An offering to our blessed Sister Lalita Devi in memory of her visit with Sister Anna to the Ashram wishing *sahaja samadhi sthithi* the goal of precious human birth. Om Tat Sat Om

(Peace April 1957)

15.SOHAM -THE HOLY BREATH

(A most helpful and practical exercise for God-realization Now and Here, in this present living moment)

The Holy Breath kills passion.

The Holy Breath destroys pride.

The Holy Breath annihilates egoism.

The Holy Breath dispels fear.

The Holy Breath drives away all clouds of selfishness, sickness, weakness and ignorance of every kind.

It has been said, there is only one thing holy, in this temporal and transitory world of forms and names. That thing or condition is the transcendental state, the God within, the holy breath, for God is the Breath of all breaths. How close and near is God. How inseparably and eternally one is God with our very breath. Inhale and exhale peace. Peace is your birthright, your true divine heritage. Peace is ever within. It is the soul of your breath.

Hence, let us meditate on the living breath, the holy breath which is ever within us, by drawing ourselves from the outer to the inner, from the senses to the super sensuous of super-consciousness, which is ever within awaiting our recognition. Let us simply follow the breath not only when in meditation, but also even when we are busy amidst our very active works. Let us follow the breath not now and then, but in each and every moment of our lives from dawn to dusk, from dusk to dawn, nay from the very birth to the last moment of the exit from the mortal coil.

It was proclaimed by *yogis* - the men of God-realization that man inhales and exhales in a day in twenty-four hours, 21,600 times. Blessed is the one who has paid the full price of self-surrender or self-resignation, by offering himself completely to the highest, the holy of holies in each and every moment of his life following the breath within, without a break, ceaselessly, never forgetting or ignoring even for a single and tiny moment.

This one single *sadhana* - exercise will lead anyone to the sublime heights of cosmic glory of God-realization, only if adhered or followed faithfully, patiently, tenaciously, persistently and concentratedly. Man, the God-loving man, the aspiring man does not need any other exercise or even any prayer or meditation, if he clings to the breath within.

Following the breath within constantly, concentratedly and unceasingly is the exercise of exercises, prayer of prayers and meditation of meditations. This is a most simple, natural and direct method leading us into the very soul of God - the goal of our very existence. Verily, it is the holy breath which saturates the mind with love. It is the holy breath which pervades and permeates the heart with laughter or bliss. Indeed it is the holy breath which fills the soul with peace.

Dear Loving Reader, my friend, what else do you need? Your very mind, heart and soul are saturated, pervaded and permeated now with love, bliss and peace, for Omnipresence and Omniscience are centered in the holybreath. Behold the vision beautiful and glorious.

How brimful complete and over-powering it is. Ipractice; personal practice in one's own life is needed - not from tomorrow but from now on, following the breath within. We have talked enough of religion. Discussed much of philosophy. We have listened to too many sermons. Now is the time to practice and to become silent, just following the Holy Breath, inhalingand exhaling peace, with each and every breath.

In conclusion, let us sum up the whole message: The holy breath kills passion, destroys pride, annihilates egoism, dispels fear, and drives away all clouds of selfishness, sickness, weakness and ignorance of every kind. The holy breath, saturates the mind with love, pervades and permeates the heart with joy and it fills the soul with peace ineffable, peace everlasting and peace profound.

May all glory be unto the holy breath -the eternal earth, the supernatural breaththe universal breath, the soham, the holy I am.

Silence ! Deep Silence ! Supreme Silence !

Tattwamasi THOU ART THAT *Sohatmasmi*

OM OMOM

(Peace Sept 1957)

16.SELF-INTERESTS

We are living in a world of selfishness and keen competition for the survival of the self. Everywhere the self-interests are prominent. Self—the selfish self comes first, middle and last. The day begins with the self and ends in self. Man is born with self and dies with self. O God! Out of this world of selfishness where one is living on another cruelly and mercilessly, where man is preying on man where is the hope, light and the way into the world of selflessness? What can I get for the self? Is the first and foremost thought in every undertaking, be it in the name of the welfare work or even of God. It looks as if God Himself should bribe His devotees to get their prayers, with promises of good luck, health, prosperity or heaven here or here-after.

Let us analyze the prayers of the votaries of every religion impartially. Where are these prayers leading to? What are they seeking for? On the average, the essence of many of these prayers is only in one word, self-interest." Dear Lord! Give me this give me that and give me what not," seems to be the theme of prayers of the ordinary man of the world. "Dear God! Bless me with wealth, bless me with health, and bless me with everything in the world and pray, grant me whatever I see and desire, seems to be the centre and goal of many a prayer. Man is always thinking of himself or his dear and near ones—his children and family, the blood and flesh of himself. Does he ever think of others — his neighbours, his fellow sisters and brothers, the children of the one Indivisible God, especially of those who are in the grip of poverty and sickness -suffering excruciating pains and above all of those who are denying God, the only reality — in the name of self-interests that lead in the long run to destruction and perdition.

The aspiring soul even the man of knowledge is praying hard, he is concentrating and meditating constantly what for? Is it not for his salvation? Is it not for his selfish happiness? In the end he may add, while closing the prayer:*Lokahsamasthahsukhinobhavanthu*. May all be happy. If we analyse critically, the ignorant self the ego is there in every prayer of ours playing a prominent part. First comes himself, then others and then may be the whole world.

In the name of God and Truth, if we believe sincerely in God's Omnipresence, let our self-interests be replaced by public interests and public interests by universal interests. Let our prayers be for the welfare of God's helpless children everywhere, Let us not seek the individual salvation, but the universal salvation, the freedom of all, for, the freedom of others is our freedom. When millions are suffering steeped in darkness, how can anyone think of his selfish salvation? How can anyone enjoy rich dinners and feasts while thousands are starving and even dying for a morsel of food?

The way to be happy is to make others happy. The way to be healthy is to help others to be healthy. The way to be peaceful is to make others peaceful first. In the long run selfishness does not pay in the least. One may get fat and heavy by over-eating but that is not strength or health and it is only the accumulation of foreign matter which will naturally lead to disease and suffering sooner or later.

God's Laws, Nature's Laws are unalterable, relentless and inexorable. They are same to one and all to the mighty rich and to the helpless poor and to the learned and to the ignorant. Retribution comes to everyone sooner or later, whatever one sows one must reap to the last particle. The self-interested will be led towards the gates of the hades and the selfless towards the portals of heaven here is *amrita* — the nectar of immortality- thegoal of selfless life. Here is also the poison, the curse of self-centered, selfish life. Choose, Dear Friends I choose, considering also the inevitable results of walking in the narrow and broad paths. What is it you want? What for is you living? What for is you praying? Are you living for immortality, your holy birthright- thebliss of the beyond or for the deadly poison in the life of the senses, with perpetual slavery and endless sufferings filled with false pride, communal bitterness and racial prejudice?

Time is too precious to be wasted even with indecision, for this moment is ours and not the next moment. How true the words are that today man is and tomorrow he is not! So, letus give a deathblow to this most dangerous and pernicious enemy of all that is good and noble and begin to worship at the altar of truth, selflessness, justice and universal love that seeks not self-interests but the welfare of others and the interests of the world-at-large. Selfless prayers are always answered even before they are uttered and the selfish prayers are not even heard either by man or God. It may not be out of place to add here the following daily prayer of a devotee who is a worshipper of himself and his self-interests. Dear God! Bless me and my wife. Pray, bless my son and my daughter-in-law also. Amen. We are also familiar with the prayers in the war days, both from the hearts of the individuals and theministers of the various denominations from their respective pulpits; how they offered prayers even congregational prayers for the safety of their kith and kin and for the success of their nations and for the death of their foes and for the complete destruction and annihilation of their enemy nations.

Who can fathom or discern the deep and dark depths of the selfish man's desires and cravings which are endless and insatiable! Look at his helpless condition; how he is rolling on bed, unable to sleep, but scheming and planning for the fulfillment of his self-interests and selfish desires. There are some people who were given big names by their doting parents such as *Haranaths* and *Jagannaths*- the lords of the worlds. But alas!They are only *Bellynaths* and *Swarthanaths*the selfish lords. Often, the world for them is only their belly or family or self-interests. Facing the selfish self within, in ourselves and without in others and everywhere in the world, it may be helpful to offer the following prayer to the self itself for self-protection.

O! thou the ignorant and selfish ego the little self, the destroyer of the so-called mighty despots and autocrats, the destroyer of health and happiness and all that is sacred and holy, the foe of freedom and the enemy of peace, pray, depart from us. Do not raise your crooked and self-seeking head in our lives in any form. Please visit those big people who are worshipping mammon both day and night, considering it as their all-in-all. Go to those places where there is oppression and corruption and the accumulation of the perishable wealth and ignorance from the bottom to the top. Dear sweet, tempting and alluring self above all abide with those people who are selling their souls for a mess of pottage, crushing

Truth and human feelings into greatest depths of ignorance and denying God in themselves and in others — their fellow sisters and brothers. Amen!

The world is full of people who live for themselves; such ignorant lives are a burden to mother earth. There are also many who live for their families and for their communities; such selfish lives are the cause of communal riots and blood-shed in the country. There are a few dedicated souls whose lives are a sacrifice only for their own country, whose vision is not so bad, but not so conducive to the world peace. But blessed are they whose lives are a sacrifice to the whole world. These are the blessed peace makers. It is only these rare and precious souls who have risen above the man-made differences in castes, creeds, colour, and nationalities are a blessing to both the East and the West.

May all homage be unto such souls of enlightenment and illumination and in whom the little ego is completely destroyed and the higher ego is kept for the welfare of others and for the Peace of the world. May all glory be unto those blessed souls, who are living for others, considering the wide world as their own home. They are the real builders of nations, flowers of humanity and the harbingers of peace.

May the Almighty God in His infinite wisdom and mercy bless us all with the necessary strength to attempt even to walk in the foot-prints of those selfless and universal souls. Let our self-interests be replaced by our selfless interests and our selfless interests by our universal interests. May Peace be unto all.

Dedication

Offered to my own Dear Sisters and Brothers of all the Religions and Nations who are in the grip of self-interests, ever seeking self-gain and self-glory denying the Omnipresent, Omnipotent and Omniscient God, with prayers for their Illumination and Peace. Aum

(Peace Oct 1957)

17. SWITCH ON THE RADIO

Radio is one of the most interesting and helpful instruments invented by the genius of man – the living image of God. It has revolutionized the world especially in the world of sound, bringing distance nearer, uniting souls and nations into bonds of closer relationship. You can sit in your room and listen to the music of your friend or to the voice of your dear one, from far away America or Australia, a distance of thousands of miles. Blessed is the man, who has invented the Radio for the good and utility of man.

We appreciate and praise the Radio for it is a most wonderful and useful instrument nay a living miracle of the present age. Yet, there is another Radio which is more wonderful and astounding and a greater blessing to the world. That Radio is the human body, man himself. Who has created this Human Radio? Needless to say: God Himself. May all

homage be unto the creator of the Human Radio, the most interesting instrument and a helpful medium to realize God.

We all know about Radios, for now-a-days, we find them even in villages and in many a home of even of moderate means. Life seems to be incomplete without a Radio. You can comfortably sit in your own room or lie on the bed and turn on Radio and listen to the, celestial music or the current events of the day, even from the other end of the world. This is the age of Radio where time, space and distance seem to be annihilated and man was brought face to face with events that take place at a distance of thousands of miles, in different and distant continents.

Now let us dwell on the Human Radio. *Prana*, the life current is the electricity. Of course all the Radios in the world are useless without the power of electricity. Similarly all the human Radios are useless. Without *prana*, the life breath. Inhalation and exhalation are the positive and negative wires. The knob that leads or tunes towards the different stations is the intellect. The air waves in space are the ethereal thoughts. The different stations are the respective senses from where the struggle of life or the music of the souls begins to vibrate. Mind is the controller of every station. He is the Radio announcer. There is the soul behind all announcers and He is the Director of all Human Radios.

Now let us operate the Human Radio. It is sad to see how often, the switch is off the Human Radios. Now let us switch on or tune to the Human Radios. What station do you wish to listen to? If you wish fun and frolic, switch on or tune to the lower stations, where there is often quarrelling and fighting, based on selfishness and wrong propaganda. If you wish to listen now to the celestial music on the instrumental music turn, on to a better or higher station, where the famous stars of the Radio world are at your service, awaiting your recognition. If you wish to taste the peace that passeth all understanding, and realize the goal of precious human birth, if your heart is craving to listen to the song of the soul, to the voice of silence, turn on the highest station, the sacred station, the station of light life and love, where there is effulgent light, the splendor or millions of suns. This is the Highest Station of *sahasrara*, the thousand petalled lotus station by attuning to this station man becomes disinterested in all the interesting and alluring power stations.

Often and often in the hushed stillness of the holy moments of silence, I close my eyes and switch on the Radio and tune in with the Highest- the top most station of God-realization, where cosmic splendour is awaiting with our at-one-melt with God.

Dear Loving Reader! Why waste any more precious life and priceless moments without listening to the Song of Silence, the goal of our existence, in the stillness of our purified hearts. Do not be tempted and drawn towards the lower stations. Lift your vision high, keep, your hand on the knob of intellect and tune in until you get the celestial station; to listen to the song of your own soul in all glory and silence.

Silence! Supreme Silence! Waveless Silence! May this silence of our souls unite hearts, in all the communities and religions, leading to peace on earth and good will among the nations.

May all glory be unto the giver of Human Radio.

May Peace be unto all

Om Om Om

(Peace Jan & Feb 1958)

18.SILENCE

Dear Friend, the essence of every religion can be summed up in one word Silence - SupremeSilence. We were taught by sacred scriptures that *atman* is *Santi* — God is Silence. Verily, He is beyond words and thoughts. He is waveless peace.

It has been said that empty vessels make much sound or noise. Those that have realizedGod do not speak much. They are silent especially about God. We can speak of anything and everything in the world, but not of God. He who tries to speak about God is considered as a fool. Buddha was silent about God. Christ was silent about God. Krishna was silent about God. Sri Rama Krishna was silent about God.

We cannot describe the taste of sugar, but we can experience it. Similarly, we cannot describe God, but we can experience and merge in Him. Knowing that they melt in silence, is a great saying, expressing the highest truth. The knowers of truth are always silent.

Silence creates souls! What a soul — awakening and powerful truth is this! The word is conceived in silence. Let the word merge in silence or God, now.

Be still and know that I am God. Is the message of the Bible*sanatoyamatma* - God is silence is the message of the Vedas.

Let us become silent now to experience the same Truth, personally in our lives -in the stillness of our purified hearts.

May adorations be unto all the silent ones-the messengers of God in both the East and the West!

May all Glory be unto God-the Supreme Silence.

May Peace be unto all

Om OmOm

(Peace April 1960)

19.SELFLESS SERVICE

Selfless Service is possible only for a God-man but never for a selfish person. Selfless service is the inevitable result of spiritual life or God-realization. We cannot expect greenness or coolness in a seething fire or in a volcano; similarly, we can never expect selfless service in a person burning with endless and ceaseless desires, running after the glamorous and passing clouds of fame and name.

Leaving aside God, God-realization and spiritual life, there is a divine law which must be respected by all, which is same to all in all conditions. It is an unalterable divine law which is same to sages and sinners, ministers and governors, the rich and the poor, the learned and the ignorant and to one and all. It is the sacred 'Law of Sowing and Reaping.' What you sow, you alone must reap. What you are going to be will be determined by your present thoughts, words and deeds.

This divine law applies to one and all both to the emperor and the beggar, to the wise and the ignorant, nay even to the believer as well as to the non-believer and to the atheist and the theist. Even the mighty potentates and all powerful rulers must bend their heads and knees before this inexorable Law of Sowing and Reaping. Instead of understanding this Divine Law of Sowing and Reaping, there are some ignorant people who are fighting with the law, complaining against it, arguing in effect. "Why did I not get wheat when I sowed tares?" The wise man who has sown wheat will get only the crop of wheat. The ignorant and selfish man who has sown only tares, will get only the crop of tares in abundance. Here, there is neither any exemption, nor any specialty or secret. The Divine Law of Sowing and Reaping operates in the lives of all—from little children to the ripeaged men—with the exactitude of mathematical ratio and proportion.

Two and two make only four for you, for me and for one and all in the world, whether you believe in it or not, There are some people who pride themselves in saying : " We do not want God or prayers; we want only service and we are satisfied with service."

Unto such I say: "You are mere children in the spiritual life. You do not know what you are saying." Selfless service is the fruit of a devoted and dedicated life of spirituality. How can you have the fruit without the tree? Selfless service is the edifice, the roof constructed on initial structure, viz., and character. How can you have the strong building of selfless service and spirituality without the foundation of eternal love, the basis of spirituality or selfless service? An ignorant manis he a Minister or Director is always thinking of some reward even before doing service. His first and last thought of service is: "What can I get out of this service?" A selfish doctor first demands money - the fee, before he even begins to treat the patient.

Theother day, I heard of an unfortunate boy bitten by a poisonous snake. The boy was dying and he was rushed to a *tantric* – a man who is considered an expert in treating poisonous bites. He examined the boy, and demanded eight rupees before starting the treatment. The boy was rushed to some other village, as he was too poor to pay Rs. 8/- to the *tantric* and in the meantime, nearly breathed his last, simply for lack of proper selfless service at the right time and in the right spirit. Suppose this unfortunate boy was, on the

other hand, the son or relative of the man who was to treat him. Does he then demand money or delay the treatment, even when the boy was in his last moments! The ignorant man, the selfish man, before parting with his medicine or service, is thinking within himself: "What can I get for this service?" He is already counting within himself in terms of rupees and *annas*, his profit or reward for the service, which he expects even from the helpless and the poor.

Selfless service is free of all expectations or reward in any form. A God man considers selfless service itself as the highest and richest reward. Is not serving God's children, the greatest reward? God comes to us in the form of the sick and the poor, and even as a stranger too, and it is our blessed privilege to serve Him in all the forms, without expecting any remuneration in any form. It is sad to see the world filled with many people who want things without paying the proper price for the same. They say they want God, only with the lips, worshipping mammon all the while, with heart and soul both day and night, forgetting and ignoring the inexorable Law of Sowing and Reaping.

An ignorant man holding by some good luck a high office, while selecting persons for appointments, for instance, selects candidates or workers from his own caste or community or on the basis of blood-relationship, whereas, a wise man or God-man, when he is holding a responsible office, makes his selections on the basis of efficiency and worth, considering the entire world as his own and real home and all the people in it as his sisters and brothers. Blessed are the devoted lives of such consecrated souls. Selfless service is possible only unto such; for, in serving even the humblest of His children, they are serving only God. The sooner we realize that "in hurting even the lowest of His children, we are hurting only God," it would be helpful for us and others, i.e. to realize that, That which exists is one and comes to us in so many forms and names. How wise and true are the words: – Love of man is love of God. Service of man is service of God. He, who cannot love man whom he is seeing, how can he love God who is invisible and cannot be seen with the physical eyes.

I take joy in repeating at the highest pitch of my voice from the tops of hills, as well as in Assembly Halls and market places as also in fairs and festivals that selfless service is never possible for a selfish man and it is possible only for a God man, who considers all the world as *brahman*, recognizing God in the heart of a plant, a bird, a beast and a man; for, He is the indwelling light of all the creation of manifested world. You can do nothing with body-consciousness and you can do anything and everything with God-consciousness or love universal. Where the light is hidden, God is hidden; to the ignorant and the selfish everything is darkness.

Look at the consecrated and hallowed life of our Mahatmaji! Busy as he was at every moment, he was utilizing his every spare moment in prayer, repeating the holy *Ramnam*. When departing from the world, and while breathing his last breath, he uttered the name of God. There is so much to learn from Sri Gandhiji's selfless life of dedication, especially for his avowed followers and admirers, who are professing to be walking in his footprints, fulfilling his unfulfilled wishes and aspirations for the good of the nation as well as of the world and for the peace of all.

Gandhiji is an embodiment of selfless service. I use the verb is; for, to me Mahatmaji is still alive. He is eternally alive with his living message of truth and non-violence, which will take the form of selfless service. Gandhiji is a God-man; hence selfless service flowed from him like the waters of the rivers from the lofty hills, like the radiance from the effulgent sun, and like the fragrance of the flowers. Be Good and Do Good are the two simple and directly related thoughts and affirmations. Only, if you are good you can ever Do Good.

TO BE GOOD IS BEING
And
TO DO GOOD IS SERVICE

My homage to all the selfless and dedicated souls in the East and the West, who are busily engaged in serving the Lord in cold, hunger and sickness, considering the wide world as their own home and selfless service as their real and noble reward — the very goal of our precious human birth.

May Peace be unto all
Om Tat Sat Om

AN OFFERING

A tiny offering to Sister Durgabhai Deshmukh and Brother C. D. Deshmukh, whose self-less lives have been a blessing to many a weary soul, with silent prayers for their welfare and peace in memory of their loving visit to Sri Santi Ashram — the Abode of Peace — the common property of all the seekers of truth in all the religions and the nations.

OM OMOM

(Peace Aug 1960)

20. SUCCESS IS OURS

Here the word ours, represents truth. If success does not belong to truth, unto what else does it belong? In the beginning, seemingly the success may appear to belong to the selfish and the crooked, to the arrogant and to the cruel, but in the long-run the Goddess of success belongs only to the truthful, to the faithful and to the patient and the trusting, think of Ramayana, the great epic and all the tests and trials of Rama, in the beginning and finally was it Ravana that won in the battle? Ravana, the evil demon was destroyed root and branch with all his kith and kin. His old Lanka, the Ceylon was set on fire. Recall the story of MahaBharata and all the tests and trials of the five Pandavas, the brothers of truth with the one hundred evil sons of Dharmastra and their powerful, cunning and evil allies.

Finally, was it Duryodhana or Dharmaraj that triumphed and won the war? Success always belongs to the innocent, to the selfless and to the God-fearing and God loving souls. Let us remember the life giving, words of the sage Lincoln.

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

It was only in yesterday's post, I received the following helpful words paying the highest tribute to our simple Peace Prayer.

Dear Swarniji: I am sure and certain, your bombs of Peace Prayer will certainly pierce the hearts of the enemies in the border and induce them to take to their heels for the eventual establishment of peace in India and abroad.

For the peace of our souls and for the protection of the of the innocent and for the peace of the world, let us repeat our simple Peace Prayer the essence of all religions now, more than ever, with all the strength of our hearts and souls, believing and trusting that success is ours completely.

In spite of the darkest clouds and deepest pits, sad and heavy tribulations, let us make God the Polestar of our lives. When my heart is heavy over the cruelty of man and the destruction and death of the gentle and innocent children of God, by the hungry and vicious wolves, it gives me joy and strength when I sing the following song of Swami Yoganandaji from his **Cosmic Chants**.

POLESTAR OF MY LIFE

I have made Thee, Polestar of my life
I have made Thee, Polestar of my life
Though my sea is dark and my stars are gone
Though my sea is dark and my stars are gone
Still I see the Path through Thy Mercy
Still I see the Path through Thy Mercy
I have made Thee, Polestar of my Life

OMOMOM

Did you ever read the 92 chapter in the Cosmic Flashes about the quarrel of birds with the ocean? The heading should be quarrel or the aggression of the ocean with the gentle birds.

My dear Loving Readers of Peace in the East and the West let me copy it here, the above Soul-awakening chapter for the kind perusal and sympathy of you all.

