



H.H. SWAMI OMKARJI MAHARAJ

Birth : 21-1-1895

Niryanam : 10-6-1982

BIRTH CENTENARY - 1995

DEDICATED
TO
THE EVER - LIVING OMKAR, THE ETERNAL SPIRIT,
THE ULTIMATE REALITY, THE GOD.

Life and Teachings of Swami Omkar

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Sri and Smt. Ganesh Charan Acharya, a resident of Mother Ashram donated for the Printing of this book. May God bless the couple and their family members and also Parama Poojya Omkar Maharaj and Poojya Jnaneshwari Mathaji shower their blessings on them.

- Ashram Managing Committee

SWAMI OMKAR'S
UNIVERSAL
PEACE PRAYER

Adorable Presence !

Thou who art within and without above and below and all round Thou who art interpenetrating the very cells of our beings Thou who art the Eye of our eyes, the Ear of our ears the Heart of our hearts, the Mind of our minds the Breath of our breaths, the Life of our lives and the Soul of our souls Bless us Dear GOD to be aware of Thy Presence, Now and Here. This is all that we ask of Thee.

May all be aware of thy Presence in the East and the West and the North and the South! May peace and goodwill abide among individuals as well as communities and nations! This is our earnest Prayer.

MAY PEACE BE UNTO ALL !
OM SHANTI ! SHANTI! SHANTI!

FOREWORD

OM! OM! OM!

PEACE BE UNTO YOU

May the Grace of GOD and the blessings of Swami Omkar be upon the author of this brief biographical work on the Life & Teachings of Pujya Swami Omkar. May His blessings be upon the fortunate reader of this book, also.

This short account of Swami Omkarji's life his teachings is a most valuable contribution upon the occasion of Swamiji's Birth Centenary. It is an appropriate and timely publication in a handy form so many people can possess it. May it have wide cirulation!

7-1-1995

SWAMI CHIDANANDA

President of International Divine Life Society
and President of the Peace Mission.

INTRODUCTION OF PUJYA SWAMI OMKAR THE PROPHET OF PEACE

Swami Omkar took birth in the world as Venkata Rao, the son of a middle class devout family at Pithapuram, Andhra Pradesh, India on 21 st January, 1895. He was born as a highly evolved soul. He made his life a Mission to elevate man, the human, to man the divine and to establish Peace on Earth and goodwill among men. Being a GOD-realised Soul, he led an exemplary life of PEACE, LOVE and SERVICE. He travelled all over India and to several countries in the East and West and established Peace Centres at several places. Swamiji attained **MAHASAMADHI** on 10th June, 1982 after a brilliant life span of more than 87 years.

The following are some of the rich tributes paid to Swamiji. Swami Chidanandaji, President of the Divine Life Society and Shanti Ashram, aptly described him as an *"EMBODIMENT OF COSMIC LOVE"*.

After having translated a book called "Life and Teaching of the Masters of the Far East" into French, I met the author Mr. Spalding in the U.S.A. and asked him where I could find such masters in India. He told me to go to Kakinada and visit Shanti Ashram in the mountains of the immediate neighbourhood and see such a Master (Swami Omkar)" Jacques Weis, Paris.

The American Rosicrucians paid Swamiji a rich compliment saying " if there is anyone in the world today who has reached the highest state of Spiritual realisation, it is Swamiji."

Sri. K. Satchidanandamurthy, Professor of Philosophy Andhra University, wrote as follows : "He has realised the unity of the whole world in the one thing Real - the Spirit. He has no attachment of any sort to dogmas and creeds, nor is his love and friendship limited to one country or one nationality. He has a global view, a view which embraces man as such. In like manner, he worships GOD, not the GOD revealed in this religion or that, but the GOD who is claimed to be revealed in every religion, and who is fully and perfectly revealed in none.

In an address delivered by Mr. M.I. Ali while opening a branch of Shanti Ashram at Rangoon, he spoke about Swamiji as follows: " According to the injunction of the Holy Prophet of Islam, deep veneration and devout respect goes to one who preaches Universal Peace and Brotherhood and believes in the Oneness of GOD by preaching the Truth of all Prophets of the World. In Swamiji and his Mission, we have found the Truth preached by our Holy Prophet some 1400 years ago to drive away darkness from human hearts."

