

1. PEARLS OF OMKAR

Peace, Peace that cannot be sold in the market place.

Peace that cannot be stolen.

Peace, the inaudible Peace -

The birthright of one and all and such a priceless Treasure. Let us not be confined to a particular nation, but let us be confined always to the whole of Humanity.

★

May the blessings of the Holy Christmas be upon thee always, and may you be ever filled with the Love and Divinity of Lord Jesus.

Burn away this Holy Christmas Day, all the innumerable selfish propensities that are making a hoax of our lives, offering them to the Lotus Feet of Lord Jesus, The Christ.

★

Lord of my heart -

Thou art ever within me, and without me, guarding me in all ways and at all times.

If the mind wanders from thy God thoughts to the worldly thoughts, bring it back. Do not allow the mind to run after its own imagination.

This alone is the right royal road for realising our Godhead.

★

May thou be blessed with the indivisible Oneness, Love and Divinity.

Do not sacrifice God the Divinity for this body of ignorance.

★

Service by serving any poor, neglected one of the world, we are serving only our Lord.

Indeed the Almighty Lord comes to us in the form of the poor,

the naked and forsaken humanity, so let us clothe Him, feed Him and worship Him in all forms.

This is not service, but it is work for our salvation.

★

In Shanti there are no desires or thoughts.

It is a waveless Peace.

Om Shanti, Shanti, Shanti - such is the great meaning and glory of this word.

★

Arise, and stop not until the Goal is reached.

★

What a great joy it is to live in God and to help others to live in Him also.

★

Never mind the past, try to be the living Christ from this day on.

Thou art fit for it. Thou art chosen for this Holy Life.

★

Some saint has prayed :

“O Lord, keep me from my friends more than mine enemies”.
Through your enemies you can become alert and aware.

★

Beloved Mother do not worry. To err is human.

Remember too, that to forgive is Divine.

★

Always remember that Truth alone triumphs in the end.

★

Of all the gifts alone Wisdom is the highest, for it is real Eternal and everlasting.

Suppose you Feed a man, will he not get hungry again?

Suppose you clothe a man, will he not have to change his clothing ?

Suppose you educate a man, will that help him to realise God?

As such, the real gift is the gift of Wisdom.

★

In every second of your life, live only in God with Truth Consciousness, but never with body consciousness alone.

★

Endeavour to sow the seed of Divinity in a man or woman, and it will surely lead them unto God, the ideal of human life. Once this is gained, one returns not to the place of senses. Even death cannot rob one of this Wisdom and after death it is Wisdom, and Truth alone, that follows and helps him.

★

Naked we come, naked we live and naked we return.

It is the life of the Holy Christ, it is real renunciation, where even body is forgotten.

★

Everything is within thee. What is not within thee, can never be without thee. Be at Peace.

★

Christ must be understood by a Christ-like soul and not by a Judas Iscariot. The Christ-like soul will surely understand a Judas.

★

Truth alone triumphs. All untruth must fail in the end.

★

Thoughts are things.

Not a single thought will be lost in vain.

Every thought will have its effect in its own time.

★

Where there is Oneness in any group it is all joy, all love and all peace.

Where there is duality, there will certainly be misery, strife and ignorance.

★

Beloved Mother, in every second do manifest thy Divine nature.

★

Real purity is desiring God alone with heart and soul.

If one desires other than God, he becomes impure.

So in every second of your life, let it be filled only with God Consciousness.

★

Dear Mother, how simple and Holy are all thy joys,

May the blessings of the Almighty be upon thee always.

★

Merge thy individuality in the Cosmic Universality.

★

How beautiful it will be when one clearly forgets to think about oneself. But it should not be done by halves, it must be a complete rising above the little "I". Only then can you become conscious of the Divine Truth. This happiness cannot be compared to anything in the world and neither can it be expressed unto others.

You yourself have to experience this.

★

May God bless all of us with more Peace, Patience and Perseverance, in serving the Holy cause of giving Peace unto his own children.

★

Are we not given birth to rise from weakness to strength, and to rise above body consciousness to God ?

For what reason do you fret ? Each experience is another step.

★

When one is false and unsteady in his inner mind, he will be false to the whole world.

★

Blessed Mother, I feel for the known and the unknown, the good and the ignorant, and for all living creatures.

★

Affirm this statement daily and your problem will dissolve: I am Pure. I am Holy. I am Divine. I am Innocent.

★

Arise above body and name. Thou art the form and the Formless.

★

Beloved one, I feel that I am the past, the present and the future.

Indeed I am everything. Nothing exists beside me.

In me, in my Divine Glory there is neither mind, body nor world.

There are no little "I's"

There is neither you nor me - it is all one.

It is a thing to be felt and realised, but it cannot be expressed. Verily it is thy birthright. Within and without it alone exists.

Behold it is in all space, in all beings, in all creatures. even in everything alone, this great Truth is self shining.

You will come to this state one day.

★

When you are single-minded, nothing can prevent you from leading a life of Peace.

★

Bear everything silently and joyously, then there will be no need of desiring anything.

★

Fickle minded persons will not be steady in their promises.

Was not Christ forsaken and neglected by his so-called disciples

in certain moments of His life ?

Why must you be disturbed ?

★

What need is there of promised discipleship when thou art already my Spiritual Angel ?

May peace be unto thee in all thy various forms.

My love and benediction is already with you.

Where there is love, the hardest work becomes easy. Verily love alone conquers one word. Thou art That alone.

★

Glory be to God and to my own Divine Mother.

Blessings of our Holy Lord Christ be on thee always.

Live in every second of thy life filled only with the Spirit of our merciful Saviour.

★

In the words of our Lord Christ, the Kingdom of Heaven is for the young children. Whosoever desires to enter into Heaven must become again as a little child.

Thou art also the manifestation of Christ for your love of little children and in the words of our Lord, which you are repeating.

“Suffer the little children to come unto me, for such is the Kingdom of Heaven.”

★

Perhaps you have never thought that thou art an Angel thyself.

What wonder there is in one Angel attending and entertaining other Angels, for like attracts like.

★

Have I not the right to know all your inner thoughts and pictures ?

May thou be always merged in Divinity, forgetting the very birth of the body and the existence of this imaginary world.

★

Let me always live in God, free from all worries and hurries of external life.

May you, dear mother, do the same.

★

I believe in the power of Silence, but never in talking - talking.

★

Let one man alone live in God, and the whole world can be united through Him.

★

Shakespeare said:

Love lends wings to cross even mountains and seas.

★

Wake up to the majesty of thy own Divine Birthright, for verily thou art the Truth and Divinity.

★

What does it matter, if one calls himself a Hindu or a Christian, if he can only realise his Oneness with the Almighty Lord.

★

Dive deep and drink the nectar of your Oneness and Divinity, knowing that Divinity is your birthright, and all else is nothing but ignorance.

Desire that you should be merged in Oneness and Divinity forgetting the very birth of thy physical body, and the existence of this external world.

★

Everyone who works for humanity must bear his own cross.

Blessed Mother, bear it joyously.

★

Let us not care for name and fame.

★

Lord Christ is alive, he is not dead.

★

Sermons or lectures will not help you much unless you undertake to preach sermons for yourself.

It is easy to lecture to others, but more easy to hear the lecture.

★

How easy it is to speak or write of the higher things, but now difficult it is to enjoy Divine Consciousness.

★

What a glorious thing it is to live above name and fame and to feel that I am all in all.

★

This Divine Birthright of mine, I will not forsake even for the whole world.

O Let me enjoy my Divinity in every second of my life.

★

Make the whole world your Holy Sanctuary, Mother.

Then alone will your life be filled with Peace, Contentment and Divinity.

★

All the trouble begins when we want to realise the Higher truths practically in our own lives.

★

Feel always it is the Divinity alone that is working in you - then you can make all works sacred.

★

Every Saint must be ready for some type of crucifixion, for whosoever loseth this little life gaineth the higher life, but he has to pay the price somewhere, therefore any suffering on this path is truly Grace.

★

For a real devotee a bed of roses or a bed of thorns will be the same.

Can we get anything in the market place without paying the price ?

Everything has a price of its own every joy and every sorrow Accept this truth always.

★

No man can serve two masters. It is impossible to serve God and Mammon. If you want the Higher life, you must be ready to sacrifice the lower life.

So let us serve God and God alone.

★

Days are passing into nights and nights into days.

Time is passing with rapid strides and waiting for no-one.

Time is passing and verily it is a wastage for one who is conscious only of the body and the world.

But for one who is filled with Divine Consciousness there is no passing or wasting of time, for verily he is above time, space and causality.

★

As such, lecture to yourself daily about your birthright the Divinity, telling yourself it is the All in All.

★

A fasting day must be a feasting day. You must feast on your inner Light.

★

Somebody had said :

To love is to make a contract with sorrow.

★

Once we realise the contract Divinity, a thousand calamities cannot lessen our joy, neither can a thousand profits increase our joy.

We will be the same in pain and happiness, in success and failure, in heat and cold, in honour or disgrace.

This is called union with God.



So long as there is the physical body, we must pay the taxes in the form of physical disease, for is not the body a rented house for the spirit ?

Whether one is a beggar or a millionaire, a saint or a sinner, he will be forced to pay the price sooner or later in the form of disease. So one must not complain for his predestined lot.



What a glorious day it will be when all of us live at one place, in our abode of peace as members to God's family.



In every second of my life, my love flows from me unto all creatures. Endeavour to do the same with your life.

What a blessed state it will be when one merges in God Consciousness in every second of His life.

This is the goal of human life.

Every moment of your life, mother, remember to make it your goal.



Until we meet, may my spirit be in you and may thou be filled with Peace inexpressable and with Divinity indivisible.

Where love is, there is God also.



For some the veils of Maya are thick and for some the veil is thin, but there are some Divine souls who are eternally free from any veil of ignorance.

Think on these Souls in your quiet periods.



It is not things nor presents neither feasts nor big dinners that make a Christmas Day.

It is the awareness of the glorious Presence within and without.

Do not worry and fret. All of us will realise the Goal sooner or later. Negative thinking of how far away you are, will only take you further away still. Be at peace.



It is most pitiable to see people of this second, turning into dogs in the next second.

One second a man is Holy and the next second he is sinful.

O when will mortal man rise above this duality ?



It is really a civilized state to lead a life of complexity, multiplying innumerable unnecessary wants, ever filled with worry and hurry of the world ?

Do you not see how blessed you are to be above all this ?



Things have come to such a state in the world that the Truth has become untruth, and the untruth has become Truth.

It is so easy to get drawn into this. Watch the mind carefully.



Real civilization is in developing the self.

Affirm these words daily:

Let me only merge in Thee, forgetting the whole world.

Bless me to ever live and have my being only within Thee.



What a glorious life it is, the life of simplicity, the life of carefree future, the life of freedom, the life of innocence, the life of purity.

This is what I call the Life of Holy Consciousness.

Think on this daily.



Duality is another name for pain, sorrow and expectation. So long as there is duality one cannot be free from cares and worries,

so merge within, drop the small “I”, constantly affirming that ALL IS HE.



AS SMALL PRAYER FOR YOU

Most Beloved father, my heart is Thine.

My life I live for Thee.

Let this mind flow towards Thy feet alone like a current of unbroken Consciousness.

May you abide ever in my heart of hearts.

Thou art the mind of Bliss.

Thou art the incarnation of Peace.

Thou art the personification of Love

Thou art my refuge— thou art my strength.

We are tied, dear Mother, by unseen links of Truth.

In spirit I am always with you. Because of this keep your mind centered on me in your quiet moments.



Close thy physical eyes, and at the same time feel that the inner eye is opening. The eye of Oneness and Divinity, where all forms disappear and where all is peace.

Merge within, feel it. This is your birthright— it is the nearest of near.



To realise the highest as you know, is not easy.

It cannot happen with a few words, but keep the mind steadily in tune every moment with the Light within you and slowly you will grow into the Oneness.



In every moment of your life think of yourself as Spirit.

Not the individual spirit but the Universal Spirit, the life and basis of all.



So long as people are playing with the toys of the world, they cannot ever understand the Truth or God, but you in your position should be able to understand and have compassion for them.

Bees that fall into honey try very hard to leave the honey.

Day by day you should be aware of the honey in your life which being so sweet you want to die in it rather than shrink from leaving it. This means that anything you are overly attached to you must slowly begin to shrink away from. If it is done steadily and slowly, you will not feel the wrench. It will happen naturally.



Yes, dear Mother, sometimes our tests are heavy, but it is then alone in our anguish we can arouse and manifest the sleeping Lion of Divinity.



In every moment of my life, it is Christ that lives, moves, and works in me, for the old self is dead and Holy Christ is living.

Work toward this state constantly— you are ready for it.



All I have, I have given to Christ, so I have nothing else now to call my own except Christ, the Living Truth.

By sacrificing the lower life, I am able to get the Higher Life or Christ Consciousness.

Beloved Mother, surrender, surrender to the Highest.



Prayer is not for expression but for absorption.

Not to be uttered in words but to be felt in the heart.

This is most important— feel Him.



O, how I wish to be a living Christ. Will I ever be like Him ?

Beloved Mother— Glory be unto the Holy Christ and unto you Mother Divine.

May the Almighty bless you to die to the world, so that you may walk in and follow in His footsteps.

As much as you keep your mind ever on Him with tremendous love and longing, so that much will you become more and more the Christ Spirit.

★

We can never understand anything or anyone until we love first.

When we love it with heart and soul, we then become one with it.

This is the kind of love you must cultivate within your soul.

Worldly love is not like this, it becomes vicious, but you are capable of filling your Being with this Universal Love.

When you become this Love, you are Enlightened.

★

Remember the words of Lord Christ, that the path to salvation will be filled with thorns, but never with roses.

Let us die, so that we may live.

The Spirit of the Christ must rule our entire beings and in so doing, a Spiritual rebirth will take place within.

★

Live in God Consciousness repeating with the Lord Jesus: "Thy will be done".

★

O Lord;

If I am hearing let me know that You are hearing in me.

If I am seeing let me feel that You are seeing in me.

If I am thinking let me realise that You alone are thinking in me.

As such it is not I but THOU.

★

What is the use of reading the life of our Holy Lord Christ, without following his example?

To enjoy a Christ life, we must do as He did, then only can we

understand the real beauty of His life.

★

You are right. We can find many to work, but it is rare to find people for meditation. But you must not grieve. You must do your best. Even if there is no-one for meditation, there is still yourself— so meditate.

★

I am feeling better now, thank you.

Really, sickness has a beauty and benefit all of its own.

As such I love and adore it. I can never shun it.

Every disease is but a stepping stone to the realms of Higher Consciousness.

★

All debts will be discharged with interest. This is not your worry.

Your only rule is that you must watch what debts YOU alone are building up. Other's debts are not for you to even see.

★

The growth of a tree is retarded or obstructed by the growth of unnecessary weeds.

In the same way the growth of Spiritual man is obstructed by too many weeds of desires, wants and passions.

It is these desires and wants that are making a havoc of one's life.

If you can become free of these life-sucking qualities, you are already God or Truth.

★

It is the wants that are screening the Divinity from our vision. It is the passions that are burying the living God.

Dive deep within thy own soul, dear Mother, and become free from all these weeds of desire, then alone will you have a glimpse of thy Divine Glory.

★

You ask me: How can I make others happy ?

Are YOU happy within yourself ? This is the most important question.

Once YOU are happy then the fragrance that is left wherever you have been will naturally make others happy and lift their spirits.

★

Worry, anxiety and fear are the greatest enemies of humanity.

You must watch these very carefully because these enemies come up very subtly in the work.

★

The true religion has no temple other than the human heart.

You work in love, you live in love, and so your wishes will be obeyed by Angels as well as men. Do not fear. The work will continue to flourish as long as you continue to work within and through the heart.

★

We must work for the happiness of humanity.

Let us die not for ourselves but for others.

To die for others is really a rare privilege. This is a rare privilege given only to selected souls.

This is the meaning of the crucifixion When we sacrifice our needs for the sake of humanity, we suffer, but through that suffering we rise again into a different plane of life where the physical drops away and the Spiritual in all its glory blooms.

May all the blessings of the angels and saints ever abide with you.

★

A disciple will hear the inner voice of the guru.

Please be silent even in short periods during the day.

In these moments of silence and peace, my inner voice will speak to you.

★

It is natural that you will have clouds of obstruction and

discouragement because in the work you are connecting yourself with people of the world.

★

It is at this time that you are to manifest your Spirituality. If you cannot do this, then you must look within and see where you are failing.

★

You must always remember that the greater the work the heavier the cross, but you must remember that on the opposite side of the pole, the greater the reward within the heart. The heavier the load the deeper satisfaction and happiness it will bring.

★

Failures can only strengthen your nature, so do not be sad, but be happy that you can see the failure and in that moment it immediately becomes success.

★

I want you to merge daily into the So-ham breath. At least once a day sit in deep silence just listening to the rhythm of the breath.

Verily in So-ham there are neither forms nor names.

So-ham is the life of our lives and the Universal breath of the entire world.

★

Most Beloved Mother, the past can never be recalled, but the future at least can be adjusted in a happy way.

You must not hold on to any unpleasant incidents from the past, for if you do, this will cripple your Spiritual progress.

★

Whatever we have within us, we will behold without. Verily the mine of happiness is within. In this happiness is Tranquility and in that is Power.

It is such joy to live a life of simplicity filled with Peace.

It is this joy that you emanate which brings solace to others.

★

You must push on, abolishing the pitfalls.

You must be indeed an avenue of Peace, an incarnation of Peace and an ideal of Peace.

What endless power resides in the triumph or control of the mind.

Beloved Mother, do not restlessly let the power be flittered away on these little pitfalls and concerns of the future.

Let the power work - let it work.

★

May you live in So-ham, as So-ham in every second of your life.

This is my earnest prayer for your spiritual progress.

★

To laugh in trouble and to be joyful in calamities and trying conditions is religion indeed.

This is the Spirit of Spirits working through you, dear Mother.

★

When dealing with others, you will always meet with some disappointment, because so many people are worried about name and form and therefore will not act in a Spiritual way. Do not expect them to do so.

What a blessed state it is to be perfectly happy and peaceful. Thou art the Sun of Suns, so manifest thy glorious and self-shining nature to all, and cling to Truth and Truth alone.

We must be Love incarnate and it is our mission to drown the whole world in Love, in Joy and in Peace.

May you ever work and live in the So-ham Consciousness.

★

Before we undertake work for the Salvation of others, we must be fully worthy of this Divine task.

One must die completely of what "I" want before thinking of others, and for this, Self examination in order to bring us to the Truth, is absolutely necessary. After all life is not worth living if there is no progress.

The world is filled with people that can describe God, but it is sadly in want of people like you, that are feeling and loving and on the way to realising God in their practical lives.

Real strength lies only in bearing everything silently, and thus working for the good of others.

Live in awareness of the Power of God, and help others to do the same.

It is only in discouragement that we manifest our hidden Power.

★

Let our main ideal be to live in God, in silence and solitude and to spread that consciousness from our inner realisation to the world at large.

Let us use love as our base and this will triumph over all difficulties.

Outflowing Love finds bliss in renunciation.

Where is peace and joy except in sacrifice, so let us live for others, sacrificing everything to the Lord.

★

A MEDITATION PRAYER

We are inseparably one in the Great Spirit,

Shall we now merge for a while in the Glory of united Oneness and Universal Love, forgetting all names and forms.

Here there is neither you nor I.

All Divinity it is. All peace. All Glory.

All walking the same path of Truth so let us relax into deep, deep silence, feeling the power encircling us and making us One.

May God bless us all.

★

Let us be cheerful in spite of all environments.

One who is ever cheerful is a blessed one indeed.

Therefore strive to keep your mind calm and enjoy Peace—your birthright.

★

I am determined to find Peace and to face God in every second of my life, for after all what one needs the most is the fire of God-Consciousness and non-attachment, and nothing else.

Keep this thought constantly in your mind.



Let Truth radiate from the Centre as a fragrance of a sweet flower, hence let us wave the banner of Light, Life and Love into all that come to us for help.

May Peace be unto all.



Truth is such an important ideal to one such as you, sincerely on the Path of Spirituality.

If we can always identify ourselves with the Truth, forgetting all names and forms, which is at times very difficult, then life will be glorious.

In practicing this you will find a tremendous Peace come over you and fear will be something of the past.



Inhale and exhale Peace, thy birthright. My heart craves to fill the whole world with Peace. Feel this thought in every breath and may the blessings of Peace, Purity and Patience ever abide with thee.

Your work for me, for yourself and for the Peace Mission is to scatter flowers of Peace and Bliss wherever we go. Verily let us shower oceans of Peace and Bliss over the whole world.

Feel the Universal peace which is the only reality. Feel Eternal Peace which is ever present. Feel the Indivisible Peace which is embracing all.

Let your goal be a determination now, never to neglect nor forsake this glorious Peace. Keep the Holy Consciousness of Life, Light and Love which is Peace in all states and stages of your life.



Pray as I do, that wherever you go the tired people will be made happy and the sick people made strong.

To be physically, mentally and spiritually free from every kind of

bondage is heaven indeed. When in reality we are not these whimsical minds, and flashy bodies, why should we always cling to these forms ?

Your real wealth is only in Spirituality, beauty is in Character, and Youth is the birthright of everyone.



As water is to the thirsty, so is the Knowledge of the Self to the bride of Truth. Keep resting within until this knowledge seeps into your being.

What is life if God be forgotten ? There is but one Presence, and that Presence is God alone, and that Presence I am. Engage more and more in controlling the central principle of life, light and love which will lead you to Self-Knowledge.



Remember to watch the busy mind.

When the mind is calm, one is doing no work, but when the mind is restless, one is engaged in all sorts of work heaping more Karma upon himself or herself.



Ah! dear Mother, to rise above the thoughts of mine and thine is not easy as it appears to be. But easy or not, the goal is only there, in the control of our nature both external and internal.

The very fact of recognising the difficulty shows that you are on the way to the goal. This is where the repetition of the sacred Syllable "Om" helps in keeping you in tune with the Infinite.

I have only two desires, either to be completely unknown or to shake to world to its very foundation, filling the whole of humanity with Peace. Let my message of Peace reach far and wide to every weary soul.

Bless me Lord with a worthy life.

Bless me with a pure life, that I may be ever-worthy.

I feel I must be ready not only for criticism and condemnation, but also willing crucifixion.

I have to sacrifice myself again and again for the common good

of all. My soul craves to merge in the unknown depths of Peace and Silence never to rise again to strife and worry, to experience the glory of God Consciousness for all times.

I am sharing this with you, for you to realise the tremendous tenacity one needs to go forward.



Work ceaselessly and selflessly in serving the Lord in all forms and in all ways. May the new life of the Spirit shine in you.

If you wish to help others, your life becomes a complete sacrifice.

You are very blessed to have found some precious work to do.

This is a rare blessedness.

If at any time there is strife and misery, blindness and sorrow connected with the work or your life, then it can be due to two reasons: Either you are confining the Higher Consciousness to time or place, or it is the result of forgetting the awareness of that Divine State of Consciousness.

We must be aware at all times that the whole world is filled with theory, but practice is needed constantly.



Learn to be happy and blissful in the happiness and freedom of all those you come in contact with, be it man or beast. In this way you will enjoy the Spirit of Christ which is Peace and Bliss and Love within your heart.

Make your mission on earth the same as mine, only to teach the religion of Peace.

Repeat these words each day :

I am love and I teach Peace.

I am Peace and I teach Love.

I am inseparably one with Love and Peace.

May Peace be unto you all over there. May we all enjoy the Spirit of Peace forever.



Beloved Mother : Although we know the teachings, little things do tend to worry us and we lose our balance. In these moments, practice the Presence; contact the Presence just for a few minutes.

There is always this constant battle between the physical and Spiritual nature of man.

The only real and steady life of man is in Spirit, for nothing can lessen or change the true Spirit. Cling to the Spirit alone, forgetting all these names and forms.

After all, what is this life if not for progress or the realisation of God ? Be a lover of God, and see His sweet face in all manifestations of life. In loving the Spirit you will love the form too.

All these little things are as bubbles— treat them as such.



Let our lives be full and free.
Consecrated Lord to Thee.
Lead us O Lord of Love,
From the unreal to the Real,
From darkness to Light,
From duality to Oneness,
From death to Immortality,
May Peace be unto you all.



It is the ego that stands in the way, preventing man from obtaining the highest Consciousness.

Let us crush the ego and rise, rise, rise to our Higher Selves.



God, God, God, is all that I want.

Verily I am that God. I am determined once and for all to manifest “Him” to the full glory of all. There will come a time when the world will see me in my full glory.

I must keep on forever striving for a Higher and Higher state.

In this way I want you to strive toward the goal, too.



To be a Master, one cannot attain perfection unless he perfects himself. This perfection cannot be realised by words, but by crucifying the little "I". When this happens he is automatically drawn into the glory of the Divine Consciousness.

To gain this kingdom of Heaven man must be ready to renounce the Kingdom of the World, meaning that our minds must be turned within towards the Spirit and not to the frills of the outer life.



In your work, remember the words of Jesus when he said: "In as much as ye have done unto one of the least of My brethren so also have ye done it unto Me."

In loving thy neighbour, no matter under what circumstances whether pleasant or unpleasant, you are in actual fact proving your love for Christ.

He had his own revilers and persecutors and yet His love remained unsullied.



It is deep - rooted ignorance to think and confine the Divinity to the tiny and momentary body.