QUARREL OF BIRDS WITH OCEAN

Two birds were quarrelling with the ocean
That had washed away their eggs.
"We shall dry up all your waters,
If you don't give them back?"

Drop by drop they carried the waters,
Till the ocean returned the eggs.

With patience you will be winning
Your aim, in whatever you lack

Here is a real interesting story, about a quarrel of a pair of little birds with the powerful ocean. It seems the female bird was laying its eggs in the sands of the sea within the reach of the ebb and flow of the tide. The eggs were getting washed away by the waves of the ocean. So, the little birds became furious with the ocean and declared war on it. They said, if their eggs were returned to them, they would dry up the waters of the ocean. The ocean smiled and murmured "Go ahead, with all your might".

The little birds began to carry the water from the ocean in their tiny beaks and empty it on the land. The story goes on to tell us that all the other birds joined in their good cause, because of their right cause and even the king of birds, Garuda, joined them. The ocean then got afraid and returned their tiny eggs with an apology. Such should be the patience to realize the goal of life. Success always belongs to the just, the patient and the righteous. *Om Tat Sat Om.*

The turbulent Chinese ocean will be dried up soon with the tenacity, of the gentle Hindu birds, with all the sympathy of all the loving devoted and sympathetic birds in all the nations of the East and the West. Here and there, there may be a few Prodigal Sons; black sheep who go astray for the time being and join the enemies in their ignorance but finally at the cost of even death in the face of truth, success is sure and certain, not 99% but one hundred or cent percent. In the meantime let us love the Lord, the all-knowing, and all-compassionate God, the indwelling presence of our hearts, more than ever, clinging to Him with all the strength of our minds, hearts and souls. Let us sing the song of: I am success though hungry, cold and ill-clad. Verily, troubles are God's rain on earth. Let us make a song of our present theme.

SUCCESS IS OURS

Success is ours of any cost
Success is ours, even in the depths.
Success is ours even in death.
Verily Success is ours.
For the Truth is on our side.

May I conclude my present theme with another simple and helpful song of **Sri Yoganandaji**.

I WILL DRINK THY NAME

I will sing Thy Name
I will drink Thy Name
I will sing Thy Name
I will drink Thy Name
And get all drunk

Oh with Thy Name
I will sing Thy Name
I will drink Thy Name
And get all drunk
Oh!With Thy Name

OM OMOM

Let the above song be our war song, with ardent prayers wishing the welfare of all, above all, invoking God's richest blessings of protection and mercy on His gentle and innocent lambs that were getting needlessly massacred. In the meantime let sing His name, though the war clouds arethick and dark, always remembering that behind the very dark clouds the bright sun of our souls is ever shining eternally. My dear fellow sisters and brothers, who are near and far, pray join me in the holy crusade singing the song of success.

I will sing Thy name; I will drink Thy name,

Until I get all drunk, Oh! with Thy name.

May there be peace within and without, above, below and all around. May peace and good will abide among individuals as well as communities and nations. May peace be unto all.

AN OFFERING

An offering to all those who are helping the holy cause of Truth and Peace.

OMOMOM

(Peace Dec 1962)

21.SILENCE

He who knows does not speak
He who speaks does not know

These days my heart longs to be silent. I long to help people no longer with words but with silence. Whenever people come to the Ashram and I try to speak and entertain them it makes me sad, for wasting so much of the precious time with mere words—although every word is helpful to some of them. On the full-moon day a hundred devotees from Kakinada on three buses came and as it is my wish that no one should go away from the Ashram with empty hearts, I tried to help and serve them all, speaking for an hour. They all felt highly

pleased with many of the spiritual experiences, a helpful story, examples from personal life etc., but after they have gone my heart was heavy.

Often the question comes from within: – Is it necessary to speak so much, about God – who is all silence? Why do you disturb the peace of God with these finite words? God is waveless silence – He is the ocean of bliss. In that infinite ocean, each word you speak especially idle words, you are putting stones in the ocean of *akhandasatchitanandam*, the existence, knowledge and bliss absolute and disturbing the calm waters of the ocean with words. Blessed are they who can be silent feeling His presence within and without! One can be silent because of knowledge - completeness. One can be silent also because of ignorance - emptiness of the brain.

It was Huxley who said:

Unrestrained and indiscriminate talk is morally evil and spiritually dangerous.

Bible teaches us:

But I say unto you. That every idle word that men shall speak, they shall give account there in the Day of Judgment.

The Vedas teach us:

Santoyam atma- atman is silence. God is silence

The question often assails me:

Why am I speaking?

He who speaks does not know!

Don't I know anything?

If I know, I must be silent.

Knowing that they melt in Silence.

What is that? That is God - the *atman* - the indwelling silence.

TAT TWAM ASI- THAT THOU ART

My friend, learn to be silent. There is more power in silence than in big talk. The more you talk, the more you pride yourself, being a good talker. On the other day, a big talker came to the Ashram. He has a big mouth, having read many scriptures; he can twist even the holy words of the scriptures to suit his convenience and to amass more money. After he left, it made me sickly. Such people can dupe and deceive the innocent public by adding more money to their coffers and becoming rich day by day in the goods of the world, but they can never deceive the indwelling presence.

Someday on the Day of Judgment, they have to give account for every idle word they speak and for every *niapisa* they grab from the poor and innocent. The Law of Sowing and

Reaping operates equally even in the learned and ignorant. Leaving aside all such learned philosophers, who are selling their souls for a mess of pottage, leading to their inevitable fate, let us come now to Silence. The world, as it has been said by the wise is a land of *karmabhoomi* - where sowing and reaping are going on ceaselessly. Blessed are they who neither sow nor reap. For the few words we utter, out of mercy or compassion, we are often criticized, condemned and crucified by the worldly wise. How blessed it is to be silent, bearing all these pin-pricks and the needless crosses! Yet, we cannot have always all-shine or all-darkness in this world of duality. Each day of Light is followed by a night of darkness.

God is above light and darkness. He is above all words—for He is all-silence. As we avoid the dogs that bark, we are to avoid the people that talk with big mouths. One word leads to another word, finally ending in arguments and fights. One repents of having spoken too many words, but never of observing Silence. The silence must be not only in avoiding words but also in rising above thoughts of every kind, within oneself. Then the question may arise thus; should we not think even good thoughts? Wherever there is good, there is bad also. There is the law of rising and falling.

He who goes down rises up.

He who rises goes down.

How inexorable, mercy less and even contradictory some of these thoughts appear to the lay man. Once I was silent for six years. The memory of those blessed years brings the thought often thus:—

Why should I not be silent again now? He, who knows the *atman*, does not speak. He who speaks does not know the *atman* or God. There is a great craving for silence these days, especially when the dearest, and nearest also fail to understand the words. The thought comes: When the call comes from the great beyond, anyway you are to be silent. Why not be silent now alone, before the call comes and thus be a blessing to the world and to the creator who is all silence ?

LORD! SPEAK THY SERVANT HEARETH.

The Lord speaks only when we are silent. Let us not disturb His waveless silence, with our babble and prattle of mine and thine in finite words. We are too busy and too restless trying to save others in all the world. We are anxious to save everyone except ourselves. How sad it is to see the blind, leading the blind and all of them falling in the ditch of darkness, in ignorance!

Who are you in the first place to teach, to preach and to save others, with your empty words? Are you saved in the first place! If you are saved, if you have realized God, you do not have any more the fever of saving others. God is complete, so you too are complete and full. God is silence, so you too are silence. Merge within my friend! Take the honey of silence into the stillness of your own purified heart. Be thou the saviours of yourself and then, you can be the Saviour of others and the whole of humanity. The nectar of immortality is your divine birthright. It is awaiting your recognition Here and Now, not in vain words and selfish thoughts, but in Supreme Silence - Waveless Silence the goal of your precious human birth.

My friend, my Loving Reader of PeaceJournal, my own *atman*, let me help you with my silence, for my silence is your silence as it is one without a second.

KNOWING THAT, THEY MELT IN SILENCE.

Silent adorations be unto that unutterable and ineffable silence!

May we merge now, in that incomprehensible and self-effulgent silence, the light of all the worlds and the splendour of millions of suns.

Glory GloryGlory, OM OMOM

AN OFFERING

An offering to all the sages of silence invoking their prayers and blessings for the world peace.

May peace be unto all

(Peace Feb 1963)

22.SEVENTY YEARS

Our age is to be counted not by the number of years we are having but by the number of moments we are having by feeling our oneness –at-one- moment, with the indwelling presence - the Omnipresent God.

I cannot believe that I am seventy years old, for I feel like a child of seven years with full of joy, fun, power and peace. May all glory be unto the indwelling light! A man is not aged because of his grey hair. He becomes aged because of his endless worries and needless troubles and imaginations. Strange, that I never count the age of this body. But the dear and near ones, the devotees and friends, count the age of this body to celebrate birthdays and they say it is seventy years old. Indeed, the age of this body may be seventy years now, but I love to count the age of the previous bodies also. It was Swami Rama who said of the innumerable births thus:Births of breath are as many as the countless waves on the sleepless sea.

When the births even cannot be counted, imagine the age of all these numberless births! Indeed, one is ageless. Age is only for the body. That which comesgoes that which never comes always remains. Everything that has a beginning will have an end too. That which is beginning less is endless too. The body has a beginning and an end. The soul—the *atman*, has neither beginning nor end.

As a mere boy, I memorized one of the helpful verses in *AshtavakraGita*, one of the helpful treatises on *advaitavedanta*, the monism, the essential truth.

The essence of the poem is :—

Let the body remain for ages or let it dissolve now. What harm is there for you, who are above death and birth, growth and decay, being the *paramatma*, the Light of lights, the indwelling presence of the heart, as well as the universe.

Recently, we had the opportunity of spending a fortnight in Vijaya Villa, the lovely home of our Doctor and Mrs. Channa Reddy, enjoying their loving hospitality. We met there, one of the friends of our Doctor, who is a noted astrologer. Dr. Channa Reddy, out of his deep love for me, has requested to give the date of my birth to the astrologer. But I said "why go back into the dead past?" The occurrence of birth was long, long time ago and it was dead and buried. I do not even remember it but forgotten it, for, I am more concerned with the living present moment Now. If the astrologer is going to help me in a practical way, I want to know from him the date of the death- the demise of the body. The Ashram is blessed to have another efficient astrologer, a devoted Swami, who is noted for his predictions. I have requested him also with all homage to the astrology and its predictions, to see my stars or peep into the past or future and let me know the date of the demise of this body.

Q: -Why should I be anxious to know the coming date of the death of this body?

A: — Because, I wish to be more careful of the precious time, if the divine call from the great beyond or God is near at hand. I do not wish to be wasting my precious remaining days, with the Ashram's endless activities and with the devotees and visitors, teaching and preaching in these finite words. My heart longs to spend my closing hours, deeply absorbed in Him— the indwelling light forgetting all the *chelas* and *gurus*, all the Ashrams and the worlds!

Dear Loving Readers of Peace! My friends everywhere, near and far, in the East and the West, let me have the privilege of wishing you all each and every one of you- A happy birthday of health, success and peace, above all longest life of service to His children.

Let, me conclude my Birthday Message chanting the Peace Prayer, wishing the Peace of you all.

OM TAT SAT OM

A HUMBLE OFFERING

A humble offering to the ageless one, who is in the form of the baby, child, youth, aged, nay who is the fragrance of the flower, song of a bird, and mirth of a child and energy of the youth, contentment of the aged, joy and peace of all, and the soul and the goal of humanity !

(Peace Jan 1965)

23.SANCTITY

Sanctity is purity. It is purity in thought, word and deed. Blessed are they who are pure in heart. The kingdom of heaven belongs to the pure. Let charity begin at home. So, let there be sanctity first in the heart and mind and then in the whole body. The sanctity of the mind, heart and soul fills the whole body, from the toes to the top of the head. Then the sanctity spreads in the Ashram and in the neighbourhood. The sanctity of the Ashram spreads near and far, from heart to heart, filling the Totapalli Hills, Godavari Dist., Andhra Pradesh, nay all - India. The sanctity in India spreads and radiates all over the world. The sanctity of the East spreads itself slowly and steadily, travelling towards the West covering Makka, Jerusalem, Europe and finally reaches America- the land of freedom and democracy.

Peace belongs to the sanctified. Blessed are the peace-makers. Blessed are the people and the countries that are filled with sanctity. An old devotee of the Ashram and its well-wisher, a famous Doctor has been telling that a certain noted holy place has lost its sanctity because of too much outer worship and the neglect of the inner light.

It is sad to see, how with the passing of time, worship of the outer non-essentials, become prominent, how everything gets commercialized. I how even God, deity in a temple, cannot be seen without paying money. Sometimes one has to wait for hours to see God who is outside, in the crowds; one gets crushed - sometimes resulting even in deathwhereas, it is so easy and simple to see the God within. You need not pay *dakshina*, offering or any fee to see the inner God. You need not even wait, for He is awaiting your recognition patiently within your heart. Such is the vast difference between the worship of the outer and the inner, the non-essentials and the essential truth -the indwelling light.

What is the use of the salt that does not have any savor! What is the use of the sugar that does not have any sweetness! What is the use of the body that does not have *prana*, the life in it! Similarly, what is the use of life that does not have sanctity! Sanctity is the heart and soul of human life, nay -it is the very foundation of human birth. It is sanctity that leads to peace and God.

Peace is in God and God is in Peace, hence, let us ever be filled and surrounded by sanctity. Our simple Peace Prayer purifies the very cells in the body and fills us with strength and sanctity.

When I hear of certain holy places losing their sanctity in the worship of the outer, my heart longs to keep the sanctity of the Ashram, not only now but always. Let there be sanctity, selfless love and selfless service in the Sushila Hospital and its staff. Let there be sanctity in the Veterinary Clinic in serving the dumb animals. Let there be sanctity among the teachers and all the *gurukula* children. Let sanctity be the soul and goal of our Santi press workers and the members of the aged home. May all the inmates and members of the Ashram, try and help the visitors, who come to the Ashram to feel the sanctity, without the need of words in silence, by their very exemplary lives of devotion and dedication. The world badly needs nownot words of praise, but silent deeds of service.

I long to see the sanctity not only now when I am alive, but even after I am gone, into the great beyond. It is wonderful to be desireless but I have the desire that my life-work of nearly fifty years, should be a blessing, to all the aspiring children of God in all the religions of the world now and always.

Is not the effulgent sun purifying and sanctifying all the world? Similarly, may Santi Ashram, the Abode of Peace, the common property of all devotees in every religion, be a blessing not only now, even after the demise of this body. This has been my ardent wish always. May this simple wish of mine be realized and respected by all the old and new devotees and well-wishers of the Ashram, for the peace of all!

Dear friends of peace, let us fill ourselves with sanctity and fill our homes with purity, radiating light, life and love to all the children of God all over the world! How blessed it is to live in God and help others to live in Him! I raise my voice again and repeat! Let charity begin at home. Let our individual peace lead towards universal peace. It is peace within and without. It is peace above below and all around. It is sanctity inside, outside and on every side. Let us close our eyes and repeat now, our inspiring Peace Prayer to be sanctified from toes to the top of the head and thus fill our self with God's Omnipresence, Omnipotence and Omniscience which is interpenetrating the very cells of our beings. May all homage be unto the sanctified souls, who are the salt of the earth, the messengers of peace and the saviours of humanity.

May Peace be unto all

Om OmOm

(Peace March 1965)

24.SOHAM LIGHT

Soham Light is the splendour of millions of suns. Can you comprehend its self-effulgent splendour? Only one in a million can understand and comprehend its infinite and eternal light. It is soham light that dispels all ignorance. It drives away all darkness of passing clouds, be they thin or thick. It burns up all sorrow and fear. How wonderful.

Soham light is the only changeless reality in the world of all changes. It is your real birthright. Your peace lies in the recognition of soham light. Whether you do it now or tomorrow in this birth or in the future births to come, it is with you now to be happy, by identifying yourself with soham light.

The glory of soham light is, it insists on the expression of its inherent attributes Omnipresence, Omnipotence and Omniscience Now and Here ceaselessly, in the present living moment. These are not mere words but living truths, so let us express the same now and always, in our daily lives.

After crucifixion comes resurrection. Each night of darkness is succeeded by a day of sunshine. There is darkness and sunshine in the world. But the sun is free of all duality, the passing clouds, the imaginations of the restless mind much more so, the soham light-which is

eternally free of all depressions and oppressions as it is one without a second. All great souls' even *avatars*—Saviourshad their own tests and trials from their ignorant persecutors. Christ was mercilessly crucified but he rose from his grave with added Light. He was in Gethsemane for three days.

After the glorious inauguration at Kotagiri came a cruel thrust, a stab in the back from a devotee, whom I loved dearly and deeply. I was sad and depressed more so, as the stab came from the one whom I loved best. But glad to say now, I too woke up from the grave. I see the light now, the soham light in all glory - in greater intensity. Nothing exists now, except the soham light. There is a picture of Lord Krishna playing on the holy flute in my room. This morning I went towards it and murmured unconsciously.

Beloved and blessed Krishna! Here is the frail body. Please make it Thy holy flute. Pray, sing thy sacred song through this body. With thy song of soham light, let all the dross be burnt away. Now I feel, Thou art singing, the soham song through this flute-like body. I feel holy, happy and self-effulgent with Thy eternal song of soham.

In ecstasy, unconsciously I sing one of the inspiring verses,*sloka*s from the Upanishads.

Jnathamjnathavyamadhuna, Drastamdrastavyamadbhutham

Chirasrathahavishrantosmi, Chinmatranastikinchana,

I have known, what is to be known. It is precious.

I have seen, what is to be seen. It is wonderful.

I have suffered much, in ignorance forgetting IT.

Now I am resting in peace - for there is nothing else besides *chinmatra*- the existence absolute - the soham light.

May I live, breathe, move and work in this soham light, diffusing the same light, to all the corners of the world, in each and every moment of this life, radiating IT not only during silent meditations, but also from the moments of activity, expressing the same in thought, word and deed. GloryGloryGlory.

Glory be to the Soham Light, in the past, present and future.

Glory be to the Soham Light, within, without, above, below and all around.

Glory be to the Soham Light from the beginning to the end, in all eternity.

Om OmOrn

(Peace Oct 1966)

25.SELF DEFENCE

Defence of what is right is good. The work-a-day life of the world is one of duality. Duality is ignorance and darkness. The tests, trials and tribulations that a man meets with, are its creation. So defend the living truth, the eternal principle, which is the only reality against this duality. Give a death-blow, once for all, to the dual lift of ignorance, so as to be centered in God, the highest.

But self-defence is one of the weakest traits, in man, much more so in his spiritual life. The man of self-reliance never takes to self defence. He relies on the indivisible *atman*—the self, which is one without a second. When all is God, what is there to be defended? When nothing else exists except God, the question is who defends whom? *ekamevaadviteeyam brahma*. Brahman is one without a second. In the world of all changes, there is nothing besides *Brahman*—the only changeless reality.

Self-defence makes one weak and miserable. For the man of self-defence is a slave to fear, He becomes a slave because he forgets God. And forgetting God is nothing but death. So self-man, wake up. Shake yourself free from the clutches of this fear of death. Why be a sheep? Be a lion. Fear is a passing cloud. Your business is not self-defence. For, truth is your birthright.

What is self-defence for? Is it not for name and fame? But name and fame are mere shadows, subtly leading you into labyrinthine meshes of ignorance enveloped in darkness. When God or Truth, is within you, as also without, above, below, and all around, against whom are you to defend yourself? Rely on the self recognise not anything other than God, in anyone or anything. Nothing exists other than Omnipresent God. Recognise God. Be silent. Be God-conscious.

May all homage be unto the souls of self-reliance peace unto all.

AN OFFERING

A tiny offering to Puiya Swami RamanandaTirthaji

(Peace Nov & Dec 1969)

26.STEPS TO GOD-REALIZATION

(Sri Swami Gitananda of Ananda Ashram, Pondichery, came on August 17th with two Americans to visit Santi Ashram and have *darshan* of Swamiji. Herewith is the evening message given by our Swamiji on August 18th before they left for Calcutta.)

It gives me joy always to extend to all of you a hearty welcome, not just to the Ashram itself, but into the presence of God; the God who is Omnipresent, Omnipotent, and Omniscient. Since He is here, right this very moment, permeating the very cells of our beings. What need is there to do all there outer practices, to torture ourselves endlessly with meditations, *mantras*, physical exercises and the like? He is here, eternally present; He is the Light of lights; who is above, below, and all around:

Everybody wants to go to heaven, but it has been said; "Heaven is there, where two people love each other selflessly." It was Saint Theresa who said, "I'll spend my heaven doing good here on earth." So, whether you believe it or not, heaven is right here; because I love you all as my own I am trying to serve you.

How wonderful it is to have God loving souls like our Gitananda, brothers and sisters who have come from such faraway lands as America, and our Rama Tirtha Institute Trainees, who have come from the North, South, East and West of Mother India. If heaven is not here, then where is it? But the *maya*, the delusion, is so deep and intense that it has made us believe that heaven is at some other moment, in some faraway place, sometime in the distant future. But what about right here, and right now? If we cannot recognize God, cannot realise Him Here and Now, if we deny His presence at this very moment, how can we recognize Him in the uncertain and dim future? Thus, let it be at this very place, and in this very moment; let us realize God! Now or Never!

It has been my nature not to tell anything from the Bible, Koran, Vedas, or from any of the saints and sages, some of whose theme I've been, blessed to touch but only to speak what I have realized, from my own daily personal experiences. Otherwise, let me be silent, not open my mouth and speak, for, it has been said that silence is gold and speech is silver. The book of my daily life has been my Veda and Bible. Thus, the experiences of all my life may be summed up in three simple short sentences:

1. Don't rely upon me.
2. Don't rely upon others,.
3. Rely upon the light which is shining in our heart Now and Here.

Highest moment of God-consciousness, which is shining in your heart. Make it permanent. If you want God and nothing else, what else do you want? For He is with you in every moment, sparkling in your eyes, throbbing in your hearts. He is here, now, if you could only feel, feel, feel His presence. If you want God and God alone, you do not need another word from me, for He is Here! But, if you want more speeches, more words, more goods of the world and all those things, then you have to seek Him in the outer world of form and name.

Knowing that silence is gold and speech is silver, being a silent one myself also, when I see devotees like all of you, I want to pour out and pour out, until there is nothing left to pour out. It is very easy to talk and talk, but very difficult to be silent and full, which is the essence of all yogas. As I feel so full now, having with us our Swami Gitananda, his friends and devotees, and all our devoted trainees from the Swami Rama Tirtha Institute, my heart longs not to bother you all with empty words, but to give to you something practical, which will help you as it helps me, so that your lives will be a blessing to all of humanity.

Many of you know of Swami Ramadas who sanctified Sri Santi Ashram some years ago with a visit and Swami Sivananda also was here for some time, many years ago. And they are still here, for, we can still feel their presence here, they are not dead to me, but alive giving peace and light to all. At Anandashram, whenever anyone would come to Sri Ramdas with any problems he would just say repeat *Om Sri Ram Jai Ram, Jai Jai Ram*, for this will cure any problems and lead you to the very heaven itself.