At present, unrest is prevailing in the minds of man and among nations due to differences in religious

and political ideologies. The world is being surcharged with tension and violence.

In this context, Swamiji's teachings may serve as a ray of hope to restore peace. For this reason this small booklet has been published on behalf of SHANTI ASHRAM.

SWAMIJI'S BIRTH IN MYSTERIOUS CIRCUMSTANCES

As the parents of Swamiji were childless for a long time, they performed special pujas and worshipped many deities for the purpose of begetting a child. As if in answer to their prayers, one day a Sadhu came unexpectedly to their house and blessed his parents and gave them **MANTRA-JALAM**, i.e. holy water made through prayers, with the result that a son was born and named Venkata Rao.

SPIRITUAL FOUNDATION BY PARENTS

His highly devout parents initiated him into the first step for a Divine Life by teaching him prayers and meditation.

EDUCATION

He had his elementary education in a village school, and his high school education at Pithapuram and C.B.M. High School at Visakhapatnam. Later, he

joined A.V.N. College. Wherever he studied, his class subjects did not interest him. Even at that young age, he studied the Life and Teachings of Lord Krishna, Buddha, Christ and Mohammed, Philosophic and Religious books, like Avadhuta and Astavakra Geeta, the essence of the Upanishads and the Imitation of Christ, and the Life and Teachings of the Modern Punjabi Saint Swami Rama Thirtha, All these studies created in him an ardent desire to lead a life of renunciation and service.

At Mrs. A.V.N. College, he gathered some of the advanced fellow students, like Dr. C.K. Prasad Rao, the retired Dean of the Madras General Hospital, Sri Tenneti Viswanadham, lawyer, politician, who later became the President of Shanti Ashram, Alluri Sitarama Raju, Who started a rebellion against the British Government, and several eminent doctors, lawyers and successful professional people , and started an "Academy of Religions" to make a comparative study of various religions, to discover the essential Unity in them, and to realise the one and the same GOD of all religions.

ASPIRATION TO BECOME A DOCTOR

At an early age, Swamiji realised the oneness of humanity and set before him two ideals, i.e. to to real and lasting service to humanity and to relieve the suffering of the sick and poor. For this purpose, he

wanted to become a doctor. At this stage, he came into contact with Dr. Ramaswamy Ph.D., founder of the Psychic College, Tirunelveli South India and learned hypnosis and mesmerism and succeeded in curing minor headaches and fevers. Encouraged by this progress, he decided to study a course in " Art of Healing" in the psychic college at Nevada in the U.S.A. Dr. Ramaswamy made all arrangements for his admission into the college.

Swamiji was too young and in his teens when he went to America by sea. He was detained at Ellis Island for inspection of his health and entry documents. He had all the documents except the entry fee draft for 150 dollars. Though he paid the amount, his steamer agents did not give the draft to Swamiji due to an oversight. The American authorities did not accept the plea of money. In the meantime, Swamiji adversely commented about the inferior quality of food given to him. For these reasons, he was sent back to India with a free passage to London. On the way, one Jewish law student by the name of Chester borrowed whatever little money Swamiji had, and disappeared never to be seen again.

When he reached London, Swamiji had no money. Sri V.V. Giri, who later became President of India and was then studying law in London, and the Anglo-Indian Association helped him financially during his short stay

in London and for his return passage to India. He was disappointed but determined to visit America, like Swami Rama Thirtha and Swami Vivekananda.

Later, he joined a college at Calcutta to study homeopathy. Even there, he neglected college studies and spent most of his time at DAKSHINESWAR, the headquarters of Sri Rama Krishna Mission, and in the Botanical Gardens. At the time, he was attacked with severe malaria. Therefore, he had to give up his studies and return home.

He believed that the real, permanent cure is in Mother Nature. So, he learned Nature Cure and cured himself.