Always remember that Truth and God cannot be divided and that both are all - pervading. Divinity is in all bodies and forms in both manifested and unmanifested conditions.

Be very conscious of this Truth. Do not confine God. It is we who are confined in Him.



On the Spiritual path there is nothing else that you need other than dissolving this little "I" in the glory of Universal Love.

O Lord, if there is any egoism in me, let it be destroyed.

Destroy the idea that I am important and others are not. Bless me with the constant vision of Allness and Equality.

These are wonderful words to repeat each day for you, for me and for all the seekers of Truth. May they settle deep within our being.

Let me weep for God always and God alone, having my life in

Him. I will give this body in this lifetime for the use of all, all, all. God has not given me patriotism or nationalism. My country is the whole wide world. I will live for it and die for it alone. Real service is living one's life for and in the Lord, which is the Cosmic Consciousness.



These are the thoughts that should be in the mind of one such as you, who wishes to give your life to service.

These bodies and worlds have their own beginning and ending. They come and they will certainly perish or change. Everything that has a form and a name is undergoing change in every second of time. But there is one thing that is changeless and deathless. What is that permanent and unchanging reality?

It is the Spirit of Divinity. In other words, it is that which we call our Heavenly Father. But are we separate in any way from our Father in Heaven? What is our Spiritual relationship with Him? To understand this practically, we are to remember and realise the noble and immortal words of our Lord Jesus: "I and my Father are One."



Let us not deceive ourselves by offering God flowers, fruits and other gifts.

All that is needed is our innocent and burning love to Him as all pervading Consciousness and to all the manifestations thereof.



Christs have come, Buddhas have come. Saints and Sages have come worked and died for the world but you can see that the world is still full of sin.

The world can be compared to the tail of a dog-always curly and you can never make it straight.

So we can only do our best and leave the rest to God.



Peace, Peace, Peace alone be unto all.

Do not be so concerned about disciples who are not dedicated as you may be. Whether they love me now, later or never, indeed they

will always be my own.

A child will often be very busy with toys, so let these rich children of mine, play with their respective toys until their desires are satisfied, and as the child runs to the mother after her playtime, so these rich paupers will also come to me sooner or later, when their playing is over.

I call them rich because they are rich with momentary riches, and I call them paupers because they are poor in Spiritual riches.

Once we begin this Holy work we must sacrifice all these things, but not all are able to do so, therefore we must understand this and praise God that we ourselves are not in this position.



It is only fools that run after the results of their deeds. Godhead is not a thing to be created, nor is it a diploma to be granted. It is not a degree to be confirmed, neither is it a title or an honour.

God is ever present. He is Eternal. He is everywhere. Whether remembered or forgotten, He will not decrease or increase. It is our desires that are screening our Divinity.



Weeds must be taken out right from the roots, otherwise they will grow again in more profusion.

In the same way we must remove desires and passions, otherwise they will come back.



You ask about “practical” religion.

This is practical religion for one and all.

Do not multiply things of the world. Have what is needed but no more.

Renounce all the extra frills and fancies of the world. This renunciation does not mean to throw them away, but to be totally apart and unattached to them within the being.

It is this renunciation alone that gives joy and freedom. There is no other way.



How difficult it is to be a Disciple. Everyone wants to be a Master. May success attend thee in all thy acts and undertakings.

The love of a Guru does not see faults. There is nothing to forgive, there is only love and understanding within me for you.

Make thy heart free from all these fancies and imaginations.

Try to understand that thou art nothing but Divinity. Therefore pray to manifest thy Holy Nature. Thou art the fathomless Truth. Thou art the nameless Divinity. May thou be ever merged in the Glory of thy Divine Splendour which is thy birthright.



It is always the finite that hankers after the little things.

May we ever be filled with the Universal Spirit of surrender, then these small items will be nothing.

Even a second's forgetfulness of the Divinity makes one fall down into the mire of sinfulness.

We cannot separate joy from sorrow. Where there is one, there will be the other. As such it is foolish to expect joy and disregard sorrow. How foolish it is to ask only for the day and never the night. A day of sunshine is always followed by a grey day. Our duty is to live in God, to think in God, to act in God and leave all the little problems to sort themselves out as they automatically will, without your help or mine.



Thy message on the Divine birth of Christ is beautiful and shining with Purity and Holiness.

What a great privilege it is to be blessed with the life of Lord Jesus.

Often I weep for the Spirit Christ to enter into me for all time.

Only this Divinity exists. It is all Peace and all Love. This alone is His life and only through this spiritual stage—the Christ Spirit meaning, Ahimsa, non-injury in thought, word and deed, can we experience the Heavenly Father which is the Cosmic Consciousness.



Do not cling to the physical form of the Guru. Physical forms are

at times weak and sinful.

It is better to ignore the physical and to adore the Spiritual, the Formless, the Nameless and Ominipresent Reality in him.



Never feel you need to justify your actions to others.

Truth, dear Mother, can be crushed into the earth, but in time it will rise again in all its Glory. The whole world together cannot harm the Truth. Therefore Truth makes you totally fearless.



I have never considered physical death as real death. It is only a change to another beginning.

Real death is to forget one's own Self or Divinity.



We must all remember that it is really a great bond of love that binds each and every one of us to that one great Universal Centre without a circumference.

When all seems to have failed, this bond of love alone will conquer what law and order cannot accomplish.

Such is the power of Divine Love.

With these words, every day should be happy Christmas Day.



Surely the dearest one will die, they will be snatched out of our very arms. The sweetest ones will be taken from us.

What does this teach us ?

It teaches us in one voice, very boldly, fearlessly and cruelly, the impermanence of the world.

Yet we still cling, never accepting that this moment it may happen in "my own" life... how foolish we are. Today man is, tomorrow he is not. How wonderful is this play of life and death if we can but see the Truth of it all.



We want to be the Living Christ. This is wonderful, but are we willing to pay the price ? We must be prepared to take up the cross.

We cannot raise up the world if we have not raised ourselves first and therein lies the Cross. The way is filled with thorns. To help humanity we have to die to the pleasures of the world.

Every heart-beat must proclaim the Highest Glory and Truth. If this is possible then life becomes a sea of Glory within and without.



Beautiful words for you, to lift you and make thee whole :

Out of the depths, fresh strength.

Out of the darkness, new light.

And even in the gloom you are on the way.

We must never forget to daily offer our Love and Gratitude to the Almighty Lord for all His benefits unto us.



Blessed Mother, when I feel my oneness with you all, and also with the birds of the air, and the beasts of burden, then I feel such a consolation that my life has not been in vain.

Let us become nearer to Christ, nay inseparably One with Him.

What a great joy it is to feel we are all One in the bonds of Universal Love.



The Immortal Christ Spirit, which is the Rama Spirit, the Krishna Spirit and the Spirit manifesting in the great Masters, which is beyond words and expression, is all Strength, all Love, all Compassion, all Truth. It is Totality.



All religion is nothing but rooting out the ego.

To rise above the Individual Spirit is the only way.

To become the Universal Spirit in all life...

All I want is the Highest. Away with this body.



Blessed are the Masters of Peace for they are the salt of the earth. These masters are the torch lights of wisdom, ever guiding humanity into the higher regions of Peace.

It is Peace that is singing in the birds.

It is Peace that is blowing in the winds.

It is Peace that is dancing in the waves.

It is Peace that is seeking expression in every human heart.

Read the words of all Masters, never confine yourself to one only.



More and more you must make the Spirit selfless and child-like if you wish to reach the realms of the Masters. A good and sincere disciple is what is needed.

How very difficult it is to live like Christ, but we must do our very best to follow in His footsteps.

Is not the very world our home, and all the people in it our brothers and sisters ?



Let us all live as the Truth. No matter what situation you find yourself in, see that you utter only the Truth.

There is nothing so powerful if you live by this rule and this rule alone. Nothing else matters.



May the time be not far off when you will be going from town to town, village to village, waving the banner of Truth, preaching the gospel of Peace, wearing the laurels of success, and thus helping humanity forward on its outward and inward growth.

Arouse the Divinity within yourself. See that the centre of Divinity is within and not without, and you will grow.

If one self-examines himself before he retires to sleep to see how much time he has spent for Higher life, in most cases it will be found to be zero. Such is the life of those in the world.

If only we can make good use of every tiny second, what a glorious life this would be. The whole world could be moulded into the Highest state of expression if people did not live their lives in laziness and idleness.

Even if we are on the path of the Spiritual life, we must be very vigilant, more so in fact than worldly people. So please will you be very aware of doing this each night before retiring.



My mind craves always to hear of the Highest, to think of the Highest and to speak of the Highest in every second of my life.

Verily it is for this Highest state I have renounced the world.

There is no choice for me now. I have risen above all choice.

God, God, God, is all that I want. I am determined once and for all to manifest God to the full Glory for the good of all, all, all.



In real meditation you should still be meditating even though you have come out of the meditation room.

True meditation means unceasing flow of Divine Consciousness.

Meditation rouses us to our own Divinity.

It trains the mind to eventually remain in the Lord. It is in fact a maturing process, whereby the mind dissolves into Consciousness alone.

Do not miss your quiet period each day.



I want not only to be one of the greatest men in the world, but to be the perfect image of God, in short, to live as Universal Love from Eternity to Eternity, thus I will be in the hearts of all.

The thought makes me so happy that tears fall from my eyes, because so long as we live in body consciousness there is neither peace nor joy. Real Peace is only found when neither the body nor "I" exist.

My craving is to walk in the footsteps of Jesus Christ and become one with Him.

If as my disciple you are beginning to feel in a very small way this

same craving and longing, then you are on the way.



Beloved Mother, these words should be read out and carried out in any Spiritual evening you may have:

People talk and talk for nothing. If we could only restrain ourselves from all unnecessary talk, we would be emblems of Peace, Power and Plenty.

If one watches very carefully, unless the talking is about something positive or uplifting in some way, all talking is subtle gossiping, and chatting about nothing which wastes a tremendous amount of energy.

Talk if you must— but be very conscious of what comes out of the mouth. Only by the control of the tongue can the mind be controlled.



Above all, the Spiritual wealth is the real money, which cannot be stolen by plunderers or thieves.



Beloved Mother, do not retire for sleep without progressing yourself, every day of your life.



It is the mind alone that makes one a saint or a sinner.
It is the mind that makes one cheerful or miserable.
Let thy mind be filled always with God Consciousness.
Then you will be cheerful and happy.



For realising the Kingdom of Heaven within oneself, one must control the wandering of the mind at all costs, and make it one with the Almighty.



Every life has its beauties and its charm. Thou art an emblem of love and devotion and sacrifice. Bless you and may His grace shine upon you and make you whole.

PRAYER

Let us rise now from our blind beliefs.
In the outer garbs of castes and creeds,
To the religion of Universal Love,
Beholding Thee and Thee alone
In every face we meet.
May all be filled with Peace, Health, and Bliss,
May Thy Divine Glory spread from this Centre
Throughout the entire world.
May Peace and joy radiate far and wide.
May the grace of the Lord Jesus Christ
Be upon us all for all time to come.

OM TAT SAT OM. AMEN.

CHRISTMAS - 1927



2. THE SPIRITUAL BATTLE OF OMKAR

Glory be to God.

Woke up early trying to feel the Presence within and without.
O dear Lord, help me to grow into Thee.

I was sorry when someone felt sadness on my account. May
I never be the cause of giving sorrow to anyone.

Trying to keep the consciousness. May my love to all be Universal.
Oh - may I grow. May I strive to be worthy of His love.

★

Sometimes feeling very lonely. Why should I be lonely ?

Felt tears in the car today. Determined to be happy.

Oh where is happiness ? Yes I know where it is. It is in "OM"

Oh! how the clouds can come in spite of innocence on one's
part, but I must look within and see why the clouds affect me.

O let me not make anyone sad. Let me not be sad also.

Let me live as Universal love.

Let this moment be a Glory. Let each moment be seen as his
Glory.

★

Someone said today that my talk was "A song of the soul", and
another said that she did not know God existed until she listened to me.

Some shed tears.

But what are you doing within yourself ? Is there a trace of the
great "I did it" lurking there within ? Pull him out by the ears - you, my
friend, did nothing it is all He, He, He.

May all this Glory be unto you and may I strive to be more and
more worthy of your blessings and mercy.

★

How soon will I be able to say with Ramakrishna : "I have found
Him?" Why not now ? My eyes are filled with tears, may all glory be
unto Him. Before sleeping let my silent prayer in my temple within be a
prayer of thanks for all His blessings.

★

Woke up early feeling refreshed.

Tried to keep the unceasing consciousness Offering prayer, I
went out. Little things are coming in my way to find peace. I do not
know why I allow them to affect me. I cannot afford to live another
moment with this gloominess. I am too sensitive, allowing other people's
reactions to knock me off balance. I have lived enough with tension
within. Not one minute more.

Begin to manifest your full Glory Now— this minute, keeping
the awareness of the breath at all times. How can you keep falling like
this? If you are falling then you are just automatically repeating the mantra
and not doing it with awareness.

Today I am keeping the remembrance of "Om". Why should I
be bound ?

I am trying not to be attached. Let me live as Universal Love.
Keep up the Om all day. Do not fail in this, it is most important.

Let me feel that I am spending my life in Eternal fellowship with
Him.

This is inspiring and helpful.

★

Woke as usual, feeling the Presence.

Again this note of sadness in me. Dispose of all unnecessary
thoughts.

Rise above all this depression and oppression. Stand up and
fight this.

You are not a sheep— you are a lion-stand up and fight.

Sat in meditation for a while and felt better.

Had a visitor this morning and had to sit and listen to her unpleasant
remarks about others. I did not reply but just silently recognised the
Presence all the time.

The next visitor and I had such a wonderful talk. So I see that the Presence gives me on one hand something unpleasant and on the other hand something wonderful—so there is no need ever to have clouds of depression.

Work only for God or Christ Consciousness and never for anything less.



O Glory, today as I awaken it is so clear and plain what is to be done.

All that I have to do is to FEEL Him more and more and I will Realise Him.

I must be careful of every word and every thought. Most important.

Realisation is easy, but I must be willing to pay any price for it - any price. I know I will have to suffer but it will be worth it all.

Feeling vibrations deeply in my crown. What is needed is only a little more steadiness.

O how much time you have wasted today in silly things—this must not happen.

If you are not doing anything constructive, then you must meditate and pray.

O Lord, Thou Art That. Let me be near Thee and manifest Thee. Om Tat Sat Om.



Woke up early today. O let me rise above sleep.

Again there is this note of sadness in my life. It is a disgrace.

Fie upon it. Let it never come near me. Go into it and find the source.

Do not let up until you have found it.



Just finished reading a book on “Silence”. May I be silent within.

Meditating, I felt that I should weep in the name of God. I wept.



Have been reading the Life of Christ. Giving sight to the blind and raising people from death to life is simply touching...Why should I not live and act like Christ? If you cannot, then what is the use of this life? It is a mere burden.

It is now or never. I begin now to endeavour the life of Christ in everything I do or say. Clear your centre—clear your mind—manifest this hidden Glory—do it now or never.

I must keep my mind on that perfect life— I must go forward - now - NOW.



Glory be to God to day— Glory, Glory.

Must become more silent within, for the knower IS silence.

I must be determined to feel that even eating and drinking I am consuming the Christ Spirit into my being. O let me be careful in future of my actions, movements, thoughts and speech.

Again, a note of depression. O, I wish to kill this weakness. It must be rooted out. Keep looking for the source and root THAT out.

Root out the SOURCE. Find the SOURCE. FIND it.

I am not growing as fast as I would wish but there is some satisfaction.

There is space for any amount of growth.

Have a sprain on my left foot. I wonder why? May be it is due to my forgetfulness of God. May His will be done.



Masters are having crowds following them and the crowds are restless.

O Lord give me just a few sincere souls who can be true to me and to Thee.

I will be happy to call them my own.

I must meditate—it is getting late, and this is something I must never miss no matter how late I am. Om, Om, Om.



Woke up early but feeling tired due to terrible dreams.

There must be a reason for this. I forgot again to spiritualise what I was eating, because of not keeping within the Higher Consciousness hence the result was ugly dreams. Every thing must have Him in it otherwise negative things come to me.

O Blessedness ! Where art Thou ? Let me live in Thee. I can live no more away from Thee. Please help me to grow. Help me to always remember Thee.

★

Glory, Glory be to Him.

I feel tired and exhausted and that makes me feel ashamed of myself. People need me and to help them I need energy. Call on the Glory of God, put your shoulders back and go forward within and without.

★

Woke up manifesting His Glory, although I had terrible dreams again.

Determined to manifest my full Glory in each and every moment. Let me live in the present moment. The Lord alone will take care of my uncertain future.

While at work or at rest, be determined not to allow one minute to pass unless I manifest my true life.

O Lord, help and guide me to be worthy of Thee. No more words, just manifest— Life ...Life...Soul Awakening Life. Om,Om,Om.

★

Went to sleep feeling the Presence last night and woke up with the Presence. This is very good. Keep it up.

May I grow day by day. Let not a single day be wasted— not a single minute be wasted. I must make progress. Om Tat Sat.

★

Let me feel his presence as I write this. O Lord, let me be worthy of Thy love. Still a pain in the chest and a cough and stomach-ache. How much more, but if it helps me to reach him, then let me be happy in suffering.

★

Glory be to him.

Feeling sick and tired, but in spite of feeling really ill, I corrected diaries and received visitors and had meditation with them.

Today I began to feel the vibrations as if the inner eye is widening. These lasted several hours. Because of this I found that I was able to lift myself above the sickness and be able to help those who came to me. None realised how ill I was.

May Glory be unto God the Highest. Glory, Glory, Glory.

★

Prayed for one who came to me for help. May peace be unto all.

Had a wonderful meditation felt—I was passing into higher realms.

I am ready— I am ready. The soul is craving for silence or liberation.

O may I enter into your Higher Glory. May I always be worthy of all those who are loving me. Amen. I will sacrifice anything to get to Thee.

★

Felt overjoyed at getting letters from those who love me... O let me be worthy of all these wonderful souls, the inspiration of my life. How I remain a slave to those who love me.

★

Went to a home and received so much love and devotion. There were children and I spent much time with them. I do not know why but I love children. I feel they understand me better than adults.

O Lord— make me as a child in your hands.

Feeling peace within and without. Trying to keep the continuous flow of Consciousness.

★

Still feeling ill with pains all over the body, but strange that I was able to go out.

Felt disturbed and pained when a certain woman “meddled”. Rise above these little things-rise-rise-where is your spirit ?

Reached home with difficulty, wanting to vomit, but there were

people waiting for me, so who am I when others need me? Gave instructions and wrote letters. God alone knows how I am pushing and straining. I wonder when all this is going to end? But I must carry on. May His will be done.

O let me live in Thee, forgetting all these little worries and hurries of life and body. O let me be worthy of reaching Thee. The body lives or it goes, that is how I feel right now. Om Om Om.



Glory, Glory, Glory. You are wasting too much time. Every minute must be utilised. Never mind about being sick, do not waste time. Time just flies away. So many are doing so much for me— let me be fully worthy of their love.



There is a great note of sadness in me, even though I am keeping up the continuous consciousness of Him. I want to weep in the name of God.

What is the sadness ? Is it for me because I know that I must sacrifice or is it for God because I have not reached Him ? Sorry God - I cannot weep, but I want to weep for you.

I cannot live any more without my own Glory which is Thee. Let me go into His full Glory. It must be life or death. Death to the Ego. Death.



Felt every uneasy and afraid to give a lecture in a large hall.

You do not have any confidence in yourself.

The lecture is over, I handled it most beautifully, but it was not “I” but HE. May all Glory be unto Him. Now I have all the confidence in the world— I can do anything because I know that you Lord is with me always. I have experienced that help— I know, I know it is Thee.

So much fuss made of me...

O Lord, let me never get puffed up with these outer glories, but merge more and more within Thee and be free of all the delusions of the world.

May all Glory be unto Thee.

Ended my day with a prayer : “O Lord, may all glory and praise be unto Thee for this little success, this complete success and may any imperfections made be mine.”

May I be worthy, worthy of His blessings and Lord let me always feel Your Presence. Om Om Om.



Glory Glory Glory.

Now I must meditate. I have no right to speak of meditation.

Will I reach the goal ?

Feeling finer vibrations in the brain.

As the body is sick I should go to sleep soon. Peace.

It is midnight—I have slept and awakened. Spending some time in just peace. I love the midnight watches - to me they are the most sacred.

Dear Lord - help me to reach Thee... Help me Lord...Help me. I need and want Thee. I am watching my faults and desires and reactions - Help me Lord.



Determined today to make fresh progress.

Read in the paper that one must not procrastinate. What ever one wants to do he must do it at once. If I want God, I must realise Him Now, in this moment...May I realise Him Now. Om Om Om.



Glory this morning. Feeling the Consciousness—the Presence and determined to manifest it to the full Glory. I am finding gradual progress. Strange this note of sadness persists. How can I be happy in this body consciousness, as I have tasted a little more.

In meditation I must concentrate on the steadiness of the mind - this is the great thing in Yoga - control the wandering mind- so control it. I am ready - May Glory be to God. I am ready to face anything for Him.



I must progress more and more in every way.

Still continuing to meditate on the steadiness of mind.
Yoga is union, let me merge more and more. Peace be unto all.



Praying for the Presence, but not for Glory or success. O Lord,
let me be true to my prayer.

Left the house feeling happy and reckless and carefree. Just
laughing and laughing. Did not care about anything, only the Presence....

At the meeting My Father worked and I worked. I was filled
with a state of Love, with full vibrations in My Sahasrara. May Glory
be unto Thee.

There is not the least irritation or fear in spite of all the negative
vibrations around. There is peace and bliss and poise. Om Om Om.

O let me be worthy of the love of these blessed souls. Again
God give me the worthy souls and the unworthy—How blessed am I,
to be loved by some and not loved by others and in the middle is the
Presence.

May peace be unto us all. May I love all.



O let me give my mind more and more to the Presence than to
praise. There are tears in my eyes. I must be hungry for God but not for
the things of the world.



O where is happiness in this world ? Give me the strength to
bear everything silently. I must overcome others hurting. Where is the
lion ? All I can see is a lamb. Overcome it all. Strength. Strength.



Wanted to walk in spite of the rain. It just poured and I walked
in the park, spending time marveling at the flowers and nature. Came
home very wet but very close to Him. Even in the rain one can feel the
Presence.

Had a wonderful meditation and wrote a beautiful essay.

Keep watching—watching the mind...Do not let it run away.



Glory - Glory - Meditated for the first time to rise above cold. I
was terribly cold today, and was surprised at the control of my own
mind.

I spent an hour in this test state and rose above body
consciousness. I would not have cared even if the temperature had
gone below zero.

I have learnt something today about the power of the mind. Never
forget this.



While meditating the thought was held: Every breath is a birth
and I am creating a world with every heartbeat.

What else does one need if I can only stand by His glory !



Went for a walk and shed tears of Oneness seeing the grass,
flowers trees and birds. Peace and Glory. Keep this feeling. Let no
mundane things take this away from you. Be strong. Remember Him
always.

Even if it costs me death I do not want to disappoint those who
are relying on me. O Lord, if I do nothing else, grant me the strength to
serve these dear souls. As I meet people, I try to enfold them with my
love and Thy love. May Glory be unto God.



Woke up early with peace and had a long meditation on the bed
itself.

Observed fasting and mouna until 4 p.m.

Did not make as much progress in meditation as there were
outside disturbances. When fasting you must meditate, otherwise it is
waste of time.

Why bother about progress? Why not stand by Truth ? He is
already there just to be recognised and felt. Be strong. Flow with the
tide. So there were disturbances and you did not meditate well - hand
that over to the Presence too.



May His Spirit ever abide in me today and always, and may I be worthy of serving His children.

There is not another moment to waste. Why be silent so often - people need you otherwise they would not be there. Why fight? It all is His Presence, then they too are His Presence, sent by Him so who are you to say you will be silent. If you are meant to be silent, then He will not send a soul and you will have peace.

Live each moment as it comes— stop this fighting. The lion has come out but he is fighting...Stop and flow with the tide.



I must not see faults or blemishes in others. I must only see the best in one and all.

Today I followed the crowd and lent my ears and tongue to the spirit of criticism, even though it was an organisation. There are people in that group and so really you were speaking about them personally. This is not good. Sorry Lord. I do fail you so much....Let me begin again.



May peace be unto all.

O how I feel the need for time...time...time

If I could only search for God and be sure of His presence in my heart. Why search - He is here now, but you must FEEL HIM...

The water and the scenery is so beautiful— yes, I feel His Presence in that beauty.



May peace, success and glory attend all those who are relying on me.

What about others? Are they not yours too? So peace be unto all. Am I progressing or going down? How long in this hide and seek?

Time is so precious. I must grow— I must grow. No more time to play with forms and names.

May I never waver to lend a helping hand to those who need me. Let me ever be aware that whoever is in need. I will never be too

busy or immersed in what I think to be important. If someone comes to meet me then God has sent him.

Let me always feel. Thy presence. O Lord let me live in Thee in each and every moment....

I must make this day the best of my life. I am feeling peace and greeting everything. It is so beautiful to greet each and every object. Do this every day. It is wonderful.



Another month gone. How have you spent the past one?

There is undoubtedly some progress but I am dissatisfied the way I am keeping my diary. You must not continue like this.

May all Glory be unto my diary, the one and only thing that can take me to the goal. If I do not do this properly than I may as well give up all because I must, must keep looking, keep knocking at myself.

Never must I make the mistake of being a hypocrite to myself and to others. The diary will prevent this.