Now coming to the practical side, all of you must have heard of *Sri Ram, Jai Ram, Jai Jai Ram*, you surely have read or heard of this *mantram*. Whenever I am worried or talk too much, or in travelling, one repetition of this *mantram* *Sri Ram, Jai Ram, Jai Jai Ram*, gives me a new birth, true rebirth. Now, why I am telling you my own personal experience is so that it will help you and not to glorify myself. My only Prayer is not for name and fame, but that I may be unknown, that I may lie alone with God glorifying Him in Silence. When I repeat *Sri Ram*, my whole body is filled, from the top of the head, of the body to the toes and with *Jai Ram* the whole world is filled. After I have filled myself how can I keep it to myself, I want to share it with all the world and with *Jai Jai Ram*, all the past, present, and future is filled and covered. So then everything is filled and surrounded with this one *mantram*.

This one *mantram* is enough for your peace or world peace but still I want to give out two more thought. But why should I disturb you after this wonderful *mantra* has been given? Because, there is some voice in me, the inner voice, which says, "You may close your eyes tonight, so you should share everything you have, you don't know if you'll open your eyes again." So, the second thing I want to share is the following inspiring *mantram*.

Tukaram was a great Musician. It seems that he was on a tour and was coming to some remote place. So a devotee told his wife that he wanted to go to the *bhajan* of Tukaram. But the wife said, "Here is our baby. It is very sick, it might die. You can't go". But the husband said, "Tukaram may never come this way again; I must go," So he went to the *bhajan* and there were thousands of people there, five thousand or more, and they were all singing *Jai Jai Rama Krishna Hari Om*, filled with ecstasy, with eyes closed. Then the wife came with the dead baby. It had died, and she placed it before the husband and said, "See what your *bhajan* of Tukaram has done." But Tukaram didn't see or hear nor any of the thousands of people; for they were all singing *Jai Jai Rama Krishna Hari Om*, filled with ecstasy, dead to the outer world. And so great was the ecstasy and inspiration, so of the presence of God, with the singing or *Jai Jai Rama Krishna Hari Om*, that the baby, the dead child, came to life, and started singing and clapping its hands.

Now, coming to the practical side. This is personal, but nothing here can be too personal, for you are all part and parcel of myself. Thus, I want to pour out everything to you. *Jai Jai Rama Krishna Hari Om*. For the first JAI, I let it cover all my left leg, and with the second JAI, all my right leg. With RAMA I fill my left shoulder and all the left side, and with KRISHNA, all my right shoulder and fill the right side of my body. With HARI, I let it start at the top of my head, in the *sahasrara*, and go to the very toes. With OM, I fill up the body from the toes to the *sahasrara* again. This is very easy to say, devoted friends, but very hard to do.

After filling the body, this is not enough, for, how can we contain the finite within the Infinite! How can we keep *JaiJai Rama KrishnaHari Om*, contained within only this small self, this filled body? We want to pour everything out. Thus, let there be JAI in the East, Jai in the West, RAMA and KRISHNA in the North and the South, and HARI from the heights of the heavens to deep below; and OM from these very depths to the heavens again. Thus, since I have to live in a world of my own, I ask all the flowers trees, birds, stars, in the sky, and even the Ramies, who follow me like shadows, to repeat *JaiJai Rama KrishnaHari Om*; and you'll be surprised to hear that they all do join me in repeating the holy *mantram*.

Third is the Peace Prayer. One Barrister, a devotee of the Ashram, came from Calcutta and he said, "Swarniji I do not need to say the whole Peace Prayer, just the two words, Adorable Presence are enough for my Peace. Thus, he has been my *guru*; and now too says, Adorable Presence, Adorable Presence, Adorable Presence, and can cover myself first with one word Adorable, the whole world with the word Presence. It does all people good to say the whole of the Peace Prayer however, for, it gives a foundation, a basis in the spiritual life.

With the word Adorable, one fills the whole body, from the toes to the top of the head, the *sahasrara* and with Presence, one can go from the *sahasrara* to all of the world, all around. Thou who art within, we can feel that God is nowhere else but verily within, without, that He is outside of us as well. above and below, to feel His Presence far above and below, beyond the toes even, for, deep below does God extend. And all around; where is God? There is no place where He is not, for, He is all around. Thou who art interpenetrating the very cells of our beings with this, let the very cells of the body, to the very cores, be filled with Light, with God's omnipresence. Let us feel His presence inter penetrating our beings until, verily, there is no more body. Thou who art the eye of our eyes; here, let us go to each part of the body and know that it is God. So, who is it that is seeing what is seen, and what is the very eye itself? Then Ear of our ears; what is it that bears and what is heard? Verily it all is God. Heart of our hearts; All our feelings our love, all flows from this heart; and what is the Heart of our hearts, but none other than The adorable presence, God. Mind of our minds; so, the mind thinks, but what is this that thinks and who is thinking? Thus, we must seek, dear friends, the Mind our minds, which is within, Breath of our breaths; Now we go even deeper, to the Soham Breath, and follow it to its source. Life of our lives; Wego beyond our bodies, to a higher state, and Soul of our souls; Even Higher, to a state which words cannot express. Everything is here. Having eyes, see you not? Bless us dear God; Bless us dear God, not with the goods of the world but with Thy divine presence, to be aware of the presence, now and here; For, let us not put off God, till the distant future, for, He is Here, right now it remains only with us to realise Him. May all be aware of Thy

presence, Now we pass beyond ourselves and extend the prayer to all beings; In the East and the West in the North and the South; for, thou art Here, and in all the directions of space. May peace and goodwill abide among individuals, as well as communities and nations; Let our prayer be for the peace and goodwill of all, as individuals and as societies, let us make no distinctions., let none be excluded; let us pray for the peace of all. This is our earnest prayer. May peace be unto all.

What else can I give, I have poured out all. It is for you to use it and spread it to all the world. I am very grateful to you all for giving me the opportunity to share this with you. Today, by God's grace, because of all of you, it is a special day. Usually I am dissatisfied with my words, but today I feel that I have done a little good because all of you have come, from near and far, those thoughts have been shared with you. I am an instrument, and because of your love you have filled me; so be a beacon of light; especially you, the trainees from all over India, go forth and fill the whole world.

So I'm deeply grateful to each and every one of you. Please consider Santi Ashram as your own spiritual home. I have done enough talking, for, what are these finite words? Want you to join with me in silence. So may God bless you, in whatever you do, and wherever you go. This is my prayer.

Om OmOm

(Peace March 1971)

27. SAHASRARA - THE THOUSAND PETALLED LOTUS

Today, 22nd May 1971 is the Day of the Flower Show in Udakamund. Hundreds and thousands of people are coming from near and far to see the Flower Show. All are going outside to see the show. The world itself is a big show.

Sages have said that all Exertion leads to unhappiness in the long run. It was the great sage Ashtavakra muni who said, "All are unhappy because they exert themselves in some way or other."

There is exertion in writing.
There is exertion in reading.
There is exertion in wandering.
There is exertion even in seeing.
Strange as it may sound, there is exertion even in thinking.

To see the Flower Show that comes only once in a year people are going in crowds in buses, vans, and private cars. What an exertion, weariness and expense too, besides a waste of time. For the men and women of the world *pravritti*, going out or wandering from place to place is natural and simple, But for the men of God, people of *nivritti*, it is a great strain; all exertion is a mere waste of precious time.

Dear loving readers, there are two paths in this world of manifestation:

1. Outer life of *pravritti* - Restlessness
2. Inner life of *nivritti* - Silence

Broad and wide is the way that leads to hell. Narrow and rugged is the way that leads to heaven. Look at those thousands of people who are rushing towards the outer shows, cinemas, circuses and many other kinds of different shows, drain like helpless moths towards the alluring lights.

Where are the people who are rushing towards God, the indwelling light the Light of lights, which is the only permanent reality, ever patiently awaiting our recognition in the stillness of one's own purified heart?

Did you ever hear of the holiest and most inspiring flower, the *sahasrara*- the thousand petalled lotus which is within yourself? The outer life of *maya*, delusion, is so bewitching and alluring that there is not even one or two in a million who is dead to the outer world and to the life of *pravritti*, who is alive to God only in the inner life of *nivritti*.

Some of the members of the Peace Centre Babu and Joy, with their baby Shakti and some other members and children are getting ready to go to Ooty in the Peace Van to see the Flower Show. Our Susena is not anxious to go because of the typing work of Autobiography. Whether it is in work or in rest, in hustle or bustle of outer life or in stillness ice of inner life, blessed are the few rare and precious souls who are seeking truth, the light within, the flower of God-consciousness!

Sahasrara is the Highest Centre, leading one step by step gradually, beginning with the *muladhara*, *swadhisthana*, *manipurakam* or *anahata*, *visuddha*, *ajna* and finally leading to the *sahasrara*, the thousand-petalled lotus centre of illumination. Such blessed souls are the harbingers of peace, shepherds of humanity, messengers of truth—the silent peace-makers of the world. All homage be unto such divine souls!

Instead of speculating anymore on the *sahasrara* and its glory let us merge within now, draw the senses inward. Let the restless out-going senses be drawn inside; first into the heart where the *hrudayakamala*, the heart flower is blooming and let it lead step by step towards the holiest flower, the biggest flower of illumination of peace.

Knowing that the wise melt in silence, the man of God, the aspiring devotee becomes dumb and numb with ecstasy. How glorious is God; all Glory to the flower show! Blessed are the rare few and precious bees who are seeking and sucking the honey in the highest flower of peace and illumination in waveless silence.

GloryGloryGlory

PEACEPEACEPEACE

Silence, Supreme Silence, Waveless Silence.

LokaSamasthaSukhinoBhavanthu.

May peace be unto all

OM OMOM

AN OFFERING

An offering to all the devoted Lovers of Flowers.

(Peace June 1971)

28.SUN-SHINE

(09.04.1972)

(To the devoted Members, Workers, *Gurukula* Children, Teachers and Visitors to the Ashram)

Today is Sunday, the Day of Sunshine. May you all feel sunshine, God's presence, is my ardent prayer.

But how many of you are feeling sunshine within? Each one should introspect and ask this question of himself or herself.

The greatest and most helpful quality is to see the best in others and not to see evil. After all, what we have within we behold the same in others. To illustrate this truth the lives of DharmaRaj and Duryodhana are living examples. The most harmful and dangerous trait or quality is to criticise and condemn innocent people and to see what is negative within oneself in all the world. Day by day I long more to be dead to all the world, even to the Ashram, to be fully worthy of all of you and to be worthy of my great avocation.

Ahankara, egoism is a very harmful and powerful enemy. The man of egoism thinks that he alone is right and all others are wrong. I bow down my head to the people of egoism and long to be aloof, live far away from all such people.

Selfishness degrades and leads one to hell, silently and slowly, in a subtle way; whereas selflessness elevates and inspires one and leads to heaven in a sure and steady manner. My homage to all such saintly souls!

It is not sickness or the heat which prevents me from coming to you this Sunday. It is not even the pus that stands in my way of sharing my peace and love with all of you. But who wants my message these days? is the thought that troubles me. It is sad to see some people coming late and unwillingly also. To some I have to send word after word, requesting them to come to Prayers. It is unfortunate that there are a few people who, instead of assimilating all that is helpful and best, try to pick and peck at others and at the Ashram, and try to see faults in me also. May God bless them also with peace. But my heart longs to be aloof and far away from those especially whose one thought, and idea is to find fault only.

Happiness is very rare in this world. If some people get joy by speaking ill of me, I find my life is blessed and not a burden to mother earth. May this life be useful to all is my prayer.

I am sorry to give these negative thoughts, but these are inner thoughts and the problems of the Ashram.

Peace at any cost facing God in everyone, has ever been my one aspiration, for

EVERYONE IS A MOVING TEMPLE OF GOD!

In spite of my absence, my heart feels happy that our President, Sri Viswanathji and our wise Sri Ram are with you, to help and lead you all towards God, truth, dharma and love universal.

May you feel His presence, now and always. This is the prayer of your own Omkar.

May Peace be unto all

OM OMOM

(Peace May 1972)

29. GOD IS LOVE

(2-12-1973)

To the devoted Members, Sisters and Brothers, *Gurukula* children and Loving Visitors of Santi Ashram. As today is Sunday the Day of sunshine, I request you all to feel God's presence. His sunshine—His presence in each and every moment of your lives. This is my prayer from the sick-bed, the bed of roses—God has given me this forced rest, to relax; pray and meditate, so that I may help you all better from my silence.

There is only one sickness disease. It is forgetfulness of God within, our - the indwelling light. The only remedy is awareness of His presence. May I request you all to help me and the Ashram, in memory of this accident by feeling God's presence always and loving each other selflessly, for, God is love and Love is God and where Love is there is God! Remember the wise words in one of our mottos; the heart devoid of love is a cemetery. May God in His infinite mercy bless you all with compassion and love and may your devoted lives be a blessing to *namasankirtan* and Spiritual Healing Centre, to Santi Ashram as well as to motherland and to all the world. This is the ardent prayer of your own Omkar, who loves you all.

Om OmOm

(Peace Dec 1973)

30.NAMASANKEERTANAM

(9-12-73)

Message to the Members, Children and devoted Visitors on Sunday 9th Dec from the sick bed, even though absent physically, my spirit is with all of you and in you, wishing your welfare and peace. In memory of Sunday the day of sunshine I request you all, to feel sunshine —His presence Now and Here. Read this morning 33,34, 35 and 36 chapters from Cosmic Flashes, an extra chapter too. Make best use of the present moment is the essence of the extra chapter, 36th. Are you all making best use of this moment by feeling His presence within and facing him in all, without?

We have almost wasted the night in sleep. Shall we waste the day also with mere words? When God is awake, why should we sleep, forgetting Him? When God is silence, why should we disturb His presence with mere words! The wise melt in silence-- after knowing Him. Silence speaks, louder than all the words in the world.

Let us begin to practise Silence - to know God who is Supreme silence. The Spirit of Omkar, cannot be confined to a sick bed or to a small room, It is with you now taking part in Sunday Prayers, also in namasankeetanand in the Spiritual Healing Centre - offering prayers for the sick and helpless in all the world! What a blessed privilege it is to live, work and breathe for others - for all! Be dead that ye may live! Let me help you, to help yourselves to feel His presence- the indwelling light now and always. Ceaselessly oil like *tailadhara* - poured from one vessel into another vessel without a break.

OmOmOm

As the infinite cannot be confined to the finite body, it longs to fly with the birds, to shine with the stars and be fragrant with the flowers - above all to abide in your devoted hearts of dedication now and always. In conclusion, may our Sunday - the day of sunshine be a blessing to all the seekers of peace in the East and the West. Let us repeat now our peace chant with silent prayers for the peace of the world.

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

Hari Om Tat Sat Om

Dear friends of Peace, as Omkar can never be confined to a sick bed. I am with you and in you now and always. My heart longs to sing and fly with the birds, to play with the

children and give out fragrance in the sweet-smelling flowers, nay-to shine in the stars in the sky.

In conclusion let me share this inspiring simple poem of R. H. Geenwilliof unity, with you.

GOD IS WITH YOU

Wherever you may be.
God is with you where you are
In the busy thorough-fare
In the watches of the night
You are in His loving care.
Oh, what Peace of mind is yours?

When the Truth is understood
There is nothing anywhere,
To divide you from your good.

In the Heavens on the Earth
Close beside you or afar
All is well with you, beloved
God is with you where you are.

DEAR FRIENDS:

The *namasankirtan*-- the ceaseless chanting of the name of God, and Spiritual Healing Centre -- praying for the sick and suffering are extending you a hearty welcome, to fill your 'bodies or beings with His presence and light and then to offer prayers for the good of all in the East and the West. You are also welcome to my bed of roses to sit by me and pray in silence for your peace as well as for the peace of all.

May Peace ever abide with you all.
Om ShantiShantiShanti
LokaSamasthaSukhinoBhavanthu
Om OmOm

(Peace Dec 1973)

31.STARTINGSANTI ASHRAM BRANCHES

It is so easy and helpful to start a Shanti Ashram branch inside, in one's own heart.

As it is the individual peace that paves the way to universal peace, it is most essential to start a branch inside, in the stillness of one's purified heart for the peace of the world.

It is rather toodifficult to start branches outside. For it needs the sympathy and co-operation of many people to make the branch successful and helpful to all.

The Peace in the heart of the individual fills the home with Peace and Love. The Peace of the home leads to the Peace of the community and thus the Peace of the community spreads naturally to the whole town and the nation and finally it leads to world peace.

What are the most essential things, requisites to start a branch in one's own heart in the very home?

The parents can be the Founders, President and Secretary of the branch. The children can be the members of the branch and gradually the devoted neibours can join the branches.

To begin with, the most essential requisite to start a branch in one's heart is to memorize the simple and helpful Peace Prayer which is the essence of the four Vedas and which alone is the essence of all religions.

You may not be able to repeat every day all the Vedas and various Scriptures of all religions, but by repeating the simplePeace Prayer you are repeating all the Vedas and Holy Scriptures; for the simple Peace Prayer contains the essence of all Vedas and Bibles.

Sages have said, if you want to speak with God -commune with Him prayer is the only language to unite you with Him.

Please try it as an experiment now and here, today alone for today is ours and not tomorrow. So let us start with the good deed of reforming ourselves to begin our real spiritual life today alone in order to attain the goal of the precious human birth, namely God-realization. Let it be our real birthday to begin our true life by establishing a branch of Peace Centre in our heart to attain Peace which is our birth right. Verily, Service of man is service of God. This important motto teaches us *paropakarardamedamsareeram* these bodies are given to us, only to serve God's children. Hence let us not waste time in thinking too much of ourselves but help and serve others.

Let us remember also *tandriharicherumanianeditandritandrihe* alone is the real father, who is leading the children towards God. This is the only highest and true education. If we recall *love* our children, let us help them to be like Prahaladas and MeeraBais.

Please select a day, either Sunday or any other convenient day, for all devotees, where you can all meet on one evening at least once in a week and begin the meeting with the repetition of Peace Prayer for a while and then begin to read 3 chapters each from Cosmic Flashes and Hours of Silence: Let every one who comes to the Peace Meetings

repeat PeacePrayer. As one repeats let all others repeat in a chorus, feeling God's presence within and without.

The publications of Sri ShantiAshram and copies of Peace Prayers in different languages will be supplied free for every branch of Sri Shanti Ashram the Mission of Peace.

Work kills none, but worry kills multitudes. So let us begin the good work of service today alone now and here for the good of all—the Peace of the world.

He prayeth best who loveth best bird, beast and man. Let there be peace in the world, but let it start from our own heart now alone.

Let us do it now alone without waiting for the next moments or tomorrow which is uncertain.

Remember: He who wastes moments wastes all his life. So let us wake up now, and not sleep any more with lethargy.

Blessed is the happy day of service, real service — sevato God, who comes to us in the form of sick and poor, and all aspiring souls of any religion.

If you need any other information about starting Shanti Ashram branch in one's own devoted and purified heart, write to our secretary for all details, to help and serve you.

As our Prayers are with you. Dear Loving Reader! Begin your deed now alone in the present living precious moment. Let us meditate and pray deeply. Om OmOm

As the 84th year is nearing—in my closing years, my one longing prayer and aspiration is not to start branches on land —running after the fleeting clouds of name and fame but only to start Shanti Ashram branches in all the devoted hearts and homes of devoted and purified children of the one indivisible God.

Dear Loving Reader! Let me help you to help yourself in establishing a Shanti Ashram branch-- a real Peace Centre in your own dedicated heart of love and devotion.

May peace alone flow from your inner heart in rivers and torrents towards the whole of humanity.

Let us close now with the following Vedic Peace Chant for the peace of all in the world.

VEDIC PEACE CHANT

May there be Peace in Heaven!
Peace in 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

AN OFFERING

**A tiny humble offering to all the aspiring devotees, who are starting
Shanti Ashram branches in the East and the West for Peace of all.**

Hari Om Tat Sat Om

(Peace Sept & Oct 1977)

32.SEARCH AFTER GOD

O God! I wandered all over the world in search of Thee-like a rolling stone gathering no moss. I sat at the feet of many a master listening to his flowing words about thy Glory. I visited many a temple and church in all climes - to find Thee-but in vain.

I bowed my head in deep adoration before Thy statues and paintings to contact Thee. I listened to many fiery sermons of priests and preach with bated breath- but my thirst for Thee could not be quenched by their flowery words.

I attended the meetings of *Swamis, Yogis, Bahais*, Theosophists and Rosicrucian etc. What is it that they speak my Lord? Can't Thou understand their words? How it pains me to see them disturbing. Thy sweet presence, with the noise of their words.

I read many a sacred book of the respective religions to find Thee but, alas, the shell is there, but the kernel is missing. Can I find Thee in lifeless books? Can I find Thee in soulless things? Can I find Thee in spiritless persons? Lord, how long am I to search for Thee in the outer, like a musk-deer in search of its own fragrance? As a musk deer that wandered over hills and dales - tired and exhausted - now, I am weary and foot-sore, unable to walk a step further. I can read no more books; can attend no more services; can listen to no more sermons.

My eyes are blind, my ears are deaf, my legs are numb, my body is too tired to search Thee any more in the outer. Hence giving up all outer searches, I silently sit in the gloom by the wayside laying my head on a slab of stone - yet groping for Thee in darkness with enfeebled hands.

Lo all in a flash the vision of the great Buddha flashes in my mind, and I too, try to sit like him leaning on the trunk of a tree collecting the wandering faculties of my mind while in a cross-legged posture. I merge within and deeper within to find myself bathing in that holy state of *nirvan* where all the clamoring of senses is stilled, and where abides the peace that passeth all understanding. In that state of inner search, I find myself face to face with Thee — where Thou art throbbing in my very heart and flowing in my very breath.

Ah! The ignorance of searching Thee everywhere in the world when Thou art eternally abiding in my heart. Ah! The darkness of ignoring Thee within, in the silence and

wasting one's precious life to find Thee in the delusive glitter of the mirage of the world is most pitiable and heart-rending.

My Sweet Beloved! here is my heart's homage ascending towards Thee like the snake of sacred incense. Here are my outstretched arms embracing Thee in an eternal embrace.

Oh! Glory, my heart is Thy heart - my breath is Thy breath and my soul is Thy soul. Why any more ignorant searches in the outer or inner? I give up seeking and searching to find myself as Thee.

Verily, I am, one without a second, for truth is eternally one.

Om Tat Sat

(Peace Sept & Oct 1988)

33.DIVINE LAWS

Welcome to all the new and old *bhaktas*. We must be grateful to God for giving us another day to meet here. Today is ours not tomorrow. Do your best deeds in the present moment alone the real good. It is wonderful to give a day for us to God. I feel His presence in little things. It is blissful to feel that we are in God, God is in me" gives us very great strength. God is Love, Love is God, where there is love, and there is God. Once again we are happy in speaking Godly things. Everything depends on God's grace.

I woke up at 2 A.M. Since I am unable to sleep, these flashes or sparks came to my mind feeling His presence, within and without, above, below and all around. God is the splendour of millions of suns, but it is a pity that you cannot see Him, or feel His presence or light; such is the deep *maya* or delusion. Alas! It is sad to see even the wise are blind. We see only what we have within ourselves. If man has God within he sees God without. How true are these words? God, if you think God you are. Dust if you only think dust you are.

Men are not made famous overnight. While others, the weak and lazy sleep, and the wise and active work hard day and night. There is no secret; it is an open secret. What you are now is the result of your own past thoughts, words and deeds. What you are going to be will be determined by your own present thoughts, words and deeds, such is the Divine Law. Divine Laws or the Laws of God are same to me, to you, to one and all in this world. If you think evil, selfish thoughts pursue you. If you think good thoughts, they cling to you like your shadows. Did you ever see or hear of the holy shadow. Which is ever present with you protecting you always like an eyelid protecting the eye or loka tender mother protects her baby. Strange, it may sound, but I often feel the presence of someone like shadows around me. Sometimes the holy shadows are so real but I look, around or intend to see someone but alas they are formless being invisible.