DOCTORING OF DISEASES

By this time people in the neighbourhood heard about Swamiji and his spiritual powers, and approached him with complaints of Various kinds of diseases. With the knowledge he had gained in Psychiatry, Homeopathy and Naturopathy and by his prayers, he cured diseases and gave relief to the suffering.

DECISION TO LEAD A LIFE OF RENUNCIATION

He was not satisfied with the life he was leading so far. Frequently, he felt an inner compulsion to renounce. He made preparations for asceticism. He changed his diet and lived on raw fruits and milk. He

took a vow of celibacy. To kill his egoism, he used to go to the railway station at night and offer to carry the luggage of passengers and offer himself as a servant.

One day, he left home with a pair of clothes and a water jug. and proceeded aimlessly on a journey by foot. He carried no money. When he walked 300 miles to Chatrapur, his feet developed blisters and he could not walk further. He took rest at the house of one of his relatives at Chatrapur. Afterwards with the financial help of his relatives, he went by train to Puri, had darshan of Lord Jagannath, and returned home.

FINAL ATTEMPT AT COMPLETE RENUNCIATION

So far all his attempts at renunciation failed for reasons beyond his control. A few days after his return from Puri, he left home to go to the Himalayas. On the way, he offered prayers to Mother Kali at Calcutta and Lord Viswanath at Banares. He selected a cottage in SWARGASHRAM in Rishikesh and performed severe penance. One day, as per the dictates of his inner master, he decided to adopt Sanyasa. He had a dip in the Ganges, prayed to GOD, discarded the old clothing and put on new ochre robes with a promise to GOD that he would abide in Him forever.

Generally, adoption of SANYASA is attended by several rituals and ceremonies and a Guru to confer Sanyasa. Swamiji felt that such procedure was

unnecessary. Swamiji was constantly chanting OM, the sacred syllable meaning GOD. The Sadhus in that Ashram used to call him OMKAR SWAMI and that name became permanent. During that period, he visited Brahmapuri forest, where his mentor Swami Rama Thirtha did tapas, and he also visited Badrinath Temple. After spending six long years there, he became enlightened, realised GOD, and returned home as "Swami Omkar".

Several devotees paid their respects to him, Swamiji enlightened them of his Mission of GOD-realisation and a life of Peace, Love and Service. His devotees requested him to start an Ashram and offered their land for that purpose.

ESTABLISHMENT OF SHANTI ASHRAM AT THOTAPALLI

Swami Omkar selected a lovely place amidst two ranges of hills with a perennial spring, "MALLIKARJUNA DHARA", far from the maddening crowd. Swamiji developed it with great difficulty from a wild jungle into a world wide International Institute of Peace. Branches were established at Visakhapatnam, Kakinada, Pithapuram, and Vijayawada in Andhra Pradesh, and in Kotagiri near the Nilgiris in Tamil Nadu. Shanti Ashram, the Heaven of Peace, played an important part in changing the history of the world in its spiritual life. The mission of Peace seeks to unite....

man with man, community with community and nation with nation; thus, bringing to the individual the great life-giving and Soul-awakening Truth of One world one Humanity and One GOD. The fatherhood of GOD and the brotherhood of man have been the basis and foundation of Sri Shanti Ashram, Great and learned souls from both far and near have visited the Ashram and appreciated its silent work and have made best use of the solitude and silence of the Ashram. His Holiness Swami Narayan, the direct disciple of Sri Swami Rama Thirtha, Swami Sivananda, Swami Yogananda, Swami Chinmayananda, heads of several religious missions, Sri Vinoba Bhave and several other Central and State Governors and Ministers, like Sri V.V. Giri, and Sri S. Radhakrishnan, and several leading personalities of the East and West visited the Ashram and recorded their appreciation in the visitor's book kept in the Ashram.

Swamiji appealed to all people in the East and West to visit the Ashram and make use of it for their spiritual betterment by constant meditation and enjoyment of peace and silence in the ashram.

He requested the visitors not to waste their time in idle gossip and to utilise every minute either for meditation or service in the Ashram without expectation of any Remuneration . He also requested the visitors to adopt the Ashram as their own child.