Each day I must look, and see, and improve on what I see.



O Lord - let me progress towards the goal. It is no use groping in the darkness any more...Let me become a living Christ.

Meditated and sat in peace for two hours.

I must keep feeling more and more: I am the living Christ, but I have to feel the Power in all its own Glory in one of my meditations.



Slept early but disturbed by coughing. Had a beautiful meditation in spite of that. So Glory to Thee for the disturbance of the cough.

As I sat in peace tears came to my eyes, as today I feel His blessings are abundant; for what have I to ask or beg?

Keep manifesting Him all day - keep on, keeping on. Do not give up.

Watch that mind— do not let it drop down. Om Om Om



I was expecting a letter from a beloved pupil. Why must you expect ?

Why can you not be complete? How can you be happy when you have these dumps and blues from day to day? Yesterday you told yourself to watch the mind and here you are expecting and being blue the very next day. What kind of a spiritual progress is that ? You must become stonehearted to things that do not matter.

O ! I want to walk out of this jungle of outer garments and once and for all walk into the woods of silence. Do you wish to run away ? I suppose I do.

Now I am feeling like a conqueror—I have seen the Truth within me. Let me feel more like Christ. I am the Christ. I am strong, not weak.

Desire nothing for He is there. Ask only for strength to bear what ever He gives you . Be in Him every second.

★

Feeling a certain kind of wonderful Oneness and Freedom, Glory Glory. Chanting Om all the while.

Saw some street women and I shed tears for them. Remembered Ramakrishna prayer “O Mother ! Thou art in the form of the Holy and unholy.”

May I merge in Hari Om.

★

Taking great joy in morning exercise and sweeping my mandir.
I must give up my night meal for spiritual progress.

★

Health is better and the consciousness of the breath is wonderful.
My sweet Lord of love, I feel your peace and glory.

How I crave to share my flesh and blood with all those who are relying on me....

Have just done what I could for two people in great trouble....
He will do the rest.

★

How beautiful it is to feel the Presence ceaselessly even as I write.

Let not the ashram affairs touch you - just repeat Soham silently.

Today is a day of sunshine, but how easy it is to fall...

How easy it is to let the mind run wild with silly imaginations.

But you can collect your mind and render it all to God—that too is easy.

I have done it, that is why there is sunshine. May all have sunshine is their lives today.

★

How the days are flying doing nothing and yet I feel by His presence that the Ashram is progressing and I am also progressing towards God.

You must eat only when you are hungry. Yes, I will not eat fast and I will not overeat. I must be moderate in everything, this is the key to health.

I feel His presence in my writing, eating, talking....may it continue.

★

It is getting hotter by the day, and I must watch my diet, it must not be heavy. I must fast by taking cool drinks, this helps to lessen the heat.

Do not worry over the faults of the ashram adult children. This only takes you away from the Light. You cannot change anyone.

★

I must not let the faults of others in the Ashram affect me. People cannot change their nature by teaching and preaching. Look how difficult it is to change your own nature. Have understanding.

I must not worry and waste precious time trying to chase others. What for ? A selfish man is a selfish man. A lazy man is a lazy man. A glutton is a glutton. May I rise above it all. May I be centred in THAT: pure happy and effulgent, and let others work out their own Karma. I am not a householder but it would seem I have more to contend with that he has. I must flow. I must flow by the Grace of God.

★

I seem to be indecisive. What is this in you now ? This will sap your vitality— throw it out. I must watch this drainage vigilantly. Make up your mind sharply— do not dilly and dally. That is weakness.

When someone fails to do his duty it affects many others and myself. Now here is my chance to put it all into practice— under such conditions you must be calm...Keep repeating: “I am in the Light” and carry on.

★

Chanted Om for a long time, as I feel it purifies the mind, heart and soul.

Even the body feels light.

Feel His Presence while you write, while you scratch your leg..Feel, feel, feel Him as you work. Feel Him, Feel Him, Feel Him. There is nothing besides you and He. You and He. You and He. He and I. He and I are all that exist..Nothing else...Practice this daily. Wash your brain with these words.

★

I take joy in making places beautiful, so I am busy on this now.

When everything fails and everyone disappoints, as is happening now, there is only One who never lets me down. This is He - that is God.

Not the God of the skies but He who dwells in my innermost heart.

Dawn of a new month, and I bow my head in homage. May I be the richest man in all the world, by making good use of each moment of this month.

The Ashram is bringing many tests and trials, yet none of these petty things can touch the Atman within.

May there be ceaseless Soham within me.

★

Must not have late meals, they are harmful. If there are visitors and you cannot eat early as last night, then eat a light meal.

★

I have discovered that no one can understand you but yourself.

The richest treasure is Thyself. O God ! How long will you keep this soul in this body ? Until you rise above all these silly things.

What if people do not understand you, do you understand yourself ? Wanting someone to understand you is desire. What is this ? Throw it out. Fie on it.

★

Felt so depressed seeing some of the foolish actions and thoughtless work of some of the members of the Ashram.

Fasting drives away depression— so fast and repeat the name at all times and remain in silence. Do all these things now.

O Lord ! I am sorry for my failures and for this wavering nature. I must get it under control.

★

Woke up late but it does not matter. I make good use of every moment by repeating His name and recognising Him within and without.

Let all the drudgery of the Ashram be seen as a blessing to help and serve all and to take me to your feet.

The Sun does not need adjusting, but the clouds do. Some times I am a cloud but at this moment I am the Sun.

★

Free, if you think you are free - bound, if you think you are bound.

Amidst the very clouds I feel Thou Art That - free, free, free.

May this day be used in service and love to all.

★

Let not little things touch you as the Atman. You are stayed in His love and Presence, in spite of all the tests and trials in the Ashram.

Adjust, just keep on adjusting..I do not have to adjust, God does it all, I am in His arms...All Glory be unto Him.

★

How difficult to rise above the mind. It can trip you at the last step. I must be ever watching and aware through the Soham breath.

Why must I get entangled in little things when I keep saying that I will not let them touch me ? This is surely weakness. Lift above it all.

Someone stole fruit, and I became so sad and depressed when so many are without food, and so many innocent people were suspected and hurt. Oh I must, I must rise above all this, even though they touch me because someone is being hurt and I am feeling for them, but it pulls me down to the world.

I must rise above it all so that these little things will not touch me.



Another day to feel His blessings and to face and express Him in each and every moment.

How good is God. Where is the moment when he is not absent ? Had to scold wrongdoers in the Ashram today. This is my cross. It hurts so much within to be stern without, but what can I do if I want the Ashram to run as it should ?

May God bless them all with peace and love in their hearts.



It is wonderful to see how many people are alive in the Ashram.

But how many are dead in the Ashram— what a sorry sight to see. These must not affect me— I must flow feeling my life is blessed and dedicated to His service. I feel so touched by the innumerable blessings of God. May I strive to be worthy of His Infinite Love.

It has always been the same on the pathway to Him. He gives me equal measure of pleasure and pain. When the pain becomes unbearable, in comes pleasure, and before that becomes too much to pull me down in to the mire once more, in comes the pain. How blessed is He.



The writing of letters seems endless in the midst of so many others things. As I cannot be free of it, I must express Him in each letter I write.

Let this Light be free of flaws. Let it be Self-Effulgent, ever giving out light and love from within.



How wonderful it is to feel firm like a rock, sweet as a flower, and effulgent like the sun. This is my prayer for today.

People are so unhappy because of their inner desires. I cannot help them, just help myself, by not having any desires within this body.

Where does desire lead except to misery? I am seeing this all the time.

Let me take a lesson from it all...Do not desire anything. You will get from Him whatever is your need.

The day has become dark with problems, but may this darkest day be the brightest day by recognising Him in every moment, every movement, and in every situation.

Give up your struggles and surrender yourself and abide in silence.

The time is now 11 p.m. A difficult day dealt with in the most wonderful way through affirming Him.



You need awareness. Keep watching.

Another day to express Him in each and every moment. He alone exists, never forget this.

It is so wrong to hurt children even if they have done wrong, O how this hurts when I see it how can I rise above the hurt of a child ? How can I not react even within and want to hurt back?

Let me never hurt anyone, least of all a child.

O ! how I am longing to fast and purify the body. Let nothing but love flow toward all, all, all.



Too much company and too much work makes one restless.

Today I must walk the middle path and be more silent.

It is work that drains worry. So let me plunge myself in work feeling His Presence in every moment and every movement of the body, mind and breath.

You may be crushed, but be like the sweet rose, though crushed, it gives out its fragrance always. Thou art That always, whether it is on the throne or the cross.



The dark days have passed - let there be brighter days ahead.

Never admit defeat, for you are the Atman. Another day not to brood but to express Him.

Today I am weary and tired. I must rise above it. He who thinks of himself is miserable. He who fights his little self is happy. I must be happy.

I will rest in Him, then there is not need to fight at all.

★

I am so afraid of these talking machines. They are time-wasting machines.

When you are in their company then just rest within the Light and be still.

★

I must go on my raw diet again. Incorrect diet makes me wakeful and restless. This is most important. Then do not talk about it - do it.

The Ashram affairs are complicated at this moment, yet none of the things going on are touching me at this moment.

May I remain always in your lap.

I feel so wretched in the company of selfish people. Yes, but are they not the images of God? May I see Him in them too.

Why can you not have some understanding that whatever they are, they cannot help being that, any more than you can help wanting God ?

★

I am sorry Lord, but there is always something that has to be adjusted to and I must just rise above it.

Careless management but I must flow. Sorry I fail at times.

Too much talking, I must watch. Also eating after dark is not good.

Ashram workers are not doing their part and the Ashram is suffering.

I must not let my precious time be wasted over little passing clouds.

Bitten by a scorpion on the hand; the pain is so much.

How blessed it is to feel His Presence in the pain and consider the pain as a message from God.

★

Doing something or nothing, the days pass.

Another day to grow spiritually and to send His light selflessly out to all friends and foes.

It is all in the mind. What are foes ? There are none unless you accept them as such. We all belong to Him. What is there to worry ?

I see that I am writing this to myself, so I also see that behind all the affirmations, worry is there.

★

We can think one thing and be another, so I must watch this very carefully.

Happy New Year to all the children of God in the East and the West. May all old resolutions that were not carried out in the old year be carried out faithfully in the New Year.

May every moment be utilized in His service.

Let there be less abusing as possible and never any biting.

Let love flow towards those who misuse the trust put in them.

★

Today and every day the Interpenetrating Presence must be felt within and expressed without.

It is good to be alone. O ! I do not like to be in a crowd, but even that has to be enjoyed for His sake and His work.

May I express Him ceaselessly. This bubble must not suffer from lack of moisture.

Watch your diet. Wrong and untimely diet makes the mind burn. The more careful you are with your diet, the more you are on the way to peace.

So I must watch all that I eat.

★

Out of the depths fresh strength, out of the darkness new Light, and even in the gloom you are on the way. O ! these words have given me courage in my darkest hours. Still they are helping you through all your trials and problems of life as you stumble and fall.

There are no failures in my life only success, because success is rising each time one falls. I may fail but O ! My God, I do rise up again and come face to face with you once more.

I feel really that each failure is making me stronger and stronger and taking me to the goal.

Today is a day of fasting, may it bring peace, poise and power to me. I am centred in the Om. How it helps me to sing Om ceaselessly.



Adjustment is always in darkness, never in Light, so be thankful for the darkness otherwise you would never grow.

Went into the Ashram early and had to suggest and adapt and adjust to so many things.

May He adjust all things for not a blade of grass moves without His will.

Be compassionate to those who are hurting you.

May Peace flow from you towards all, to the friends and the so-called foes.

How can there be foes when there is only One Effulgent Light ?



Here is another day to feel His Presence ceaselessly.

How can I feel the Light perpetually ? Let there be Light always. Thou Art That. How can you be any thing else in the so-called forgetfulness. The Sun is always behind the cloud.

In the Heights it is all Light, and in the depths it is all darkness.

It is your own choice. Oh my God, give me the Light.



Here is another day to make silent and steady progress. The past must change from today.

No more rushing the early morning hours. Atman is above rush.

May peace be unto all.

The least one responds to outside thrust the better. May each one be a stepping-stone to lead me from weakness to strength.

Happiness is in the ceaseless remembrance of Soham.



I feel disgusted when I waste any time even talking to those in the Ashram unless we are talking about Him.

Another day to express the Christ Spirit of Love and Compassion even under all the pin pricks.

Be loving and patient toward the weak and ignorant often though they are persecuting you.



God alone never disappoints. I MUST rely on Him ceaselessly and completely.

How true it is that things will not happen as WE desire, but by His will.

I must bow to His will at all times. I must not expect any thing AT ALL.

Today is a day of fasting, so let all weak desires be fasted away.

Why you fail I do not know. Why can you not depend entirely On Him ?

Do not talk about it, but do it in future.



Another day to express Him ceaselessly, crushing all that is low, negative and harmful within and without.

I bow down to Thee and to the dawn of this new day. May I be a witness of everything that I do and think and say.

Meditate on your restlessness and too much activity.



Company of others may appear to be pleasant, but it wastes a lot of time.

The company of God alone is good, and to have His company one must be alone.

It is so easy to go down into worldly things, but difficult to rise to the heights. One must be alone to reach the Heights.

I MUST find more time to be alone with Him.



Another day to express Him in work, keeping the centre within.
Do not worry over small things. Worry only when you forget Him. I must never hurt anyone in thought, word or deed.

Do not hurt others and do not be hurt by others. Ah— now that is your weakness, not hurting but being hurt and it is so strange how this being hurt can take you away from the Atman. You can see this truth, so keep watching.



The Infinite power is in all, only it is to be recognised and the price is to be ever watchful and aware and ceaselessly repeating Soham.

May I pay the price today and everyday.



I missed filling in my diary yesterday and how guilty I felt.

I must not do this again because the guilty feeling makes me miserable and then I am away from Him.

However it is so helpful to wake up with an inspiring resolution and to promise God to do better day by day. Another day to express Him.

These days the Grace is so great that I need not meditate to feel Him for he not only surrounds me but is expressing now through this instrument.



Another day to rise from the depths to the heights never to fall again.

Keep up the flow ceaselessly otherwise you will fall again.

If I allow the ball to roll off the first step, that is the step on which I am standing it will just keep rolling until it reaches the bottom. I must be watchful and alert. The higher you go, the further you have to fall.



I am eternally in God today, recognise this and be ever happy.

There is no sky without clouds, so in spite of the clouds in your life at this moment let the sun keep shining. Just be fixed on the Soham and forget the rest - forget the troubles.

By the end of today, I felt very good. The breath is the answer when you are up to your neck and drowning, in troubles and trials.

Here is another day. Now today instead of worrying and trying to set everything right, just hand the whole thing over to Him.

May He lead us all towards the goal.



Very worried and upset today because a man came to speak to the committee and he was not fed. I went to look for him but could not find him.

He had gone.

God comes to us in so many forms, we must never forget this, and it is up to us to recognise him or ignore him.

The way to be happy, is to make others happy, but people do not keep an awareness here in the Ashram. If it is your duty to see to visitors you must do the work with love and feeling.

I see again that worry and upset, when someone else has been hurt.



Another day to express Him every minute and to keep shining with His Light in spite of the passing clouds. A day of sunshine to see Him in all even the ugly natures who cannot open their hearts up to the Sun.

Work gives happiness. Do not give way to depression of any kind in the midst of all this turmoil. Time is too precious to be depressed.

God is in all. Remember, what Krishna said in the Gita, he called depression “disgraceful”. Stay in Him. Be still and let it all pass over your head, even while you are in the midst of it all.



Love and greetings to all, all, all at the dawn of this new month.

May it give me opportunities to serve and love all, all, all.

May all be happy and healthy and peaceful.

May this diary be helpful to me and take me to the Heights, by writing my doubts and blunders, my trials and tribulations, my worries and fears and my moment of Light and Oneness with Him.



Today is another day of mental suffering. It is your own fault that you are suffering today. You put your hand in the fire and it has burnt you. Next time keep it out. Withdrawal is the answer.

Therefore today is a day that I must pour out love to one and all. Let the Presence be ever with me today so I do not forget.



I am in great pain, but I must rise above it.

I must admit even to myself that I am ill.

I know too that one of my nearest and dearest has failed me, but as long as I am in the Centre within, all is well. Through this let me be born again to another day, another birth.

O dear God, how blessed it is to let the Light flow ceaselessly.



You keep saying and believing that there is not a moment when He is absent, then why are you worrying and why are you restless ?

Keep on floating on His Infinite bosom and basking in His Eternal Love. Be desireless - only then can you be happy. I can see that desire is the source of all my misery and restlessness. Whether I am desiring something for myself which is very seldom or something for the Ashram, or wanting people to operate at a different level— it is all desire and this is what brings me conflict within. Stop desiring.

Leave the Ashram and everything in it in His hands. If He wants it to run He will see that it does. If He does not want it to continue or you to continue under these conditions, he will remove you and put you elsewhere. Therefore what you are getting is right for your spiritual path. Did you not ask your Father to guide you to the Goal ?

Stop this nonsense— be a lion and accept all and go forward.



Blessed is he who does not desire or grieve. Whether you grieve or not He is there ceaselessly. It is one energy - in darkness or in Light.

Follow the Light with your energy.



Sleeping late, eating late, waking late. May I just see the ceaseless flow of God consciousness in all these conditions.

Today, make the best use out of every moment. What I fail to do by self-effort may God bless me to do for the good of all.



For all your talking you are still acting like a sheep. Do not bleat.

You are a lion. Stand and roar. What is this acting like a lamb ? Roar and roar and roar and become a lion.

Real adjustment is from within. You know the nature of people.

Be detached for the peace of all.

It has been a restless day, but you are in His Presence.

How easy it is for the mind to pull you down to the depths. I must just keep watching and going on and on and one day I will break through.

Yes, then I will never stop roaring.



May every moment I spend today be for good.

Self-reliance is the theme for today. Do not lean on anyone for anything.

Self-reliance is the beginning, the middle and the end.

Today be JUST THAT.



I feel bound like space in a jar... You silly man, how can the Atman be bound or imprisoned?

Let this day be the Highest by recognising Him. There is bondage only in your mind.

May I never fail to express His Presence in everything that I do.



I must not neglect my diary no matter how busy I am. Each day I must write something. I must not fail, it is very important. Anything written down sinks into the mind.

I keep looking on the pile of letters as a burden. I must not see it as a Karma but as a privilege and a Joy as I am giving something to others. How stupid the mind can be, but as long as I am aware I catch it right away. I am sure one day I will look back on these books and laugh and laugh.

★

O, how my mind is like that of a restless monkey.

Here is another day to watch and see if you are going to allow it to wander or to make it steady and one-pointed.

Let us see today who will win, the monkey or me.

★

He who admits defeat is beaten. Out of the depths, fresh strength.
Another day to make good use of.

There is no word “defeat” in my vocabulary. I am a lion with a lion’s strength.

★

When I stumble, let me stumble into your lap my Lord.

Let me write today the letters I have neglected to answer and give extra loving messages to give joy.

Let not time pass away and waste it.

★

May today be a day of fresh beginning.

Sorry I have been misusing my silent moments by letting stray thoughts dominate the silence.

I missed the diary again. Do not neglect this - it is so important.

Today express Him as you work - the Presence is with you.

★

The pure self is never bound so today and every day you should be happy because you are the Pure Self.

Surrender—surrender to the Infinite and be silent. Your mind is too busy. Spend every moment feeling the Presence.

★

I feel happy in the Fruit body.

Today is a glorious day in spite of all the problems and clouds that I am facing.

★

Another day to express Him in weakness and in strength.

How blessed it is to feel His presence in every breath.

Crush everything that comes in the way of God. Just crush it.

To be free of misery of every kind, you must rise above the tongue, the body and the mind.

Today I am going to make a strict rule: People must not speak ill of others in my presence.

★

Another day to express Him in pain. How blessed it is to rise above it. Still it persists, but He gives me the strength to witness it.

Yes I am facing clouds but the Sun can never be touched by the clouds.

May I just keep aspiring for the Highest.

I must feel God’s love in each and every moment both at work and at rest. Out of the depths comes fresh strength.

★

Desire has to be melted. I am rising above all these little petty things. O God how to thank you. Such petty things disturb me.

Let not a day pass without this diary being written no matter how busy you are. You have not missed - it is just to remind you.

★

I have seen the ego in some people today. What a horrible sight.

I pray that it may not appear in me under any conditions.

When seeing something like this in another I can learn and therefore grow.

And what do you think of the other ? Yes, I must see that too. I must have only love and understanding for such a one. May God bless them.

Life is just a ceaseless struggle of ups and downs, rising and falling, but I must never lose sight of the goal.

In spite of it all I am walking in the Light.

Stagnation is death and life is progress, so let there be ceaseless progress in my life from moment to moment, in all actions feeling His Presence. I must not fail. I must win through.

★

Here is another day to grow inwardly and outwardly.

Be moderate in all you do today.

If you have disciples there is always trouble somewhere or other, over something or other.

If we have all Gurus then would there be trouble ?

May they all be Gurus.

★

New Year's day today. God bless all.

This is the day to ask question and look at oneself.

Desire is what you have to overcome— this alone is the base of all your problems.

May you be free from desire from this day forth. Watch. Watch.

★

Too much time talking and so much time wasted. This made me miserable.

I must cling to Thee Lord in spite of outer work. May I not reject Thee Lord. I am sorry.

★

The troubles that come from the outside are nothing when compared to those that come from inside.

Keep watching both the outer and inner problems and go forward because of that awareness.

Here is another day. May this day and the days that follow, be spent by abiding in the Atman, never giving any trouble to anyone.

The passing clouds that I have will soon be shattered by the Presence of the Sun.

★

The only way to grow is to keep up the ceaseless flow of Soham.

Rise above all weaknesses and limitations today. O God, please help me not to fall, and not to fail in my duty whatever it may be today.

★

There must be ceaseless flow of God-consciousness. It is essential that I reach the Heights. Today must be lived in Him.

Repeat Soham today without a break. Keep your diet regular to keep the mind steady.

Make use of each and every moment. All moments of forgetfulness make me miserable. Out of the depths, fresh strength.

★

The callousness of people hurts.

I must remain above it all as a witness. Do not let this happen again. Watch.

The day's work must be planned and carried out relentlessly.

I must remember that diet plays an important part in the state of mind.

A dark day, but out of the darkness let there be light.

Lead me, Kindly Light.

★

When people find fault the greatness lies in calmly bearing it and repeating "Thy will be done."

If you want peace, you must rise above all complaints.

I must be like a lion now and always for Thou Art That.

I must be patient in spite of the trouble that is coming from certain quarters. I must just be a witness today in the difficulties I expect to encounter.

Dear Lord, let me cling to Thee every moment today. Hold Thou my hand so that I do not leave my centre, but remain with Thee and act from Thee.



You must take vows, fasts and keep witnessing the Light in order to go forward. You must reach the Heights. You must make progress silently, steadily and happily.

You must struggle ceaselessly until the goal is reached.

Strong food, heavy food makes you lazy, weary, tired and lifeless.

These days my mind is occupied with the problem of food and of feeling the Presence. They are not problems, but this is what I must watch.

I want to make good use of my nights as well as my days.



If you want to be happy, then love ceaselessly the one who does not love you. What a challenge and I will do it and win.

Right resolutions are good if you carry them out. See that you do.

Today I will make every one happy and contented.



Another day of stress and trials, but out of the confusion comes resurrection. Each day is followed by night and each night by day which again brings the Light.

I must always see the Light in the darkness - the two come together.

I know that I cannot change the natures of some people in the Ashram so I must just put them in the Light.

May God bless them all.



Pray dear God, let me see you in the fools as well as the angels. Only then will the Soham breathe flow ceaselessly.

The thoughts that others should think well of me should not arise in the mind. What stupidity is this ?

All is Atman - What can I do without Him ? Nothing.
Whether people think well of me or not, it does not matter.
All that matters is that you rest in Him.



If I cannot feel Him in this moment - this dark moment of the now, then how can I feel Him in the future.

I have to hiss and scold people and in that moment I must be conscious of Him and Him alone.



The Ashram works are not satisfactory. I must take a cooling fast.

The heart longs to help and serve. O how I wish I could spiritualise everything and everyone. Can you see your desire ?

Why can you not make every experience a stepping-stone to God wishing Peace to all, Peace to all.

Today's tests and trials at seeing suffering of the patients and the callousness of the doctor.

What can I do ...just stand by God and do your part and say God bless them all.

Being lukewarm is not the answer and will not help you to the goal.

In actual fact it will harm you, so you must wake up.

I must plunge into the day and work in God, with tremendous self-reliance, which will give me peace, poise, and power.

May Peace be unto all.



How blessed it is to be sweet, even in trying conditions.

Felt sorry for not listening to the words of a man, although what he was saying was a waste of time, but he needed to talk, This too is callous. Do not look at the faults in others - look at your own faults.

A little more patience is needed.

Do you see how in one day the mind can jump and lose awareness?



I can see so clearly that the cause of joy and sorrow is within.

Connection with the Light gives the strength. Keep on with the Light of Soham. Do not give up.

Owing to watching myself all day, I have coped with many difficulties.

I see it does not help to correct anyone, because the nature rebels.

Each person feels he is right and others are wrong.

Because of the Light I was able to deal with it all, feeling: "Thou art permeating the very cells of my being".

I must prepare a talk on how to serve and be happy.



3. GEMS OF OMKAR

On reading this little book, it must become evident to you that Swamiji is endeavouring to virtually brain-wash us. To "blow our minds", as they say in the West.