If you want to make anyone your enemy, just ask his perishable wealth, he becomes your enemy. He does not love you or see you anymore. He avoids you. Such is the wicked nature of mammon worshippers. May the mammon worshippers keep all the perishable money for themselves, leaving me alone with my imperishable wealth of God, which cannot

be stolen or rusted or decayed for it is permanent and eternal. I must be happy in spite of the darkest clouds of tests, trials and tribulations in this world for here are those sad and weak children of God relying on me for my consolation in these great tests and sorrows. Similarly, I must be pure and innocent like an unborn baby having no desires within, as an example to all those innocent people the devoted children of God in all religions.

Om OmOm

(Peace May 1991)

34.SATYAM, AHIMSA AND RAMNAM

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

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

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

***Satyamevajayate* - Truth Alone Triumphs**

As I introspect, merge within and meditatedeeply, I realise now more than ever that truth, non-violence and Rama nam are not three but one. One, who has known the one in practical life, has also realised the other two. If one is centred in truth, *satyam*, he has also

known and realised *ahimsa*, Non-violence, and Ram nam also. A truthful man can never be violent. Similarly a truthful and non-violent person can never be un Godly. The truthful man is always selfless, gentle and God-loving. In Ram nam we have the highest truth and the greatest non-violence. One who has realised one of the holy trinity has realised and known everything and all the other divine attributes also.

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

My heart longs to be simple, unknown and insignificant; but ever walking in the holy foot-prints of *deshpitha*, the Father of the Nation. But alas, how difficult it is! The little self of name and fame, trying to be something and ignoring the other one, is still prominent in our lives. Where is the all-consuming fire of truth, wherein violence is consumed, and wherein Ram nam is ringing within and without ceaselessly, wishing the peace of all? Verily it is the individual peace that paves the way to world peace.

In memory of the precious centenary of Sri Mahatmaji, let us first be reformers of ourselves and then of others. Let the ego, the ignorant, selfish "I" be crushed, destroyed, burnt up and annihilated first, in memory of the holy centenary. Even chitchatting and gossiping are a discredit to the memory of Gandhiji. Verily he who wastes moments, wastes all his life and that of others too. Indiscriminate eating or over eating is a discredit to a *satyagrahi*, to the one who is walking in the foot-prints of Mahatma Gandhiji. Let all the weaknesses, be they little like smoking or big like drinking, be conquered before we celebrate the centenary. Let jealousy and strife be replaced by love universal and peace profound.

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

The world is my home all the people in it are my sisters and brothers to love and worship them as one without a second is my religion.

In conclusion, may this message *satyam*, *ahimsa* and Ram nam be concluded with the peace chant, wishing the peace of all.

A HUMBLE OFFERING

A humble offering to Sri Mahatmaji, in memory of the centenary, with prayers for world peace, invoking God's richest blessings, goodwill among nations and peace on earth.

OM OMOM

(Peace Sept 2003)

35.WORSHIP OF FLOWERS

Even in the chalice of a flower,
Resides the mighty God of power,
Then why disturb His presence there,
By plucking blooms to offer where,
Man's fancy Dee meth He doth dwell?
Behold His face in lily-bell,
Or crimson blush-rose, violet fair!
Each flower is a temple rare,
Its fragrance, living sacrifice.
Why tear it from its dying scents?

One day I reached to pluck a flower;
Which hung within my garden bower,
But as my fingers fastened round
Its stem, it seemed to say, "Hush, make no sound!"
Our Lord rests here within my heart,
O! Fellow-man disturbs Him not, nor part
Me from my quiet parent stem so green,
From which to scent the world I learn!
Do thou too worship Him as I,
With perfumed beauty that in heart doth lie
That full-blown lotus is but meet,
To lay upon our loved one's feet,
The unwise keep this bloom from Him,
And offer it to mammon grim.
They think with dying flower's soul,
To make amends, and worship whole.
All outer rite is ignorance,
Which passes with a soul's advance,
Thrice blessed are they whose lotus-heart
Knows presence dwelling not apart,
But cradled there in sacred shrine,
Which in both deeds and words doth shine?
To brighten all the universe,
This is the loveliest sacrifice.

(Peace Aug 1933)

36.WE TOO ARE THE CAUSE OF WAR

In these sad days of war, when we again hear hair rising reports, of bloodshed and destruction in both Europe and the Far East, and while bombs are raining fire and fury from the aeroplanes, destroying the stately monuments of civilization, causing death to innocent children, women and civilians, and needless agony, pain and suffering, to millions of people; there is little wonder that one's heart feels depressed, sad and heavy; for the agony of the least of God's creatures, is also our own.

Often these days as I close my eyes to meditate, pondering on the ruthless slaughter and bloodshed, of the hapless children of the one Almighty God, strange as it may sound, one feels at times the war raging not in the far away Europe or China, but surging through one's body itself.

The bayonets are piercing one's body, the bullets are passing through the physical sheath, bombs are falling on the crown of the head. The ribs are being torpedoed and the poisonous gases are filling the lungs, suffocating one's life and being. Horror and world pain pass over one's heart beating in sympathy with all creation.

Who can fathom the mysteries of life? All life in the world seems to be full of sorrow from the cradle to the grave, as the Lord Buddha said, there is sorrow if it is not in our lives, it is in the lives of others. The sorrow of another is our sorrow, for others are no other than our one indivisible self. Yet, it is destiny—the accumulated unfinished *karma* which is leading the individuals as well as nations, unto their predestined fate or goal. With all the material wealth, mental power and evolving spiritual strength, there are times when man seems to be helpless, a mere tool in the hands of nature in its grim destructive aspect.

Coming back to our present theme of war, who is the real cause of the present war, nay of every conflict waged in the world?

As generally voiced or supposed, it is wrong to think that one man alone is the cause of wars now or in the past.

If we would pause to silently analyze our lives impartially from the spiritual standard of the highest truth, we would be surprised at our findings, showing that we too have been the cause of the warfare throughout the creation. We too have been contributing though unconsciously, to the cause of these wars.

Many threads make a cloth. Many waves make an ocean. Many stars make the constellations. Many atoms form the mother earth. There is nothing like separate life. One cannot draw a circle around oneself and ignore the universal whole, however selfish and ignorant one may be. One man's peace is the peace of the whole world. One man's sorrow is the sorrow of the whole universe.

The mist gathers from every side of the atmosphere and forms into a cloud which suddenly pours down in torrents of rain. Many millions of drops of water go to make up a heaving wave and suddenly it rises to its climax and bursts into foam.

How few and rare are those who can go to the source, to investigate the real subtle cause of all wars and their inevitable heart-breaking consequences. People are always anxious to throw the blame on somebody else, but never assume it themselves. They think themselves infallible, and that only the other man is wrong.

What a perverted vision? Pray I let us open our eyes to the glorious truth. Draw our senses within, and behold the reality of the one interpenetrating presence, which is pervading and permeating not only our beings, but the whole universe.

Every thought we think, consciously or unconsciously is being registered in the unseen world of the perpetual ethereal waves or vibrations. Every thought must have its accumulative effect again, sooner or later, be it good or bad.

Evil thoughts, selfish thoughts or ignorant thoughts join their kindred thoughts in others and thus create havoc in the form of battles and wars, first in the subtle realms and then in the outer manifested world.

Matter is indestructible and thought is an unseen, subtle form of moving matter. It reaches its ultimate goal, be it to heaven or hades. Verily, thoughts are things! We create war with our thoughts. We create peace with our very thoughts.

If there is peace and prosperity anywhere in the world, our thoughts of peace and love have contributed to the existing peace. Similar is the case, if there is disturbance and war. So let us be beware of our inner thoughts.

Let us strive to get rid of selfishness, which is the root cause of all misery, strife and suffering in this world. It is because of this selfishness, there is war or ignorance in one's body. It is because of the very selfishness alone there are troubles and disturbances in one's community. It is because of the same selfishness, there are wars among nations in the face of the world—the fair bosom of mother earth.

Man, in his ignorance and selfishness, instead of sharing what he has with his fellow-brothers or sister-nations, wants to grasp and annex everything unto himself, destroying others, who are no other than his own self. It is only when he becomes free from every phase of selfishness, he exclaims:

THE WORLD - THE WIDE WORLD IS MY HOME. ALL PEOPLE IRRESPECTIVE OF CASTE, CREED OR NATION ARE MY VERY OWN SISTERS AND BROTHERS AND TO LOVE AND SERVE THEM IS MY ONLY DUTY AND REAL RELIGION.

Such a one alone deserves to be called a real Christian, a true Buddhist, a pious Mohammedan and a universal Hindu and no one else. Selfishness is the cause of all wars, and selflessness is the end of all wars.

Let us help the world by becoming completely selfless. However far we may be from the regions of war, we cannot say that we are not connected or related with China or Japan, England or Germany.

All nations are filaments in the great creative handy-work of God. No nation need boast of its superiority over others. Each has something vital and important to contribute to the well-being of the other sister-nations.

Unity, love and understanding are the watch-words of Peace on earth and goodwill among nations. Separation, hatred and suspicion are death-dealing weapons, causing wars and destruction, making mother-earth a realm of tears and pain, drenched with the red blood of its lost children, in-stead of the Eden, God created it.

How consoling and life giving are the words of Lincoln, the great emancipator, especially in these sorrowful days of destruction and suffering:

Out of the depths fresh strength,

Out of the darkness new light,

Even in the gloom we are on the way.

Verily, the nations are in the depths, but let us hope that they will be given fresh strength through their bitter experiences.

It is indeed dark and chaotic everywhere, and let us look forward for the great light to dispel all clouds of selfishness and ignorance. Verily, it is consoling to know that we are on the way even in the gloom and darkness of wars.

Dear Readers of Peace! Our body-consciousness is the cause of wars. Our selfishness is the root cause of wars. Our racial prejudice is one of the causes of wars. Our spiritual bigotry is another cause of wars.

What can we do now to undo the great harm? What is the unfailing remedy? It was Buddha who said that hatred can never be conquered by hatred, but by love. Two black things can never make one white one. Christ has asked us to love our neighbors as ourselves. Krishna asked us to see the same divinity in every face, both in the manifested and unmanifested worlds.

It is high time now to replace body-consciousness with God-consciousness. Let us give a death-blow to the life-draining germ of selfishness, giving place to the life-giving spark of selflessness.

Let there be racial unity and understanding. Let spiritual bigotry be replaced by universal love, where one not only sees God in himself as well as in others, for all is one without a second.

The very word peace seems to be a mockery now before the face of God, while hate, greed, death and destruction are everywhere. Yet, peace is the birthright of every individual

on the face of earth, be the Chinese or Japanese, English or German, Russian or American, nay Easterner or Westerner.

The prince of peace was also mocked when he gave his blessed message of peace and love, nearly two thousand years ago. In spite of all these outer wars of passing clouds of ignorance, it is a great consolation to note that the Christ Spirit still throbs in many a heart both in East and West, longing for that peace that passeth all understanding and praying for the peace of the world.

As a poet has said, peace is the happy, natural state of man; war his corruption, his disgrace. Peace, though it seems now to be crushed into the earth, will surely rise again, pervading into the hearts of individuals as well as the whole universe.

Dear friends, this is the proper time to help the groaning world, with our silent and sincere thoughts of peace that penetrates and love that excludes none but includes all.

Before we do another thing, let us strive to establish peace in our individual hearts and thus help the suffering nations with hope and inspiration.

May we repeat now the peace chant, wishing the welfare of the suffering children in all the belligerent nations.

May nothing but peace alone flow from us towards the whole world.

May it rest and abide in the hearts of the wearied and suffering.

May God in his infinite mercy and compassion bless all his children in all the nations, with love universal and peace profound, is my humble prayer.

Om OmOm

(Peace Sept, Oct, Nov 1939)

37. WHY DON'T YOU SMILE?

Did you ever see the Sun smiling? The sun is always smiling. But to understand the effect of a smile kindly visit our Rishikonda Beach Ashram once, in the early hours of the dawn, and await and watch the beautiful and effulgent smile of the sun, as it comes out of the horizon. See how the sun's smile spreads over the roiling waves and all over the world, filling the earth and heaven with light and love. Such is the glory of the smile of the sun to the whole creation.

Do you ever smile rally friend? Do you smile in your home? Do you smile while at work or play? Does your smile create joy and love among your dear and near ones? Does your smile in the office or business spread sunshine and radiance among your workers?

How sad and forlorn is the state of the man or woman who never smiles. Look at the smile of an innocent baby. Look at the smile of a playful youth. Look at the smile of a

contented soul. Did you ever watch the innocent and natural smile of the fresh blooming flowers in the green fields?

Behold all nature is smiling from a dew drop on earth to an angel the even especially at the advent of the effulgent rising sun. Why don't you too smile dear friend? Why do you look so sad, careworn, gloomy and miserable? Is life intended only to grin and grind to murmur and grumble and finally to end in sorrow and death?

All is not yet lost God is alive. The soul is not yet dead. How can the indestructible perish or decay? Recognize the smile of the Sun of suns within yourself. If you deny and ignore the smile of God, your life is a burden not only to yourself and to your dear and near ones, but also to your country as well as to mother earth herself.

Keep smiling not only when all is going on well, with health and success, surrounded by friends and admirers, but also when facing sickness and failure, being ridiculed by foes and persecutors. Keep up a brave front amidst your very tests, trials and tribulations for success is your goal in the long run, in spite of all the passing clouds. Behind the very dark, testing clouds, behold the effulgent sun hiding there with a big smile.

As I am writing this message, in the early hours of dawn, there is a printed placard with very, bold letters KEEP SMILING looking at me. I often keep looking at it and feel that it is looking into my very soul, to see whether I am smiling or not. I long to see the very cells of this being smile not only now and then but ceaselessly. Verily, all health, wealth, life, light, love and all that is best and highest is only in a big spontaneous smile. Where, it is absent, it is all chaos, darkness, ignorance, sickness, selfishness, suffering, agony and death.

In the room where I sleep there are several spiritual sayings written on the walls, especially two of them always attract my attention as they are just in the front. One is, keep on Smiling. It is very easy to write such mottos on walls and papers, but alas how difficult to practice them, especially when one is subject to the gnawing pangs of hunger and excruciating pains of body and mental crucifixions and misunderstandings. Yet, the strength lies only in keeping' smiling. How is it possible? The motto which is on the other side solves our question. FEEL GOD'S PRESENCE ALWAYS. If you practise to feel God's presence always within, you cannot help but keep on smiling in spite of a world, of tribulations.

Now, come on, dear friend, whoever you may be or wherever you may be, you are a child of God and His smile is your birthright. Now, give us a big smile, a hearty smile, a smile broadens your beautiful face, dispelling all clouds of weakness and sickness. Give us another smile that drives away all fear and gloominess, not only from your face and heart but also from the whole world.

Smile a while and make a mile during your walks. Smile a while and make a million during your work. Smile a while and make a ladder towards the very heavens.

Keep a looking glass on your writing desk or even on your dining table. It does you good to look into it now and then, to see whether you are smiling or not. Look at your face in the mirror. Talk to it grin or grimace. Do anything but bring out the smile. Looking at your face, say, why don't you smile my friend? Say, give us a big smile only once even if you are

sad and forlorn. A simple smile won't hurt you. Only one smile, then another smile and thus keep on smiling and your life will be a blessing to yourself, your family, community, country and the world at large like that effulgent smile of the blazing sun.

Beware of the man who never smiles. He is the foe of the home as well as of community. The man who never smiles, who is a slave of blues, is an enemy of humanity. He is the one who in his dejection and depression filled with egoism and selfishness divides the fair face of the one round globe into partitions of East and West filled with caste distinctions, communal clashes, religious controversies and racial differences.

Dear Friends, instead of going into the mire of politics and slime of religions, let us forget all the manmade religions and distinctions, and just begin to grin and smile looking at the beautiful world the soul-inspiring handiwork of God, and above all at the never ceasing and dazzling smile of the effulgent sun.

Mirth and laughter are God's unfailing medicines to the sick and weary to the dejected and depressed. Hence, let us smile and help others to smile, for if we laugh, the whole world laughs but if we weep, we weep alone in self-created dungeons of selfishness and ignorance.

My message, WHY DON'T YOU SMILE? Will be incomplete, without the following beautiful poem, WHY DON'T YOU LAUGH? Which I happened to come across with, during the early days of my stay in the U. S. A.

WHY DON'T YOU LAUGH?

Why don't you laugh, young man when troubles come instead of sitting round so sour and glum?

You cannot have all play,
And sunshine everyday;
When troubles come, I say, why don't you laugh?

Why don't you laugh? It will ever help to soothe the aches and pains. No road in life is smooth;

There's many an unseen bump
And many a hidden stump
Over which you'll have to jump why don't you laugh?
Why don't you laugh? Don't let your spirits wilt; don't sit and cry because the milk you've spilt;

If you would mend it now,
Pray let me tell you how;
Just milk another cow! Why don't you laugh?
Why don't you laugh, and make us all laugh too, and keep us mortals all from getting blue?

A laugh will always win;
If you can't laugh, just grin—
Come on, let's all join in! Why don't you laugh?"

MAY PEACE BE UNTO ALL

OMOMOM

(Peace Aug & Sept 1951)

38. WORLD PEACE

(Through Personal Experience of the Highest)

Dr. S. K. Atri an old friend of the Ashram, a selfless and cultured soul, a bold thinker, a lover of humanity and a well-wisher of World Peace, writes from Srinagar, Kashmir as follows :-

The Branch of *SarvaBhaumMandal*- All World *Sadhu Mandal* is working wonders in Srinagar. The Himalayan School of Ancient Culture is functioning well and Prime Minister Pandit Jawaharlal Nehru donated Rs. 1000/- on 4th July to the institution and there are Philosophical Discourses in which *sadhus* of the whole world assemble to throw the light of their experiences."

Being myself a *sadhu* from my very boyhood, I feel the urge from within that I too should throw light and express my inner personal experience for World Peace, to share not only with the *sadhus* of the whole world, but also with the seekers of truth in all the East and the West. Hence, I write this message now from the silent hill of Kailas, at the very early hour of 2 A.M. when the wide world is still and silent.

It is always the personal experience that helps oneself and others too. What good does it do to repeat like a parrot' the experiences of others even from the lives of the *avatars*—the Saviours of humanity or extracts from the Holy Scriptures of East and West, ignoring and denying the light within all the while. The tenet: - Make the highest moment of your personal experience permanent, has a world of deep meaning, to create peace in the individual as well as in the world. Without beating about the bush, may I share my experience, the most sublime and outstanding experience of my life? Supreme silence or wavelessness of the mind, *sankalpa rahithyam*, is the most sublime and outstanding experience of my life, tasting which, all the words in all the world, become like *uchchistam*-polluted, lifeless and soulless. It is in supreme silence one realizes the emptiness of the world and the vanity of the word as against the glory of self-effulgence, the goal of humanity. In the unmanifested state, when one tastes supreme silence, he realizes that, all life is one and in loving even the least of His children in the world, he is loving the one indivisible presence—*Brahman*.

It is only in this glorious personal experience of the great truth of the one without a second-*adwiteeyam*-one feels inseparable oneness, a close relationship, with all the children of God in East and West, including the sick and poor, the oppressed and depressed as well as with the Presidents and Premiers in all the respective nations in the world. In this blessed

glory and realization of the self-effulgent light and divine oneness, which cannot be described in words, but only recognized in silence in the stillness of one's own purified heart, one is eternally connected and related to the President Truman in the far away America, with Dictator Stalin in Russia, Pandit Nehru in India, Sheikh Abdullah in Kashmir and also with Liaquat Ali Khan in Pakistan. For, hath not one God created all of us? Have we not all one father? Verily, our father is one and we are all His children.

I appeal to the Presidents and Prime Ministers and other dignitaries of all nations in the East and the West to behold the universality of God, and to realize the presence of the one Omnipresent, Omnipotent and Omniscient God, in their lives for the destiny of millions of their subjects—the helpless men, women and children, is in their hands, to lead them to war and destruction or to prosperity and Peace. I request them kindly to remember that in causing the death of any of the least of His children in East or West, they are unconsciously hurting and receding from the one God, whom they are worshipping in Churches, Temples and Mosques. Fatherhood of God is to be glorified and brother-hood of man is to be practised in daily life. Verily love of man is love of God. He who hates man is an assassin. Individual peace leads to universal peace. Non-differentiation or vision universal in spite of the outer differences in caste, creed or religion is the one sure foundation to universal peace,

The man who is blessed with the personal experience of the highest can never exclude even his so-called bitterest or ignorant enemy from his fold of love universal. His creed includes all and excludes none. Such a one is free, entirely free, from race superiority and religious bigotry of every kind; He is above communal differences and caste prejudices. He is a brother to all and a friend even of the dumb animals. The wide world is his own home and all people in it are his sisters and brothers. Love that excludes none and Service to all are the tenets of His universal religion. It is in this personal experience, he feels and suffers with the people in Korea or Siberia and he feels happy with all happy people in America or India or anywhere in the world. The man of personal experience is fearless the mighty lion of the forest. He is not afraid of even destructive Atom Bombs, for his experience is based on the *atomic* bomb of the soul force and its self-effulgent splendour of millions of suns.

How true are the words: Let people live in God, and the nations become united through men of such God-realization. If at least all the *sadhus* of the world whose lives are dedicated to God and to the service of His children, could eternally live in God, what a great practical guidance and blessing it would be to the rest of the humanity and the world. Indeed from time immemorial, beginning from the golden age, *sadhus* have been the Preceptors of the Rulers, influencing their lives with high ideals of *dharma*—righteousness and truth helping them by teaching to love their subjects as their own children.

If the world is in chaos, want, suffering, sickness, poverty and fear, we the *sadhus* are to blame to some extent. If ever the world is going to be filled with peace, power, prosperity, fearlessness and bliss of the beyond, it is in the hands of the *sadhus* of the world. Blessed is the sadhu who can hold his tongue, be silent, until he experiences personally a taste of the infinite, eternal, indivisible and the universal cosmic light! It is the man of inexperience who disturbs the peace of the world, sitting in his own little well of finite life

and proclaims to the whole world that his well is the biggest one in all the world. I always feel sad for the people who compare religions and nations with the attitude of picking and pecking, but not with the right attitude of appreciating all that is best in every religion and nation. As the source of all rays is the one sun, so also the goal of all religions, is the same one God. As the fundamental are the same in all religions there is no need for any religion to claim superiority over its sister religions.

If we are blessed with the personal experience of God-consciousness, then we feel that the world is pervaded and permeated with God's interpenetrating presence, where there is no division of Pakistan or Hindustan, neither East nor West, but one stupendous whole, the one indivisible Light of lights of which all the religions and nations are mere sparks or rays. I see from Mt. Kailas the Mother Ocean laughing at the petty quarrels and differences of its little children—the waves, one wave rises from the bosom of the ocean and says :—

“I am the only biggest wave, exclusively separate and superior to all the other waves.”

Watch this very arrogant wave as it rises, how it goes down and disappears before our very eyes! No wave can be separate from the other waves. Even if one wave should think that it's privileged to be a special wave, it has but the same constituents or contents as all the other waves in the ocean, in the East or the West. Is not all blood red? Is not all water of the sea salty? Verily, it is all the one ocean having water within, without and all around.