Swamiji paid rich tributes to Mataji Jnaneswari,

Sister Sushila, an American nurse by the name of Clair Nowald, and Thamu, the Rajkumar of Pithapuram, who did selfless service of a very high order. A building in Waltair Ashram is named as Sushila Mandir in memory of Sister Sushila.

Sister Shanti (now no more) and Sri Ch. V. Raju Garu also did undying service.

After the demise of Swamiji, Paramapujya Swami Chidanandaji Maharaj took over as the president of Shanti Ashram and Matha Jhnaneswari as Spiritual Head. We pray God that under their spiritual leadership the glory of the Ashram will rise sky high.

SWAMIJI'S MISSIONARY WORK IN AMERICA FOR SIX LONG YEARS

Hearing about Swamiji and his peace mission, the Rosicrucian Society of America invited Swamiji to Visit America to Give his blessings, Accepting the invitation, he went to America for the second time in 1923. The Rosicrucians welcomed him, took him to Philadelphia and lodged him in the house of Mariya and Ralph Entriken, the leading Rosicrucians of the city. His godly life of Peace, Love and Service enthused and inspired not only the Rosicrucians, but also several aspiring souls of America regardless of colour, creed or denomination, by sharing the Message of Peace or denomination, by sharing the Message of Peace at famous churches, Unity Centres, new Thought

Societies, Baai Groups, Sufi Meetings, Rosicrucian Lodges, Theosophical Societies, and with families and friends in private homes. Many devoted aspirants, rich and poor, young and old, came from near and far, from long distance of hundreds of miles, from the states and cities of America, such as New Jersey, Minnesota, Florida, California, Washington, Illinois, Hollywood, Los Angeles, Portland, Oregon, and Denver to attend the Peace Meetings. In all the meetings, the practical side of spiritual life, concentration, prayer, selfless service and meditation on the Highest were emphasised. He became known among the American devotees as the "Peace Swami."

Swamiji made the house of this hosts and Ashram, and called it "Mariya Ashram." After staying for two years, He returned to India to attend to the work at Thotapalli Ashram. He became so endeared to Americans that Swamiji made two more trips to America in 1928 and in 1936.

In commemoration of the birthday of Swamiji on January 21, 1938, The Swami Omkar Peace Foundation was incorporated in the state of New York, U.S.A. for the sole purpose of spreading Swamiji's message of peace from individuals to nations. A committee of eminent lawyers and ardent well-wishers of the Mission of Peace have been making the Peace Foundation a real blessing to both the East and West.

After doing glorious work in the U.S.A. for six long years, Swamiji once again returned to Shanti Ashram Thotapalli.

TEACHINGS OF SWAMIJI

His life itself is a great lesson for humanity. he practised what he preached. An all-time GOD Consciousness, the establishment of peace in individuals and nations, the promotion of inter religious harmony, the Universal love of all living beings and silent selfless service to all are the "Highlights" of his life.

GOAL OF LIFE - GOD CONSCIOUSNESS

The entire universe of various forms and names from the tiniest atom to the planets and stars, from a single living cell to the highest being is and emanation from a single source popularly called GOD, who is not only the source, but also the solace and goal of all that exists. GOD is said to be not a person but a spirit GOD is all knowing, all powerful and all pervasive, Truth, Goodness, Beauty, Peace, Love, Harmony, and Silence are some of the intrinsic qualities of GOD.

GOD is not only within every part of the universe, but also envelops the entire universe. ISA VASYAMIDAM SARVAM. We are living in GOD, and GOD lives in us, works through us and for us, takes care of us and leads us to our destination, i.e. merge in Him. All the work of GOD is done in accordance with

a design or a plan and certain inexorable, inflexible and unrelenting laws. They operate on all equally, whether rich or poor, learned or ignorant, healthy or sick, young or old.