It is so evident that he has, and while writing these Gems, is experiencing different degrees of Samadhi almost daily, and the joy, splendour and peace is so tremendous that Swamiji wishes to share it with us, but of course it is beyond description so he just keeps on and on, this way and that, endeavouring to crack our hard shell of ignorance one way or another.

The answers are here, on almost every page. The knowledge of how to get there, but we must do it ourselves within ourselves.

One has to walk the path alone.

One has to sacrifice time and pleasures in order to be able to sit and go within, otherwise it is totally impossible.

If you read with awareness, you will see that Swamiji takes every opportunity to turn us toward the Divine.

- Mother NARAYANI

1. THE LIGHT

You are in the Light.

The Light is ever within you.

You are the Light now and always.

Where is the moment when you are not in the Light ?

Past, Present and Future you are in the Light.

Blessed are they who abide in the Light,

In each and every moment of their lives.

As Light is your birthright

Pray express it amidst your tests and trials

To drive away darkness, there is only one way -

The way of the Light.

Ceaselessly assert it and meditate on it.



2. ARE YOU DEFEATED ?

He who thinks defeat is beaten.

Where is defeat or weakness in the Atman, in God ?

The world is full of disappointments -

There is no place that is free of all this but...

There is a state. Verily it is the Atman or God.

The wise are being led towards Him through disappointments.



3. ATMAN

Atman, Cosmic Consciousness, is above all plans and little works.

Blessed are they who are centred in Soham, the indwelling Light.

All this Universe is Self - The Atman.

Behold, nothing but the Atman is all.

The richest treasure is Thyself. Thou are That, Tat Twam Asi.

When you are That, what else do you need ?

Blessed is the one who is the same in praise and blame.

Only the one who has risen above the body, identifying himself with the Atman, can do this, for He is established in Atman.

How can I forget myself, the One without a second ?

The self-effulgent Atman is the only reality which is ever present.



4. BREATH OF THE BREATH

Scriptures of every religion proclaim that God is the Breath of Breaths. He is the Universal Breath.

The Breath of Breaths is the only true Reality in the changing world of Phenomena. It is the Life of the life and the Soul of the soul.

With the passing of the body, Breath does not pass or perish. The body may dissolve, but not the Breath. It is always there in some form or other.

Body has a beginning, so it has an end. The same is the case of

the world. It has a beginning and so one day it must end.

The breath however, is beginningless and endless. Verily it is eternal.

He who clings to the breath, clings to the Highest and the so called “final” Breath leads us to the Infinite Breath.

Breath is there in the past, present and future. It is above time, space and causation too.

Verily Breath is nothing but the Shakti, the manifested aspect of Brahman.



5. THE PRECIOUS LIFE OF AN ANT

All life is frail whether it belongs to the mighty man or to a tiny ant. I was washing my hands in a tali after breakfast. Suddenly I saw a small ant struggling for its life. Immediately I took it out on a small piece of paper, knowing that even a single second's delay would mean death to the tiny creature.

But alas, whether it was the Karma of the ant, or my delay, the little thing lay on my table lifeless. I looked at its corpse mournfully, pondering over this frailty of life.

While there is breath in the ant, it is swimming in the water, and now it is lying without the least motion.

Where did his breath of life go ?

Is there any connection between me and the breath of the tiny ant ? I was still looking at his cold and still body, hoping that a miracle would happen by God's blessings, and unbelievable as it may sound, to my great joy, lo and behold, the ant began to move. I could not believe my eyes. It began to walk, then to run.

God is the greatest miracle worker. May all homage be unto Him !



6. LET THERE BE LIGHT

Let things remain as they are. It is weakness to want to keep changing.

It is ignorance to think that if you move articles from place to place that the change will give relief or peace.

The real relief or joy must come from the Light deep within and never by changing things or conditions in life.

Let there be Light, the Effulgent Light, the Everlasting and Eternal. Light of Lights.

The Light is always there within and without.

Hold on to the Light, cling to the Light. Dissolve in the Light and leave the rest to God - to your prarabdha karma.

The Light will adjust everything. It dispels the darkness from the furthest corner, so recognise Light and be Silent.



7. DELUSION OF FORGETFULNESS

Of all the delusion, the delusion of forgetting himself is the greatest.

Man can forget anything, but how can he forget himself ? Yet in every man this delusion of forgetfulness is like a chronic disease, therefore incurable.

So long as one is moving, working, talking and thinking, how can he deny the existence of himself ?

He is here, eternally present, yet he thinks that there is something else beyond or besides himself, forgetting himself.

Is there a remedy ?

Certainly. The remedy is the repeated assertion of himself, that he, the Living Temple, the Soham, can never be forgotten or destroyed, even with the destruction of the body or the world.

When the mind is destroyed, one rises above all delusions and keeps on flowing Eternally as the Sun of Suns.

Hari Om Tat Sat.



8. THE GRACE OF GOD

The grace of God is Omnipresent, Omnipotent, and Omniscient.

All that man needs is to open the portals of his heart, to allow the

sunshine of God, to penetrate into the very cells of his being.

In human effort, there is only struggle and striving to reach the Infinite, trying to comprehend the incomprehensible.

The human effort is so frail and weak. It gets so weary and easily tired and exhausted, whereas in the Grace of God, It is very full, very complete. One is directly in the finished kingdom.

No more agony or struggle. All that one has to do is only to recognise, with eyes closed or open, both within and without, the Grace of God, the Effulgence of millions of Suns.

May we be aware of this Completeness and Love always.

Let us be drowned in this ocean of Divine Grace.

Om Tat Sat Om.



The Grace of God is like an all-pervading Infinite dimensional umbrella, ever protecting me.

Why protecting me alone ? God's Grace is the same towards one and all. It is protecting all His children. It is ever present for it is Omnipresent.

Wherever you go far or near, you are under His protection in His Infinite umbrella of Love. How can be there any passing cloud of worry or fear or misery to those who are aware of His ceaseless protection ?

It is "atonement" - "at-one-ment", to be in tune with the Infinite in each and every moment of life and it is most essential to enjoy the Glory of God's Grace now and here.

May all be aware of His Grace always.



9. HUMAN WEAKNESS

The nature of man is strange and interesting. Even the wise are sensitive and touchy over small things.

When there are thousands of people who are loving and appreciating them, they do not give heed to such love. Instead this human mind gives attention only to the silly unkind remarks and cruel criticism of some undeveloped brains.

On a large sheet of white cloth, the mind is drawn toward the one or two black spots on it, yet the greatness lies only in rising, not only above blame and criticism of every kind, but also above praise and appreciation of friends and admirers.

Peace belongs to those who have risen above all these trivial forms.

May Peace be unto all.

★

10. INFINITE IN THE FINITE

Can this finite body ever contain the Infinite Soul ?

How can the perishable and mortal, contain the Imperishable or Immortal Spirit ?

How can the boundless and fathomless Spirit be happy and contented to live and be bound by a six foot long body ?

One who knows the Infinite does not care to be bound to any form, much less to this changing form of blood and flesh, the root cause of all maladies and miseries.

Let the Infinite be Infinite and the finite, finite. Infinite can never be bound to the finite body.

Infinity is all - pervading Happiness, Changeless Happiness lies only in the Infinite and Eternal.

May Peace be unto all.

★

11. EGO

The ego is the cause of all suffering. It is the source of all misery and restlessness.

If it were not for the ego, there would be no strife or struggle, hence the sooner the ego dissolves or destroys itself in the fire of God, the better it is for the peace of oneself and for the peace of others.

Is it the ego that has started all these reactions and stumbles and suffers at every step ? What can the ego do by itself ?

When the Lord does everything, the ego takes credit and suffers and enjoys alternately.

"I myself can do nothing. It is the Father who does everything", are the wise words of Christ.

The game belongs to God. The fight belongs to Him. The world belongs to Him.

May His will be done. Let us surrender our ego to Him. Let it be burnt away like camphor.

May His will, and never the finite will of the effervescent ego, be done. May Peace be unto all.

★

12. FEELING DIZZY

Sometimes there is too much work to be done, replying to long neglected letters and correcting messages for the Peace Magazine, and serving the cause of peace in a hundred other ways, always trying to find ways and means to keep it alive and growing.

The little self says : "How can you do all this work that keeps piling up ?

"Time is so short. Life is so frail and uncertain."

The Higher Self says : "What is time and what is life in the Infinity?"

"What are all these heaps of pressing works in the Changeless and Eternal ?"

Then I tell myself, "Begin it now. Let it be difficult but it all melts away like the dew before the rising Sun. With the body consciousness, the smallest word appears large and unsurmountable, whereas with God and His Consciousness, a mountainous load of heaviest work appears as nothing.

May Glory be unto the Soul.

★

13. LIGHT WITHIN

The Light within is your own Breath. You can actually FEEL it for it is always there within you, inhaling and exhaling Peace with each and every Breath.

But what is the source of this tiny Breath ? From where does it come ?

The source of the Breath is the Infinite Height. It is helpful that your Breath is a ray of the Sun. Let the ray follow the Sun. Let it be inseparably one with the Sun both day and night, thus it is safe and sound and well protected from all the tests, trials and tribulations and the ever changing world.

If the Breath is the ray and if the ray is one with the Sun. what about the Sun ?

The Sun is the reflection of the Sun of Suns which is the only reality; the Guru of all manifested worlds.

May the ray merge in the Sun and the Sun in turn merge in the Sun of suns.

How wonderful and easy too.

May all homage be unto the Sun of Suns.



14. CONTINUITY

Everything in this world here is discontinuity. All forms and names have their beginnings and their endings. How can there be continuity or permanency in the ever changing ?

Continuity is in the changeless. Changelessness is only in the Immortal Eternal Light. But that is beyond our intellect and comprehension.

So let us strive to take a firm hold, to hold on as our anchor and refuge to something which is tangible and near and dear to our lives.

What is that ? It is the Breath within.

It has continuity for it is the same yesterday, today and tomorrow. It is the same in the past, present and future. It is the same even after the disillusion of the body. It is operating in dreaming and sleeping as in waking.



Infinite Peace is only in the Permanent and in continuity, so let us hold on and hang to this finite breath which will lead us ultimately to the Infinite, which is the goal of life itself.



15. MIND

What a mighty powerful and subtle thing is the mind.

It can rise to the highest in no time, and just as quickly fall down to the lowest depths.

It can make one happy and miserable too. It can build up a destiny.

There is nothing that a mind cannot do with its endless imaginations.

It can lead you to Heaven as well as to hell.

Mind is an instrument. It is pliable. A soft substance that can be moulded and used in whatever way one chooses to use it.

If the mind is connected with the Source, it is all Powerful. It can do anything. If it is disconnected, it is lifeless and Soul-less.

Mind can get all power from its Source, which is the Omnipresent, Omnipotent and Omniscient.

Blessed are they who are the masters of their minds.

Unto them belongs the Kingdom of Peace. Certainly unto no-one else.



16. RECONCILIATION

There are moments when one is unwilling even to write Spiritual thoughts.

This is one such rare moment, yet my soul longs to write something to express the present thought outwardly.

How to reconcile this strange paradox of trying to go up and down and reaching heights and falling into depths at one and the same time ?

One reconciles this strange paradox by recognising the height both in silence and in expression by beholding Him both in heights and depths.

Whether in activity or rest, it is all HE.

Whenever the mind leads or wanders it is all HE.

There is never a moment of time or place where HE exists not;

where He is absent.

May all homage be unto HIM now and to the living present moment of awareness too. Om Om Om.



17. GOD MAN

A God man can do anything and everything. There is nothing in this world that he cannot do. Through His miraculous Powers he could move an Ocean.

He can play, dance, sing, walk, have discourses on God for hours or he can remain silent temporarily or permanently.

But there is something that He cannot do, where He is helpless and powerless.

And what is that thing ? That impossible thing is that He can never forget God, the highest Light within. How can He forget Himself ?

If He forgets Himself or the Light within, there is neither, existence nor creation, How can the Light forget itself ? can the Sun forget the Sun ?

Thus a God man can do anything and everything except forget Himself.

May homage be unto such a One.



18. THE SPLENDOUR OF MILLIONS OF SUNS

Man's birthright is millions of Suns. It is incomprehensible for tiny intellects even to grasp or understand the Brahmic splendour.

Whether we can grasp it or not, it is our Divine Heritage.

Where is the so called multi-dimensional world in this Infinite Splendour ?

All the world of big forms and names even to the great celestial planets are only a mere speck of dust in the Glory of the Sun of Suns.

When the whole world is only a mere dust particle where is East or West ?

Where is the living Breath in it ?

Where is the flimsy and tenacious ego ?

Where is the ever moving restless mind ?

Where are the ever bewitching senses and their alluring objects ?

Is this not all a fantastic long dream ? Whether it is a dream or a reality, let us wake up to the Glory of our Divine Heritage, and bid adieu to the world, body, mind, senses and all the lifesucking fears of empty imagination.

May Peace be unto all.



19. INFINITE BECOMING THE FINITE

How did the Infinite become the finite ?

Is this possible? The Incomprehensible to become the comprehensible, the Limitless to become limited and the Formless and Nameless to assume form and name ?

It is very interesting to introspect and watch and to see how the Infinite from the Highest Realm has descended and entered into the finite conditions of man, because Infinite pervades all finite things from the tiniest atom to the biggest planet.

Is it possible for God to become man ?

Is it possible for the Sun to reflect in a tiny pool ?

Is it possible for the water to get frozen into lumps of ice?

In the relative plane of imagination all things are possible, but in the Highest is Changeless Form and One without a second, hence it is the same Eternally.

May all homage be unto the Infinite.



20. KARMA OF THE ALL KNOWING

Often I go to meditate facing the rising Sun on the South Plateau.

It was a happy morning and I was in a deep state of meditation feeling the Light within and without.

Unwillingly I rose from the slab of stone on which I was meditating

and retraced my steps toward the gates of Kailas. While the birds were singing and the little flies were flying around my head, I wondered what they were singing. I reached the Ashram feeling the Presence within and without and inhaling the fragrance, of the sweet flowers and cool breeze.

Low and behold ! my spectacles were not with me. What had I done with them ?

Then I remembered that I had left them on the stone where I had been sitting.

What a Karma !

Then with my two canes, hobbling, again I had to go down the hill to get my glasses. Yes, I was forced to go there again.

I sat and meditated again trying to fathom out of miracle and law of Karma.

Om Tat Sat Om.



21. WHAT DO YOU WANT TO DO ?

There are moments, sacred precious moments in the life of a Spiritual Soul when he does not want to do anything. The following conversation took place between me and the Higher Self.

Higher Self : Do you not even want to read the Upanishads or Vedas ?

Self : No.

Higher Self : Do you want to write spiritual messages for your journal ?

Self : No.

Higher Self : Do you not want to pray or meditate ?

Self : No.

Higher Self : Then what do you want to do ?

Self : I want to do nothing. I want to be just like you.

To remain as the sweet self of all, is completeness and Universality.

An exertion is in duality, but to just rest in the Oneness, the one without a second is alive reading, writing, praying and meditating.

May Glory be unto the Universal Soul.



22. ANY FOOL CAN DO IT

Any fool can be at peace and meditate with closed eyes, but he alone is the wise and the most wonderful man who can keep up the ceaseless flow of consciousness while engaged in any action or amidst his very busy work.

It is easy to keep up the ceaseless flow of God Consciousness with eyes closed, because one is practically dead to the outer world.

But alas, how difficult it is to express the Highest while the senses are engaged in seeing, hearing, smelling, feeling and thinking etc.

Yet it is so easy for the WISE, for the one who has paid the price, the price of Self Surrender. Because the self is surrendered, the ego is annihilated and only the SOUL works, witnesses, writes, eats, laughs and does anything everything.

May all Glory be unto the Wise in knowing the ego is dead. Hari Om.



23. SOURCE OF BREATH

Wherever there is breath there is mind.

Breath and mind almost seem to be inseparable and One. Breath is a steady rhythmical movement and mind is a zigzag movement of lighting.

Wherever there is the mind, there is the world, form, names, changes, destruction, darkness ignorance and what not.

If one has to rise above the world one must remove all the world of phenomena from the mind.

Any number of pictures are projected through the one tiny opening. When the projection gets closed the electricity gets disconnected. All action stops. When you connect again, it begins to

work, creating not only pictures but even worlds.

To rise above all forms and names the electricity, the breath is to be traced to its source.

What is the source of the breath ?

Follow your breath, your own breath and see yourself intuitively which will lead you ultimately to peace profound.

Om Tat Sat Om.



24. I WANT NOTHING

There is misery if you want anything. There is happiness if you do not wish for anything.

As body you will need many things. You require food, clothes, water, sunshine and many other articles to keep the body healthy, happy and alive.

If you identify with the Atman, the One Eternal Substance in the Indivisible Light, you do not need anything. You are complete within yourself, happy to remain as a witness to the ever changing phenomena of the world, knowing too that any need will automatically be fulfilled.

It is nothing to you if one is ungrateful or hurts the Atman. It is nothing if one blames or hurts you. It is nothing even if the road to Kailas gets destroyed. As Atman you recognise only the Law which is operating at the back of everything.

The law will be fulfilled and will take care of itself at any cost under all conditions.

So to be happy is to want nothing for you are the Atman, the One without a Second. Om....Om...Om.



25. STRANGE URGE

Woke up early feeling His Presence within and without, especially in the cool breeze.

As there were many letters to write, I lit the lamp. It was 3 AM.

As usual I opened the Astavakra and read the following verse:

“For many births you have done hard and painful work with your body, mind and speech, therefore cease at least today.”

Then I wrote unwillingly in my diary. I wanted to begin the correspondence work but could not. The inner Vira began to say:

“My child, why do you waste your precious time on these people, who are all interested in their selves more than in the Ashram, service or God ? Mind your own business. Rise above this fever of service at least today as the Gita says.”

Then I turned the lights low and meditated for a long time, feeling peace within and without.

May peace be unto all.



26. THE TRIPLE HELP

First there is the breath within, the Soham operating both day and night from birth to death, may from Eternity to Eternity for the Soham exists in some other form even after the passing of the body.

There is the life giving cool breeze always blowing the Presence of God.

Above all is the soul-awakening warmth of the Sun, giving life and light not only to man but to the whole of creation.

Having been blessed with this triple kind of help, if man still neglects and forgets God, he cannot be called a human being, the living image of God.

What is the difference between such an ignorant man of the world and a pig that wallows in the mire, with the one thought of grunting and eating, interested only in its progeny?

May God save the gross man of self who was given by mistake a human form.

May peace be unto all.



27. COMPLETE SELF-RELIANCE

It is a blessed state, the most amiable and loftiest condition, when a soul can say in all freedom and joy, that he does not need any help from any man in the form of anything.

But as long as one is bound to Ashrams and institutions having a hundred and one things to do everyday, expecting help from each and everyone, how can he say that he does not want anything from anyone?

Yes - only a God man with complete self-reliance can say cheerfully that he is no longer the perishable body but he is the Imperishable Eternal and Infinite Spirit.

Peace belongs unto men of God Realisation, the Masters of self-reliance.

OM TAT SAT OM.

**28. THE SELF EFFULGENT LIGHT**

This Light is always there, within and without, especially in the very breath, inhaling and exhaling peace in every moment.

All that one needs is awareness of this Highest Truth, not now and then, but always. The great consolation is that whether one is aware of it or not, it is there Eternally throughout time.

It is there in the waking, dreaming and sleeping conditions. It is there from the very birth to the last moments of death. Nay it is there even after the demise of the body.

How can this Self Effluent Light diminish or go out? Thus the Light is there even before birth of the present body and its dissolution.

The Effulgent Light is present from eternity to eternity and in the past, present and future regardless of time.

There is never a moment, nay, even a multiple fraction of a moment when the Light is absent.

Glory. Glory. Glory. Om Tat Sat Om.

**29. HOLD MY HAND DEAR GOD**

When I do not hold Thy hand, I faint and fall on the wayside, for I am so frail and weak. Even in sleep, amidst busy work, I forget Thee and my hand no longer holds Thine.

Many a time in spite of the firm resolution to cling to Thee, the human weakness makes me to lose hold even for a while.

But O lord, when THOU holdest MY hand, inspite of a million tests and trials, even on the cross itself, Thou wilt never forsaketh me. Thy hand is still there Eternally holding me and pulling upwards towards the heights, though passing through the darkness of the night.

My Love, my Refuge, my All in All, hold my hand, dear God Forever and ever.

Om Tat Sat Om.

**30. I THANK THEE**

Man has so much to be grateful for, and to glorify God, both for the visible and the invisible blessings.

Where is there sky without some passing clouds ? How foolish it is the man who ignores the limitless sky and only recognizes the passing clouds.

Man has to be grateful and glorify God, for health, wealth and strength, and for all the blessings of nature in and around, near and far.

Are we not to be grateful for the cool breeze, for the warm sunshine, for the lifegiving breath and above all, for the Soul awakening Presence ?

We are to be grateful for His fragrant flowers, singing birds and twinkling stars.

Let us live in gratitude for His interpenetrating Presence, which is with us and without us, as it is Omnipresent.

I thank Thee dear Lord. Pray Glory be unto Thee.

Om Om Om



31. AFTER THE POWERS

By nature I am happy and contented with the Power within and the God - given blessings. I have never been after the powers of walking on water, floating in the air, becoming the lightest of the light and heaviest of the heavy and so on.

Where do all the powers lead to, except into greater delusion and darkness ?

But once in my life I longed for the power of helping and serving a devotee who was in great need, suffering in darkness.

He was at the gate of Kailas. The gate was closed and locked and it was fixed with barbed wire too, yet as God helps those who trust in Him through all the fiery examination, the devotee came to me unhurt, in spite of the closed gate and barbed wire.

How God takes care of His trusting and helpless children leading them from darkness to light.



32. HE WAS CALLING BUT I WAS DEAF

A devotee of the Ashram who was in trouble called me to help him out of his darkness, staying a long time at the Kailas gate, it seems.

“Eyes they have, yet they see not. Ears they have, yet they hear not.”

Why could I not see him? Why could I not hear him ?

How frail and finite is man’s knowledge in this world ? How helpless he is before the stupendous Glory and Splendour of God.

One man comes to me through locked doors and barbed wire, yet this man I could not see or hear. God in his wisdom knows what is best for each seeker of truth. It is not for us to question.

Man has to grow and learn so many things through so many bitter and sweet experiences day by day.

Dear God ! I do want to see and hear things beyond my comprehension for curiosity. All that I need is : “Make me Thy instrument to help Thy children, especially those who are in need of help and comfort.”

May Thy will be done.

May Peace be unto all... Om....Om.....Om....



33. ONE INCH SHORTER

Even before the bone graft operation my left leg was shorter by an inch, because of the fall on ice in America which resulted in a serious fracture.

I am at the moment walking with the help of two hand canes.

Feeling His Presence or nearness within and without, I was unconsciously saying to God as if in fun : “Dear God, since I have given you a piece of the bone for one of your children why don’t you as by reward make up the one inch short”. I was astounded at my request. It would be a miracle I thought.

But God frowned and said : “Fie upon you for expecting reward. The wise do duty for duty’s sake. You should be happy and contented that you have a leg at all. Is not my Presence everything to you ? Why grieve over the body ? Is it not childish to run after rewards ?”

I caught a hold of myself and bent my head in shame and humility at this words. OmOm...Om....



34. CARRY ME DEAR GOD

On a certain day I went down the hill in the early hours of the morning and had a long walk. There I meditated for a long time, feeling His Glory and Presence all alone.

While returning it was getting hot, and battling up the hill with the two sticks became too much for me. I became tired and out of breath. The heart was palpitating and I could walk no more, although I was endeavouring to feel the Presence at every step. There was still a long way to go.

In my helplessness I said: “Dear God, I feel Your Presence, I feel we are standing face to face, but I can walk no more, can not take one more step.

Please do carry me, lifting me up in your everlasting arms.”

I then stood for a few minutes in stillness. Strange as it may sound,

I was suddenly filled, nay seized with a new power and was walking - but "I" was not walking, and Kailas was reached without the least effort or trouble.

How good and considerate is God in little things as well as big things for those who trust in Him.

All Glory be unto Him.



35. THE PLANES OF MIND

The mind works and experiences on four planes of Consciousness.

The average man of the world experiences only the first three planes.

Only the God man, the super man has a taste of the fourth dimensional state.

The Physical Plane : The mind schemes, plans, inquires and keeps on working.

The Mental Plane : The mind dreams all sorts of meaningless and ludicrous things.

The Subtle Plane : It is an unconscious Plane where mind become dull, and inert; inactive.

The Super Plane : In deep sleep the mind dissolves in Super Consciousness which is beyond all consciousness. Only one in a million enjoy it consciously.

In the first stage the mind is full of consciousness, in the second it is working in subconsciousness in the third state it is inactive and static, and in the fourth state it is beyond all conditions, states, places, and stages where exists only the splendour of millions of Suns.

Om.....Om.....Om....



36. HABIT

Habit of any kind is tenacious thing even if it is only a few days old. Taking a simple thing as writing the date for thirty days. When the new month dawns, one keeps on making a mistake by repeating writing

the figure for the previous month. It has become a habit and may take a couple of days to drop it.

If a habit can become so strong in thirty days, then what about months and years. Habits, be they good or bad, make a deep furrow on the membranes of the brain, hence seekers of truth should be very careful of being slaves to bad habits and also very careful to become slaves of good habits.



37. DUST

When I say dust, I am reminded of the gold dust.