A man's tiny life is like that of a finite wave, as far as the ocean of the world is concerned. Why identify with the passing body and perceive division, separation and difference, in the one universal whole, calling this ' Mine `and that ' Yours?' What is the need to divide the one fair face of mother earth into finite sections of divisions of communities and nations, creeds and religions? Difference of any kind, in any form should be rooted out and burnt away in the fire of personal perception of the splendour of infinite and effulgent light. It is in supreme silence that the *sadhus* of realization create harmony and understanding with each breath, inhaling and exhaling peace with each and every breath. When such is the blessed truth and glory, where is the scope for the least, strife or differentiation in the name of religion and nationality? When the essentials are same, we identify ourselves through personal experience with the source notwithstanding the superficial differences on the surface.

Ishavasyamidamsarvam-All this Universe is filled with God. All this is God. Everyone is living image of the Almighty. It is He, who is shining in all eyes, throbbing in all hearts and flowing in the breath of all, as the one universal breath - *soham*. Verily, the one light or reality pervades and permeates not only the very cells of one's being but the whole universe from the trivial atom to the biggest planet. May the members of the SarvaBhaum SadhuMandal - All World Sadhu Institution as well as all the seekers of peace in East and West pave the way to peace on earth and goodwill among nations through their personal experience of universal love, everlasting peace and supreme silence is the prayer of Sadhu Omkar. Om *poornamadahpoornamidam, poornathpoornamudachyate, poornasyapoornamadaya,poornamevavsisshyate*.The whole was born of the whole. Taking whole from the whole, what remains is whole.

Om PeacePeacePeace.

Hari Om Tat Sat Om

(Peace Oct 1951)

39. WHAT IS GOD'S WILL AND WHO CAN KNOW HIS WILL?

An ardent devotee from Kuala Lumpur, Malaya, who had the misfortune of three deaths in his family in a month, writes in his trials and tribulations the following words: "Swamiji, I have still some doubt that all deaths are not predestined. I rather fear that the truth "Nothing moves but by His Will" is misapplied in certain cases. I am sure Gandhiji would have put head when he heard the judgment that Godse, his assassin, be hanged. I would earnestly and sincerely ask Swamiji to give the subject a deep and serious thought and write an article on it in "Peace Journal". The theme is to be something like this: What is God's will and who can know his will?

To make a serious matter light, the following Sunday, the same doctor who killed my grandchild knocked down my chicken, that was crossing the road by his big car to complete four deaths in a month. Someone remarked that it was God's will. Though I immediately recalled to mind the story of Job, I had not the faith of Job to praise the lord. "Endured them. O Bharata" appeared to me to be the appropriate command.

To understand God's will, we must know, the first place, God: one, who does not know God is never expected to know His will.

Q. Who can know His Will?

A. He who knows God; alone knows His Will.

Q. How to know God?

A. Through *sravana*, *manana* and *nidhidhyasa* - as laid down by sages of yore in the ancient scriptures. *Sravana* is listening about God. *Manana* is repeating again and again, thinking over what one has listened to. *Nidhidhyasa* is the realisation of what has thought and meditated. Let us again listen to the voice of the sages in the sacred Scriptures:

Q. What do they say about God?

A. They say, God is *akhanda sat chit anandaswarupa*. He is limitless- Existence Absolute, Knowledge Absolute and Bliss Absolute.

These words may be Greek and Latin to a novice in religious life, or mere expression to a non-believer. Yet, when once we know God, we will be able to know everything, for God is All-knowledge. Hence the sages have raised the query:

Q. What is that thing by knowing which everything is known?

A. Is God-consciousness—the splendour of Millions of suns.

Thus, when once you know God, you know His Will too, for God and His Will are not two but one, like the sun and its light and the ocean and its waters. The practice of the presence of God makes one to be in tune with the infinite. When one is blessed to be in tune with the infinite, all questions are solved and all doubts disappear.

Q. What is God's will?

A. God's will is an eternal, unalterable law, the primal energy-- the changeless force expressing in the manifested visible world in little things as well as in big things.

It is the same to one and all; it is no respecter of persons. To understand God's Will and Human Will, let us take some simple illustrations from our daily lives:

We planted a number of flower plants in Kailas expecting rain. Rain does not come and we begin to pray for rain. Does the rain come because our prayers?

Say, one has headache and he begins to pray to God for relief, instead of fasting and taking an enema. Man misuses natural laws, and expects God to do what he himself is expected to do.

There are some unripe papayas on the tree in Kailas. They become ripe when the time comes. If we want them to be ripe .now because, we want to eat theme today, is it not going against nature?

God wants you or someone who is dear and near to you to go to Him and you do not want to go to God or allow your dear one to quit the earth. Yet, you repeat at the end of every prayer: Thy Will be done! Hari Om Tat Sat Om.If you want God's Will be done, you should surrender to Him completely, identifying yourself with His Will.

When the sun is expected to rise from the horizon at 6 a. m., do not pray for the sunrise to come at 4 a. m. Knowing the Will of God or Laws of Nature, within and without, you should be able to co-operate with God and His laws, with perfect understanding. God wants you to be in tune with Him, for you are His image. Thus, there will be peace and happiness by recognising God's Will but if you go against His Will your head will break and heart will ache with a thousand miseries and agonies of finite life.

There is only one Will and one law;it is the God and Law of Nature.

Q. How to know His Will?

A. By identifying oneself with God,

The sages have taught us that the individual alone is the Universal—*jivodevah*. There is but one reality and thou art that. The two never existed, for duality is a delusion. *jiva*the individual, when he detaches himself from the body and identifies himself with God's Will or the universal intelligence, reaches the heights of glory. From those blessed heights alone Ashtavakra sings thus: “If you detach yourself from the body and rest in intelligence, you will at once be happy, peaceful and free from bondage.”

Thus, God's Will is known, nay, realised, through this simple, direct and natural method of detachment from the unreal and complete identification with the real, the eternal principle, the basis of all manifested worlds. A man who says he wants to commit suicide asks, before taking the drastic step, if it was God's Will. Does God want anyone to commit suicide? Man often sows tares and wants God's blessings in getting a crop of wheat. A professor from the North wants to come and join the Ashram but wants to know beforehand if that is God's Will, The professor must know his own will first. If his will is firm and sincere, God's Will also will be with him. When the human becomes identified with the divine, then God's Will is known.

SECOND PART

Q. Does God care for the sufferings of His children?

A. He certainly cares, for all are His own manifested images. Here, the critic narrates the havocs caused by the recent heart-rending floods of Godavary, where thousands of innocent babies, children, men and women were swept away, not to speak of the loss of millions of dumb animals and helpless birds. Imagine people, he says, climbing tall, sturdy trees to save themselves from the roaring waters of the furious Godavary, only to see the trees themselves giving way and all getting washed away in the mighty and cruel floods.

Q. When such cruel tragedies of untold sufferings take place, where is God? How does he care for His so-called manifested images? Is the suffering and agony of His children a great joy to God?

A. No, not at all. If we can understand the great law, that God is supreme force, we will know that He is suffering with the sufferers and is happy with the happy, for He is the sum total of all joys and sorrows. At the same time He remains untouched and unaffected by joy or sorrow, for He is the one universal witness of all the worlds, like the effulgent sun, untouched by the good or bad deeds of the world and keeps on shining equally on one and all.

If God is aloof in our tests and trials, we can accuse Him. But when He is ever within and without us, interpenetrating the very cells of our beings, how to find fault with Him? The least that we could do is to recognise Him and to have the strength, whether in joy or in sorrow, to repeat: Thy will be done. He who has complete identification with God alone, is blessed with the strength to repeat the holy words: Not my finite will, O Lord, but Thine infinite will be done, Now and Ever.

Scriptures teach us of the threefold misery: those that pertain to mind and body, those that are caused by animate and inanimate objects and those that are caused by "Acts of God", such as floods, earthquakes; lightning, etc. Before the incomprehensible Cosmic Forces (Acts of God) man seems helpless like a blade of grass.

For instance, the world is full of soothsayers and astrologers who say they can foretell the future; incarnations who are believed to know everything, the past, present and future and departed spirits who claim to protect and help those who call on them and to know of coming events, why don't these well-wishers of poor humanity tell us of impending

dangers, which take away the lives of millions so mercilessly and cruelly? I am not complaining against astrologers and soothsayers but my point is that there are certain cosmic forces before which the finite man, be he incarnate or discarnate, is helpless with all his wisdom and learning. The least he could, do is to repeat. Thy will be done, and thus help to fulfill the divine plan, consistent with the individual *karma* or the collective *karma* of the universe.

Here the rationalist raises the question, what about fate and free will? Fate and free will are not two but one and the same. Both are in you. Fate is the past, that you have sown and free will is the present that you are free to exercise, in sowing fresh seeds. You are the master of your own destiny: what you are is the result of your past fate and what you will be, will be predestined by your present free will, individually or collectively. The very thought that you are free to do as you wish from this moment, burying the fate of the dead past, gives you a thrill of ecstasy. Is not it?

Like a bubble wanting to fathom the ocean, the finite man with his tiny intelligence, tries to judge the infinite God. The bubble can understand the ocean only by merging and dissolving in the ocean similarly, man can understand God's will only by merging and dissolving himself in God. It is only for you and me, finite beings, the so-called havocs or upheavals of flood and earthquakes, the dual aspects of rise and fall, good and bad, life and death, exist; but unto God and those blessed to be at-one-ment with Him, it is all one Existence, Knowledge and Bliss Absolute, which is the birthright of every man, nay the goal of all life.

To sum up: When the individual realises that he is the universal, God's will becomes his will, for there is only one will. God's Will is known when the ego dissolves in Him, like a bubble in the ocean, in waveless silence. OM

May Peace be unto all

(Peace Jan 1954)

40.WHY WAIT FOR GOD?

If God were to be far away in the sky or heaven, we can wait for His return. If He is ever separate or aloof from us, we can wait for Him. But when He is the Heart of our hearts, Breath of our breaths, why wait for Him anymore? Why delay in recognising His presence Now and Here? How can a real devotee, a thirsty soul, neglect or ignore God even for a minute sixty long seconds? When He is present Now, why not feel Him now alone and merge in His presence? Why delay even a single moment?

Having immortality in front and nearby, nay all around how can a real aspirant, a thirsty soul delay even a moment without sharing its radiance? Why be satisfied with the life of poison, in the restless life of the senses? Why run after the dark clouds ignoring the effulgent sun? If we believe that God is Omnipresent, Omnipotent and Omniscient, it is for us now to recognise God's indwelling presence or light, Now and Here, not only within but

also without, in ourselves and in one and all, for all is God and nothing else exists besides Him. Verily, we have been one with God in the past, present and future. There is never a moment of time when we are separate from Him.

So let us feel His refreshing presence now, in the very cells of our being and thus continue to feel His spirit forever, until we become one—eternally one with Him. It is mere delusion to wait for God. It is weakness to wait expecting God to come from heaven in some uncertain future. He is here, there, everywhere. Behold the glory! Recognize His Light! Take a firm hold of Him, never to forget Him again even for a moment.

Thou Art That.

(Peace Nov 1955)

41. WORLD PEACE THROUGH PEACE PRAYER

(The great work ahead of us - My pilgrimage to the south)

The pilgrimage to the south has opened my eyes to the great work that lies ahead of us. I left Totapalli unwillingly, as if dragged by unknown forces, but tried to serve the Lord, here and there, wherever I was taken, without expecting the least reward in any form. My reward has been always the assimilation of my message by the devotees feeling the presence of God then and there, while repeating Peace Prayer.

How true are the words, that yesterday's buds are the flowers of today, blooming and spreading their fragrance near and far! Similarly, today's deeds, achievements are the outcome of our past thoughts and aspirations. During my six years of Silence, the following thought used to come - "If ever you are going to break your Silence, what do you wish to do with your speech? In what way you long to spend your spoken words?" The reply was: - "I long to spread Peace Prayer from heart to heart, from home to home, from village to village, from town to town, from community to community, from nation to nation, nay from the East to the West all over the world, making all the crowds of people to repeat the Peace Prayer in a chorus, feeling God's presence."

Blessed is my life now that has been the vision of my old dreams has materialised. It was a blessed moment of ecstasy, when I saw in our meetings the devotees chanting the Peace Prayer, eyes closed feeling His Presence with ecstasy, forgetting the man-made differences in castes, creeds, colours and nations. In our audiences, there were Christians, Buddhists, Muslims and Hindus of all grades, but all have forgotten the labels or stamps of religions and nations, for the time being, while repeating the Peace Prayer. During the repetition of the Peace Prayer, they were only the children of the one God — the common Father of all the children in the world, the images of the one indivisible God, the sparks of the one effulgent light. It is in this blessed state of harmony and understanding one can cheerfully exclaim: - The world is my home and all people in it are my sisters and brothers; to help and serve them are my real religion. Though left the Ashram unwillingly, reached the

Ashram cheerfully with a happy and contented heart having done one's duty to the best of one's ability. The Father seems to be whispering into my ears: Well done, my child! I am pleased with thee! How else could it be, when the Father is with me at every step, leading me towards His aspiring children, to help and serve them? As not a blade of grass moves without His Will, it is He, who helped and served through this simple instrument. Hence, all glory and credit belongs to Him. While about to return to the Ashram, in a congregation of devotees after the pilgrimage of thirty-five days, there was the following question: —who is the soul that has derived the greatest benefit during all these days of holy pilgrimage?

Each one was thinking, especially those who have partaken in the pilgrimage from the beginning to the end, that he is the one, who has derived greatest help and benefit. Out of the fullness of the heart, the mouth speaks. Suddenly blurted out: -It was Swami Omkar who has received the greatest benefit and inspiration above all others. The news was startling, but it is a fact and a simple truth. For, the law is, the more you give, the more you receive. It is the giver who is benefited and enriched in the long run. I feel so happy and complete for the blessed opportunity God has given me to serve His aspiring children, in all the conditions of life, I always take joy in telling something from my own practical life —from my personal experience. I feel sad and unhappy in counting the cows of my neighbors. I feel it is such a waste of time, to chew dry bones, the experience of others, however great it may be. We must drink the milk of our own little cow, even if it gives an ounce of milk. I feel that we have no right, to open our mouths, until we drink our own milk of experience, for the blind can never lead the blind. From that personal experience, you may not be able to deliver grand lectures, but if you speak one or two words of love, they will have their own effect pervading and permeating the universe and they will be beneficial to the seekers of Truth. Peace Prayer has helped me and it is still helping me to feel the presence of God, during the repetition itself, making me to forget all forms and names. It is a prayer that makes anyone to feel God's presence, not tomorrow or in the uncertain future, but right now, as you repeat it. As the taste of the pudding is in its eating, please repeat the Prayer. Only twice or thrice, and you will see for yourself its marvelous effect, filling your body with life, light and love. You are filled and surrounded by the self-effulgent light. Your very body is pervaded and permeated by the interpenetrating presence, during the repetition of the Peace Prayer.

Dear friend! What else do you need? If you are pining for God, He is here now. If you want to taste the peace that passeth all understanding, it is within you awaiting your recognition Here and Now. The repetition of the simple Peace Prayer with all the strength of your mind, heart and soul, will express and manifest the indwelling, hidden light in you in all glory. Some pundits, the philosophers may say:- There is nothing new in this Peace Prayer. All this in the Kathopanishad and some other Upanishads. I too agree with the pundits that it is in the Upanishads, nay it is in every scripture of each religion, But here, it is taken out of the Upanishads - the Scriptures into the daily life, into the life of experience. It is brought out from the scriptures into the heart of life. Hence, there is all the difference. Once again I raise my strong voice, by repeating: - Let us not be satisfied by chewing dry bones, but let us taste the marrow of our own personal experience. What is in Vedas, Bible, *Pitikas* and Quran should be taken out from the books and allowed to enter into our minds, hearts and souls, for the expression in our own daily lives. It is the practice of the presence of God, not now and then but ceaselessly, which is the simple and direct way to lead us towards the heights of

glory or God-realisation. The simple repetition of our Peace Prayer helps us to feel God's presence Here and Now consciously. This is my personal experience even now, I long to see that it should be the personal experience of all of you also, as you are all the children of the one God! During my holy pilgrimage, I had the blessed privilege of entering into the devoted hearts of many seekers of truth, in different religions. But it has made my heart sad and heavy too, to see in some of the homes, worry, sadness, sickness and misery instead of joy, health, harmony and peace. Except in some blessed homes, the cart is put in front of the horse. The wife wants to drag the cart of life towards Haridwar, Himalayas and the husband longs to drag the cart towards Rameswaram, the Cape Comorin side. What great contrasts and contradictions in the one life! Whether you wish to go to Tirupati or Kailas let the two bulls or the two horses drag the cart of life, in the same direction. Thus, you can make some progress and be happy. If not, the home will be a veritable hell, with differences, doubts and contradictions in little things as well as in big things. With a sad heavy heart I saw like blind leading the blind and all of them falling in the same ditch of ignorance, the parents neglecting the spiritual education of their children and worrying only over their outer education or health or some passing cloud, running after name and fame, in the ever changing world of name and form.

It is with man, to make his home a heaven or hades. He is the master of his own destiny. It is my longing now, more than ever, to help people to change homes into heavens. I long to help them, to help themselves, to convert their homes, into Abodes of Peace — paradises on earth. My heart rejoices to receive the following letter from a devoted soul, as if it were a reward of my pilgrimage to the South, from Coimbatore. Here is an extract from it given only to appeal to all my friends and readers of Peace Journal, to aspire and to make their homes also, into paradises of peace. By establishing peace and love in their hearts first, for where love is, there is heaven or God. "Dear Swamiji! Thy visit to our humble home with the Ashram devotees has been the greatest blessing for us. We shall ever remember thy message to us on that occasion. "Heaven is there, where two souls love each other - selflessly." Our efforts shall always be to build that heaven by loving each other selflessly. Swamiji has breathed peace in our home and filled it with peace and both Sister Subbu Lakshmi and myself are ever grateful to thee for thy visit and message of peace. But I know that Swamiji will be happy only if we feel the presence of God very intimately and help others also to feel the presence of God. We assure thee that we shall try to feel His presence by repeating the Peace Prayer, whenever we get a little time even in the midst of our work. In this effort to feel His presence, we pray for thy help by sending us thy thoughts, so that when we forget Him in the midst of our material life, we are aroused and made aware of the indwelling presence. We are sure we have Swamiji's blessings in full measure. From the day of thy visit to our home, we feel a change has come in our lives and we only pray that this change is kept up. Indeed, Swamiji! Thy short stay in our midst has been an extremely happy time and we are grateful to God for blessing us with this opportunity. We are eager to come to thy Ashram and once again enjoy the *anandam*- bliss of thy presence in that peaceful atmosphere. We hope by thy blessings we will get that opportunity in the not very distant future."

These days I have been requesting the parents to see God in their children and children to see God in their parents. Similarly, husbands should see God in their wives and

wives should see God, in their husbands. If we cannot love the man whom we can see, how can we ever love God, whom we cannot see with these physical eyes! Love of man is love of God! Another moment of ecstasy during my pilgrimage was, when I heard some noted scholar telling his friends after my discourse that it was the highest and best practical discourse that was ever delivered in his town in this Kali Yuga, for attaining God-realization in such a simple and direct way. Another moment of happiness to me was when a noted poet came and said with a beaming face:-

"Swamiji! As advised and suggested in your discourse last night, I went home and saw God in my wife and children. My very home became a heaven. We all feel so happy and grateful to you."

Now to the work ahead with the added experiences in my recent pilgrimage to the South, with the blessed opportunity of contacting so many devoted, dedicated and aspiring souls, who are the living Gods to me, I feel there is too much work to be done in the outer world, both near and far. Imagine what it means to establish a heaven in every home, to convert homes into heavens, in every village and town, in all the East and the West!

What a blessed work but how stupendous, great and limitless is! Yet we are told that even the crawling of the ants constantly makes a pathway on the rock itself. In my zeal and heavy responsibility I appeal for the help, sympathy and active co-operation of all the sisters and brothers of every creed, to assist me to realize my dream of converting homes into heavens. In memory of my pilgrimage my heart rejoices also to see the Peace Prayer, translated into Tamil, Malayalam, and Sanskrit etc. At one place 2000 copies of the reprint of the Telugu prayer exhausted in no time.

The way to begin this noble work is by establishing peace in our hearts, in the hearts of the individual first. The medium to create that peace or love is through our simple Peace prayer. Pray, memorize and repeat the Peace Prayer, once or twice or as often as possible first audibly, then with the lips and then with the mind – until you are filled with ecstasy and get absorbed into that Light of lights. Let the light spread from heart to heart all over the world. We may not change immediately the wide world, but we can at least change ourselves by establishing peace love in our hearts now.

Let there be peace and love in our Hearts.
Let there be peace and love in the Homes
Let there be peace and love in the Ashrams
Let there be peace and love in the Communities
Let there be peace and love in the Nations
Let there be peace and love in the World

The peace and progress of the world is our progress and peace. The welfare of the humanity is our welfare.

May peace be unto all, Om Santi SantiSanti

Om Tat Sat Om

AN OFFERING OF LOVE

This message is a humble offering of love to all the friends, the devotees of the Ashram who are helping me in realizing my dream converting homes into heavens, by establishing peace first in their devoted hearts and homes.

(Peace Nov 1957)

42.WORLD AN EMANATION OF GOD

Everything that we see is an emanation of God. Everything that has a form and name is an emanation of God. You and I, one and all are emanations of the one Omnipresent God. Then why do you look upon the world as something different from God? Because you have separated religion from life — the everyday - life - confining God to form and name, to time and place.

You admit only in theory, in your grand eloquent talks about God's Omnipresence, Omnipotence and Omniscience, repeating that God is everywhere and in every one. But in practical life, do you see God in everyone especially in your revilers and sweet foes? Do you see God in the sunset, sunrise, green fields, lofty hills, blue sky, above all in all the dumb animal friends?

Does it create any impression in you when a driver is beating a poor tired bony horse or twisting the already bent tail of a weak tottering bull, lest you should miss the train? Does it create any feeling in you when you see an innocent man needlessly persecuted and openly or publicly disgraced? Does it move your heart in any way when you see an ignorant boy throwing stones at a bleeding dog or ill-treating or choking a starving kitten in the street? Yet, we say that all life is one and all are the manifestations of the one God?

Somehow through deep darkness and delusion, we have forgotten the great fundamental truth, that “Religion is life and life is religion”, hence is all the chaos, struggle, strife and confusion. In our practice we have forgotten that God is the God of light, life and love, nay, the very interpenetrating presence of our beings as well as of the world. We have put God above the world far away in the skies or in the heavens or confined Him to temples, churches and mosques. Naturally He has become a separate and a faraway God. Hence, the agony and suffering and life in darkness and death in ignorance.

Is not an atom of earth an emanation of the mother earth? Is not a ray of light an emanation of the burning sun? Is not the fragrance of a rose an emanation of the sweet smelling flower? Is not a spark an emanation of fire? Is not a flame an emanation of a light or of a candle? Is not an unborn baby an emanation of a mother? How can you be so ignorant as to think of separating them? Above all, is not the wide world an emanation, the outcome, nay, the projection of the one stupendous whole, the incomprehensible God. Then why do you separate the cause from the effect? Why do you cling to the shadow denying the Substance? Why do you worship the ephemeral, the changing neglecting the eternal, the Changeless? Are not the gold rings, bangles and necklaces made of the same gold? Are not the earthen pots, dishes, jugs, etc. made of the same mud? Are not all the threads in a cloth

made of the same fiber or cotton? Are not the bubbles, ripples and waves composed of the same water of the ocean?