An all time GOD- conscious life will bless us and make us manifest all the qualities and powers of GOD - Highest knowledge, excellence, proficiency and efficiency in all the fields of our activities will be some of the blessings, We will be the best of whatever we are. All our lawful needs and unselfish desires will be fulfilled. GOD relieves our suffering and misery. We become fearless. We can lead a happy, blissful life. But to deserve all these blessings, we have to surrender our egoism and individuality to GOD and repose complete confidence and reliance on Him. We have to focus all our attention and dedicate all our thoughts, words and deeds to the GOD in us. We have to purify ourselves of all evil and selfish thoughts like Lust, Anger, Greed, Pride, Uncharitableness, Delusion (attributing reality to unreal things, like seeing a snake in a rope in darkness) and Jealousy etc. and become transparent.

PEACE ON EARTH AND GOODWILL AMONG MEN

Peace is an attribute of GOD "SANTO AYAMATMA." without peace, it is not possible for man to reach his goal to become GOD. Without peace in a country, no development is possible. Unless there

is peace in the minds of men and nations wars cannot be prevented. **ATMIC BOMBS**, or Peace bombs, and not Atom Bombs are required. Atmic Bombs only can make men realise the one Atma, or the God in all, and consequent Universal Brotherhood.

Swamiji's idea of peace is that it is individual Peace that paves the way towards Universal Peace. Establish it first in your own heart; then share it in your home, radiate it in your community, and spread it in your country. Thus, let it vibrate from heart to heart until it pervades and permeates the Whole Universe through your pure, ideal life of PEACE. Inhale and exhale peace: Thy birthright.

Swamiji composed the Peace Prayer to be recited as often as possible.

Rama Thirtha Institute of Peace was established in Shanti Ashram, and it was inaugurated by the late JAYAPRAKASH NARAYAN.

UNIVERSAL PEACE SHRINE

Swamiji was greatly interested in promoting religious and communal harmony with a view to establish global Peace. For his purpose, he decided to build a lotus- like octagonal Universal Shrine with libraries of various religions, and a common meditation hall to meditate on the One GOD of all religions and to serve as a World Abode of Peace and as a Light House to illuminate humans in darkness.

Pujya Swami Chidanandaji Maharaj, President of the Divine Life Society, laid the foundation stone for this Shrine on 7-1-1995 and blessed the project.

UNIVERSAL LOVE

"LOVE OF MAN IS LOVE OF GOD"

Every seeker of Truth should not only be a firm believer in the Religion of Love, but also an ardent and humble worshipper of the Love that includes all and excludes none. All that you need is to possess and open heart, a heart of all-embracing Love, and to look into the faces of your fellow sisters and brothers with Infinite Love and Unity. Recognise in them the same GOD who is throbbing in your own heart.

Swamiji's Love extended not only to human beings, but also to plants and animals.

While in America, he one visited Fairmont Park. Seeing the beauty of the park, he felt a oneness with all Nature and tears of ecstasy filled his eyes. On the pavement, he saw a little worm slowly creeping. Thinking that someone might step on it, he helped Brother Worm to pass onto the lawn. The green lawn and the blooming flowers were very attractive, but Swamiji did not walk on the lawn for fear that the grass may wither and the flowers fade. Once during his absence at Thotapalli, the plants withered due to the neglect of ashramites. On his return, he saw the condition of the plants and apologised to them for the

neglect and personally attended them. In response, the plants turned green and bloomed.

When he was a child of three years, a scorpion stung his small pup. The pup began to cry in pain, Swamiji felt the same pain in himself, and he also began to cry. Neighbours laughed at them, but this relieved the pain of both. On another occasion, a big scorpion was seen in the ashram. He did not allow the scorpion to be killed. He picked up the scorpion with his hand and deposited it in a safe place. In the process, the scorpion stung him and he bore the excruciating pain by switching to God-consciousness.

Swamiji reared two pet dogs- Bada and Chota Rams. Swamiji used to teach both of them to repeat the name of Rama.

The following are his two ideas on love :

"Do not merely love, but live as love. Religion and love are not two, but one." "Scatter roses of Love as you go for you may not tread this path again."

SERVICE OF MAN IS SERVICE OF GOD

"SWAMIJI MADE SHANTI ASHRAM

A SEVA - ASHRAM"

The Following services are being rendered at Thotapalli, Visakhapatnam. Kotagiri and other branches.