How man is fond of gold dust in the East and West, the world over.

But I am not speaking now of the gold dust, but of the insignificant dust particle of the body, the physical form.

When compared to the incomprehensible Glory of God, in His Infinite Eternal Splendour of millions of Suns, what is this tiniest particle of dust ?

What place does this insignificant dust particle occupy in that great Splendour ?

Yet the ignorant man worships and adores it, clings to this living dust particle considering it as his all in all, ignoring and denying the Limitless and Infinite, Imperishable and Changeless wealth of God.

Eternal Truth is sacrificed for the mere passing cloud of a dust particle.

How tricky and deep is Maya, the delusion of this world.

Om....Om...Om...



38. MUSK

Musk deer has got musk in its own body but it searches for its fragrance in hills and dales. In its restless search and wanderings, it gets its heart pierced and while dying it realises that the musk for which it has been searching for here and there, outside has always been within its very body.

But alas, the realisation of it comes too late....

Similarly man has the Sacred musk of Divinity within Himself, in the stillness of his own purified heart, yet he has been searching for it everywhere outside remembering often, the imitation or bewitching odours of fame and name selling his very Soul.

What is the inevitable end result of all these ? The same fate as the poor musk deer awaits him in the long run.

O man! Wake up before it is too late. Cling to the real musk of your own sacred Breath which will lead you to the goal of your birth, namely the Peace that passeth all understanding.

Om Tat Sat Om.



39. I CAN MEDITATE NO MORE

Dear God, I feel tired and weary of all prayer and meditations.

Indeed they have their own place in the evolution of man's life and in the progress of his spirituality. But a time comes in every man's life when he is reaching the heights, when Thou art face to face. within and without, expressing in sound as well as in silence, in motion and motionlessness too, that he does not need to pray or meditate.

How interesting is the growth or evolution of the soul. Now as I feel Him in every breath, in the least sound without, in the cool breeze which is blowing, in the motion of the hand which is writing and in the sparkle of the eye, in the motion of thought and the imagination of the mind.

May all Glory be unto Thee in the manifested as well as the unmanifested.

This state represents recognition and silence.

Recognize, and be silent. Om Tat Sat.



40. THE SAMADHI TRANCE

Is it a dream or is it reality ? It is more real than a passing dream or solid-looking things of the world.

It was just after the hour of dusk. It was getting dark and the stars were coming out one after the other. There was a new moon too.

Facing all this glory and beauty in the silence of Kailas, I was musing and communing with the Lord of my heart as well as His creation. I was weary of all forms and names. There was a great longing to go out of the body, and become formless. I was following the breath and there was stillness within and without, and the body felt relaxed and light.

Suddenly there was a sensation of a melting of form, and there was a little fear too for I was losing hold of myself. I was floating in the air, whereto - nowhere - and the senses were withdrawn, with the mind merged in the intellect and the intellect in the ego and the ego in the Atman, in Reality, I could see nothing, hear nothing, nay comprehend nothing. There was all Light, stupendous and overpowering Light, where time, space and causation disappeared.

I do not know how long I remained in that blessed state of Samadhi.

How can I describe it in these finite words ? Glory. Glory. Glory.



41. PRACTICING THE PRESENCE

In these days I take joy in practicing the Presence of God in little things as well as big things. As a direct and nearest example, I am trying to FEEL His Presence as I am writing now. In the very moment of movement, It is He, it is He.

If I scratch any where it is He. When a bird sings near or far away it is He.

When I hear the sound of a car or lorry down the hill, It is He. I hear now the whistle of a train, what else can it be other than the same sound coming from the same source.

There are many lizards in the cottage where I stay. One need not have to feed them or take care of them. Often they talk amongst themselves and I long to understand what they say.

Alas man is so finite, with his intelligence of inventing even atom bombs, verily it is all He. Whether it is destructive or constructive,

inventions or even thoughts, it is all He. How can we think if it is not for His Presence ? May we learn to worship Him in all His forms.

May Peace be unto all. Om....Om...Om...



42. TASTING OF SAMADHI

I have tasted samadhi both consciously and unconsciously by His grace, and in His name. May all Glory be unto Thee my Lord.

But by my tasting Samadhi, the Light conscious state, what good does it do for you, who are near and far, East or West ?

I have eaten my food, but does it satisfy your hunger ? Tasting of my Samadhi cannot be compared with the eating of food. Food is a finite thing that satisfies temporarily the growing hunger for the body, whereas Samadhi is joyful and Eternal, embracing all, including all, and silently blessing all. One man's Samadhi is a source of help to one and all, known and unknown, even though the gross world is a slave to the senses.

Samadhi is the outcome of complete selflessness. A selfless man is the most fragrant of humanity. a silent blessing to all.

My loving reader, may my Samadhi be your Samadhi and my Peace your Peace.

May Peace be unto all.



43. STRANGE MOODS OF THE MIND

The mind is very complicated. It is very difficult to understand it, much less to control it. Sometimes it longs to meditate without engaging itself in any kind of work, even if it is most important and urgent.

Again there are times when the mind does not want to meditate but to engage itself in some work or other. Sometimes it is helpful to follow the mind in its moods.

But whether the mind wants to meditate or work the most essential thing is to feel the Presence of God, to practice to feel His Presence in each and every moment of one's life both in activity and inactivity.

So let the mind lead me inward or outward, but let us recognise His Presence everywhere it leads. Thus we will be centred in Truth, in meditation and work.

May Peace be unto all, as OM.



44. EVEN IN GLOOM I AM THE WAY

In Kailas behind Sri Sushila mandir, facing the sea, there are four cement blocks. I often go there and sit and meditate especially at the hour of dawn.

This morning I went there, walking a distance of about a hundred yards, dreaming of the Ashram and things that have to be done today.

After sitting in this posture I realised while walking this short distance that I did not feel the Presence of God which has made me depressed momentarily. Then the thought came : "Even if I did not feel His presence is He not there ? Has He decreased by my forgetfulness? Have I lost anything by it" ?

The answer came. "Even in the gloom you are on the way. There is never a moment when you are separate from Him whether you are aware of Him or not."

With such consoling thoughts I lost myself in a deep meditative feeling with Light within as the light of the Sun of Suns began to envelop me.

May all Glory be unto the Light of Lights.



45. NEEDLESS SUFFERING

Many an aspiring soul, a seeker of truth, has been needlessly suffering passing through excruciating misery, with the sad thought that he has forgotten God amidst his very busy work or even in sleep or where he gives way to momentary weakness.

Then there are moments of joy in the life of the same aspiring seekers, when he remembers God. Is this joy permanent? Is it real deep and lasting ?

Alas, no. In no time this surface joy is covered again by some

misery or restlessness.

It is high time for the aspiring seeker to realise that God is above forgetfulness and remembrance.

There is something in man, where mind cannot reach, which is above mind and its passing phases. In that state one can avoid all the needless suffering. To reach it one must rise above mind by watching the breath of Soham ceaselessly. Peace abides there where mind exists not. Om Tat Sat Om.



46. THE GREATEST DELUSION

Of all the delusions in the world, the greatest delusion in the Spiritual life is the delusion of, "Let me not forget God."

Forgetfulness is only possible in duality, when there are two. How can it be possible in the One without a second ?

Who are you to forget it ? Where do you exist but in the Light of Lights ?

If you can only understand this Truth, the one Highest Truth, the one Indivisible Truth, then there is no more forgetfulness. Even the very idea of it is ludicrous, like the son of a barren woman or horns of a dove or a mirage in the desert.

When once through intuition you realise that YOU are part and parcel of THAT, nay that YOU ARE THAT, then there are no more delusions for you. The clouds are only on the surface, but never in the Effulgent Sun.

Peace belongs to the One who is free of all delusion.

May Peace be unto all.



47. BRAHMAN AND SHAKTI

These are not two but one. Brahman the unmanifested state, and Shakti the manifested state. The ocean is Brahman and Shakti is its wave. The Sun is Brahman as his light is to Shakti.

Can you separate coolness from water or heat from fire ? Is not the wriggling motion of a snake a part and parcel of the snake itself ?

Similarly man is the manifested image of God. All that we do, scheme, think, plan, is Shakti expressing the Brahman.

As I write now it is Shakti which is in the movements of the hand with Brahman as its base. Even as you read, Shakti is reading and Brahman is its source.

Thus Brahman and Shakti are not outside or somewhere, you are both. In the unmanifested waveless state you are Brahman and in the manifested action state you are the shakti.

May Shakti worship Brahman until it loses itself in its Source.

Om Om Om.



48. HOW GOOD IS GOD

How good is God to keep me enthroned in this state of peace in the lovely Kailas as the monarch of all that I survey.

I feel so happy, contented, peaceful and grateful too for these richest blessings of the abode of God, this most silent and beautiful place.

God's ways are incomprehensible. He has set me on this lovely and inspiring peak of glory and silence. Down below He has given me one or two enemies, the so-called precious enemies to pick and peck, to criticize and condemn every move and to destroy the name and fame from its very roots. They can only touch my body and all that is pertaining to it, but with all their perverted ingenuity and zeal, they can never touch my soul, nor mar its happiness and inner joy.

How good it is for God to bless me with an enemy or two to denounce me mercilessly and to bless me with Kailas and silence.

Soaring into the very heights of God Consciousness, leaving the body down below to the vultures.

May I ever glorify God for His shower of blessings.

Om Tat Sat Om.



49. WASTE OF TIME

To think of anyone, even the nearest and dearest ones is a waste of time especially if you fail to recognise God in them.

If only you see the form and name and think only in terms of the world it is nothing but a mere waste of precious God given time. But if you can see the spark of Divinity in your near and dear one, as well as your foes, not only would it help you but it would also help them, to feel the presence of God which is ultimate goal of all people in the world whether they are near or far, dear or bitter.

In God there is not the least waste of any kind, for He is all complete. All else minus God, however grand and bewitching it may be, is all superficial passing, temporary, effervescent and a waste of time.

So let us fix the mind on the Eternal and Changelss Glory.

Om....Om... Om...



50. EXPECTATION

This is another common and ordinary disease the world over. No one is free from it in some form or other. This is the disease of EXPECTING.

Even the aspiring Spiritual souls are expecting something or other.

Sad to see how this expectation has become a chronic disease or malady.

Expectation shifts the centre of even the wise and learned from the present living moment to the dead past or the lazy dim future.

The bond-slave of expectation ignores or wastes the priceless present living moment, whether you are expecting the Mayor, or the tax collector or a bunch of flowers, but you are never expecting the forsaken God, who is patiently awaiting within.

The man of expectation ignoring the God within is making his own plans which may or may not come to pass. If only man could expect the Almighty God with only half his zeal, how near he would be

to the Kingdom of Heaven.

May Peace be unto all. Om....Om....Om...



51. REMAIN IN THE UNMANIFESTED

One cannot always remain in the unmanifested condition as Brahman. He should come down both for HIS good and the good of HUMANITY and express and share His Spiritual experiences with His lesser brothers and sisters.

It has been said that the one who gets absorbed in Nirvikalpa the unmanifested state completely cannot remain in the world more than twenty-one days. Hence we say that a sage of wisdom going into Samadhi will come out of it to share their fruits of realisation with the seekers of peace all over the world.

A wise man always treads the path of moderation, never going to the extremes especially while He has work or service to be rendered to the world.

Blessed is the One who walks in the middle path, sharing His experience of the Glory of the Unmanifested with others.

Om Tat Sat Om.



52. HOW SHAKTI WORKS

Shakti the Divine Energy works mainly in three ways :

Physical when it engages itself in manual labour, and all movements of the body.

Mental as it thinks, imagines, schemes, offers prayer, meditates, suffers and enjoys.

Subtle in the silent and even flow for the rhythmical breath, in the steady heart beat, in the pulse and all the silent works of the body.

The same Shakti, Brahman's Power, is operating outside in the world as the elements of nature, in fire, water, breeze etc. Blessed is the wise one who is awake and aware to this source of Shakti, which is manifesting and expressing both in macrocosm and microcosm in himself

as well as in the world.

Om Tat Sat Om.



53. THAT WHICH IS WITHIN

That which is within you is greater and infinitely superior, incomparably more glorious than all the greatest and so called valuables in the world.

Rubies, diamonds, all the silver and gold of the East and West, are nothing when compared to the most majestic and Self effulgent Light which is within every man, woman and child.

But alas, it is most pitiable to see man sacrifice the Infinite for the finite, the nectar for the poison, the immortal for the mortal, the sustainer for mere passing clouds of name and fame. It is pathetic and heart-rendering to see man sell God within for many pieces of silver without.

O man ! Wake up from your deep delusions and attachment to the outer phantoms and cling to the Light of Lights which is ever with you and which is your birthright.

May Peace be unto all.



54. I CANNOT AFFORD TO FORGET

What is it that you cannot afford to forget ?

My Divine Heritage, the Godhead, the Splendour of Millions of Suns. It is helpful, strengthening, and inspiring to repeat this statement :

“I cannot afford to forget God even for a millionth fraction of a second.” Who is it that rejects the above life-giving statement ? When God is all in all, when there is nothing beside Him, who are you to reject and where are you in the first place ?

When we introspect and dwell, going deeper into the Holy of Holies, the little self disappears and dwindles into nothingness, leaving only the splendour of millions of Suns.

Indeed the statement helps us like a boat to cross the oceans of the world, but when once we reach the goal, all boats, all statements and mantras can be left aside.

May Glory be within the Stupendous Light of Lights.

Om....Om....Om....



55. I SEE WITHOUT SEEING

Many are the struggles, sudden are the tests, trying are the examinations and tribulations, especially when one is about to reach the unsurmountable heights of God-Realisation.

In this struggle one has to take very drastic measures to crush the ego, to obliterate all forms and names, to be established in the heights of Glory.

Strange as it may seem, one of the helpful disciplines is to close one's eyes to the outside world. To gaze within and give up the outer world.

But is this possible ? Yes, it is more than possible for the one who is willing to pay the price. Use your eyes when you must and close them and commune within when you are not using the eyes.

Of course it is very difficult to do this in the world, as most of the day you are using your eyes, but there are times when you are just sitting that it could be done-just close the eyes and rest within the Light.

This is the reason we have Ashram, for you to come to and be able to practice these techniques. But even in Ashrams people are still in the world. They bring transistors, they chatter away like the beautiful green parrots that fly around here all day, and are only really mentally in the Ashram during satsang when they cannot talk or see other interesting phenomena and so may be something goes within when the eyes close.

Peace belongs to the one who transcends all senses and to the Transcendental. Om Tat Sat Om.



56. THE WAY TO THE FORMLESS

The way to the unmanifested is only through the manifested.

The way to college is only through school.

The way to the roof is only through the stairs or the lift.

The one way to reach God, the Highest, the Formless is through the ordinary manifested form. When man cannot fix his mind on what he can see, how can he fix his mind on what he cannot see, and which is beyond sight and other senses.

As we feel His Presence now, recognise Him in form and name. We can feel His Presence in the Formless and Nameless later. This happens from within.

Being conscious of God in everything, loving Him in all, and this will naturally lead us to Super Consciousness.

May Glory be unto God both in Consciousness and Super Consciousness in the manifested as well as the unmanifested.



57. THE GREATEST SERVICE

If a man does not do any work, bustling and jostling along with others, he is considered by the men of the world as a good for nothing, selfish and lazy.

What is the real service that one can really render to the world of humanity ? The greatest service that one can do to the suffering world is to become first selfless, completely selfless. One must fix himself first.

If not, how can a selfish ignorant man render any service to people ? Only by dropping the ego, through looking at ourselves, can love dawn.

Is it possible for a blind man to lead the blind and give light to others ?

Service is good, it is wonderful, but to render service, to be privileged to render the highest service, man should open his own eyes first.

He must become selfless, then alone can he feel for the welfare of all, for a selfless man becomes the SELF of the whole of humanity.

May we bow our heads unto such men of Selfless Service.

Om... Om ...Om..



58. REFORMING THE WORLD

It is the ignorant children who want to reform the whole world, except themselves.

The restless fever of bustling and hustling, always trying to do something, is raging high in the young, the ignorant and the inexperienced.

The more a man is rife with wisdom and advances in years and experience, the more he becomes silent. His fever subsides, going down to the normal temperature.

As the saying goes, empty vessels make the most sound and noise. The vessels that are full are silent; they do not make any sound.

As Swami Rama says : “Reformers are wanted not to reform others but to reform themselves.” One should begin changing the world by changing himself.

This begins the peace and loving service to the world for it is the individual peace that paves the way to world reformation and world peace.



59. THE SUM TOTAL

The sum total of the present moment is Infinite and Eternal Energy.

In this present lively, living moment it is wonderful to feel all the fast energy, both expressed and unexpressed.

There is the Infinite in the Finite, but it is to be expressed in all that we do and think.

It is with us today. How are we going to use or express this inherent Omnipresent, Omnipotent, Omniscient energy ?

One should begin to express it now and here beginning with the PRESENT moment. It is with us. We must make the best use of it to reach the heights not in doing things big or small which lead only down into the depths.

May the God given Eternal Power be used now and always for the heights in service of all for the peace of the world.

Om Tat Sat Om.



60. THE BLESSED STATE

There is a blessed state in everyone where there is neither day nor night, where there is all Light at all times. It is a transcendental state where even time and space do not exist, where there is neither past, present or future.

Blessed is the one who is privileged to feel or experience this state of Cosmic bliss, realising by which, all clouds of doubt and gloom are dispelled, and none of the little passing things of the world can ever dare to touch or approach that blessed state of peace that passeth all understanding.

May all homage be unto the blessed state of Bliss which is verily man's real heritage. Om Tat Sat Om.

★

61. I CAN EXERT NO MORE

The evolution of man's life in soul growth is very interesting.

When I was child I used to take joy in visiting temples, in shouting the names of God, in singing and dancing in the kinds of tribal worship, too. Can I do it anymore ? That stage has passed off long, long ago.

I now know that I need not go a step to realise God for He is not confined to temples or pilgrimages; He is within. I am satisfied to be absorbed in Him within, in silence.

Even now there are days, when I cannot repeat a prayer or even meditate on God's Light. Why repeat a prayer ? Who will listen ?

On what else has one to meditate on when the Light is within and without ? The least exertion seems to be painful, for it is full and complete.

Nothing can be added to it by exertion or non-exertion.

Om Tat Sat Om.

★

62. UPS AND DOWNS

Man's life on earth seems to be one ceaseless round of ups and downs.

He cannot stay all the while up on the heights so he comes down.

Neither can he stay all the while down, so he struggles to go up. Neither can he sit on the floor or on the roof. He is always going down or up on the stairway of life in his marriage to the world.

Blessed is the one who has reached the heights and is sitting on his roof having passed through all the ups and downs of life.

The wise say some souls sit on the roof, never coming down, and some leave experiencing the peace and glory of the heights to come down to console and give a helping hand to those who are weary and tired and to show them the pathway to the heights. Blessed are they.

Om Tat Sat Om.

★

63. LONGING FOR THE HIGHEST

I long for that state, the highest, the Transcendental state where there is perpetual awareness, the Splendour of millions of Suns, which is Eternally free from the misery, agony, suffering and struggles of every kind. I long to be stifled, saturated and centred in the Blessed State which is my Divine heritage, where there is only Light and Bliss.

I long to be rooted and absolved in that Holy state, never exchanging it for the most valuable goods of the world. Nay, not even for the rulership of the wide world.

I long to enjoy that Perpetual Light, the Self Effulgent Light, not now and then, but always. The Light which is pervading and permeating the very cells of my being now and forever.

The Light, the basis and background of my writing and expression now.

I pay homage to that Light.

★

64. IN THE WELL OF THE ASHRAM

As I work day and night often at midnight hours, there is the thought :

“Where does it all lead to ?”

It is wonderful to know the present state of one's mind. It is not

only wonderful but it is helpful to know one's own faults.

I feel that I am in the deep well of the Ashram, in all its heavy burdens, and endless cares, and yet I am far away from it in Kailas and in Silence too. See how the mind takes over.

What shall I do ? How to disentangle myself ?

I have to come out of the well into the ocean.

Is not Kailas the ocean ? No. Within is your ocean.

So the mind should be made to think and concentrate more on the Universal aspect rather than the finite things of the Ashram.

But does not charity begin at home ?

As we keep order in the Ashram, we can do the same in the world. Let the peace of brotherhood, give way to the peace of the world.

Above all, whether I am in the well or in the heights of Kailas, let me keep up the flame of God Consciousness in each and every moment of my life.

With God Consciousness the very well will be converted into oceans - heavens.

May my thoughts be Universal; words Universal wishing the welfare of all. Om Om Om.



65. THAT WHICH IS DAY IS NIGHT

Gita teaches, "That which is day is night and night is day for the Wise."

It also teaches : "When we of the world sleep, the Wise one is awake, and when the world works and bustles, the Wise sleep."

As I work in the midnight hours I am reminded of this beautiful thought.

As one evolves in the spiritual field, it is interesting how one experiences all the beautiful and wise words of the Masters in one's own life.

Friends and well wishers of this body advise often to sleep more and not to work at the midnight hour, but what can I do when I cannot

sleep and my Soul longs to express?

I do not force myself to wake up to work. I follow only the inner urge.

I work because I cannot help but work. I breathe because I cannot help but breathe. Similarly I follow the urge to wake up and work. May all Glory be unto Him.



66. BLESSED SOMETHING

There is Something in you, in me, in everybody that never sleeps, that never increases or decreases and which is the same in all conditions, may it be in the past, present or future.

How blessed are they who are aware of that Grace which is the only changeless Reality in the ever-changing world of phenomena.

That Something, whatever name we may be pleased to give is Self Effulgent and the same in waking, dreaming, or sleeping conditions.

What about its existence when the breath goes out in the so-called change at death ? Even then it is the same for death cannot touch it. There is nothing besides It to touch It, for It is One without a second.

May we ever abide in IT. Om Tat Sat Om.



67. SHORELESS OCEAN

It is wonderful to remain as the shoreless Ocean.

Whether we feel it is wonderful or not, Shoreless Ocean alone is man's Birthright. But what about the waves and billow, storms and cyclones in the Ocean ?

They are inevitable ups and downs, only the heavings of nature.

In spite of storms and cyclones, the Ocean is Ocean, and nothing can touch it. Similar is the case with the life of man on earth.

All the tests and trials, tribulations and catastrophies can never touch his real Soul. They are merely the passing clouds, that come and disappear. Man's happiness lies only in clinging to the reality his Divine Birthright, the Shoreless Ocean which is the same Eternally either in the

past, present or future.

May we abide in that Shoreless Ocean, now and always.



68. THE WAY THROUGH THE MANIFESTED

Man must realise God, or reach the Heights, or attain Peace only through the manifested.

Ignoring Him in the manifested, it does not help one to seek Him in the Unmanifested through prayers, contemplations and meditations.

When we can feel Him now, we can feel Him always. When we can express Him now we can express Him always or Eternally, for He is present here, there and everywhere - now and forever too.

One should practice to feel God's presence in every movement and motive, in every word and thought, for nothing moves without Him.

Thus the way to the Unmanifested is only through the manifested. The way to recognise the Eternal is by making best use of this present living moment.

May Glory be with THAT in the Manifested and in the Unmanifested.



69. CLOSE YOUR EYES

In God realisation, as one is about to reach the heights, one has to take drastic steps to annihilate the ego, in every form.

I know I repeat myself, but it is the only way for us to learn. For instance, it is helpful to close one's eyes always, especially when not engaged in work.

One should open the eye only to see HIM, to see nothing but the Splendour of millions of Suns which is both within and without. As it is, what do we see and look for, but all the forms and names? Even wise men do this and become pulled away from their centre.

See Him both within and without. When you cannot see Him without, why not close your eyes and try to feel Him within so that you can behold Him without too, in time.

Peace be unto those who can see God, which means FEEL Him, within and without.



70. HURLING ATOMIC BOMBS

I am feeling anxious to hurl Atomic Bombs on the world of duality, struggle and suffering.

Before I hurl these mighty Soul bombs, I must be more and more efficient in the wide and expansive laboratory of Silence, so that every Atomic Bomb will be really powerful to help the meek and afflicted and even the haughty, arrogant and ungrateful souls.

Charity should begin at home. One should have something to give others, before he plans to give.

Where is home? Home is within the cave of your heart.

Hence more meditation and deeper and longer silence, is required.

Atomic bombs may be prepared in number, for the good of all. Do not desire but deserve. Be the ATMAN before you hurl the bombs.



71. ENERGY IN MAN

Call it Energy, Power or whatever you wish, but it is every man, woman and child, nay in all creatures and creation too.

It is expressing, physically, mentally and Spiritually.

It has within Itself, Omnipresence, Omnipotence, and Omniscience.

It has the past, the present and the future in its bosom.

Life, Light and Love are its Soul or Source.

How are we going to use it NOW, is the most important question of the day.

It is in us to use in reaching the Heights, or in going to the depths.

It is in us to use as the Divine Spark to feel God Consciousness or to be aware only of Body consciousness.

It is for man to use in strife and struggle, or in Peace and Poise.

It is in man to use in sorrow and depression or in Joy or Happiness. Pray, use and express IT now and always in reaching the Heights of God in this human birth. Om Om Om.



72. EXPRESSION OF PRIMAL ENERGY

Today my thoughts have been on the Primal Energy or Mother Prakriti, the manifested state.

In the Unmanifested it is all nameless like the nameless Ocean, but in the manifested state the Energy is expressed in the following ways. Physically, in every movement of the body and in speech too.