Similarly, man, women and children of all castes, religions and nations the rich and the poor, the learned and the ignorant, the foe and the friend, the sinner and the saint are not all these the living images of God, the emanation or the projection of the one God? When everything, the whole world is only an emanation or the projection of God how can you see anything other than God in any one or in any thing? Whether it is in individuals or in families or in communities or in nations, the happiness or peace, that knows no change, belongs only to those blessed souls who can see God within and without, and behold Him everywhere and in everyone. If man sees anything other than God, His own divinity in any one, even in his so called bitterest enemies, agony and suffering will be his inevitable lot. In all his tests and trials, sufferings and tribulations, even at the point of the bayonet's men has to learn only by constant practice to recognise and see nothing but God, for all is God both within and without. How soul-thrilling and life-giving is the very thought that the world is an emanation of God! The very repetition of this theme fills one's being with strength and inspiration. Since the world is an emanation of God, all that we do is an emanation of the same power for we are all the part and parcel of the same world. All that we think, speak or do is an emanation of God. How inspiring and wonderful it is to know that every word we utter, every thought we think, and every deed we perform is all emanation of God. Let charity begin at home. Let us practice this religion of emanation, the truth of this interpenetrating presence, in our very homes, in our daily lives. Hence, is it not high time for the parents to see God in their children and for the children to see God in their parents! How blessed it would be for a lady to see God, in her husband and for the husband to see the same divinity in his wife, in spite of the passing clouds of outer differences, for all is the expression of one God.

When individuals can see God in each other, in their families, they could easily extend their sight to behold God in other families and communities. Thus the God vision of love universal extends to one and all, spreading all over the world. This is the only way for establishing peace in the individual heart first and then spreading it far and wide in the world. Verily it is the individual peace which paves the way for universal peace.

Beginning from a blade of grass a tiny dew drop, the sweet flower, the green field, the blue hill, the singing bird, the gentle cow, the roaring lion, the innocent baby, the great warrior, to the mighty planet and the sun, are not all these the living emanations of the one God!

Dear friends, shall we close our eyes, for a moment and begin to practise to feel this individual peace in our very hearts, knowing that the very heartbeat is the emanation of God, the universal power. It is He, who is throbbing in our hearts and flowing in our very very breath for, He is the Breath of our breaths, Life of our lives and Soul of our souls.

As our very breath which is so close and inseparably one with us, in all the waking, dreaming and sleeping states, is only an emanation of God, let us have the strength to watch and to follow it steadily and concentratedly, so that the finite breath alone will lead us to that infinite breath, the goal and source of all emanations. Verily God is the Breath of our

breaths. May the bubble of the world merge and dissolve in breathlessness, the effulgent and ineffable glory of God.

May all homage be unto all the living images, the emanations of the one God.

Om OmOm

(Peace Nov 1959)

43. What I learnt from Sri Sivananda Ashram

How blessed it is, to assimilate all that is good, helpful and inspiring from every source, not only from the human beings – the living images of God, even from nature – the sturdy blue hills – the holy Himalayas – the sacred Ganges – the fish that are in the Ganges in abundance, that play gleefully and come to take the grinds that we through in the water It is blessed to be like the fish in the water – happy and contented, and like the carefree birds in the sky, surrounded by space - *akasa* on every side, above, below and all around. Someone said that he keeps on learning from everyone, from every source – until the last breath remains in his body. Such should be attitude of all seekers of truth, to learn and assimilate all that is good, ceaselessly from every source.

Let us learn from the self-effulgent sun, the glory of giving out light, to the whole world, both day and night unceasingly to one and all. In the world of duality there may be darkness in the night somewhere, but can we ever expect to find darkness in the sun itself. Let us learn from the sacred Ganges the blessedness of giving pouring out life ceaselessly.

Pray! Sit by the holy Ganges and watch its ceaseless flow. How it is gushing and gushing is there any break or stop in its unceasing flow. It is more than like the *thailadhara* oil poured from one vessel to another vessel like the ceaseless current without any break in the middle or end. Now we have to learn of the love which is showered by all the *swamis*, *yogis* and other *mahatmas* who are blessed to live in the holy Himalayas by the side of the sacred Ganges.

Q. In the first place, why the Himalayas and Ganges are called holy and sacred?

A. Because, holy and sacred sages have lived and meditated there in the past and are still living now dedicating their consecrated lives to God and to serve His children.

God is Love - Love is God — is to be learnt from the selfless and dedicated *mahatmas* from their ideal, selfless and dedicated lives. When we expressed a wish to pay our respects to His Holiness Sri Swami Sivanandaji Maharaj, to come to Rishikesh, after taking part in the Rama Tirtha anniversary in Sarnath, he has readily, promptly and lovingly extended — hearty welcome to all the members of the party in the peace tour — who are privileged to travel in the Sushila Peace Van.

In spite of the indisposition of Sri Swamiji Maharaj physically, from his own bed, he has been enquiring of our welfare almost every hour, flooding our room, with fruits of every kind from Bananas, Mangoes, Pears, Guavas, Pomegranates, Grapes, etc. etc. How kind thoughtful and magnanimous has been Sri Swamiji Maharaj not only now, but always —

having a heart of Gold, that feeds, and loves the whole of humanity. His love excludes none but embraces all for he is full of compassion. One can as well as say, “that God has no other body on earth than of Siva's body now”. In fact, these were the first words that I uttered when I saw His Holiness in his room, in the bed. I was privileged to sit by his bed-side nearly an hour in spite of his indisposition and to drink the nectar of his love, kindness and compassion.

It was touching how His Holiness recalled the happy days that he had spent nearly thirty five years ago in Santi Ashram and he even sang one of the songs composed when in Santi Ashram, in his un-bounded kindness and love, he asked after the welfare of everyone in the Ashram, beginning from the old printers to the present workers.

Sri Swamiji Maharaj, out of the fullness of his great heart sang extempore another new song composing it from his bed, blessing the Mission of Peace, Sri Santi Ashram and all its old and new workers.

Our music instructor and *gurukula* children Nagamani and Satyakmar (chanti) sang also one song praying for the blessings of Sri Swamiji Maharaj. Swamiji in his infinite kindness and love rewarded them with certificates of merit conferring on the Music Instructor the title of “*SangeetJyothi*,” on Nagamani, “*GanaSudhakara*” and on Chanti “*SangeetaSudhakara*.” We all had special prayers, invoking the blessings of the Almighty on our Swamiji Maharaj for his full health and longest life for the good of all. Sri Swami Paramanandaji, Sri Madhavanandaji, Sri Krishnanandaji, Sri Jagadanandaji, Sri Venkatesanandaji, Sri Srinivasanandaji, Sri Atmanandaji, Sri Narayanandaji, Sri Hari Om Anandaji, Sri Vidyanandaji, Sri Purushottamanandaji, Sri Brahmanandaji, Sri Devanandaji, Sister Rose, Sister Anasuya, Dr, Chellamma-the SivanandaHridayananda, the head of the Eye Hospital and all the many other AnandaSwamijis and selfless workers in the Press, Dispensary, Post Office, Kitchen, etc. have been very, very kind and attentive towards us all. They have all bathed us in their infinite love that we felt that we were no longer on earth but in heaven itself, bathed with their great humanity, affection and deep love. Their love is something to be tasted, and experienced but not to be described in these finite words. We were taken to every department of their selfless activities wishing the welfare of all the seekers of truth in the East and the West.

The Eye hospital with some of the in-patients and the many out-patients with the devoted Dr. Chellamma as its life and soul and the printing press with Lino type and all the latest models of Instruments that work on electricity and many other helpful activities of the Divine Life Society, are to be seen, to be admired and also the stupendous work done by the one single individual — His Holiness Sri Swami Sivanandaji Maharaj, the sage and seer nay, the light house of the Horsey-headed Holy Himalayas.

Several photographs also were taken of our group of peace members by Sri Purushottamananda with the latest and highly perfect cameras at the special request of Sri Swami Sivanandaji Maharaj, we were also flooded with all his latest works, honey, medicines etc., etc. and what not ?

VISIT TO SWARGA ASHRAM:

We also visited the *kutirs* of some of the *swamis* of the Ashram, who received us with kindness and courtesy, and some of whom entertained us with devotional music. Everyone there, from water-carriers to the Secretary and the President, had being very kind and very loving towards all of us, from the moment we stepped into the holy abode, until the last hours of our departure, after a happy stay of six days.

During our stay, we visited the Swargashram, passing through Lakshmanjula, where I spent six years in *tapas*, austerity and meditation, nearly forty five years ago, before the Shanti Ashrams were started in the Totapalli Hills and Waltair.

The present *Mahant* of the Swargashram, Sri Sunder Prakash, was all joy and devotion to see us all, for he, along with three other children, Viswamitra, Kasyapa and Tara, but in the Shanti Ashram several years ago. He was kind enough to take us towards the nearby hill to show to our party the old *kutir* where I used to stay alone and aloof, meditating in the younger days.

THE LESSON I LEARNT:

The lesson that I learned and the experiences I had in the Sivananda Ashram are very ennobling, illuminating and soul-awakening. It is a living lesson of illumination, not only for me, but also for all the aspiring souls who believe that work is worship.

When I was taken to the *bhajan* hall of the ashram, where, since exactly sixteen years that chanting of the *mahamantra* is going uninterruptedly all the twenty four hours of the day. I expected to find some devotees chanting the Lord's name, sitting, and eyes closed, as in the Santi Ashram. But, low, I was inspired to see a lady devotee, scrubbing the floor of the hall with a wet rag, while chanting the holy *mahamantra*. The lips were repeating the holy name of God and the hands were engaged in service by scrubbing the floor with all energy and love.

What a practical lesson to all the social workers in every field of life, who dedicate themselves to the service of God's children especially for those who complain that they do not have time to pray or think of God!

Let the hands be ever busy in His service for the good of all and let the hearts be consecrated to feel and experience the interpenetrating light of the indweller of our hearts!.

I am going into the world highly rewarded by the illuminating message of work in hand, God's name on the lips and His light in the heart. May all glory be unto God and longest healthful life to H.H. Sri Swami Sivanandaji Maharaj.

I feel that my life has been blessed and sanctified by the greatest opportunity I had, in sharing the message of peace and love, not with ordinary people but with *swamis* and *yogis* learned seers of God-realization and all aspiring souls, whose consecrated lives of devoted to the search of truth. I had the unique opportunity of giving two discourses in the *satsangbhavan* of the Divine Life Society.

All glory belongs to God who spoke through His instrument and who alone listened through all sages and *mahatmas*. It was a rare and precious experience that can never be expressed or exchanged or described.

DEPARTURE: I was filled with ecstasy in the glory of God, for Swamiji's illimitable blessings. The send-off given to all the members of 'The Peace Tour' by many of the *swami's* of the ashram was heart touching, bringing tears of ecstasy into the eyes, as I repeated the following parting words:

"I am reborn once again, bathed in the infinite love of you all. I am going into the world of activity and service as a new Omkar, to serve His children more than ever, with the blessings and the prayers of you all."

Amidst the holy chanting sacred syllable," Aum", amidst the cheers of all the *swamis*, *yogis*, *mahatmas* and visitors from far and near, our Suhila Peace Van unwillingly moved on towards Haridwar, invoking the blessings of the Almighty on H.H. Swami Sivanandaji Maharaj.

OM OMOM

(Peace Dec 1957)

44. WANTED MEN

When I say Wanted Men, when I use the word Men, I do not mean to exclude the women. There are men in women and there are women in men. My word includes all that is best, all that is selfless and brave in both men and women. How rare it is to find a full man, a complete man whose interests are not selfish and who is not a slave of some mania, running after the fleeting clouds of name and fame.

Our *Nirvan* Ashram, by the Rishikonda Beach needs a Man. Our Kailas on the top of the hill also needs a strong man, to make it an ideal Abode of Peace, for all the people in the East and the West. Our lovely Waltair also needs a man, who has no axe to grind, who is free, with the sole desire of serving man, considering that service of man is service of God.

World has not yet become barren of selfless people. There are hundreds, nay thousands of men, who love to stay in these lovely places of beauty and silence. But alas, each has an axe of his own to grind. Some wish, to spend the summer vacation in a cool place escaping the severe heat. Some wish to find a free place to avoid the heavy house rents in the town. Some are so weary and tired with their domestic life, that they want solace in the Ashram. Some actually quarrel in their homes and threatening their life partners, which they are going to be *sadhus*, join the Ashram. After a few days stay, they get tired of silence and begin to think of their life-partners or dear ones, in their homes and often leave the Ashram without telling us. They, as well as their dear ones in their homes are happy over the reunion again. It seems there are nearly sixty lakhs of *sadhus*, *yogis* and *sanyasis* of every kind in India. Welcome to one real *sadhu* to abide in our *Nirvan* Ashram, to rest, relax and meditate looking after the cocoanut garden and drinking the clear water of the well there which is very sweet. Welcome to another dedicated *yogi* or *mahatma* who loves silence to

have the privilege of staying all alone on the sublime heights of Kallas, meditating day and night. Welcome to other dedicated and God-consecrated *sadhus* to live in God and serve the devoted children of God who come from near and far from Waltair, Visakha etc., seeking solace and comfort in the wise words of *sadhus*

When devotees come hungry for spiritual food, let us not feed them with stones, the lifeless words of the dry intellect. Even for the *sadhus*, the life in the world is so bewitching and alluring after a few day's stay, some of them get tired of the simple and natural food in the Ashram and they seek shelter in the lovely homes of the house holders enjoying their rich repasts and dinners.

These days every *sadhu* wants to have an Ashram of his own, so that he can be the President Founder of his tiny Ashram. Gradually, the *mahatma* wishes to have a Post Office and even a Printing Press of his own and also a jeep for the propaganda work. Being the children of God, His living images, men run after the shadows in the mirage of the world, entangled with the iron shackles of *maya* the deep delusion. What is the use of gaining the whole world, with all the Post Offices, Printing Presses and Mobile Vans and Jeeps, losing one's own Soul! But the *maya*, the delusion is so deep and enticing even the learned man, the wise *sadhu* does not think that he is plunging himself, deep into the mire of his own self-created delusions, but rather satisfies himself, teaching and preaching that he is reforming the world and that his life is a sacrifice to humanity. In the first place who are you to save the world? Are you saved yourself? Dear Loving Readers of PeaceJournal! Have you ever read the inspiring poem, 'God give us men' by J.G. Holland? Let me close my message with this poem invoking God's richest blessings on all of you.

GOD GIVE US MEN

God give us men. The time demands
Strong minds, greet hearts true faith and willing hands;
Men whom the lust of office does not kilt;
Men whom the spoils of office cannot buy;
Men who possess opinions and a will;
Men who have honor; men who will not lie;
Men who can stand before a demagogue
And damn his treacherous flatteries without winking;
Tall men, sun-crowned who live above the fog
In public duty and in private thinking!
For while the rabble with their thumb-worn creeds,
Their large professions and their little deeds
Mingle in selfish strife; lo! Freedom weeps!
Wrong rules the land, and waiting Justice sleeps!

Wanted reformers not to reform others but to reform themselves. Santi Ashram, The Mission of Peace extends a hearty welcome to all the aspiring souls in the East and the West of any religion or no religion, to render selfless service to God's children without expecting any reward in any form. To men of selflessness in whom the ego is completely annihilated,

service itself is the highest reward. Selfishness degrades leading one to hell. Selflessness elevates leading one to heaven. We want men of God, who are full of strength and power in whom selflessness is shining in full glory, who are the greatest blessing to humanity with their simple, ideal lives of selfless love, service and peace. May adoration be unto such *mahatmas!*

May peace be unto all

OM OMOM

(Peace April & May 1962)

45. WORLD PEACE

The peace of the world begins with you, for it is the individual peace that paves the way to world peace. If you have peace in your heart, there is peace in the world, for the peace in one's heart inevitably, touches the peace in the heart of others. Similarly, if you have strife or selfishness in your heart, the same propensities spread themselves from heart to heart, near and far, like contagious diseases. 'Love begets love hatred begets hatred.'

The World Peace is not merely in the hands of the great leaders and statesmen and other famous politicians alone. It is in your hands too. It is with the humble farmer, hardworking labourer, the stone cutter on the road side and the way farer on the path also. World Peace begins with the young and old, rich and poor, with the learned and ignorant too, for thoughts are things. As you think so you become, as a man thinketh, so he becometh *matheygathi*, mind alone is fate. Thoughts rule the world. If there is unrest, strife, bitterness and signs of war than alone is the cause of the same. If there is rest, harmony, love and peace in the world, man alone is the cause of the same. Man with his selfishness, is creating hell and with his selflessness he is creating heaven.

Dear Friend, without beating around the bush, let us come to the point now and ask the direct question, not from others but of ourselves, going deep within our nature.

Q. Am I selfish or am I selfless?

A. If I am selfish my life is a burden to mother earth - a curse to humanity and a blot to my creator. If I am selfless, my life is a comfort to mother earth, a blessing to humanity and a joy to my creator.

What we are now is the result of our past thoughts, words and deeds, whether it is individually or universally. What we are going to be in the future, what we are going to make the world, good or bad, will be determined by our present thoughts, words and deeds. As every thought counts, let us be careful of the thoughts we think, consciously or unconsciously. Verily, thoughts are things. Selfish thoughts create strife, unrest and disharmony. Selfless thoughts create harmony, understanding and peace. Let us beware of our own thoughts that are leading to the war or peace of the world. Ignorant man, always finds fault with others, throws the blame on outsiders. Whereas the wise man finds fault with

himself and throws the blame on himself. In our ignorance of the integral truth - divine laws, we always find fault with certain Leaders or Premiers or Dictators for world wars. The real cause is, with the mass mind, with our selfishness. Our own thoughts - the selfish thoughts of the masses enter into the hearts of the leaders and the eruption takes place in the form of war - the volcano, causing destruction and death to property, as well as to the life of millions of innocent people. Body-consciousness is veritable hell. God-Consciousness is living heaven.

When I mention or use the name of God I am not alluding to the God of any particular religion or mythology, but I am speaking of the God of universal love, who is throbbing in the hearts of all humanity, flowing in the very breath, as universal energy - the *akhandasatchitanandam*, the Existence Absolute, the Knowledge Absolute and the Bliss Absolute—the one without a second, *adviteeyam*! Worship of such a God, love of such a God, brings peace in the heart and home, leading to goodwill among communities and harmony among nations. Then alone, man understands that in loving anyone he is loving God and in hurting anyone, he is hurting only God, for God is indivisible and all in all. Nothing exists except Him. There is no need of finding fault for the unrest in the world or for the past or future conflicts or wars with any individual with the Chinese premier or Pakistan President or with any other Dictator or Leader, in Russia, England, America or India. Even if an individual is by nature fond of war, if he is a war monger it is with us, to change his selfish nature with our thoughts and prayers of selflessness wishing the World Peace.

Q. Is it possible?

A. If you believe in the efficacy of thought and prayer, it is one hundred percent possible.

Some may say, nature cannot be changed. But there are instances where even vicious natures are changed, even in wild animals and poisonous snakes. When such is the case, what to speak of man, who is blessed to be created as the image of God. Every man is a living image of God. As an illustration near our Santi Ashram, within 10 miles there is a snake worshipping cult. It is day by day progressing and drawing thousands of people. A temple was built for the snake and it lives there encircling the *lingam*- the stone image of God and goes among the pilgrims - never hissing or biting anyone. This is a living lesson, how even, a vicious, poisonous cobra can be tamed and converted, into harmlessness, love conquers everything. When everything fails love wins. As thoughts are things, as love thoughts create love - let us convert our enemies, who are steeped in ignorance and pride, with love. Infinite love, eternal love, and universal love, that excludes none but includes all. Who can describe the power and great efficacy of prayer of the simple thoughts and ardent prayers, rising from the dedicated hearts of pure and innocent children of God! Imagine the infinite power and potency of the consecrated prayers of all the millions of people in the East and the West- in all over the world. Can they not change the selfish and war mongering thoughts of one or two leaders - who are trying to plunge the world into bloodshed, destruction and death?

Simple as it may sound, it is with you, to prevent war and create peace with your loving and selfless thoughts. Let us do you good deed of establishing peace on earth and goodwill among mankind - in all the nations now! All are the children of one God! Hath not

one God creates all of us? Do we not have one common father, in spite of all the surface and man-made differences in castes, creeds, colours and nationalities? Peace profound belongs to the one who sees the one in the many. Let us not waste the precious time, brooding over the dead past – worrying over the spilt milk. Such a one is a burden to the nation that has given birth to him, as well as to the world.

Q. What is our duty, *kartavyam*, responsibility now without wasting any more of our precious time? What is your duty, to help the world from its impending wars? What is my duty to spread and create Peace? What is everybody's responsibility to establish peace on earth replacing suspicion, fear and war?

A. The first, foremost and most vital and important duty and responsibility for everyone, who is blessed to be created as man, is to contribute to the world peace, feeling peace first in his or her individual heart. Now and Here - with each and every breath and heartbeat. Let thy heartbeat, for the peace of the world. Let thy breath flow for the universal peace, for the peace of all! May the false pride, the selfish age which has been the cause of all trouble and suffering, conflicts and world wars be destroyed, burnt up, with root and branch, in the fire God-consciousness - universal love now permanently in the name of brotherhood of man and fatherhood of God.

The wise have said, that breath and thought are inseparably related. Because of the breath within, I am writing and you are also reading. Because of the breath, we think and send forth thoughts of peace, harmony and love, near and far. So let us help the world peace, with our thoughts. Let us send our first breath now to China for the peace of the world and the second breath to Pakistan for goodwill. Let us send our next breath to Cairo, Africa, Germany, Russia and England for harmony and understanding. Let us send our next following breath to U.S.A., Canada and other countries all over the world to create love among individuals and nations. Let our breath – each and every breath flow only, for the peace of all. How blessed it is to love and breath for others for the peace of the world!

PRAYER FOR WORLD PEACE

Indwelling presence of our hearts, we are feeling Thy presence now, for Thou art with us and in all of us. Bless us dear God, with the vision of universality, with peace that passeth all understanding, for the peace and welfare of all Thy children in the East and the West may all over the world. Let each and every breath of ours, flow only to create peace on earth and goodwill among the nations. May we close now with the chanting of the Peace Chant.

OM OMOM

AN OFFERING

An offering in memory of the birthday of Kumari Jnaneswari on 13.10.1964, with prayers for her healthy happy and longest life of service to all His children in the East and the West.

(Peace Nov 1964)

46. WHO WANTS GOD?

Do you want God?

Do I want God?

If we analyse our minds, hearts and souls, and our endless desires and wishes, even in the name of the Ashram, impartially and critically, we find that we all need something else other than God, the indwelling light. When I say God, I do not mean the God of a temple or that of a church or of a particular religion or denomination, but I mean, the God of the universal energy or love, where in the whole of humanity is included, and no one is excluded, not even the faithful, dumb animals. Blessed are they who can feel for all life, loving all as a part and parcel of indivisible life or light. How true are the words: God is love and love is God and where Love is there is God. This is the essence of all religions. I often think of the lovely motto that we have in Santi Ashram: The heart devoid of love is a cemetery. What good will it do, to perform all the prayers and worship in a cemetery with elaborate ritualism, with a heart devoid of love; all parched up?

It is high that we should understand our helpless and ludicrous state. We are like the fish on dry land – incessantly struggling and struggling with no rest and peace. In simple words, all this restlessness and misery is due to clinging to mammon instead of God who is the life and light of our hearts, as well as of the universe.