1. Old age home at Thotapalli.
2. Free Peace Clinics and Mobile Medical Services at Thotapalli and Visakhapatnam.
3. Veterinary Hospital at Thotapalli.
4. A school for deaf and dumb children by the Lions Club on the premises of Shanti Ashram at Visakhapatnam.
5. Prayer and Meditation halls at Thotapalli and its branches.
6. Spiritually oriented Gurukula educational institutions at Thotapalli, Visakhapatnam and Kotagiri.
7. Promotion of Inter-religious harmony.
8. Training in Yoga.
9. Feeding the poor and orphans.
10. English medium school at Kotagiri.

PERSONAL SERVICES OF SWAMIJI

1. Swamiji travelled throughout the length and breadth of India, the U.S.A., the U.K., Japan, China, Burma, and Hong Kong and propagated his message of Peace, and established Peace Centres.
2. He worked for the removal of 'Untouchability' by inviting Harijans to the Ashram, mixing freely with them, educating them, and making them give up drinking and meat-eating.

3. When the farmers in and around Thotapalli were oppressed by Zamindars with the help of corrupt police, Swamiji championed their cause and with the help of District Officials arranged redress for them.
4. He advised villagers not to sacrifice birds and animals in the name of village Goddesses. On one occasion, he interfered and snatched away the animals about to be killed in a village Goddess festival.
5. A supreme sacrifice of Swamiji's was the offering of his own leg bone.

A young girl by the name of Nirmala, daughter of an official of the Telegraph Department was involved in a road accident and her leg bone was crushed to pieces.

Doctors opined that either the leg had to be removed or a new bone grafted. None of her relatives or friends were willing to give their bone. Swamiji offered his own leg bone for grafting in spite of his doctor's advice. The operation was conducted and eight inches of his leg bone was removed and grafted to the leg of the girl. Swamiji did not take anaesthesia and was conscious throughout the operation. The girl became whole and is walking freely. But in the process, Swamiji became lame.

By serving any poor, neglected people 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 the forsaken. So let us clothe Him, feed Him and worship Him in all forms.

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

UNIVERSAL RELIGION

Religion is at first a recognition of the Presence of the GOD- Spirit in Man and all other beings. The next step is Purification of the Mind to experience GODHOOD. The final step is union with GOD, the manifestation of the divinity in man and seeing GOD in all beings. Doctrines, or dogmas, or rituals, or books, or temples, or forms are of secondary importance.

Swamiji described his Religion as follows: " The wide world is my Home, and all the people living in it are my Borthers and Sisters. To love them and serve them is my Religion."

"My religion makes me feel my individual oneness with Buddhism, Zoroastrianism, Christianity, Mohammedanism, Confucianism or with any other **Ism**".

The differences of various religions are due to the level of knowledge and understanding of the Teachings of the Founder and the Interpretation of the followers in the background of their customs and traditions, geographical features and times

Every religion asserts that there is only one GOD, and religions are human attempts to reach that one GOD.

"GOD IS ONE WORSHIP HIM UNIVERSALLY"

To illustrate this principle, the Universal Symbol was designed. In the Universal Symbol, it is shown that all the symbols of various religions spring from the infinite Ocean of Love, which represents God's Unmanifested Aspect. The Om of Hindus, the Lotus of Buddhists, the Cross of Christians, the Crescent of Muslims, the Fire of Parsis are included in the Symbol. The moon, the sun and the stars in the Sky and all the different lotus buds in the Ocean represent all other known, unknown, old and new religions of the East and the West. Thus, the Universal Symbol encompasses all religions and excludes none. The Space or Akasa represents all the intellectuals, atheists and agnostics. The waters in the Ocean symbolise the God-saturated souls, the devotees who swim over the waves of life towards the Light of the Divine, the sun of Suns.

PUJA AND WORSHIP

To begin with, man's religious impulse seeks to find expression in outward acts of worship. His GOD is outside. This stage is the Kindergarten of religion.

Swamiji says: "Let us not deceive ourselves by offering GOD Flowers, fruits and other gifts."