Mentally in the imagination and in every thought, be it positive and negative.

Automatically or Spiritually, in the beat of the heart and in the flow of the breath etc.

If you are speaking it is the same Energy.

If you are seeing it is the same Energy.

Blessed is the one in whom the Divine Energy abides or merges in all the three states just like a bubble merges in the ocean.

More blessed is he who is conscious and aware of this Energy at all times.

Om Tat Sat Om.



73. AS ABOVE - SO BELOW

There is nothing to be rejected or renounced or accepted for all is ATMAN, the Divine Energy.

The world is like a jar, that has nothing but space within and without.

That which is within, is without.

That which is within the body, is within the world.

As above, so is it below, and as below so is it above.

That which exists is ONE, either within or without, above or

below. Blessed is the one who sees the same in the tiny atom as well as in the biggest planet, nay in all forms and names.

Yet in the Oneness, in the Highest State, there is nothing to see, hear or think.

It is all One Stupendous Splendour of the ATMAN, the One Imperishable Truth or Reality. May Glory be unto the Highest.



74. THE EVOLVED SOULS

Some men of this world are cruel and hard-hearted. It is nothing for them whether one sacrifices a bone or even life itself for they are so selfish and self-contained that they do not care to give their minds to think of anything outside their little circle, which is the deep wheel of dark ignorance.

As long as their sensual cravings are satisfied and self interests are fulfilled, they do not care even if the world goes to the dogs. Their own want and suffering is everything to them, but the sufferings of others or of humanity is nothing to them. Why does God create some men with such callous natures?

They are souls in human form, unevolved souls, working out their bad Karmas and slowly evolving.

May God bless us all.



75. EXPRESS THE HIGHEST ALWAYS

Having known yourself as THAT, the one Universal Intelligence, you cannot run about either within in the mental world, or without in the gross world of names and forms. There is harmony and stillness even in your movement and movement as a whole.

If you cannot be still within and without, then you must be aware of the Presence in all, for it is the Unmanifested which is manifesting, from a drop of dew on a blade of grass to the dazzling splendour of the Sun.

As you write, as you see, as you move, as you look, it is all He, the One without a Second. He is no other than THOU. FEEL Him in

every breath.

Express and assert the Highest with each and every breath for the peace of yourself, as well others.

Remembrance of Him be unto all.



76. ALL MOTION COMES FROM MOTIONLESSNESS

All manifestation comes from the Unmanifested, whether it is the breath from within or the Sun from without.

Even as a scholar writes with his pen, it is all from the Source.

How can anything come from nothingness ? Even that so called nothingness is Something.

How can there be an effect without a cause ?

How can there be a ray without the Sun ?

How can there be a wave without the ocean ?

How can there be a world of manifestation of names and forms without the Nameless and Formless Unmanifestation ?

Let not man in his ignorance forget the source of all manifestation and motions, mentally within and grossly without.

Liberation lies in clinging to the Whole and never resorting to the Limited and temporary.

May I be ever-centred in the Formless.



77. ASSIMILATE ALL THAT IS GOOD

Everybody gives advice to somebody. It is so cheap and easy to tell others what to do.

However no one wants to take advice from somebody for it is so difficult to take and assimilate.

But Blessed is the man who neither gives nor takes advice, for he is completely in HIMSELF.

Until one reaches the Heights of God Consciousness it is helpful to accept and assimilate all that is good and best from every source

even if it comes from a child, provided it is nothing but Truth.

Blessed are the reformers who are engaged in reforming themselves instead of wasting precious time in lifting the eye of others, and leaving the beams in their own.

May Peace be unto all.



78. MUSING WITH GOD

God comes and says : “My child, what can I do for you ? Tell me your wish.” As I feel His Light within and without, and His Presence all around, I feel dumbfounded.

When He is interpenetrating the very cells of my being, what else do I need, either for myself or others ?

No dark delusion of : “Give me this, give me that” for it is a self Effulgent and overwhelming state, where everything is complete, nothing can be added to its Glory.

Sometimes in my weakness or ignorance, if I pray : “O Lord, leave me alone in Kailas and let me remain undisturbed,” I see that even this wish is a needless thought and a desire too. When everything is happening as per one’s own Karma, why wish for silence or solitude ?

Each man is placed where he should be, through his past Karma and desires.

How true are the words that what we are is the result of our past and that our next life will be determined by our present thoughts, words and deeds.

A wish even for the Heights is a desire.

Blessed is the one who is free of all desires, which are the movements of the mind, and who is silent and contented within, beholding the law operating everywhere either in his life or in the lives and destinies of the nations. Peace belongs to the desireless who are waveless within and without and who just “Be” under all conditions in life.

May Peace be unto all.



79. WHO IS WISE ?

A Child weeps for God.

An adult prays to God.

An adept meditates on God.

Who is wise among these ?

He is the wise amongst the wise who neither weeps nor prays, nor meditates, but who is contented recognising the Self, the Shining Glory within and without.

The Silent one is the wise among all, for there is duality in praying, weeping and even in meditation.

Blessed is the one who is silent and waveless, both within and without, for unto such is nothing like within and without, for all is He.

May all homage be unto such a One. Om Tat Sat Om.

**80. THE MAN OF WISDOM**

Astavakra says : “The man of wisdom is free from the dual state of Consciousness.”

This means that He is free from such thoughts as : “I have done this and I have done that.” He is free from duties done in the past and the duties that are going to be done in the future.

So long as man identifies with the body, keeps connection with the world, he can never be free of thoughts of confusion and conflict.

But in each man is a centre. When he reaches that centre, when he identifies with THAT, the Breath— Soham, he is certainly free of the duties even though he is right in the middle of all his duties. He is free.

How is he free if he is in the world and filled with problems? Because he is mentally detached. He works without attachment and so is free.

Man is full of duties only if he IDENTIFIES with names and forms and he is free of duties, in the past, present and future if he identifies himself with Truth and the living Soham breath.

He can live in the world, acting and thinking from his centre and be mentally totally free of the world.

How wonderful...Om Tat Sat Om.

**81. EFFORTLESS SOHAM**

There is effort in the repetition of the mantrams, statements and Holy affirmations.

There is only one Mantram, the mantram of mantrams, which is free of all effort and that is SOHAM.

At the beginning there has to be effort of course, as one takes in and lets out each breath. As one follows it slowly, silently, steadily, concentratedly, and remains as a witness, then SOHAM becomes effortless for it is One, hence it is called AJAPA Mantra, which is a mantra where one need not repeat or utter any words for it is always there in every man and women and child, nay even in all the insects and creatures wherever there is life. All you have to do is to be aware of it; live with it.

May all Glory with SOHAM, the AJAPA Mantra, and may it express through us, in all the waking, dreaming and sleeping conditions, SOHAM...SOHAM...SOHAM....

**82. LIGHT AND DARKNESS CAN NEVER EXIST TOGETHER**

There are only two teachings that a sadhak or seeker of peace should be concerned with.

Light and darkness. Spirit or body (rope or snake).

One cannot serve both God and Mammon, however intelligent and learned he may be. What is more, both of them can never exist together at the same time. If you cling to the body, which is the physical, then the Spiritual will be ignored. If you cling to darkness of duality, the

Light of Unity is hidden. Dark and Light cannot exist in a room together.

If you identify with the snake idea of the body, the Truth (rope) is forgotten. So better assert at all cost, under all conditions, trials and tests: Light and Spirit. Homage to the Highest. Om... Om....Om....



83. PRACTICE IS NEEDED

Man takes joy in repeating like a parrot powerful words like Omnipresence, Omnipotence, and Omniscience.

Are these attributes in his works, words and deeds ?

One may not be able to be aware of them in others, but at least he must look and recognise and be aware of IT within himself, in his very body, in his cells, in his mind, heart and soul, in his very Being.

A wise man should begin the reformation within himself by feeling the presence within now and here and extend the same Omnipresence to others near and far.

It is wonderful to express the Highest in little things as well as big things in each and every moment of one's life.



84. WATCH THE BREATH

It is not only interesting but most helpful to watch one's own breath.

As you watch, you feel that you are all Light. The very next moment you have forgotten the breath and you are all darkness, and the mind is running around one hundred things a minute.

So a wise man should be alert to watch that dangerous moment of forgetfulness which is leading him on the downward path of misery and suffering. Even one single moment-down it goes and you with it. Such is the silvery fishlike slippery mind.

Hence let troubled man watch his own breath with the tenacity of a bulldog when pulling on a lead, never letting up, with all the strength of his mind, heart and soul.



85. HIGHEST MEDITATION

There is only OM meditation, the real meditation, the Highest meditation.

The meditation that gives peace to me as well as others, is that contemplation on the Highest or Completeness, meditation on the Splendour of millions of Suns. How difficult it is to meditate on the Effulgent Freedom.

Whether it is difficult or easy, it is the only way to gain the Highest.

There is then no thought of body, mind or world.

This creation is only a mere ray in the Splendour of Brahman, the tiniest ray, so let us turn our minds upward and inward, to Divinity.

May I be centered and saturated, not now and then, but always in each and every moment in the Highest, meditating on the Highest, feeling the Highest within, without, above and below and all around. May Peace be unto all.



86. EBB AND FLOW

There are moments in everyone's life when one feels like weeping and weeping, as life is a mixture of good and bad, joy sorrow, ebb and flow.

What should one do in such moments of depression or dejection ?

If you feel like weeping, then weep and shed the tears in His name, thus the heart will be lightened or unburdened.

All sorrow is possible in duality, which is disconnection with the Truth or the Indwelling Light. When the connection is regained or established all sorrow vanishes, the clouds of depression get dispelled, the Sun of Truth keeps shining once more.

Blessed is he who is Eternally established in the Highest.

May you all be forever in the Light of Lights.

Hari Om Tat Sat.



87. BECAUSE OF THAT EVERYTHING MOVES

Every manifestation of every kind, physically, mentally or Spiritually, have their source in the One Unmanifested Substratum of Reality. Which is not only the Source of joy and strength but it is also the Highest Truth and the basis of all movement.

My writing is a manifestation from the Unmanifested. If it is not from the Unmanifested then how could my hand move ? When I think, or move or speak, the same is the case.

Because of THAT everything moves, works, thinks and breathes.

Even if I do not do anything, or even if I sit silent like a statue, there is the Breath within.

What is the Source of it ? Where does it come from ?

It comes only from the Unmanifested.

Peace dawns when all manifestations merge in the Infinite and Eternal source which is the Unmanifested state.



88. SAHAJA SAMADHI - NATURAL TRANCE

How blessed is the man who has attained the blessed state of Sahaja Samadhi ?

This is the natural trance, the experience and expression of the Highest condition.

Although it is only one in a million which is blessed to experience this Sahaja Samadhi, which is the birthright of each and every individual on the face of the earth.

As said by Emerson : “Every man is a God, but playing the part of a fool.”

When he realises that his game of play acting as a fool is finished man begins to express the Highest his Highest nature.

In Sahaja Samadhi one is free of all deathlike struggles of forgetfulness and remembrance losing and attaining, even of prayer and meditation.

One is established in THAT which is complete, into which nothing

can be added or anything can be taken away.

Sahaja Samadhi is Poornam.

May all Glory be unto THAT.



At last Sahaja Samadhi.

How many times before did I not repeat or exclaim these words and again after a few days give myself to worry or depression over some insignificant or trivial cloud.

But this is different. Today it is a different, for I have met the Lord who is no other than Soham in me.

Attention and approach has been always from outside, from body consciousness to God Consciousness. Now the Power is from the inside, from God Consciousness to body consciousness, from the Light to the darkness, from the Real to the unreal, from the Immortal to the mortal.

Enough of words. Let me experience or enjoy or feel the Sahaja state always.

How can you feel or enjoy when it is not separate from you ? So let me be THAT Eternally.

Verily I am Soham in the past, present and future. Om.



89. HOT AND COLD

Strange and oscillating is the life in the world.

One moment man is happy, the next moment he is sad and depressed.

One moment he is hot and one moment he is cold.

How to remain always in the Heights, never coming down into the depths? Let there be LIGHT.

The Light is always there, but one should be aware of it in each and every moment of his life.

It is forgetfulness of this Light that makes a man lifeless and depressed.

Awareness of the Light, now and always, is what is needed.

Everything is to be Spiritualised; if not, there is no hope or peace.

All this is Light. All that we feel, speak, think, is nothing but the manifestation of Light or Subha.

The way to Brahman or Peace is only through faith in the manifested energy.

May I cling to this truth while I serve in Brahman.



90. I AM IN THE LIGHT

A single moment later the following:

I am in the Light.

The Light is love, consoling, helpful, strengthening, lifegiving and soul awakening.

Wherever I may be, whatever I may be doing, I am in the Light.

Whether sleeping, waking or dreaming, I am in the Light.

Whether alone or amidst a crowd I am in the Light.

In sickness and health, in poverty and wealth, in ridicule and honour, I am in the Light.

Even in tests and trials of life, on the cross itself, I am in the Light.

This is to be practiced in daily life, now and always in each and every moment.

A single practice of a single sentence or a short affirmation such as : “I am in the Light” gives not only strength and joy but peace and freedom right here and now.

Pray to the Glory in the Light.

I am in Omnipresence. Om....Om....Om...



O, feel “I am in the Light” is the first step, the very elementary stage in the twelve steps to God realisation.

It is not necessary even to have twelve affirmations or stages to reach the Heights. Three mantrams alone are enough.

“I am in the Light”. “The Light is in me” “I am the Light”.

We are concerned with the first statement only. We are always in

the Light of God. Wherever we may be doing, we are in the Light. It is just the reflection, but we are Eternally in it, which will give us strength, joy and peace if we are conscious of it.

Let us repeat this : I am in the Light, facing the Light all around us, within us, without us, above and below us, for there is only one Light and that Light is what we are. Thou Art That.

Om Tat Sat Om.



What a most powerful, dynamic life giving and soul awakening state it is to be actually meditating in the Light.

We are always in the light either in the past, or future as Light is the only Changeless and Everlasting Reality.

There is never a moment of time when I or you or anybody is aloof and separate from this Light of Lights. Call it God or Soul, It is all one substance, but we have closed the door and are unaware of IT.

The name is immaterial. What is important is, to feel that you are always in the Light.

We are in this Light even before our bodies are born. We will continue to abide in the same Eternal Light even after the dissolution of this finite body.

May the Glory be unto the Lights.

Om Tat Sat Om.



91. HOW CAN I FORGET

Even if I want to forget the Light, how can I when it is all pervading and interpenetrating the very cells of my being ?

I face it on every side. I feel it on every side. I hear it on every side. It is light above, below and all around. It is Light everywhere.

It is the only Changeless Reality for it is one without a second. Verily recognising it, man becomes silent.

Can a bubble forget the ocean ? Can a ray forget the sun ?

Can an atom of earth forget the Mother Earth ?

Then why worry over all the delusive thoughts of forgetfulness?
Where is there forgetfulness in the Omnipresent Light ?
Behold the Glory of the Sun of Suns and be silent.



92. THE SOUL IS FREE

Today, I woke up into the song that the Soul is free. It is Eternally free.

There is nothing to bind it, because it is one without a second.

When the soul is one and free, why the tension, the restless prayers and death-like meditations? Can they add to the free soul ?

It is the soul expressing when the birds sing and lizards speak.

It is the soul of the very breeze, in every sound.

Identifying himself with the bubble-like body, man suffers the pangs of hell pains.

Identifying with the soul, man feels the ecstasy of heavenly bliss.

Let the false ever-small bubble merge and dissolve in the peace of the fathomless Ocean of Bliss. May all Glory be with you.



93. TWO KINDS OF PEOPLE

There are two kinds of people in the world.

One is the man who does nothing and yet he is always restless and worrying, feeling that he is doing so much or too much.

Why does he feel so ? Because of ignorance in his identification with the body.

The second man does everything. He is never lazy. He is always doing something and always making best use of his time, yet he feels he is a burden to Mother earth and not doing as much as he ought to do.

Why does he feel so ? Because of his identification with Truth, with Wisdom.

As ATMAN he can afford to do a world of work, yet remain

calm as a witness to all the phenomena.

Peace belongs unto such and no one else. Om Tat Sat Om.



94. THE ATMAN IS FREE

The Atman is free. It is always free. It is Eternally free.

There is nothing besides it ever to bind.

It is free in the past, present and future. In waking, dreaming and deep sleep.

Where is the moment when the Atman is not free ?

The Atman is Omnipresence, hence it is everywhere.

The Atman is Omnipotent, hence all forms belong to IT.

The Atman is Omniscient, hence IT knows all there is to know. Nothing can be hidden from IT.

The Atman is interpenetrating the very cells of our being as well as the being of the Universe.

Verily all this is Atman and may we abide in the Atman, the Splendour of the sun of Suns, forgetting the passing clouds of the world of phenomena.

Om...Om...Om....



95. THE ATMAN OR THE REALITY

The one substance by whatever name we may be blessed to call it is both manifested and unmanifested.

It is not unmanifested, then how can something come out of nothing? How can the world, the bubble come, if there is no Ocean?

If the Atman is not the manifest, then you and I would not have been existing. I would not have been writing and there would not have been you to read these thoughts.

The manifested world exists because of the unmanifest.

The waves exist because of the ocean.

The rays exist because of the Sun.

The atoms of earth exist because of the Mother earth.
May all glory be unto the manifest as well as the unmanifest.



96. THE LITTLE THINGS OF LIFE COUNT TOO

Let little things as well as big things be done with the Consciousness of the Sun of Suns, as it is the only Changeless Reality in a world of ceaseless changes.

After all, when I write, I write only with the help of the Sun of Suns.

When I see it is the Sun of Suns that sees.

When I walk it is the Sun of Suns that walks.

When I eat it is the Sun of Suns that eats.

Yet all motions and motionlessness too is the Sun of Suns.

May all Glory be unto the Sun of Suns which is within, without, above, below and all around.

May I face nothing but the Splendour of millions of Suns in each and every movement of my life. In every moment too.

Om Tat Sat Om.



97. DO YOU KNOW THAT YOU ARE THE INFINITE SOUL ?

If we are the Infinite and Eternal Light as Vedanta teaches, which is the final Truth, it is strange how a man is contented or satisfied to live in the finite six feet body of blood and flesh, and source of all maladies and sickness within and without.

How can the Infinite Soul ever be confined to an insignificant tiny body ?

But the Maya, the delusion, is so thick, and deep, that even the wise find joy in the life of the body and its senses, and shudder at the thought of disease or death to the body.

It is blessed state when one lives in all bodies, throbbing in every heart, sparkling in every star and rising in every wave.

Whether we feel this Allness today or tomorrow it is our Soul and God.

It is the Transcendental state which is man's birthright.

May we strive to reach the heights, forgetting these effervescent bubble-like bodies. Om...Om...Om...



98. IF GOD COMES

If God comes and appears before you and says : "Here is the chance for you, ask all the boons you need," what will you say ?

Will I say : "O God ! Look after the rice depot and the printing works" ?

Or will I ask Him to look for patron members for journals, to help ?

Or will I ask him to sort out all the silent tangles ?

Before His Effulgent Light and Overwhelming Presence, I feel stunned and dumbfounded.

Once and for all I become dumb and numb with ecstasy and I bend my head feeling ashamed of my little thoughts before God's Stupendous Splendour.

What does this tiny glow worm wish, before the Splendour of millions of Suns ?

O God, I need nothing but Thee. Om Tat Sat Om.



99. SEEKING HAPPINESS WITHOUT

Everyone says that happiness is within, yet he seeks it only without, only to get himself disappointed again and again.

When a man has some duty and responsibility, be he a Sannyasin or householder, he cannot help but find or seek happiness outside.

For instance, if a draft of two lakhs of rupees came in the post we will be elated as it will be useful for the Ashram. Again if someone wants to stab or kill you, you will feel sad and afraid.

Alas, how difficult it is to be the same in praise and blame, yet

peace belongs to those blessed rare souls whose minds are never affected by wealth or poverty, by praise or blame and who can face criticism cheerfully for they are detached from the physical sheath, and identified with the Immortal Soul.

May all homage be unto such.



100. THE THRILL OF MASSAGE

After Swamiji gave his bone to a little crippled girl, for a long time the leg used to feel numb. Padma, a university student, used to come and massage his leg for him every week. This is what Swamiji wrote after one of the massage sessions.

Padma is so full of love and devotion, that she forgets the whole world, while massaging, often with closed eyes.

In no time my leg begins to feel the thrill of health and strength. The nerves, arteries, and muscles, in fact everything tingles and is full of life. In such a state with the massage, I too cannot do any work or reading. I just close my eyes and feel the Presence in every movement of Padma's hands.

What is it that moves her hands ? It is Shakti.

Does it belong to Padma or myself ? The Shakti is not two but one.

I feel that the Shakti is in Padma, in me, in the breeze itself and then I am transported to regions of Eternal Bliss.

May the Glory be to Brahman, the Bliss Absolute, The Shakti of Shaktis.

Om Om Om



101. DEVOURING THE BODY

It is always helpful to have one or two sweet foes, the so-called harmful enemies for the aspiring seeker of Truth, especially when he is reaching the transcendental heights.

In the first stages, the aspirant is examined in the crucible with

fiery tests. Blessed is the soul who can love his enemies too. It is not so easy to love enemies, but easy or difficult, one must pass through this indispensable transition state.

It is so helpful having fiery tests. Enemies like ravenous wolves wishing to destroy and disgrace you. The more they pick the better it is for the aspirant of Truth. The resultant factor is attaining the Immortal Atman, the External Soul which can never be touched by the most cruel hand of heartless foes.

So, good comes out of evil. They render a great service by forcing us within into the Everlasting Arms, and as this is the Source of all, misery is gone leaving the soul in Bliss.

May all homage be unto the Immortal Soul. Om Tat Sat Om.



102. REACTIONS

Reactions are possible only in duality and ignorance.

How can there be reaction in the One without a second?

Body consciousness leads to reactions and God Consciousness leads to actionlessness and freedom.

When one sees another, hears of another, thinks of another, here is a reaction. When one does not see, hear or think of anything besides his inner Centre, where is the reaction ?

Alas, how difficult it is and almost impossible it is to feel that state of no reaction, when one lives in the body in the world, having duties and responsibilities to be performed.

The one who has mastered reactions is above praise and blame, joy and sorrow. He is Centred in the Highest in his Primal Energy wherein none of the things of the world can ever dare to move or stir or create any reactions in his infinite and Enlightened Consciousness.

Om Om Om.



103. DOES THE OCEAN WORRY OVER THE BUBBLE ?

Think of the mighty ocean, the limitless waters of the ocean

worrying over a little insignificant bubble, not even the whole bubble, only an infinitesimal part of it.

Man being the living image of God, should be ashamed of all his inquiries, fears, and needless worries.

What a shame for the Limitless, the Eternal, the Infinite to worry over the bubbles which are changing and finite.

The Maya of form and name is deep and thick that it deludes even the wise. Yet the ocean is the ocean and the bubble is the bubble.

Always in both, may the delusion, through wisdom and knowledge, melt into the ocean which is all that exists and is ever complete and waveless. Om Tat Sat Om.



104. THE TWO WAYS OF APPROACH

As scriptures teach and Godmen say, there are so many ways to realise God. Although there are many divisions, they can all be divided into two.

The first is from the outside to the inside, from the form to Formless.

From the finite to the Infinite.

Here the mind struggles to reach, concentrate and merge in God. This is the way of Bhakti or Faith.

The second way is the way of Jnana or wisdom. In this one projects from inside to outside.

Firstly he becomes established in the Highest, then he spreads himself, recognizing the one Truth, one Presence in all the forms and names.

Here, there is no more struggle of the bubble-like mind in the Ocean of Infinity. All is peace and bliss.

In the first there is forgetfulness and remembrance now and then.

In the second there is no more forgetfulness. Time is perpetual awareness of the Splendour of millions of Suns.

This is the Sahaja State, man's Birthright.

May Peace be unto all.



105. CALL ON THE LORD

Many a teacher makes his disciples call on the Lord, intensely, with heart and soul, both day and night.

Where is the Lord in the first place ?

Is he far away from us in the sky or heaven ? If he is, we can call Him.

Even if he is separate and apart from us, we can call Him.

But when he is Inseparably and Eternally one with us, nay, when He is pervading and permeating the very cells of our beings; how to call Him with our voice ? When He is the mind, the Breath of the breath, the Life of the life and the Soul of the soul- when he is One without a second, how to call Him ?

In the early stages of Spiritual life, when man feels that God is separate from him, it is especially helpful to call on God with heart and soul, both day and night. As he calls and pines for the Lord he realises, that the God for whom he has been calling and seeking without has been ever abiding within the stillness of his purified heart, as the Indwelling Light.

Om Om Om.



106. BELIEF IN GOD

Do you believe in God ?

Do you believe that God is Omnipresent, Omnipotent and Omniscient ?

If so, you are now, wherever you may be, whatever you may be doing, in His Omnipresence.

You cannot escape from it, for you are sitting in his Omnipresence, having your being in Him either at work or rest, in waking or dreaming or sleeping.

You are forever in God, knowingly or unknowingly.

Your strength and happiness lies in the constant awareness of your inseparable and Eternal Oneness with the Light of Lights, the One

Indivisible Presence. As you recognise this you must FEEL His Presence in your very life now and here for He is always present, Eternally present.

Om....Om...Om...



107. NO MORE FORGETFULNESS

I want that state where time is no more. Wherever time is, there is remembering God, and the awareness of His Presence, but inevitably there follows the state of forgetfulness too.