There is our Swami Rama Tirtha Institute of Peace, offering all facilities to aspiring devotees in every religion, with free boarding and lodging, teaching the essence of all religions so freely, without expecting any reward in any form, except selfless service with God-realisation, from every trainee. Yet no one wants to take advantage of this wonderful offer of higher education, with free boarding and lodging, and a comfortable stay in a lovely Abode of Peace, besides the teaching by men of selflessness, the souls of God-realisation.

Q. What is the main reason for this disinterestedness, apathy, and Luke warmth?

A. In simple plain words man does not want God. He wants something else; being a slave of fleeting clouds of name and fame.

Q. What is the remedy?

A. The unfailing remedy is only to give up mammon worship in every form and to cling to God, the indwelling light, more than ever, with all the heart and soul with one hundred percent of mind. This is the only way to taste or feel the peace that passeth all understanding, the soul and goal of the precious human birth.

Q. Who wants God?

A. Dear loving reader, do you want God with all the strength of your heart, mind and soul? If so, blessed is your devoted life of dedication. The crying need of the world is pining after God, the only imperishable wealth, and not pining after God, the only imperishable wealth, and not pining for the perishable goods of the world. Let us be true to our inner consciousness – the indwelling presence, then all will be well.

Q. What is that thing by knowing which, everything else is known?

A. It is God – the light within. But due to *maya*, man wants to know everything except God, the only changeless reality, that which gives him peace or God-realization.

When I was mentioning this theme to our ideal devotee, Sri Krishnaji, in Coimbatore, yesterday, he said that no one wants God, in this iron age, not even one in a million, because of *maya*, i.e. delusion. But I insisted saying that there are one or two in a million, who are pinning for God, longing for Him with heart and soul. Dear loving reader! Will you not be that chosen one, in a million, to realize God – Now and Here immediately?

Hearty welcome to the trainees to join the Swami Rama Tirtha Institute of Peace, and thus realize God, before the light goes out with the blessed privilege of staying in the ideal Abode of Peace.

May peace be unto all.

(Peace Oct 1968)

47. WASTE OF TIME

These days, I do not know why, everything I do seem to be a waste of time. My writing this message now, in the early hours of dawn, then, is this also waste of time? Undoubtedly it too appears to be so. There is, however, one silver lining to this dark cloud of waste of time. The silver lining is in as much as we are feeling His presence, all through even in the midst of our work, whatever it may be, we are certainly not wasting time. Even if we are doing nothing or doing great *puja*, worship but failing to feel His presence, we are certainly wasting precious invaluable time.

How true are the following words occurring in a motto sign in Santi Ashram – If wealth is lost, nothing is lost; If health is lost, something is lost; If character is lost, all is lost. What about the loss of invaluable time – the irreplaceable precious moments of one's life? Here is another life giving motto sign in the Ashram – He who wastes moments, wastes all His life.

I feel writing letters to friends and well-wishers of the Ashram, is also a waste of time. What about seeing visitors and spending precious time on lecturing and preaching? That is also sheer waste of time, if the light within – the presence, without and within is ignored. Any work you do feeling His presence, and expressing His love, is worthwhile leading you towards the heights. Any work, be it *puja* or meditation, ignoring God's presence or love universal is surely a waste of time.

Whether you are doing some work, or are silent, the most essential thing is to feel God's interpenetrating presence, remembering that you are eternally rooted and centred in God, for He is Omnipresent. He is also Omnipotent and Omniscient.

Often and often both in work and in silence, the voice within asks me, "Are you wasting your precious time now?" The reply comes from within – if I am not feeling His presence – the light within – in the very cells of my being, even though the eyes be closed in prayer or meditation, I am, without doubt, wasting my time. Again in the moments of work or service, if I fail to recognise Him in all, my loving visitors or readers, I am wanting only my time. How easy it is to repeat – *Eshavasyamidamsarvam*, All this universe is God. It is filled with *ishwar* – *brahma*. What we need is only to remember and feel Him, now and always, ceaselessly in each and every moment of our life.

What one wants is personal experience of the highest, within and without; but not to be merely a parrot repeating *mahavakyams*, holy statements, like machines. It is light, in the very sight; for He is seeing. As I am writing now, if I recognise Him to be writing, it is my highest *puja*, and I am not wasting my precious moments. How true are the words, how life-giving and soul-awakening – God has no body on earth other than ours.

In every breath it is He; in the very silent heart-beat of yours it is He. Let Him appear as resting, relaxing, and meditating – working and serving through us, always expressing His presence in little things as well as in big things. As I am writing this message now, in the early hours of dawn, and spending my time, both the Ramies have come to me and are looking at me for their usual ration of biscuits. I stopped writing and fed them, feeling that, in feeding any of the least of His children. I am only feeding any of the least of His children, I am only feeding Him. Both *badaRami* and *chota Rami* are satisfied and one of them is licking my foot as if in gratitude. How loyal and faithful and grateful are these so-called dumb animals more than the ungrateful man who lives for himself – centred in egoism and ignorance.

Then I was having my usual early morning drink of lemon water, feeling His presence with the thought that the lemonwater is going in, pervading and permeating the very cells of my being to express only His presence in thought word and deed. What is most essential to make the best use of our time, is to practice feeling. His presence in thought, word and deed. What is most essential to make the best use of our time, is to practice feeling His presence in little things as well as in big things. It is He who is seeing. It is He who is listening. Even in the very thought, it is He. It is He in all motion within, or without, for not a blade of grass moves without His will or presence. How can this hand now move without His will or presence? As all the world is *brahma*, let these eyes see only *brahma*, the one indivisible God, wherever the eyes see only *brahma*, the one indivisible God, wherever the eyes wander or rest.

As I am writing now, it is drizzling. It gives me joy to feel His presence in every rain drop from the heavens. When it rains, it appears that heaven and earth are united in His name. Feeling in some measure that I am wasting my precious time in writing even this message, I saw a rosary lying on the table near me. I took hold of it and found joy and comfort in rolling the beads, repeating *Ram nam* and *soham* with every bead for a while.

This gave me strength and a sort of peace. How blessed it is to be in tune and God, the infinite, both in the rain and in sunshine! Where is the moment when God is absent or separate from us, either in the past, present or future?

There are other avenues of wasting precious time unconsciously without our knowledge. If someone writes a nasty letter, we keep on worrying – eating the rotten fruits of criticism and condemnation for days together. Similarly, if we receive a letter, praising and flattering our deeds, we keep on chewing the cud of praise for days. Are not these avenues a waste of time? One must be above praise and blame, ever centred in God – the light within. Thus alone one can be above time. The world is full of slaves of time. We need masters of time.

My dear loving readers of Peace journal, why waste precious time with any more words? Let us feel Him, when the eyes are closed in silence. Let us express Him, when the eyes are open, in work. May work, selfless work, lead us into silence and may waveless silence lead us to Him, for nothing exists except God, the one universal silence or divine energy in whom time, space and causation exist not.

Glory GloryGlory.

All homage be unto my loving reads, who are the living images of the only truth, the changeless reality, the soul and source of all the manifested worlds.

May peace be unto all

OM OMOM

(Peace Nov & Dec 1969)

48. WORK IS WORSHIP

If work is worship, every little work I do must be selfless and lead me towards God. What is work, in the first phase? Work is rendering selfless service to all or anyone physically, or spiritually. Thus we can work physically with hands and feet. We can work mentally with mind and heart. In the highest state we can work spiritually with breath and brain. Let us follow our simple breath faithfully and concentratedly, which leads us to *sahasrara* – the brain centre – the centre of the thousand petalled lotus – the holy centre of God-consciousness.

Although individual peace leads to universal peace working for ourselves, especially with a selfish motive, is not laudable. Selfish work leads to self-realization. How true are the words—

‘If you want to be miserable, think of yourself,

If you want to be happy, think of others.’

Others are no other than the different forms or images of the one indivisible God. Thus in serving any of the least of His children, we are only serving Him in the various forms or manifestations. The birds sing without expecting any reward or even appreciation for simple and natural songs. The stars shine day and night ceaselessly, without expecting any reward in any form from the finite man. Even the flowers bloom and give out their sweet fragrance, unasked, in a natural way.

Let our work also be like the fragrance of the flowers, the song of the birds and the radiance of the stars. This is work for the sake of work, giving joy through itself. Look at the rivers, how they are flowing ceaselessly, day and night, without expecting any reward or advertisement in any form. Incessant work – selfless service, is sharing what we have with others. The more we share, the more we get. Give, give and give to get more and more. This is a simple divine law. Writing this message now in the early hours, is it work? I am longing to share my thoughts with my loving readers, to help them to feel God’s presence – the indwelling light both in work and rest. What is rest? Rest is the relaxation of the body and mind. Let there be poise, instead of haste. Let there be relaxation instead of tension. Let there be peace, instead of confusion.

Prayer is no prayer, if we are praying selfishly with a restless mind. Meditation is no meditation, if the ego is pressing with self-seeking motive, in spite of our seclusion and silence. The highest work is to be aware of the presence, the light within, ceaselessly in an unbroken current like oil poured from one vessel into another. There is never a break in the current of the flowing oil in the process. Let our meditation be also a similar ceaseless flow towards God – the highest. Of all work the highest, the most essential and natural work, is to follow our own simple breath, concentratedly, which alone leads us towards the highest glory – the splendour of millions of suns.

Dear God may my breath be an offering to Thee! May I worship Thee with each and every breath, ceaselessly, both day and night from the beginning to the end! In this connection I love to share with my loving readers here the inspiring *sloka* of Sankara on Mental Worship.

MENTAL WORSHIP

O God, my body is Thy holy shrine,
Thou art myself – the secret source of life,
My changeful mind is *prakrithi* – Thy wife,
And my five vital airs are servants Thine;
My homage to Thee are all pleasures mine;
My sleep is meditation rapt, serene,
My movements all are hearty *pradakshin*;
And all my utterances, praise 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 the sea,
Oh! Lead me, eternal light, O boundless love,

To Thine own bliss, from *maya* dark remove.

Let everything we do, be an offering to God Almighty. Let every word of ours be a humble offering to God – who is Omnipresent. Let our thoughts be an offering to Him – the indwelling presence of our hearts. Where is the moment of time, when He exists not, either in the past, present or future? Where is the iota of space either within, in the body, or without, in the world, where God is absent and exists not? He alone exists and nothing else exists besides Him. Hence work is the highest privilege, when performed selflessly as an offering to Him. For a selfless and dedicated soul, work itself is its own reward. It is a privilege to be alive facing Him within, without, above, below and all around. Above all, let our bodies, minds, hearts and souls be a ceaseless offering to Him in His service, who is giver of life light and love. Glory be unto the highest and Peace down below on earth. Let there be harmony and understanding among individuals as well as communities and nations, now and forever!

May I conclude my message now sharing the Peace Chant with my loving readers of Peace Journal!

AN OFFERING

An offering to our Jnaneswari who is the embodiment of all work – selfless service – who never thinks of herself but always of Others and Others, with prayers for her health and longest ideal life of selfless service with peace and illumination.

OM OMOM

(Peace January 1970)

49. WHY I LONG TO QUIT THIS WORLD

What I Learnt from Swamiji is a practical and helpful message to the seekers of truth, written by Kumari Jnaneswari from her personal experience of several years from her personal experience of several years from her child-hood days. Why I am Silent is a practical and inspiring message written as an outcome of my Silence of Six Years on the heights of the lovely Kailas.

Now comes the urge from within, having the blessed opportunity of staying in Kailas, having no work to do, and having all the time at my disposal without any disturbance from visitors from down below on earth, my heart longs to give something practical and helpful to the devoted readers of Peace and Santi Journals, nay, to all the friends and sympathizers of Sri Santi Ashram, the Mission of Peace.

I long to quit this world, when I see the fanatical nature and fatuousness of some of the young *swamis* and *yogis*, who run after the fleeting clouds of name and fame, extolling their religion and criticizing and condemning the innocent souls who are in other religions.

Are not all the limbs or members of the body ours? Does it not hurt you if you pick and peck away at any other limb in ignorance? On the tree of life, when every branch belongs to you, in the name of your false pride and enthusiasm, if you cut off any of the branches, it hurts the one universal tree of eternal life.

I Long to Quit this World, when I see the people of the same community and race, in the name of petty differences, over big possessions and appointments of their kith and kin, quarrelling and fighting with each other and going as far as burning innocent people in broad daylight by mercilessly pouring petrol on them. What a cruel and inhuman act in the land of spirituality.

I Long to Quit this World, when I see in the holy land of the Sikhs, the followers of Guru Nanak, two Sikhs, the drivers of a taxi, molesting a trusting and lovely foreign sister, as she was travelling alone, studying spiritual India in order to give out to the world her impressions from personal experience. What a shameful shocking and sad disappointment to all the citizens of spiritual India!

I Long to Quit this World, when I see people mad after power politics, the passing clouds neglecting the God within, selling their souls to mammon; spending thousands, nay lakhs of rupees in the name of elections; at any cost trying to grow tall by beheading others.

I Long to Quit this World, when I see mammon worship everywhere in some form or other. Spiritual education of their children, the blood and flesh of themselves, is ignored, neglected and forgotten, and all prominence is given to the outer education that fetches a job with a salary of a few rupees. Precious time and money are wasted in the name of marriages and other outer, non-essential ceremonies.

I Long to Quit this World, when I see the most devoted and faithful, whom I have trusted and loved, betraying me, speaking ill of the Ashram and stabbing me in the back, hurting my life work of 55 long years.

Take joy in repeating the blessed words of the holy Christ:
Father, they know not what they do; forgive them.
To err is human, and to forgive is divine.
Ignorant children should be forgiven.

To lives serene, blessed are the hearts that allow love to flow ceaselessly, in spite of persecutions, amidst the tests and trials and tribulations of life, Verily, all is for the best. Let us remember now the soul-awakening words of Annie Besant:

If a comrade be faithless
Let us be faithful to him.
If a friend betrays,

Let us stand by him.

May the hidden light express in all glory!

I Long to Quit this World, when I see where religion is only on the surface. It is skin deep. Where we give quotations like parrots and repeat that everyone is a living image of God, but neglect and ignore the *daridranarayanas*, who are in front of us. Who come to us for a morsel of food or a drink of water? It is sad to see all the attention that is given to the outer *pujas* and worship in the temples, rather than to the *puja*, the care of the poor and suffering people in front of and around us.

I Long to Quit this World, where love of our fellow sisters and brothers or neighbours is absent and all prominence is given to the stomach and to fame and name; where self-rules instead of selflessness. Outer worship degrades. Only the worship of truth, the highest with and without elevates.

I Long to Quit this World, when I see big people, who are supposed to set an example to others, wasting their precious time in drinking, playing cards, getting drunk with wine and other stimulants, running their health with smoking and with unnatural diet of animal flesh etc. When man fails to see God in the living images of God, the fellow sisters and brothers, how can we expect to see Him in the dumb animals, much less in the tender plants and fragrant flowers. "Eyes have they, yet they see not." By hurting anyone, or treating anyone with differences, any of the least of His children, you are only hurting God, the father of all creation, be it mineral, vegetable or animal kingdom.

I Long to Quit this World, when I see the learned and devoted ones, betraying and stabbing me in the back, forsaking the ashram and misunderstanding my love; even the boys who had the chance of spending their years from their very childhood itself, in the ashram. Thus the evil propensities lead them astray.

I Long to Quit this World, when I see even the great *bhaktas*, who spend hour after hour in *pujas* and in the reading of the Geeta and Sundarakanda and other Sangitams, breaking their promises, the promises that were made of their own accord in the presence of God, to serve God's children, it makes me feel that I should quit this world soon.

A promise is a promise, whether we give it to man, beast, bird, and even to a tree or flower. Once I promised God that I would never pluck the innocent flowers, thus separating them from the mother plant. I felt happy about this. Whenever I see flowers or plants they express their gratitude to me.

Once I promised to a withering plant that I would give it water. In my busy work I forgot my promise and felt ashamed when I went by the side of the withering tree, the plant seemed to be asking me what had become of my promise. I could not rest or sleep until I had provided water for the plant.

Once I promised a leper boy that I would give him a shirt. But by the time I sent it to him he had passed away. So to this day I feel sad and remorseful over my delay. Do your good deed today only, for, this moment alone is ours and not the next moment.

I Long to Quit this World, when I see the innocent are persecuted with vengeance. When truth is crushed and the untruth is adored and becomes more and more successful. My heart longs to repeat here the poem from voice of *Kurukshetra*.

To whom can I speak today.
The gentle man has perished.
The violent man has access to everybody.
The iniquity that smites the land.
It has no end.

There are no righteous men.
The earth is surrendered to criminals.

I Long to Quit this World, when I see people are not interested even in attending prayers once in a week, for, they are too busy with the mundane things of the world. They have time for everything except God.

Marry, multiply, live in ignorance and die in bondage seems to be the ideal and aspiration of the world now, in the name of outer education, material progress or civilization.

I long to live in a world where there is peace and harmony, instead of bitterness and hatred love is the basis of God's world; selflessness is God.

Verily, where love is, there is God. Love and God are not two, but one. God is love and love is God. Silence is the goal of precious human birth. In silence, in holy places like Kailas we realize our oneness with the very waves in the ocean and the stars in the sky. The ocean is praying, Why don't you pray, O man." This is what the ocean teaches us.

O man, why hast Thou forgotten Thy creator? Is another inspiring motto in Kailas. Here is a prayer that gives me joy and strength, in a very repetition of it.

Dear God, let others be great and famous. Let me be unknown and insignificant. In one of the dilapidated buildings of Sri Kailas Ashram, one big motto, an inspiring sign on the wall looks at me: "Swami is dead, Omkar is alive", May Omkar be alive in all of you! "Be dead that ye may live" is another inspiring motto.

Dear Loving Readers,

God is calling you.

Silence is calling you.

Kailas is calling you.

Let not the cry of Kailas be the cry in the wilderness of the bewildering world of name and fame. The nameless one is waiting for you in the stillness of your own purified heart patiently. So let us rush towards Him before the light goes out. The time to realize God is now. The place to realize God is wherever you may be. Kailas is not only the abode of the

Gods. It belongs to you also, for, it is the common property of all the devoted and aspiring children of God in every religion in the East and the West.

Dear God,

Lead us from the unreal to the Real.

Lead us from darkness to Light.

Lead us from mortality to Immortality.

Before it is too late.

Before the call comes from the great beyond.

May peace be unto all.

Hari Om Tat Sat Om

AN OFFERING

An humble offering to all the seekers of peace, to all the leaders and blessed peace makers and to all the pilgrims who are walking in the rugged path of truth, considering the wide world as their home and all the people in it as their sisters and brothers; and to love them is their highest religion.

(Peace July 1971)

50. UNIVERSAL LOVE AND SERVICE

Universal love and service are not two but one. One who is blessed with universal love, naturally engages himself in universal service. Universal love is the unmanifested state of being God. Universal service is the unmanifested state of being God. Universal service is the manifested state of acting God. While one is the beatitude of God, the other is His expression. In the universal life of love there is completeness of both, and when one's heart is overfilled with living love, unconsciously he engages himself in selfless service to all creatures.

How rare and precious are they who are blessed with universal love and service. They are the salt of the earth, the perfect images of God and the beacon light of humanity. Universal love is the outcome of complete selflessness. Where the little self-reigns the infinite love is absent, and where the self is conquered it shines in full glory. How true are the words: "Where the 'I' is, the infinite is not; and where the infinite is, the 'I' is not."

One's heart must expand to infinite dimensions for one to be blessed with universal love. Such a one will be a blessing to the whole of humanity. He can never belong to a particular religion or nation neither to the East nor to the West, for he is the common property of the whole world. Such a soul alone can repeat:- "The world is my home and all people are my sisters and brothers and to love and serve them is my religion."

“Do not love but live as love.” What a wonderful statement! What a glorious thought! Yes, it is a great living truth, in loving however great our love may be, we are becoming finite. In living as love, we are becoming the embodiment of love itself. We are all love, infinite love, eternal love, all embracing love and universal love.

In such a blessed state the world dwindles to a bubble in the ocean of our infinite love. There, differences vanish. Our hands are ever stretched to embrace alike both friend and foe, rich and poor, known and unknown, for all is our own.

O! How glorious it is to live as love embracing the whole of creation! To such universal love alone selfless service is possible. If one’s heart is untouched by the universal heart, if he is unblessed with the vision universal, one can never aspire or betake himself to selfless service. His service will be rendered only to get a little name and fame for the perishable body in the passing world of show.

Let us now concentrate on the self-shining radiant sun, the universal light, let us inhale the life giving energy. *Prana* – the universal breath – and let us meditate on the all-pervading ether – the universal akasa. Above all let us merge in the incomprehensible but interpenetrating presence which is pervading and permeating from the tiniest atom to the biggest planet, so that we may be blessed with universal love and service.

The Almighty has blessed our Ramdasji with universal love, hence he is engaged always in selfless service, and you too, dear loving readers of Vision of Journal, are blessed to have to read his inspiring messages of love and service.

May God bless you all with the Vision of universal love and service, is the prayer of your own brother Omkar.

OM OMOM

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(Peace June & July 1935)

51. UNNECESSARY NOISE

Whenever I try to merge within, to meditate, if the mind tries to think of anything else than divinity the inner voice seems to say, “Dear child you are making unnecessary noise.” Whenever I try to write of things which are not centered on the highest, I again hear the still small voice repeating, “Dear one, you are making unnecessary noise, with the scratch of your pen, wasting your ink and energy.” Whenever I speak a word which does not lead towards the indwelling presence, the same voice rises with a plaintive rebuking note: “Do not make unnecessary noise and disturb the peace of the world by too many words.”

One who is not yet centered in God, or who has not yet touched the hem of His radiant garment, giving up the little self of egoism and selfishness, is making unnecessary noise with every thought he is thinking, with every word he is speaking, and with every deed he is doing.

All are found of noise or sound but the lovers of silence how blessed – and rare! It is easy to make noise, and very difficult to be calm and silent. Hence we are crowded and surrounded, by people who are making sound everywhere – within, in our homes, without, in our neighborhood and all around. Go whenever you like, there is sound – unnecessary noise in every direction, in every one's life. It is absent only in the consecrated God-intoxicated realizing souls, who are dumb with joy at the perfect thought of God, and the discovery of the pearl of great price in their lotus hearts. All others are the slaves of noise or sound in some form or other void of tranquility.

Now the question comes, whether there is unnecessary noise as well as necessary sound. Look at the mighty ocean with its endless waves and billows, clashing on rock and strand and creating noise or sound, yet having no disharmony or discordant effects. Feel the life-giving breezes, moving with a soothing sound as they touches our beings. Listen to the song of the carefree birds, as they fly from one tree to another, singing in all freedom! These are all necessary sounds and are helpful to the manifestation or expression of divine energy in the world. Whenever you are rendering a helpful deed, uttering a serviceable word at the right time, sending out a strengthening thought, you are contributing to the peace of the world, by your necessary sounds in the name of God.

Ponder on the present blood thirsty war, and imagine the terrific sounds of the cannons as they shoot into humble, rural homes! Listen to the fearful explosions of the bomb-shells, as they hit and burn human beings, killing the innocent, the aged, women, and little children. Listen to all the worthless arguments, vain discussions in the name of God, to assert the supremacy of one's own religion, over all others. Is not all this unnecessary noise, disturbing the peace of the universal God? When we criticize and condemn innocent people, hurting spiritual causes, are we not making unnecessary sound? Do we not take the name of God in vain creating unnecessary noise, when we repeat and shout His name at the pitch of our voices, all the while, seeking a little fame and name for the selfish ego or the little "I"?