All that is needed is our innocent and burning love for Him as all-pervading consciousness and for all the manifestations thereof.

PRAYER AND MEDITATION

Prayer is an appeal to GOD for the fulfillment of a desire. Unless one deserves, GOD will not respond. Selfless desires will always get fulfilled. Our prayers must be for the Universal Good. "LOKA SAMASTA SUKHINO-BHAVANTHU and SARVE JANA SUKHINO-BHAVANTHU."

MEDITATION is the unceasing flow of Divine consciousness by thought control. Mind, the Source of thoughts, is always restless like a drunken monkey stung by a scorpion. Sitting in a comfortable posture, one should collect all the scattering thoughts and make the mind leave its body consciousness and make it GOD-conscious. Constant GOD consciousness leads to SAHAJA SAMADHI.

BRAHMACHARYA means living in GOD-Consciousness and abstaining from sex. Swamiji was a true Brahmachari in his life.

One day when he was lying on the floor, meditating in Jnana Guha, one yogini went and lay herself by his side. Her conduct did not evoke any response. He was as serene and tranquil as before. The Yogini came out and told the ashramites what had happened.

DANA : Like Niagara Falls, one should pour out, and give whatever one has. That which one holds will turn to dust. Give while one lives and forget about it. There should be no publicity about it.

SILENCE AND SOLITUDE

Swamiji Loved Silence and Solitude - NISHSABDO BRAHMA. Silence is an attribute of GOD. Therefore, Swamiji made Silence and Solitude his two ideals.

Silence is more elegant than words. Silence creates Souls. Therefore, Swamiji asks us to practise Silence once a week, as Mahatma Gandhiji used to do every monday. If that is not possible, try to be silent at least once a month. If that is not possible either, try to be silent once in a year.

Swamiji used to observe silence once in a week. In America, he observed silence once for 40 days. On Kailasgiri at Visakhapatnam, he observed silence for six long years from 1951 to 1956.

When Swamiji went to Rangoon, he opened a branch of Shanti Ashram, where he met one muslim Saint BAKRIBABA. They spent four hours together in the night. Neither of them spoke a single word. They looked at the sky and stars and enjoyed the natural beauty. Both of them expressed satisfaction and took leave of each other. Swami Rama Thirtha says that if a person observes silence for a considerable time, he will

be blessed with something good. He asks us to verify this and see.

FASTS

Swamiji used to observe Fasts periodically. He fasted for ten days in the year 1934, again 30 days in the same year and for 40 days in 1950. According to him, a true fast has nothing to do with what we eat or what we do not eat. The real purpose of fasting is to free ourselves from all the evil propensities of our mind and to feast on God- consciousness.

OM AND SOHAM

For an all time GOD-Consciousness, Swamiji suggested two more important aids i.e. OM JAPA and AJAPA SOHAM.

OM is said to be the first sound that emanated in the process of vibrations arising from the Calm and Silent BRAHMAN to become the Universe, of which Man is an integral part. Thus, OM is the connecting link. between Man and GOD. By constantly repeating it orally or silently, man should feel that he is a child of GOD.

There are four Maha-Vakyas in the Upanishads, namely AHAM BRAHMAASMI (I am Brahman), TAT TWAM ASI (You can God), AYAM ATMA BRAHMA (The spirit which is in man is nothing but Brahman), PRAJNANAM BRAHMA (Brahma is nothing but

Consciousness). SOHAM means SAHA AHAM (I am He).

In each and every breath, day and night, everyone is repeating, consciously or unconsciously, Soham (Divinity I am). By dropping 'S' and 'Ha' in Soham, there remains only OM (I am That). The essence of Soham is contained in the sacred syllable. OM covering the past, present, and future, representing the waking, dream and sleeping states, and finally leading one beyond time, space and causation.