That blessed state which is man's birthright is both above forgetfulness and remembrance. It is a transcendental condition where duality exists not and where abides the Splendour of millions of Suns.

But this is to be actually felt and experienced in one's own life through deep reflection and intuitional meditations. Thus alone one realises that blessed condition which is Eternally free of forgetfulness or remembrance, day and night.

Verily it is only Light - no darkness. Om Tat Sat Om.



4. THE VOICE OF OMKAR

1. FASTING

Of all the sufferings in the world, the suffering of the man who overeats is simply indescribable.

You may remember, from your own experience, the days when you may have overeaten because of the compulsion of friends or relatives, or because something tasted very good, and you just could not stop. How very uncomfortable you felt; how uneasy. In this state of having eaten too much one cannot do one's work properly and cannot even move freely to and fro.

Of all the joys in the world, the joy of fasting, controlling all the senses, and at the same time merging the mind with the Divinity, is inexpressible and indescribable.

If you have any such moment of Divine communion, you will know the truth of my statement from your experience.

Many people think that fasting means not to eat what they normally eat such as rice and bread, but to eat sweets and puddings etc. Such "fasts" do more harm than good.

In the higher sense, fasting does not mean to abstain from eating any food. Real fasting is to fast away all the evil propensities and to attune oneself with the Universal Energy or Truth.

In fasting one should always try to curb the senses and to give up one weakness after another. Every fast should lead us from the mind of the senses toward the Glory of God.

In every fast we must always aim at curbing the weak negative actions that are making a havoc of our lives.

We should not rise to conquer the senses on fasting days only, but always.

It is said that one who eats once a day is almost having a fast daily.

Even if you eat twice a day, you are observing a fast between

meals so in those periods try to overcome the little qualities or negativities that are poisoning your lives.

If you want to fast away all that is weak and low, you should not be eating all kinds of spiced, pungent and non-veg foods. Where there is fire burning, you add fuel to the fire. The more it burns, the more you want to quench the fire, so do not add any more fuel to the blaze.

Fasting once or twice a week will help you a great deal, physically, mentally and Spiritually. You should not observe fasting as a slave, but as a Master.

With God Consciousness, the fasting will be natural. One does not feel that he is even fasting. With body consciousness the fast becomes unnatural and one feels miserable.

You should not fast because of custom or seeing others fasting, or at the insistence of others. When you feel from within yourself that you need to fast, then do it. This is acting like a Master and not a slave.

Always remember that the essence of a fast is to remove all that is sick, weak, and smacks of desire and duality within you.

Let us begin our fasting with Om and keep chanting during this time.

The results will be wonderful and amazing.



2. DO YOU KEEP BUSY ?

I am never tired of repeating that the idle brain is the workshop of the devil. When one does not have any work to do, devils will be tempting him continuously; the senses will be leading him astray.

When one is busy with some ordained work, he does not have time to think of any useless things. Laziness breeds so many mental diseases which lead in their turn to physical diseases.

Swami Dyade, founder of the Arya Samaj was asked if he ever felt passions.

He replied that every moment of his time was occupied with the service of people and the rest of the time for prayer and meditation, so he did not ever get any chance of thinking of anything else.

If we could only occupy ourselves with something or other continuously whether in meditation or work, how much richer our lives would be. All great souls have been men and women of great activity never spending even a minute in laziness.

So let us make it a point never to be idle, even to allow a tiny moment to pass, without doing some work for our development or for the help of our fellow workers.

May our senses, minds, intellects, and souls absorb themselves in the Holy of Holies as we chant Om, recognising the One Presence from Eternity to Eternity.

May Peace be unto all.



3. SOUNDS

Yesterday just we were about to begin meditation, a little child started repeatedly calling to his mother; Amma -Amma-Amma.

Many of us, undoubtedly think such sounds are a great disturbance when we are meditating.

It all lies in the way in which we look at it. All experiences can be Spiritualised.

In the first place, it is nothing but the expressing of the One vibration of Om, even in the child, Secondly, we could call also “God” with the same longing. As I am writing, a crow is expressing the same note in a different tune. The very birds all around sing the one Universal note in different tunes.

How blessed are those who can recognise the unity in duality.

We all long for a silent place which is free from every sound. But this is impossible in this material world of name and form. That place is only within ourselves in the stillness of our hearts if we can only enter there.

We may retire to the Himalayas and even there we will find some sound or other. We cannot prevent birds from singing, neither the wind from blowing nor the dry leaves from falling, so the next best thing you have to do is to recognise Him in everything. Feel his vibration in every sound.

There are two things that I am trying to emphasize in this message: If you want to realise that great place which is free from every sound, then you are to enter within yourself. The Kingdom of Heaven is within, so merge within and in the deep stillness of your heart. When even the heartbeat has slowed down with the breath, you will hear the sound of Om Om.

So long as we live in the manifested world, as we engage ourselves with the respective duties of our lives, we face so much, we hear so much, so while in the world let us see nothing but Truth and listen to nothing but His still, small voice.

Sooner or later, for the freedom of our lives and peace of our souls we are to Spiritualise all our thoughts, as well as our words and deeds.

Both in the beautiful and the ugly, in the pleasant and the unpleasant, in the discord and the harmony we should not recognise anything else but His sweet Presence.

Now let us chant Om, recognising and feeling His Glory and Beauty within and without.



4. SILENCE AND MEDITATION

Recently I have been speaking of extolling work. I do not want you to think that I extol work more than meditation.

I love work but I worship silence, but how very difficult it is to enjoy those sublime states of meditation, hence it is through selfless work that one reaches the portals of meditation.

I abhor that kind of meditation, in which one's own ordained work is shirked while he sits with closed eyes allowing the mind to wander and enjoy all sorts of names and forms.

I want you to work with happy smiling faces and a contented heart.

Carrying loads and prattling all the time is not work. Condemning and preaching is not work. We all think that we are working hard but who is the one who is doing real work ?

Not the meditator with the wandering mind I have just spoken

of, he is called a hypocrite in the Gita. Work is done by the Consciousness, the Creator, the Divinity. Our work is to reach that Divinity. What a great hard and uphill climb it is to achieve silence through prayer and meditation and thus reach the goal of life.

The greatest work that gives us the taste of freedom is to make the mind free from modification; can we do this ? Whether we can do it or not this is the only goal for our lives. Do it daily for the freedom of your soul, and for the welfare of humanity.

I want you to remember that you will never feel His Presence in meditation if you cannot feel Him in the world.

Let us chant Om and strive to feel that ceaseless flow of His Presence both in work and in meditation.



5. CHANTING OF OM

Yesterday it made me happy when Jnaneswari said that she was listening to my chanting of the sacred syllable “Aum” in the early hours of the morning.

It is wonderful how certain souls can listen from a long distance and others fail to listen even from a distance of just a few yards. It all lies with the attunement of the individual.

In chanting “Aum”, there are three things that are most essential in order to get the desired effect :

1. The rhythm of the syllable or song.
2. The meaning of the word.
3. To sing it with feeling.

When these three are done simultaneously, the result will be illumination.

Let me share my personal feeling with you of how I Chant.

“Aum” can be chanted not with the lips alone, but with the full mouth; not with the full mouth alone but with the full mind and heart; not with the full mind and heart alone but with the full strength of the soul.

You may be surprised to hear, but we can chant “Aum” even with our eyes.

How strange - why with eyes alone ? We can chant it with every cell of our body.

As I begin to chant, first I ask the blessed mind to be prepared to chant “Aum”, then I ask everything which is pervading and filling my body to chant “Aum”, How can I express to you the great ecstasy of chanting “Aum”, with every cell of your being ?

Please practice it for a day or two to make every cell of your being resound with the sound, only then, when doing this alone, will you realise the marvellous effects, and beauty.

I am not satisfied even as I chant with every cell of my being, for I want to see everyone and everything sharing the same glory and ecstasy.

In the chanting everywhere everything surrounding me joins me to sing. The pale-looking stars also join in singing the last song of the day. The wind joins me too. And in the early morning the sun comes up to be with me in the chanting of “Aum” with his penetrating rays of light, life and love. All join in consciously or unconsciously.

As the chanting continues, all different notes from different sources blend into the one vibration of “Aum” and the result is the Cosmic music of the Sacred flute. Purification begins within and spread itself without, over the whole world.

Now let us chant “Aum” not with just the lips, mouth, mind and heart, but with each every cell joining this whole Cosmos in the chant. May peace be unto all.



6. ASKING NOTHING IN RETURN

Today I will begin with a short story, which I read in a magazine.

There was a servant in a village whose sole desire was only to meet the King in his palace. He tried his best, but of course he was prevented from entering, by the guard at the gates.

He was so sad and crestfallen so he approached a Spiritual teacher with his problem.

The teacher, hearing that new construction works had started for extensions to the palace, suggested that he work there as a labourer.

On pay day however, he must refuse any wages. The servant did accordingly.

After a few weeks had passed people began to notice him and wonder that he could work for so long without being paid. What selflessness and devotion this man must have toward the king.

Of course the news spread to the palace and the King called for him.

There he was, seeing the King in his palace. He refused to take the wages even from the King himself, saying he was happy just working for him.

The King then offered him a responsible post with a wonderful salary in the palace itself, but the man also refused even this. He was content just to see the king.

The king marvelled at his complete devotion and said, “You always” need not take any wages, but just be with me here in the Palace. The king then began to worship him as his Guru and ideal of selfless and devotion.

A short story with a world of meaning giving us the needed inspiration and stimulus for those who want to love God for the sake of love.

It we want to be loved by God, if we want to become one with Him, the only way is to become completely selfless.

If we analyse our lives, we see to our shame, all our love and devotion is on the basis of business.

We bargain with God for every little worship we offer to Him. What will we get if we worship Him ? Our reward is in the love itself, the love we give out, and not in getting anything.

The Gita teaches us to work but without rewards, but in spite of the teaching it is very rare to see souls who are loving God for the sake of love. My homage goes to these souls.

It is easy to say that we are doing duty for duty’s sake, but it is impossible in our practical lives. It is only the souls that have had a vision of His glory and have tasted the nectar of immortality that can work without expecting any reward for they have realised the cosmic Glory and are content within themselves and no one else.

So long as we are mentally confined to physical bodies we cannot help but expect some reward, as feeling you are a body, you feel you need so many things.

When you feel however, that you are the spirit, you need nothing because deep within you KNOW that your needs will come to you without you doing anything.



7. CONCEPTION OF GOD

Whether it is today or tomorrow for you or for me, freedom comes only when we are blessed with the True conception of God, and it is not enough to have this in theory. We need to FEEL this in a practical way in our very lives.

So long as you feel that God is far off or away, somewhere in Heaven you cannot help but forget Him. Once you have the true conception of Him, the highest possible idea of Him, how can you ever forget Him ?

Can you separate the rays from the Sun ? Can you separate the coolness from the river water, warmth from heat ?

Similarly when once you understand the Interpenetrating Presence of God, you can never be aloof from Him under any condition.

When you understand God as the interpenetrating Presence, the very Light of your eyes, the Life of your life, the Soul of your soul, the Silent Witness of your very existence, how can you ever forget Him ?

When He is seeing in you, listening to you, thinking in you, expressing in you, flowing in your very breath ceaselessly day and night, how can you ever forget Him ?

To make the point more clear, let us take the illustration of a wave in the ocean.

What is the relationship of the wave in the ocean ?

Is it in any way separate from the ocean ? Is it ever apart from the ocean ?

It comes from the ocean and it dissolves in the ocean. The same water which is in the wave is in the ocean. All agony comes when the

wave is separated from the ocean, for the ocean is its strength and its life.

Similarly if we separate ourselves consciously or unconsciously from the Indwelling Presence, Spiritual death will be the result.

Those who do not have the true conception of God are lost with an uncertain future of not enjoying His presence, but those that have the Highest conception are enjoying Him in the Present Living moment.

May we be blessed with the highest conception of God and thus enjoy the highest bliss which is our loving heritage in every moment of our lives !

This is my ceaseless prayer for you all. Om.



8. HOLD ON

It is great privilege to meet in His Grace once again.

We must be grateful and indebted to God for giving us another day to silently grow and progress, to become one with Him. May we sincerely strive to make best use of this day.

People can be divided into two classes : Those who want to learn from everyone and everything, and those who do not want to learn at all for they feel they know everything.

Of course I am not referring to those great souls who have Realised the Truth, for they have nothing more to learn.

If we can only desire and crave to learn, ever remaining in the attitude of seeking and assimilating, there is so much to learn even from such little things as flowers, birds, kittens, stars, Sun, Moon etc. not to speak of the human kingdom. Wherever little children are, are the silent teachers or emblem of purity and innocence.

I heard a lecture in America and the gist of it was: Hold on, then Hang on.

I am holding Truth and constantly clinging (hanging on) to it.

What a great privilege it is to hold God and to live in Him always.

Thus in our daily lives, as we listen to others, from everyone who comes before us, we should try only to hold on to what is appealing

and thus assimilate the same in our lives.

What we cannot understand can be left out and what is helpful can be taken in.

How much time do we devote to God ? Two hours a day is nigh impossible. Such is our helpless state and yet we all want God. We want things without paying the price. We are too busy to meditate, and if we try our minds are occupied with so many other things. We cannot spare a few minutes from our business of pleasures. It is a sad story, because we must realise that our business, our most important work or pleasure should be with God, and the rest will fit in smoothly.

Feeling His Presence in each and every cell of our beings, in our very eyes, mind and intellect, is such a joy, such a great joy.

Give yourself a little time during your waking hours - just a little time, and during that time sit quietly and recognise the fact that there is a Presence dwelling within you. Keep your mind on THAT with determination and soon you will begin to feel the vibration within your Being.

As we chant om let us FEEL His Presence and Glory pervading us and the whole Universe.



9. MORNING THOUGHTS

It was very early. The Sun has not yet come up when I came up on to my roof to meditate as usual. I had to wait a long time before feeling his warmth on my face, but it did not matter, as I was waiting only for the inner Sun to come out and shine from the depths of my heart.

At that early hour of dawn as I sat there facing Glory all around. I could not help unconsciously bending my head and murmuring a silent prayer.

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

Sanctify me with Thy infinite Peace and Universal Love.

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

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

My worship is only in recognising Thy sound and touch in every voice and form. Often I wonder how best I can please Thee.

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

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

If you wish to bless me, then bless me with your Divine qualities and attributes of Sat Chit Ananda, Existence absolute, knowledge absolute, Bliss absolute. “This is all that I ask of Thee.”

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

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

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

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

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

It seemed as if God was saying :

“My child, if you want to be blessed with my attributes of Sat Chit Anand, first worship me in all these manifested forms. This is the easiest and most direct way to come to Me.”



10. MERGE IN HIM

Today I do not know myself what to say, neither do I know what you want.

All of you must be craving for the Highest otherwise you would not be here.

According to our individual development we crave things, but sooner or later we finally begin to crave for that Something which is beyond us which is the goal of all human existence, and which is the attainment and experiencing of the Cosmic Consciousness, the Realisation of the Presence of God.

We have learnt from the scriptures and from Realised Souls that Truth is beyond body, mind and intellect.

Eyes cannot see God, ears cannot hear Him, mind cannot reach Him, and intellect cannot comprehend Him. The little ego is helpless before His incomprehensible Splendour.

A bubble can never fathom the great depth of the ocean, by jumping out of itself, so the only thing for the bubble is to dissolve into the ocean to become the ocean.

Similarly we are to merge our senses into the mind and mind into the intellect, and intellect into the ego, and the ego into the Paramatman, the Universal self, to realise the inexpressible Glory in all stillness.

Let us chant the Sacred Om and recognise Him in all, all, all.



11. ASSIMILATION

We read so many books, we listen to so many lectures week after week, but I do not know where it is getting us.

Sometimes Spiritual thoughts will not even enter our heads. If they do, they pass away from one ear to another. If we could only digest and assimilate even one hundredth of what we read, how complete our being would be.

It is difficult to be affected by Spiritual thoughts for they hardly reach our hearts and even if they do, they will remain there only so long as we are in Spiritual company.

When it comes to our daily physical food, how easily we can digest that, taking it with great relish. Idly and other good things go down completely and get themselves settled comfortably and begin at once to be transformed into blood etc. We should feel ashamed of ourselves for our luke-warmness and disinterestedness in things Spiritual, and our great zeal and pleasure in worldly things.

You can see from your own view that this is so, and yet the strange thing is that we want God. Somewhere in our being we want THAT - and yet we push it to the background and continue in our own sweet way until something comes along that hits us down and then the first thing we call for is God.

We do not know what He is, and we are not prepared to give up anything that we have in time or sacrifice of our pleasures to do anything about it. We will of course give some money to the church or temple or something and then we feel good, and our guilty feeling, which is really the soul calling us, seems to be appeased until the next time.

If you can only get the Truth into your heads that there is only one way and that is to admit that He, this energy, God, call it what you will, is here and now within your entire being, your other half. Only when the two halves merge as One will you find peace within yourselves and in the outside world in which you live in your home, with your workmates, your bosses, your families and your friends.

Life will still go on but at a different tempo with tremendous joyousness.



12. SEE GOD IN ALL

It was Lord Christ that said: "Eyes have they, yet they see not. Ears have they, yet they hear not."

We are seeing everything except God. We are hearing everything else except His sweet voice.

How pathetic is our life seeing: the form and neglecting the formless Truth, clinging to the shadow and neglecting the Light, the Spirit.

The reason for this is that our lives are lived facing outward instead of inward.

If we meditate and recognise Him, His Presence, in the stillness, we will then automatically be facing Him on every side in the outer life of activity.

Eyes are intended to see Unity. Ears are intended not to hear words of discord but only of beauty and love.

Let us leave aside all our philosophers and religions and strive to FEEL this Highest vibration that we call God, in everyone and everything from morning till evening, what a glorious life would be ours. How near and inseparable God would be to us.

We ignore what is face to face, simple and plain truth, and we run after the hidden unknown and mystical things. It is so, and to see that we do not use our God-given faculties, but on the contrary we misuse them.

If only we can tune ourselves into the Universal Energy, how we can enter into the heart of not only He, but animals, plants and flowers too.

When I see trees withering from lack of care they seem to say : “We are neglected and dying for lack of water”. When I pass by the trees that are drinking plenty of water they seem to express their gratitude, bending their boughs as if saying: “We thank you and are grateful for your tender loving care.”

Forgetting the little self, we must try to enter into the big self of all life.

There are many people that do not care to look at the roots of the trees and their eyes are only towards their fruits. They do not think of pouring a bucket of water to the withering tree, but they are the first to pluck their fruits. The cause of this cruelty or grossness is only selfishness. The more one is selfish the more he lives only for himself, denying God everywhere. The more one is selfless, the more He beholds God everywhere and in everyone.

It is time for us to feel His Presence in the stillness of our hearts and then to behold Him in our family, children, servants, pets, recognising every form as His and every sound and vibration as the source of all.

Let us refuse to see ugly sights.

Let us refuse to listen to words of discord.

Let us refuse to think ill of anyone.

Let us use our senses and mind only to recognise beauty, love and harmony, which is His Highest Vibration.

Again and again let us persist in beholding only the Reality in the unreal, the Changeless in the changing and the Unmanifested in the manifested.

With a firm determination to behold God everywhere, to live and move and have our being in Him let us chant Om Om Om.



13. EVERY DAY A NEW YEAR'S DAY

I am always happy when the New Year comes.

I am happy when the new month begins also.

I am also happy every day when it is dawn because of the new day.

I should learn too, to be happy at the birth of every hour; why not at the approach of every minute and second? How blessed are they who realise the joy and preciousness of every moment. It is only in that way that one can silently grow from moment to moment toward the Godhead.

It is on this New Year's Day that many people make fresh resolutions bidding adieu to the old life of bondage and shackles, but by the time the next New Year's day comes, the same thing is repeated again and again.

Thus man is winding and unwinding himself, in making resolutions on New Year's day and in breaking them all through the year.

We are winding and unwinding ceaselessly, we are climbing the steps and getting down again without reaching the heights. A little anger, passion or egoism unwinds all the progress we make through our prayers and meditations.

Through loopholes of these endless desires, our life's energy is ceaselessly flowing into the dry deserts of waste.

May we sincerely determine on this special day, never to unwind,

but only to wind and wind, spin and spin, climb and climb, under all conditions of life until we reach the goal of our precious human birth, namely Conscious Realisation of the one indivisible Presence.

May we feel now in the stillness of our hearts a spark of His love and resolve to intensify that Divine spark into the conflagration of millions of Suns, so that we are conscious of THAT within and without.

Above all may we realise the viciousness of time and so make use of every moment as a new birth, evolving from moment to moment until we reach those Blessed Heights, realised by all Saviours and Sages in East and West where there is no more unwinding, falling down or turning back from untruth.

May peace and Goodwill abide in the heart of all. Om.



14. HAVE YOU CLEANSSED YOURSELF ? IF NOT, HOW CAN YOU PRAY ?

So long as the restless mind is not fixed or absorbed in God it never stops thinking. It is ceaselessly engaged in making some plan or other. If you watch carefully you will see that often the thoughts are so disconnected having neither head nor tail.

When ordinary people come to see us we are disinterested because we feel that we are wasting our time, but when rich and educated people come we try to be all attention, and endeavour to see that all is clean and tidy.

When we take so much care and interest in receiving ordinary people imagine what we would have to do and how much we must prepare ourselves to receive God as our visitor ?

Does He come so long as there is this little ego in us ? What is the use of calling Him with our lips when our hearts are black ? Are we worthy and ready to receive Him, is the point ?

When the school inspector is coming, all are ready for him. When the superintendent of the post office is due, our postmaster will sit up all night in order that all is perfection. But we do nothing at all to make ourselves ready to receive the highest vibration in the Universe - God. To be blessed with his Presence, we must not only endeavour to wipe

away all past Karmas, but must see that we do not make more, entangling ourselves in shackles and entering more and more into bonds of ignorance. How foolish to expect God in this state ? Let us purify ourselves more and more and entering more and more into the stillness and feeling His Presence.



15. DO YOU LIVE JUST FOR YOURSELF ? LOOK AND SEE

As I sit here in the meditation hall I am very touched to see a devotee offering not only a place in this crowded hall but even his own mat for one of his fellow-workers. Verily where there is selflessness God is there. Where there is selfishness, He is hidden and covered by deep ignorance.

At the railway stations people push and behave like animals, whilst there are others again who sacrifice their seats and remain standing for the sake of the comfort of their fellow passengers. What a great contrast between these two kinds of people, as much difference as the North and South poles. One is steeped in selfishness and the other is centred in pure unselfishness.

Let us compare ourselves with the selfless lives of Christ, Buddha and Krishna and other great souls.

Let us merge within and see whether we are living for ourselves or for others.

Let us see whether our thoughts, words and deeds are only for our selfish solutions and freedom or for the welfare of humanity.

Blessed are they who are living for others. Blessed are the lives of the Holy saints, and blessed are we to be privileged to read and hear of the great Glory of their complete selflessness.



16. GO WITHIN AND FIND YOUR CENTRE ?

The hoary-headed Sacred Himalayas are noted for their grandeur, sublimity and natural beauty, hence it is no wonder to see these many lovers of nature, God seeking souls, finding joy and consolation in their loveliness. There are similar places the world over for people to find

peace and rest, whenever they are tired with the activities of life.

We find many people coming to our Ashram to seek that rest and repose in the stillness of our abode of Peace, and those who want deeper states of silence move right up to the top of the hill to be alone.

The point that I am trying to make is that we are all trying to find a place of rest and peace. Even in a big house, when we want peace we try to retire into the prayer room, or to go to the other end of the garden where it is more silent, just to “get away”.

As there are such lovely spots the world over, there are similar peaceful spots or seats of consciousness within the being itself.

For instance, the seat of the heart is considered by many as the place to meditate upon and feel His Presence in all its Glory. The seat of individuality between the eyebrows is considered as the meeting place of the individual with the Universal by the followers of Yoga. They find unity at the seat. Men of wisdom, of Self Knowledge, meditate on the Sahasrara, the thousand petalled lotus trying to dissolve the little “I” in the Splendour of the millions of Suns.

There is such a Sacred spot in each and every individual, which is the common property of all, where the nectar of Immortality is perpetually flowering. It is with us now, but the curtain must be opened by YOU.

Immortality within ourselves is to be satisfied by resting within ourselves.

What a great consolation it is to have the Source with us so that we can just turn within when tried and tested with tribulations of mundane life.

It is up to us to find peace now or never, as peace alone is our birthright and it is flowing within us ceaselessly. It is only our curtain of ignorance that prevents us from pulling the curtain aside and letting the Light of our Inner Consciousness flood our entire conscious being, bringing with it completeness, harmony and peace.



17. ARE YOU CONSCIOUS OF THE CONSCIOUSNESS ?

Every morning before I leave my bed, with the first glimpse of the dawn I reflect :

“O Lord, here is another blessed day of sunshine, given to me by You.

Bless me to make best use of it in every way.

Let me glimpse thy Glory thus making this day a better day than yesterday, centering myself ever within.”

Often I find myself murmuring another prayer:

“Father, I am not asking Thee for health or strength, but just bless me with Thy ceaseless flow of Glory, with Thy Presence and Love not now and then but in every moment of my life.”

I am sharing these words hoping that they may help you as they are helping me.

Is not the goal of all our prayers, worship, studies and meditation to attain this blessed state of Atonement with the Indwelling Presence in every moment of our lives ? It is easy to remember Him when we are in the prayer room, when delivering or listening to lectures, but we need to remember Him at all times and under all conditions, even when engaged in the daily duties of our lives.