Christ's willing crucifixion, while the hard nails were being driven into his tender body, the memorable words that he uttered with his last breath, "Father, forgive them, for they know not what they do," is a living proof of necessary sound. Spiritual souls like Jesus, always silent, bearing everything with fortitude and a smile, uttering great truths when only necessary, truths that echo down through the ages. Worldly people are always busy in creating sounds and noises, and intruding into the private affairs of others.

Did you ever hear a *jatkawla*, horse driver cracking his whip or making rattling noises, with a stick, as you pass by in the streets? Or as one passes busy streets of cities and towns one is assailed by the horrible cursing of drivers, at their meek, over-burdened and toiling animals. Their callous cruelty sears one's heart. How certain motor drivers also blow

their horns merely for the sake of creating noise and attracting attention! One almost feels, that the world, lives and thrives, by bustle sound and noise of every kind.

After a hard day's work in the Ashram, feeling tired, Sister Sushila Devi, myself and six other members went to Uppada, a lovely beach, to spend a day in silence and peace, watching the rhythmical waves of the rolling ocean. While we were absorbed in God, resting in peace, suddenly a bus load of Europeans came to the same beach, where we were staying in a Dakbunglow. We thought they too must be tired of the bustle and hustle of the town life and have come to enjoy rest and peace.

Lo and behold! In that silent atmosphere of the still evening hour, they started to play jazz music on a victrola, which must have been specially made to produce much sound. As if that sound was not enough, one of the party started to open up a conversation with us, trying to draw us into the circle of sound. To make the peaceful beach resound with noise and folly, men and women, hand in hand, and in each other's embrace, started to shriek, jump and dance, to the wild and heavy, shrill tunes of the victrola.

We began to look at each other silently, with heavy and remorseful hearts, feeling sad that we ever left our peaceful Ashram to seek peace in the outer world! While the party was busy in dancing and singing we silently excused ourselves and retraced our steps, back into the woods. We departed from noise, into the still corner of a small garden, where we continued our musings and meditations, until a late hour, when we were sure of the last signs of the departure of the bus.

It is strange how the majority of people live, breathe, and work, centered in and surrounded by sound. Their life is a continuous bustle and hustle of sound. Their life is a continuous bustle and hustle of sound. Without sound or some kind of noise they are miserable. Silence is a fearful bug-bear to them, like the convict who was imprisoned in a dark cell all his life, who alas! Could not bear the light of the day when released. Similarly there are many people who cannot bear the state of silence, when left alone with the silent indwelling presence.

Gradually seeker of truth, lovers of peace, should give up making unnecessary noise, and should engage themselves in creating only necessary sound when it is helpful to others. One must make a retreat from sound into silence, from the outer into the inner, from the manifested into the unmanifested.

As a soul evolves spiritually, when about to reach the higher state of consciousness, one feels, that the very throbbing of his heart or even the flow of breath is an unnecessary sound, and thus he slowly rises above all throbbing and controls the very breath. "The finite becomes the infinite. The mortal becomes the immortal. The manifested sound merges into the unmanifested silence."

The state where there is neither necessary noise nor unnecessary sound, where the senses, mind, intellect and ego merge in the limitless expanse of the infinite, must be the incomprehensible and inconceivable condition, that can be understood or realized only by worshippers of silence through silence.

How inspiringly wondrous the words are: “The Lord is in His holy temple. Let all the earth keep silence.” The holy temple is this wide world, from the macrocosmical aspect. How can we make the whole earth silent? The next best thing is to view it from the microcosmical aspect and to consider one’s body is the holy temple of God, it is easy to be silent within one’s self rather than in making the wide world silent. It is easy to reform one’s self by establishing peace in one’s own heart rather than restlessly suffering from the fever of reforming the whole world.

Verily the body alone is the temple of God! The one who is residing in it, is no other than divinity, for the individual alone is the universal. Dispelling all ignorance of duality or separation, let us worship Him in silence, with silence and through silence, and become silence itself.

Indeed, as the Lord is in His holy temple let us be silent within ourselves. It is the individual peace that paves towards universal peace, and our individual silence helps to create the wonderful silence of the world. How uplifting is the very repetition of these inspiring words:- “The Lord is in His holy temple. Let all the earth keep silence.” The best that we can do for the Lord or the world is to be silent by recognizing Him within, in the temple of our beings, without, in the manifested world, in all the forms and names of all kingdoms of life.

Remembering that the Lord is ever in the holy temple, let us strive to be silent, rather than engage in disturbing the peace of the world, by our unnecessary noise, is my prayer.

May peace be unto all

OM OMOM

(Peace Mar & April 1936)

52. UNEXPECTED BLESSINGS

“Who hath known the mind of the Lord? Or who hath been His counselor?

For, of Him and through Him, and to Him are all things: to whom be glory forever!”

Yes, inscrutable, mysterious and wonderful are the ways of divinity. Who can fathom that limitless love? What mortal mind can comprehend the invisible operation of His Omniscient love, for the well-being of the universe? Time and time again in our lives, seeming stumbling blocks of thorns in the flesh, are converted by the divine alchemy of His compassionate and merciful touch, into blessings of joy, drawing us ever closer to the heart of love.

Above all, it awes one, to often witness directly, how the immutable law fulfills itself, sooner or later, in our own lives. Every desire, be it good or bad, in the natural and inevitable order of sowing and reaping works itself out. It fills one with the joyful, secret knowledge that God is verily Omnipresent, Omniscient and Omnipotent. When we learn this immense secret of happiness, it is ours eternally regardless of the passing clouds of outer phenomena. Let us ever be assured that God's way is best, God's way is eternal happiness! This way may seem veiled in mists of obscurity at times, but as we pass on dauntlessly and courageously, the Sun of suns, finally lifts veil after veil and the way is revealed to us, in all its divine wisdom and beauty. Thus in illustration may I crave the indulgence of my dear readers, to relate a very recent demonstration, of how seeming thorns on a pathway, become transfigured into roses of joy.

As you may be aware, Santi Ashram of peaceful Totapalli Hills, has been in existence for the last twenty years. Long before it was established, and here my years of sojourn in the vast silences of the Himalayas. I was privileged to live and attend school at Waltair. Often in leisure hours, I wandered to the side of the ocean, for hours of quiet meditation, communing with the indweller of my heart. How I loved those stretches of white sand with their nodding palms, and the great blue ocean, ever casting its pearl tipped waves at my feet and singing om, om, om, day and night with a fiery cosmic melody, that tore its way deep into the budding soul. The thought then often came, "O I should like to stay here in a humble, little hut close by these singing, dancing waves." Time and tides rolled and rolled since then, bringing with them their rich treasures of deep spiritual experiences and ever growing peace and joy in the beloved divinity.

Later when the Ashram was established, and the work grew, I felt again the need of a retreat by the cool sea, especially for foreign workers during hot summer months, so trying even for the tropic born. Efforts were made to secure a site nearer the Ashram at Uppada, Pentakota, Polavaram as well as Bhimilipatnam and then at my old familiar Waltair, all these places being on the shore front. But alas! It seemed for a time scarcely possible. God's ways are mysterious – thought I after many fruitless trails and efforts, so I left it all to Him, to finally do His own way.

Psychology teaches us that thoughts are things, and that no such force or power can ever be lost, without its fulfillment in due time. As matter is indestructible, how much more so the force or power behind it, thought. Thus every well-directed thought, effort and desire must take shape. Verily as every tiny, closed bud is bound to unfold in its season, so every latent desire will find its expression or fulfillment sooner or later.

Thus unseen hands of destiny also carried me to Waltair, in the guise of an operation at the Hospital and detained me there for a few months all, so that the unexpected blessings might materialize, one after another, resulting in not only one but two fine sites for Peace Centers, just by the side of the wonderful ocean of my boyish dreams and musings.

At Rishikonda, a sacred and enchanting spot, where of old, a band of *rishis* or supermen once dwelt in peace, and communion with the most high, fifteen acres of land has been set aside for the silent work of universal peace. Near this new Ashram land there are another ten acres of temple lands. Without the least attempt on our part, the owner of this

temple offered the property with its income for the furtherance of God's cause, through the Universal Mission of Peace. As these two lovely spots are a little far away from the town, another friend comes forward, with another generous offer of two acres of his valuable land, which is estimated to be of worth nearly twenty thousand rupees, as it is in the town, at the foot of a lovely bay, facing the ocean and having beautiful hills as the back ground.

Are not all these offers the unexpected blessings of the Almighty, so as to spread His work! How mysterious are His ways—and how lovingly He fulfills our selfless desires, in a most sagacious and unexpected way. Physically also my re-set hip bone, is now strong as a piece of iron, and my general health in excellent, and I am enjoying once again, sitting as in the olden days, of my boyhood, in *padmasana*, the cross legged posture of Buddha. None is so dear especially for meditation, as the comfortable lotus posture to an Easterner. May all glory be unto God!

Without the least propaganda, my silent rest in Visakhapatnam too has brought nearly two hundred subscribers for our Peace and Santi journals and many sympathisers for the cause of universal peace.

“Blessed be the Lord, who daily loadeth us with benefits even the God of our salvation!”

It has been my privilege to enter with my message of Peace and Love, into the innocent, devoted and selfless hearts of hundreds of devotees (another blessing unforeseen) as they poured in every day, the poorest and the richest, the most ignorant and the most enlightened, during my convalescent days.

It was here, by lying in the hospital, that I was able to realize more and more the glory and blessedness of service, as I was facing on every side in huge mass of varied suffering and agony.

Even if we consider from the spiritual heights, that all these material blessings are not the highest blessings of God, I also had the consolation, in the name of a great ordeal of an operation, of lying for months together, in one serene, steady posture, feeling the nearness of His presence. There have been moments when I felt the perfect unity of the individual with the universal wherein the little “I” was completely obliterated. What other blessing can be compared to this great blessing of at-one-ment? By unifying ourselves with spirit within, only, can we bring things of the outer world to happy, fruitful results. Rising to the divine consciousness nothing can assail us, and good radiates from all the events of our lives, to ourselves and others.

“Faith is the substance of things hoped for, the evidence of things not seen!”

Thus, dear readers, does God give his unexpected blessings; they come to all of us, when we but open our eyes to see, our hearts to receive and by detaching ourselves from disturbing outer conditions and passing clouds not letting them rob us of our own, who comes to us in many forms, holding the choice gifts of heaven in shining, generous hands. By maintaining a state of God-consciousness, we stay on that high mountain top of spiritual

knowledge, from which we may see with unclouded vision that all things indeed work together for good unto those, who love and trust in the Lord.

It is needless to express how deeply grateful I am for all these Unexpected Blessings of God vivifying me physically, mentally and spiritually. My soul craves to show my gratitude to the Almighty, for all His numerous blessings, by sharing these unexpected blessings, with you my beloved readers of Peace Journal and with all the earnest and sincere seekers of peace in both the East and the West.

May we all partake of His rich and effulgent rain of blessings, now and here and at all times.

May peace be unto all.

OM OMOM

(Peace Sept & Oct 1936)

53. URGE WITHIN

Urge within, intuition – the inner voice, the voice of the silence – the conscience, the indwelling light, the presence *samadhi* or *nirvana* – all one and the same. How true, simple and direct are the Vedic words. That which exists is one and it is called by sages by various names. These days the urge within, is only to feel His presence ceaselessly – to express Him in thought word and deed, both in work and silence. The potential words: That I cannot afford to forget Him even for the millionth fraction of a second, afford a thrill of satisfaction and ecstasy. How precious each and every moment!

After spending five long months in the Nilgiri Peace Centre, busy with the construction of the Prayer Hall, naturally the urge within is – to withdraw myself from all forms and names and merge in the formless and nameless – self-effulgent splendour, the only changeless truth, the ever abiding reality. A friend and well-wisher of the Ashram writes from the Andhra University:-

Whether the mind is given to the brick and mortar or the spirit and service. It is blessed to realize that we are ever filled, surrounded nay pervaded and permeated by God's Omnipresence, Omnipotence and Omniscience, now and always.

I often take joy in repeating often the following soul-awaking words: Where is the moment, when we are not in God, either in the past, present or future!

Now the Urge Within, after a hard and laborious work of five long months with the prayer hall – the sand castle of my dreams – to give the mind no longer to any more castles of my dreams – to give the mind no longer to any more castles in the land or air – in the sky or heaven but to merge and dissolve the mind in the infinite and eternal. I take this opportunity of expressing my grateful thanks to all the friends and well-wishers of the Ashram, for their generous help and sympathy, which alone made it possible to complete the

Prayer Hall, as if it is a living miracle of God. All glory be unto God, the all-knowing one and longest lives of health and peace to all the devotees and friends who have helped us so generously not only with funds but even with their loving encouragement and sympathy. My apology to one or two *navakotinarayans* to whom I have given trouble requesting their perishable wealth that can be rusted by him and stolen by thieves.

Many people – the readers of our Peace Journal especially in the West wonder to know about NavakotiNarayana. There is life and death inseparable connection with the perishable wealth for the NovakotiNarayana. He would rather part with his life itself than part with a few paisa or cents, even for God's work or public service. In the first place the meaning of NovakotiNarayana is that he is the owner of Nine crores of rupees – immense wealth. But he was blessed with a devoted and saintly wife, who is charitable – longing to help and serve – often engaged in *pujas* and other acts of worship. Once she wanted a cocoanut to offer to God on a holy day. Her miserly husband does not want to waste even a few paise on the cocoanut. He goes to the market and bargains to buy the cocoanut at the cheapest rate. Finally he goes to the cocoanut garden himself hoping to get it cheaper. When he still bargains, the owner asks him to climb the tree and take a cocoanut, which can be had cheaper. Accordingly NavakotiNarayana, the master of nine crores of wealth climbs the cocoanut tree with great strain, ignoring the danger to life itself and rejoices to get the cocoanut at the cheapest rate and makes his wife happy by offering it to her.

On another holy day, his wife wanted to take a bath in the holy river and naturally *dakshina*- offering a few paise is to be given to the Brahman, who repeats the *sankalpa*, the sacred *mantrams* - wishing the welfare of the couple during their bath in the river. Our NavakotiNarayana was sad and crest fallen at the thought, lest the Brahmans, by the side of the river, will search him for money, hence he hesitates to take his wife for the both. Finally to make her happy, he requests her to walk with him a long long distance where there will not be any bathers or Brahmins to take money. Thus they walked a long long distance where it is lonely making sure that it was all lonely NavakotiNarayana took his wife into the water to bathe – Lo and behold to the consternation of our NavakotiNarayana, while they were taking a dip in the river – suddenly a Brahmin appeared before them in the water and stretched his hand for money. NavakotiNarayana's heart began to palpitate and nearly lipped at the thought of parting with a few paise. In his helplessness and disappointment he asked the Brahman to finish the *sankalpa*, the repletion of mantrams – promising to pay the money afterwards when he comes to his home on the next day. When the Brahmin comes on the next day for his promised *dakshina*, offering Navakoti was busy that he requests the Brahmin to come on the next following day.

When he comes, he informs that he was sick so to come at some other time. Finally when the Brahman comes again and again, Navakoti was unwilling to part even with a few paise so he thinks that if he informs that he is dead, no more alive, the Brahman will feel sad and go away without visiting him anymore. Thus the servant was made to tell the Brahman will feel sad and go away without visiting him anymore. Thus the servant was made to tell the Brahman, the sad thing that Navakoti Narayan suddenly died. The Brahman felt very sad and disappointed that he wanted to help the Navakoti, arrange the death funeral, under his own supervision. The Brahmin makes all arrangements to take the so-called dead body of the

NavakotiNarayana to the burning ground, to the place where the dead are burnt. NavakotiNarayana, body was on the Pyre and fire was set to the fuel and unable to bear the heat, Navakoti gets up and the Brahman was there stretching his hand for his few *naya paisas*. In a climax like that while going through the death ceremony. NavakotiNarayana in a flash thought his past good *karma* deeds done in the past birth, suddenly realizes the futility of having the perishable wealth and his miserliness and realize also that the Brahmin is no other than God Himself who was trying to teach him and to wake up from the worship of mammon to the worship of God. Thus the story goes on that our NavakotiNarayana spent all his wealth – the nine crores – only in charities in serving the poor, sick and helpless children of God.

Thus the change also may come any moment by God's grace and the miserly get highly charitable. In this life of the world. My only wish is that I should not be the cause of giving any trouble to anyone poor or rich ignorant or learned even in the name of ashram or public works or God's work. In these closing years of my life as life itself is frail and uncertain as anything may happen any moment, my heart longs never to give any kind of trouble to anyone, asking for their perishable wealth even for God's work in the name of Ashram or public service – although service of man is service of God. Since *manavaseva* is *madhavaseva*, I myself long to offer everything I have in the worship of God's respective children. Poor and naked we came into the world and poor and naked we have to leave the world, leaving behind us everything that we have earned here. Then we have to leave everything that we have earned here at the time of death. Why not leave it now while alive with the privilege of sharing what we have with the poor and deserving, the living images of God! Nothing is in our hands – so may we trust in God and let us leave everything to Him – cheerfully repeating, "Not my will but Thy will be done O God! The essence of this message is my apology once again to any of the least of His children to whom I have given trouble in any way consciously or unconsciously in giving to the world of devotees, the Prayer Hall, Library with the Guest Rooms.

As I feel that I have done my part to the world of service, I love to spend my remaining years staying far away from all the worldly minded and very close to God loving souls who are pinning for God even living in His light and presence. How blessed it is then to see only God – to hear only of God - who is unthinkable and incomprehensible, yet who is all in all, the only Omnipresent, Omnipotent and Omniscient reality.

May all homage be unto Him.

May peace be unto all.

(Peace March 1986)

54. UNIVERSAL GARLAND OF PEACE

This holy garland of Sri Ram, Jai Ram, jai jai Ram om, is a most valuable and precious garland of enlightenment, peace and illumination.

Q. But who is worthy to wear this priceless Universal Garland of Peace?

A. Only those few, rare dedicated souls who are blessed with hearts of universality, whose hearts feel for all humanity, including the dumb animal friends, are worthy to wear this holy garland of universality, that give peace to the individuals as well as nations finally leading to world peace.

With one Sri Ram, we fill the whole body from top to toe with His Presence, floods of light every finite cell is filled with His infinite splendour of millions of suns. As we are saturated with His presence and light, then we share this light with all the world by repeating jai Ram. One jai Ram covers you all, fills all of you whether you are near or far in India or America, for jai Ram, the universal spirit, the indivisible light includes you all.

Then as you continue to repeat jai jai Ram, as these three holy worlds represent past, present and future, they bring all time to the present life-giving and soul-awakening moment now, more so as you end it by the repetition of the sacred syllable Aum, which is the soul and goal of humanity. As one word is enough for the wise, let us practice this simple but inspiring and most elevating meditation, identifying no longer with the physical body of flesh and blood but with the indwelling light, the light of the Sun of suns. Let us practice and practice, not repeating the Manthra of mantrams merely with lips, like parrots and talking machines, but with one hundred percent of mind, heart and soul.

Sri Ram jai Ram jaijai Ram Om

Thus with the first glimpses of dawn until the late hours of midnight, I keep on weaving these holy garlands one after another wishing the welfare of all of you. To whom shall I offer these garlands of universal love that include all and exclude none! These holy garlands are not for sale to the people of outer life – *pravriti*! They are offered freely, to the devotees of *nivriti*! To those who are pining for God! These precious priceless garlands of universality cannot be bought with all the wealth in the world. They can be easily had freely only by those blessed souls who are blessed with hearts of universality, with complete self-surrender to the Almighty, facing Him in all the human kingdoms of life, including dumb animals of so-called animal kingdom. Now rising above these finite words, let us chant now Sri Ram, jai Ram, jai jai Ram Om. Filling first our bodies and then all the East and the West, nay all the world and heavenly spheres into one universal whole the indivisible and incomprehensible splendour of millions of suns.

Hari Om Tat Sat Om

AN OFFERING

The first and second garlands are an offering to PujyaPapaji and PujyaMathaji of Sri Ananda Ashram the emblems of Universal Love. Blessed are they who consider all the children of God irrespective of caste, creed and colour and nationality, as their own. Verily, God is one, life is one, truth is one, love is one, peace that passeth all understanding is one, without a second. Sri Ram jai Ram jai Ram Om.

(Peace Dec 1973)

55.UNABLE TO SLEEP

Q. Why are you unable to sleep?

A. Because God is awake, surrounding me, pervading and permeating the very cells of my being. When God is awake, how can you sleep?

He is there, when eyes are opened. He is here when eyes are closed. Strange! I feel His presence more near and closer, when eyes are closed.

Q. Why?

A. *Pravrithi* – the outer life is so bewitching. It dawns and attracts the mind of even the wise. Whatever is helpful to fee God-realization, do it.

If it helps you to feel His presence when eyes are opened, if you have the strength to see Him, all around in each and every form, you may open your eyes. If opening of eyes is not helpful to see Him in all, to see the one in the many, close your eyes and feel Him within in the very cells of your being. How blessed, inspiring and ecstatic it is, to feel Him – God’s interpenetrating presence in each and every cell!

Dear loving reader, the time to feel His presence is now in this living present moment. The place to feel God’s presence is here, wherever you may be, feel, feel, feel His interpenetrating presence now and here. The indwelling light, the self-effulgent light is never absent. It is ever present in all eternity. Unable to sleep because of this splendour of Light of lights, the effulgent splendour of millions of suns. O! Men of the world ignorant children of God! Why do you sleep, when God is awake? How long will you sleep with body-consciousness. Body consciousness is not your birthright. Your divine birthright is the splendour of millions of suns.

Pray! Open your eyes to see Him all around you. You are in the Light. The Light is in you. You are the Light. That exists is one. You are that one without a second. Thou art that, recognize and be silent.

Q. Recognize what?

A. Recognize, the only changeless reality, that which passes, that which remains permanent, eternal in spite of the passing clouds of strikes, tests and trails in the world of ever changing *maya* – delusion.

Dear Loving Reader, whoever you may be, wherever you may be. I love you, because God is love. Do you love God? Do you love me?

If so, wake up, arise and awake, sleep not until the goal is reached.

The goal of precious human birth is God-realization but not money making and worship of the mammon running after the alluring and bewitching names and forms in the mirage of the world. O dead people, you have slept enough. The time to be awake is now. The place to be awake is here – wherever you may happen to be now. The way to be happy is to make others happy by loving and serving the children of the one indivisible God, for, the world is our home and all people in it, are our sisters and brothers to love and serve them in our humble way. Let it be our living religion. Verily, love of man is love of God. How true are the wise words? “God has no other body on earth now than yours.” Blessed are they who are unable to sleep, for, God is awake in them.

May all homage be unto the indwelling light, the universal light, the self-effulgent light, which is inherent in the form of all my loving readers of Peace Journal! Inhale and exhale peace, Thy birthright, with each and every breath. Thou art that, both in sleep or when awake.

May all homage be unto the light that never goes out!

Hari Om Tat Sat Om!

Thou art That– *tat twamasi*

AN OFFERING

A humble offering to our ideal devotee Dr. T.M.P. Mahadevan who has given to the world of devotees, a Shankar Vihar where one can pray and meditate and also to his chosen chela – a great devotee – her majesty the queen Fedirica – the queen mother of Greece, wishing both of their longest lives of illumination and peace, with prayers for world peace.

(Peace June & July 1974)