SELECTED PEARLS OF SWAMIJI

1. Man must go back to the Source from which he has come, retreat from the Unreal to the Real, from Darkness to light and from Mortality to Immortality.
2. Blessed are the parents who lead their children towards God, the goal of precious human birth.
3. He prayeth best who loveth man, bird and beast and all things both great and small.
4. What is in the Vedas, Bible, Pitikas and Quran should be taken out of the books and recorded in our minds, hearts and souls for expression in our daily lives.
5. If you want to be miserable, think of yourself, if you want to be happy, think, of others, Happiness is Union with GOD, and it lies in contentment.

6. I am one of those who believes in the Divine Plan, that nothing happens by chance.
7. Dear GOD, make others great and famous, but keep me insignificant and unknown.
8. Work kills none, but worry and laziness kill multitudes.
9. There are several thousands, nay millions, of sick and suffering patients in hospitals the world over. Pray ceaselessly for their recovery.
10. As we sow , so we reap.
11. Do it now! I expect to pass through this world but once. Any good thing, therefore, that I can do, or any kindness I can show to any fellow human being, let me do it now for I shall not pass this way again.
12. See no evil, hear no evil, and speak no evil.
13. The ego is the cause of all suffering. It is the source of all misery and restlessness. Therefore, kill egoism.
14. Unity is life, and separation is death.
15. GOD is living in all of us, but He is expressing Himself only in humble, simple and devoted hearts.
16. A person, however great he may be, cannot teach about GOD unless he personally has experienced Him.

17. To me, all is GOD - As He is Omnipresent, I am in His presence. In speaking anything to anyone, I am only speaking in the presence of GOD to Him.
18. Let one selfless man alone live in GOD, and the whole world can be united through him.
19. Swami Rama Tirtha said that reformers are wanted not to reform others but to reform themselves.
20. SPIRITUAL DIARY : Swamiji advises us to meditate morning and evening and be GOD-conscious throughout the day. he advises us to maintain a Spiritual Diary to record our progress honestly so that the progress in Spiritual Life can be examined from day to day.
21. 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 until evening. What a glorious life ours would be!
22. O Brother man hold to thy heart thy brother ! Where pity dwells, the joy of peace is there ! To worship rightly is to love each other ! Each smile is hymn; each kindly deed a prayer.
23. To laugh in troubles and to be joyful in calamities and trying conditions is religion indeed.
24. People talk and talk for nothing. If we could only restrain ourselves from all unnecessary talk, we could be emblems of Peace. Power and Plenty.

25. PRACTICAL RELIGION : Do not multiply things of the world. Have what is needed, but no more. Renounce all the extra frills and fancies of the world.
26. 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 a way in which we know the Highest Truth.
27. FINAL MESSAGE OF SWAMIJI : " I have known what is to be known, I have seen what is to be seen. It is wonderful. Through ignorance and duality, I have suffered much so far. Now I am resting in Him, for nothing else exists besides Him.

Christs have come, Buddhas have come, saints and sages have come. They have 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 never to be made straight.

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

**MAY PEACE BE UNTO ALL
OM TATSAT OM**

SWAMIJI'S FAVOURITE SLOKAS

1. Om namaste Sat ete Jagat Karanaya
Om namaste Chithe Sarva Lokasrayaya
Namo Advaita Tatvaya Muktipradaya
Nama Brahmane Vyapine Sasvataya
2. Unto the Heavens be Peace
Unto the sky and earth be peace
Unto the waters may there be peace
Peace unto the herbs and trees
Unto all the Gods be peace
Unto Brahman and to All be Peace
3. Deho devalaya prokto
Jevo deva sanathana
Tyajet agnana nirmalyam
Soham bhavena pujayet
4. Jnatham Jnathavya Madhuna
Drastam drastavya madbhutam
Chiram Shrantah Vistranthosmi
Chinmatra nasti kinchana
5. Aham brahmasmi mantroyam koti papam vinasyathe
Aham brahmasmi mantroyam jnana papam vinasyathe
Aham brahmasmi mantroyam bheda buddhi vinasyathe
Aham brahmasmi mantroyam Jnananandam prayachethe
6. Om Poornamadah Poornamidam
Poornat Poorna mudachyate
Poornasya poornamadaya
Poorna meva vasishyathe
Om Santih ! Santih! Santih!