How to remember God always, never confining Him to time or place, name or form, creed or teaching ?

Ramakrishna’s words solves this intricate problem: “So long as you keep an iron piece in the fire, it becomes red hot, but the moment you take it from the fire it becomes black again.” So how to keep it hot? By keeping the fire ever burning and never taking the iron out.

Similarly if we want to live in that continuous Glory of Ceaseless Divine flow, the only way is ever to be centred in Him. knowing that He is pervading and permeating our very beings.

Those who have the true conception of God as the all pervading and interpenetrating Spirit of the Universe, One without a second, alone can live in Him, never forgetting Truth even for a moment.

They are always in Him and whatever they are doing they are doing it in and for Him alone.

My life's ambition and goal has always been to realise this Glorious state of God where there is no more forgetfulness which is Spiritual death, but there is perpetual recognition of His Presence which alone is Life and Light.

Feeling the Indwelling Presence, let us chant Om..Om..Om...



18. BE ALONE WITH GOD

Once again we are privileged to meet here in His name and to feel His Presence. How blessed are the moments, hours and days when we are alone with God ?

If we analyse our lives we will see that we have very few minutes alone with Him. We spend our time with friends, relatives, dear and near ones, but we do not find the same amount of time to spend alone with God.

How silly we are. This is just as real an illness as any physical illness that we may have. We live with this illness for months and years forgetting that there is a Presence dwelling in us which is a treasure house of all that is our need more, and we ignore its existence.

We spend days and nights worrying about our trials and problems and we are alone, not knowing which way to turn-and there is the answer within us.

Alone with our blame and praise, alone with our anger and sorrow and every other kind of weakness. Why should we not be close to the Life of our lives, the Soul of our souls, which is the goal of our very existence ?

We should set apart certain periods of time much as the hours of dawn or dusk to commune with Him and to be entirely alone with our Divinity.

It is a glorious state to be always alone with God, irrespective of the outer activities of life.

Strange as it may sound, we can be alone with God even in a crowd of people provided we refuse to recognise duality and persist in beholding the One in the many.

Even if we return into the solitude of the Himalayas and fail to

see the Divinity within and without, we are not alone with God.

Our real life is to be counted by the number of precious moments we spend when we are alone with Him. These precious and real moments of unity should be our life's goal and soul until we are Eternally One with Him.

Let us chant the Sacred Syllable recognising the Eternal Inseparable and Invincible Oneness with Truth or Godhead.



19. LOVE

When everything else fails in leading us towards our desired goal, it is Love and Love alone that brings success, whether it is physically, mentally or Spiritually, for God is Love.

It is easy to love those who love us, but how hard to love those who blame us and defile us. But the greatness lies in loving those who do not understand us.

When once we are blessed with the spark of His love we cannot help but love one and all equally. If we harbour hatred or ill feelings towards anyone it hurts us alone for we are dividing the One Indivisible Self.

When the heart is filled with Love, the whole world reflects only love from that which we have within and which we radiate without.

May we ever center ourselves in the Infinite Love which is our birthright.

Feeling the Glory of Love let us chant Om... Om... Om..



20. BE TRUE TO YOURSELF

How difficult it is to please one and all in a world where each one is in a different state of development, but we must be true to ourselves and without fear act in the way in which we know the Highest Truth.

A devotee of God desires only devotion and a Jnani man of knowledge, wants nothing but knowledge and wisdom, the state of illumination.

One must never be satisfied with the elementary things. Stagnation

is death and we must be growing all the time. Look at the seed, how it grows when sown in the soil, then the tiny thing sprouts, becomes a tender shoot and then becomes a gigantic tree.

There was a time when cannibals used to think that God should be appeased by human sacrifices, and there are ignorant people today still worshipping God with sacrifice of innocent birds and animals.

As they grow, they leave that and worship God with flowers, incense and elaborate ceremonies. Advancing a little higher they worship the fragrance of the flowers and incense, and eventually they turn within and worship Him as part of their very being within the microcosm and without in the Universe as the macrocosm knowing that there is only One.

We must be strong enough to be true to ourselves. If we are true to ourself, to the God within us, all will be well, as the night follows day and the day follows night, letting no man turn us away from our inner centre.

When a cart is pulled by bullocks, the wheels are rolling automatically.

When we are centred within on the Living Presence of Truth, we will, never go wrong, never make incorrect decisions, as it will be the Presence guiding us all the way, so that we will be living our life in harmony with the Whole in Love, Service and Truth.

Centering ourselves on the Indwelling Presence let us proclaim only the Truth to the whole of humanity.



21. BE STRONG AND OF GOOD COURAGE

How precious is this moment.

How blessed it is to be in good health.

How blessed it is to have the opportunity to spend time in silence.

Often we cannot appreciate these great blessings, which are pathways to Spiritual progress.

A time may come when we are ill, that we will be sad and repentant, looking back over the blessed days of health which we wasted.

When we are dragged into the world of bustle by its so called duties we long again for the silent days of peace, that were not made the best use of when the opportunity was given.

So let us be careful before it is too late. Let us make the best of our time when we are healthy and when we have the time to be peaceful and at rest.

Often, the more a man wants to walk in the path of Truth the more obstacles, troubles and temptations will be placed in His path. It is only then that one should assert all his God-given inner strength and try to make that very stumbling block into a stepping stone.

It is up to us either to be crushed by our own losses and trials or to triumph over them considering them really as blessings in disguise.

Even depression or sorrow should be made the best use of, to lead us into the kingdom of happiness. With a firm determination one can make anything and everything. So regardless of the condition of our life in the world of adversities, let us resolve now to make best use of our time, health and silence our Abode of peace within.

May Peace be unto all.



22. BE A TOWER OF STRENGTH

It is difficult to understand what self-reliance is.

Only a man who has strength and health can understand what physical strength is and one who has a steady and concentrated mind can understand the beauty of one-pointedness.

Similarly only one who is living and breathing in the Self, is surrounded by it, can understand what self-reliance means.

Nothing is impossible for a man of self-reliance. He can do anything and everything, because of his total reliance on the Indivisible Self. The reliance being not on the little “me”, the ego, but on the Consciousness Itself. Because he has realised the Self, he is Self-reliant.

In a man of self-reliance, the little “I” is absent. One who lacks self-reliance works and lives as if he is the embodiment of flesh and blood, ever clinging to his ignorant self or ego.

It is the Consciousness of self and Truth that brings success in any work to anyone.

Become One with this Indivisible Self is my earnest prayer for you.



23. WHY SEARCH ?

If I say that I feel sad for those people who are searching for God, you may be surprised, but why should they search for Him? When He is interpenetrating the whole Universe, and is the Heart of our hearts and the Breath of our breaths ?

It is time we gave up searching and recognised Him within and without.

Shall we remain for ever as mere children ?

Of course, those who are searching are infinitely better than those living and searching for the worldly toys of name and fame, ever living for the worship of Mammon.

So long as you are searching for Him you are in ignorance, blindly looking for God without knowing where He is. You are searching because you are in duality. The world needs those who have risen above the search.

Only those who have known His love can say: "Here He is". All others will have to engage themselves in endless and futile searches.

How blessed is that state, where there is just completeness, contentment and perpetual peace within and without, for God is the only reality and there is nothing else besides Him. Can you understand this ?

All, all is He. All is THAT. You do not have to search, just merge every moment whatever is in front of you because all is Him.

A vibration of totality, fullness, harmony, love - It is condition of the being.

May you merge into this. Om.



24. LISTEN TO THE SILENCE OF YOUR SOUL

If there is anything interesting in this world, it is the growth or evolution of man from day to day. It is interesting to watch the growth of the flowers, plants, birds, kittens but nothing is as wonderful as watching the progress of the soul from day to day.

When we were children we spoke as children, but as adults we must speak as such. When young we had a crude conception of God, but it should be different now.

There was a time when barbarians used to think that God has to have human sacrifices, and today animal sacrifices are still used, in worship.

Does God really need this kind of thing ?

There was a time when we thought he was far away and we had to shout and name our desires. Many people still think this way.

As we pass from one stage to another we realise that God is the Interpenetrating Presence, never separate from us because that HE is in actual fact the Higher Powerhouse of our being and can be contacted and felt through concentration, contemplation and meditation, by control of the senses, and by the annihilation of the little "I".

When we realise that He is the Causeless Cause, the Incomprehensible Truth, that can never be reached even by mind or intellect, then we turn within to recognise Him in the stillness of the heart, through deep silence.

Who can describe the ecstasy and joy of a soul walking the mystic path blessed with personal experiences, of the Highest Consciousness ?

Such souls find progress from day to day, hour by hour and minute by minute, until they come to the very summit of their realisation, wherein they are blessed with the nectar of Immortality which is the goal and soul of Existence.

It is Blessed to reach those glorious heights where there is no more to learn within or without, realising which, they are realising everything.

Such souls can live in the world in total harmony with themselves

and with others.

May silent adoration be unto these Perfect Ones. Om.



25. SEARCH NOT FOR WORDS BUT SILENCE

What I want to give to you today and every day can be conveyed in a few words, but you will not appreciate it without many words.

You will feel that you have been waiting and waiting and I gave you nothing whilst you expected a long intellectual talk. Sorry, I cannot do that.

From your standard you are right, as we are all fond of words. Without words there cannot be any outer work or activity, and they make life palatable through communication just as spice makes your food taste good.

In the same way you cannot accept the simple plain Truth so masters have to dress it up flowery language and hide the answer, then everyone is happy. This you will not get from me. I am not prepared to waste my precious time going round in circles to make you happy.

A real Sadhak, one who is living for Truth, does not care for all these descriptions and empty life-wasting words. What he needs is only the kernel which is the essence of all the words.

The kernel is the Living Fire of Realisation.

So I want you all to be real Sadhaks today and listen carefully while I give the essence of everything, the kernel, the Source, the Seed.

Let us turn to the Highest, making our minds Sacred so that its thirst will be quenched from the wealth of Heaven.

God, the Cosmic Consciousness, the Father, Shakti, Power, Energy Vibration, call it what you will, it matters not, is the energy that penetrates the entire Universe and all those beyond. It is one Force, there is no other. You can contact it in anything and everything, but the easiest way is to centre yourself within at one point which feels natural to you.

Everyday sit and endeavour to FEEL this presence in the form of energy or the breath your own breath by the repetition of Om or Soham, or if you are a Christian "I and My Father are One".

When you come back into your daily life remember to remember this Presence the Thou, there beside you always. Surrender your mind to it repeating "Thou art with me always", That is all. Keep that awareness in everything you do. That Presence is the Source of you, yourself, the other half of you. The half that you know is the active part that which you feel you are apart from is the subtle form of you, which is permeating every cell of your being.

If you do this day after day, remember to be aware of the Presence without and be silent once or twice a day to feel Him, then one day it will happen when you least expect it and you will KNOW what you are - no one can teach you this - and then life will be wonderful. Nothing will change, it will go on in the same way, but it will be another YOU, always in harmony with the whole, always walking in the Light of Lights.



26. THE THREE MONKEYS

Today I want to speak about the three monkeys. We are all monkeys in some form or other for we have the fickle restless monkey mind in us.

The statues of the three monkeys is a gift from our Sushila.

Look at this statue. All the three are unselfishly united Akaan, Akena and Vakaan. One of them has closed his ears, the other his eyes, and the third his mouth. They have a very great lesson for us. If we could only strive to practice what they have to teach, we will realise God right now, this moment,

The message of the first monkey who has his hands on his ears is this :

Dearly beloved one, use your ears only to hear harmony and loving words and the name of God always. Close your ears when you hear words of discord, hatred, bitterness of condemnation. Utilise your ears to hear His still small voice.

Now the monkey with closed eyes speaks :

Dear Devotee, use your eyes only to see God and His Glory in all and to see His beauty in the outside world of nature. Close them when you see ugliness or things that create desire or passion of the

lower senses. Use them for His worship.

Finally the monkey with its hand over the mouth speaks:

Dear Child of God, I am the worshipper of silence, for words lead to strife and conflict, Give up all gossiping and chattering. Never speak idle words or words that hurt others. Remember that all power is in silence, and the highest form of worshipping God is the recognition of Supreme Silence.

So let us practice what the three monkeys are teaching us. Let us practice to be still in our silent meditations and let us practice to behold His glory and to listen to the one vibration of Om in the manifested world and above all to feast our eyes on His stupendous splendour and beauty as we work and move, engaging ourselves in the respective duties of our daily lives.

Om Tat Sat Om.



27. BIRTHDAYS OF SAINTS

How sad it is that we only feel the Spirit of the great souls on the day that their birthday is being celebrated.

We feel Christ's love on Christmas day, Buddha's mercy on His birthday, and Krishna's spirit on His birthday.

If we could only open our eyes and analyse with a clear mind we will not fail to see that every day is sacred to us, for from the beginning of creation, thousands of sages, saints and saviours were born on one of the days of the year. Thus, every day should be sacred to us.

Similarly, I always emphasise that we should never confine God to a time or a place, to a form or a name, but should strive to see and feel Him in everyone and everything and at all times.

It is time for us to make our God always alive, Eternal and never changing. As the rivers are flowing towards the ocean ceaselessly, so also let His love and glory shine through us in every moment of our life, irrespective of the times or conditions.

Feeling this Eternal and unceasing unity let us chant Om.



28. MEDITATION

What is meditation ? Every little expression of devotion is considered as meditation.

Real meditation is ever beyond our comprehension. Just to close one's eyes and think of everything can never be called meditation.

If meditation is closing one's eyes, what about the man who is sitting by the wayside? He also closes his eyes. It can be also thought that he is in meditation. If steadiness alone can be considered as meditation, a crane, trying to catch its prey with steadiness, or a cat sitting with great concentration ready to pounce on his prey, can be called meditation.

Meditation has nothing to do with the physical condition or attitude of the body. It is completely centred on the condition of the mind.

We can understand meditation by the illustration of a river flowing ceaselessly from its source towards the ocean.

Although this gives us a lesson in the unceasing flow of Consciousness, this cannot be called the perfect state of meditation.

We have the trinity of the river, its source and the goal.

Similarly there is the meditation, meditation on the object and the goal of meditation.

Real meditation happens, when the consciousness on that you are meditating, is absent. In real meditation the little ego is completely destroyed.

Only the Truth, the in-living Presence is shining in its full splendour which is in us and in others.

Meditation is an inseparable and incomprehensible state.

It is a Higher consciousness, that cannot be described but can be understood only by souls of realisation.

That we may all be blessed with those precious moments of Cosmic, Glory is my Prayer. Om Om Om.



29. DO NOT BURY THE LIGHT WITHIN

Today in the early hours of the dawn, I wended my way to the beach to await the Sunrise.

I began to meditate as the Sun was rising. As he climbed into the

sky the clouds dispersed and the world was filled with Light and Life.

What about the Sun in me ?

What about the Indwelling Light ?

Is it hidden or buried, or has it begun to rise too ?

Let the Sun in you express itself. Let the Glory in you manifest.

Light is the only Reality in this world of illusion, delusion, and darkness, yet in the lives of so many souls, the Light is completely hidden. As a result their lives are filled with a million sorrows and disappointments, leading finally to utter darkness and complete chaos.

How deplorable and sad is the state of a man who buries His Light within.

He thus denies and ignores God or Turth, although he is an image of God.

Peace belongs to those rare souls who express and manifest the light even in the face of a million tests and trials. Our great consolation is, due to ignorance or weakness even if we deny Light, it can never remain buried or ignored for it is the only Changeless Reality, the basis of your life and the foundation of the world, the source of all Existence.

It is the Light which is seeing in your eyes.

It is because of the Light you are moving and breathing.

It is because of the Light you are talking and thinking too.

So why not recognise the Light and make your life a blessing to yourself and to others ?

Let the Light in you shine, do not bury it any longer, consciously or unconsciously.

When you love and work, feel it is the Light that moves and works.

When you read and write, it is the same Light.

In the world of activity the Light expresses filling the world with life and Love and in the world of Silence the Light is silently radiating Peace, Bliss and Illumination.

May we always rest in the Light.



30. YOU CAN ONLY HELP YOURSELF

A Vision flashed...

What is that Vision ? It is the Vision that you cannot save others, you can only save yourself.

Man in ignorance wants to change others; to change the whole world except himself.

Can you change the stripes of a leopard or the skin of a black bear ?

Such is the unalterable nature, be it of bird, beast or man.

Then the thought comes : Why attempt to try to do the impossible and waste precious time ? Then the thought: Is it not selfish to think of saving yourself, ignoring others ?

Yes, it seems a waste of time, and it seems selfish too, when you think only of your own soul, but what is the use of dying like a worm among worms, who are crawling on the earth without an ideal and who do not want to come out of it ?

The Truth is that in saving yourself, you are saving others. In reforming yourself, you are reforming the world.

The life of one selfless man will be the greatest blessing to the whole of humanity.

Similarly, the life of selfish man, who jostles and jostles, the one who takes joy in mere talking and gossiping, wasting precious time, is such a curse, a mere burden to Mother earth.

You cannot do things by big talk but you can do anything in silence, WITH Silence.

All big things, all great achievements are done in Silence or have their origin in Silence. Silence brings in its wake power, poise and peace; indeed silence creates souls.

My friend ! Can you change the nature of a scorpion ?

Can you change the nature of a miser ? He would rather die than part with money.

Can you change the nature of a selfish man ? His one thought is “me” and “my”.

His whole life is a sacrifice to build edifices of gross selfishness both day and night.

The scorpion stings; the miser accumulates and the selfish man breaths for himself excluding all.

My child ! You have wasted enough of your precious time waiting at the door.

Go within, find the source and rest in Soul Silence.

What happens after that is from the highest and what you do or utter will be Harmony and Love. It will be pure Living.



31. ALL IS HE...YOU ARE HE

Scriptures teach us that there is but One Truth, One Reality and nothing else exists besides it. Sages in every religion have repeated. "That which exists is One and many have called it by many a name."

Whether we call the Reality by the name of God or Peace. Love or Silence or even by the name of He or You or I-it is all One and the same.

What we need now is the personal experience of the Existence of the Reality and realise the awareness of its living Presence now and here, then alone life will be complete and beautiful, one flowing with Light, Life and Love. Light Eternal and Love Universal.

When there is a tug of war between the lower and the Higher self, the Truth must flash: "Recognise only God in little things as well as big things, in manifested as well as Unmanifested states, the Highest."

Unless and until you lose yourself in that completely forgetting the little self, there is no peace or salvation for you.

Recognise Him in each and every moment of your life and forget all else.

It is He who is in your hand as you write, he being the source of your thought.

It is He that thinks, dreams and works, that falls in the ditches and also walks towards the heights.

Learn to face Him and recognise Him in your dearest ones and

in the so called bitter foes who try to hurt or insult you. How can the Truth which is One be hurt or insulted when it is all One?

Man's freedom lies only in clinging or identifying with the Living Truth, which is One without a second. It is all THAT, He is in the heart beat, the silent pulse and in the rhythmic breath-all is He.

Recognise Him in the very cells of your being. Verily it is He from the tiniest atom to the biggest plant.

May all glory be unto Him in activity as well as in Silence.



32. PRACTICE OF GOD'S PRESENCE

All my life I have been trying to practice the Presence of God.

How difficult it is to feel Him in thought, word, and deed. How nearly impossible it is to recognise Him within ourselves and without in others, in every moment of our lives.

It is blessed, it is life - giving to feel Him as the Interpenetrating Presence in the very cells of our Being.

It is soul-awakening to recognise Him wherever our eyes rest on one and all, in our dearest and nearest ones and even in our so-called bitterest foes.

Today I wake up feeling depressed. What a shame it is for a child of God for an image of the Highest to be sad, depressed, to recognise passing clouds, instead of the Sun, the only permanent Reality?

While I had these thoughts I was washing my face, then I started to practice feeling His Presence at the touch of the water on my face. Then while wiping my face I began to feel the Presence in the very touch of towel. I scratched my foot, and felt the presence in the very touch of my hand. O ! what joy and happiness to feel His Presence !

Then I began to read the Gita and kept feeling The presence.

How can I forget Him ?

What is it that is writing in me ?

What is it which is thinking in me ?

What is it which moves the very hand as I write Now ?

What else can it be when nothing exists except the one

INDIVISIBLE PRESENCE ?

Dear loving reader ! What is that is reading in you now ?

What is it which is listening in you now ?

Behold it is THAT. IT IS HE. How else can anything be when all this is THAT?

Glory - Glory, enough of words, be silent.

May He bless us all to feel His presence now and always in little things as well as big things, in activity as well as Silence.

This is my prayer for you.

**33. BEST TO CRITICIZE YOURSELF**

There is a saying that even the Almighty God is criticized. When such is the case, what to speak of poor and frail mortals ?

With all the best intentions, when advice is given often it is misunderstood and wrongly manipulated. The mind of the man of the world, the selfish man is self-centred, and he looks for the worst even in the best. Amidst the ocean of pearls he picks up only the piece of glass for selfish man does not want Truth, neither the Guru to correct him, he only wants to justify himself with his arrogant thought that he is infallible.

Who is infallible in this world of illusion and delusion except God, the creator, who is the one without a second?

Blessed is the one who admits his mistakes. Cursed is the one who denies his mistakes and tells a hundred lies to justify and cover his mistakes.

Good Jeykel takes the advice, any advice cheerfully and tries to grow from it day by day in every way, but ignorant Jeykel resents the least advice or suggestions, thinking that he is all knowing and need not learn from anyone else.

Criticism of two kinds. Constructive and destructive.

In constructive criticism, helpful thoughts and suggestions are given for the welfare of the person concerned. Whereas the destructive criticism is resentment and spite. It is given only to hurt and wound.

It is based on cruel laws of “an eye for an eye - a tooth for a tooth.”

Where love is there can be no criticism. It is not possible. Love beholds perfection. What one has within he beholds in others without.

That is Divinity if there is love within you.

If you are being criticized, be silent and do not hit back or justify anything, but look within and examine yourself to see if what is being said has any Truth. If it has, change; If not-be silent.

**34. HIGHEST WISDOM**

“There is only one thing that I know and that is that I know nothing.”

These powerful words, of highest wisdom, the essence of all philosophies and the goal of all religions, are words uttered by illuminated souls.

These words came into my life when I was most in need of them as I was suffering seriously from the severe “fever of service”, tirelessly trying to do good with the feverish thoughts of “I have done this” and “I have done that in the past” and “Now I am going to do this in the future”.

What foolish mortals we are trying to comprehend the impossible? How can the finite comprehend the Infinite ? Man does not want to be quiet and still, recognising the Omnipresence, Omnipotence, and Omniscient. He wishes to put his two fingers into everything between heaven and earth.

The baby thinks he knows more than the mother.

The Chela thinks he knows more than the Guru.

Thus the ego is present in everyone, making a havoc of the life Supernatural and Universal. Verily, when a man comes to know that he knows nothing, all his vanity fades, his arrogance disappears and his ignorance dispels.

When a man feels that he knows something and everything, he is struggling to move on. He wishes that the public should appreciate HIM-he wants to please everybody, but he pleases none.

What a wonderful unfailing remedy it is for all the feverish life of restlessness and rush and bustle of making haste to realise that “I know nothing.”

What are we, with all our intellect and dry learning ? A mere bubble in the ocean of Glory, the flickering Light of a mere glow- worm before the Self-Shining Light of the Sun. Alas, we are only a mere tiniest cloud before the mightiest sphere of creation.

As we meditate on the wise words “I know nothing”, not only will all the impurities of every kind disperse and the fevers cease, but man perceives humble Silence and God is absorbed.

It is only when we think that we know something that we begin to teach and preach and reform others, then we become slaves of name and fame and scheming, planning with a thousand worries.

Once we give up our ego and cling to Mother Universal with all the amount of confidence of a baby with its mother, the Primal Energy takes care of us. We then have nothing to do or say or even think for ourselves.

All bubbles merge in the Ocean-all rays go back to the Sun and the manifested returns to the Unmanifested.

When shall I be free? When the “I” ceases to be. This is the Highest Wisdom. When the ego dissolves, when man is face to face with God the Transcendental, forgetting the little self and recognising the Highest, in Infinite and the Eternal he becomes Silent and Complete.

This is God. This is the All.

Hari Om Tat Sat.



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WELCOMES ALL SEEKERS OF PEACE**

Into the midst of the most beautiful nature

Charged with the power of the penance of Sri Omkarji

Into the atmosphere most serene

Santi Ashram welcomes the seekers of peace;

To saints and sages, to the poor children, to the old and helpless

Providing food, shelter, medical and educational aid

Striving for their progress

To such selfless workers willing to spread peace

Santi Ashram extends warm welcome;

To Hindus, to Muslims, to Christians and Buddhists

To those of all other religions

Without causing harm to their faith or principles

Functions the Santi Ashram.

**AIMS AND OBJECTIVES OF
SRI SANTI ASHRAM**

To establish universal peace through individual peace;

To make one experience peace through inhalation and exhalation,
one's birthright

To Serve humanity as service to God

To live in the divine and to help others to live in the divine

May Peace be unto all.

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PUBLICATIONS IN ENGLISH

1. Auto Biography of Swami Omkar
2. Life and Teachings of Swami Omkar
3. Soham
4. Cosmic Fast
5. Meditation of Swami Omkar
6. Om Japa
7. Control of Mind
8. Cosmic Flashes
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11. How I Learned English
12. Reincarnation of my Little Sister
13. God Realization now and here
14. Mystic prayers and poems
15. The Divine Voice of Omkar

