



MUSINGS - I

By Sri Swami Omkar

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1. A MOST HELPFUL, INSPIRING MUSING

Sitting in silence, all alone in the lovely cool and inspiring Nilgiris Hills, which is considered as the Queen of Hill stations, I feel happy and content. I feel within myself that I must share my happiness and Peace with all devoted children of God, especially with our loving Readers of *Peace and Shanti*.

What am I to do for you, my loving Readers?

How can I help and serve you in a practical way?

As the 83rd year is passing away, my heart longs to make this life, the closing years, more helpful and serviceable to you all and to myself too. For, in serving any of you, any of the least of His children, I am only serving God.

Verily, as it has been said, service
to man is service to God. Hence,
let me have the blessed
opportunity of serving you.

To begin with, let us *Inhale and Exhale Peace*, our Divine Heritage, the Real Birthright. How blessed it is to inhale Peace with every Breath and to exhale all that is mundane and restless!

There is Peace within and without. Peace is the changeless Truth. As it is our only Soul and Goal, it is blessed to live in Peace, work in Peace, move and breathe in Peace and finally to merge and dissolve in Peace.

Peace and God are not two. They are one and the same, the expression of Love in our daily lives. Hence, it has been said, '*God is Love, Love is God and where love is, there is God.*' Let me add also the powerful words, '*The heart devoid of love is a cemetery.*'

It is up to us now to make our loving hearts cemeteries, burning grounds; or abodes of Peace, Heavens of Earth.

Time is too precious to be wasted in empty words. Your time is precious. My time is also precious. Empty words are like bullets

without powder or mere bones without the essence, marrow. Let us not be satisfied by chewing dry bones.

I long to share with you now something practical and helpful in your everyday lives. I want to share with you what is helping me in my daily life.

1. *I am in God, Light or Love.* Whatever name we may give, it is all one and the same. We have all come from one God or Source. We live in Him, move and breathe in the same God or Peace or Love, having our beings in Him
2. The second mantram is that the one Substance or God, Sampada or Light is within us also. It pervades and penetrates the whole Universe, being Adviteeyam, One without a second. As we use what we have, as we meditate on that Indwelling Presence, what we have will grow: we will be lead to greater Light in all silence, step by step. Then alone we will be able to exclaim cheerfully the Highest stage or State; 'I am the Light.'
3. The repetition of the inspiring Sloka:

Deho Devalaya Proktho

Jeevo Deva Sanathanah

Thejo Ajnana Nirmalyam

Soham Bhavena Pujetethe.

Body alone is the Temple of God. Jiva, the Individual alone is God, the Universal, eternally. Thus destroying the ignorance or darkness of duality, worship Him with Soham consciousness.

OM TAT SAT OM!

Worship Him with every breath. This is your Sampada, the Highest Spiritual wealth, the only real wealth, which is ever present. Worship Him with each and every breath.

The past is buried. You are alive now with the Splendour of millions of suns. Keep on shining as the Sun of suns following Soham ceaselessly, like Taila Dhara, oil poured from one vessel to another vessel.

Recognise and be silent. No more exertion or even repeating God's name. No more repetition even of Soham, the Highest Ajapa Mantra.

Let me finish my inspiring message to my Loving Readers with the following wise words of the Sage Ashtavakra.

My child! You may often speak
upon various scriptures or hear
them. But you cannot be
established in the self, the Atman,
unless you forget all.

All are unhappy because they
exert themselves, but none knows
this. The blessed one attains
emancipation through this very
instruction.

Happiness belongs to that master
Idler to whom even the closing
and opening of the eyelids is an
affliction to none else.

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

Completely give up even
contemplation and hold nothing in
your mind. You are verily the
Atman, the Self, and therefore
free. What will you gain by
thinking?

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

Dear Loving Readers, Dear Narayan! As you are dear and near to my heart, I am longing to share the helpful and practical message with you, with Prayers that you will practice this simple

message in your daily life, now and here from this present living moment alone.

Pray, make best use of the Nectar within by clinging and following Soham, tenaciously, and ceaselessly. It is so simple, plain and direct and easy too. If you could only pay the price by following it, persistently, from this moment onwards, trusting with child-like faith; for verily, the Kingdom of Heaven belongs to the innocent and child-like children. Now let us begin repeating the inspiring words, *Sampada Sampada, Sampada* and follow Soham with each and every Breath, remembering that forgetfulness of God is real Death. Awareness or remembrance of His Presence is Real Life.

Lo! I am with you and in you now and always. As my prayers are with you, be happy. Let us meditate now following Soham.

OM TAT SAT OM!

2. A SAD INCIDENT

The little boy, who attends on me and helps to look after the visitors, was taking care of Omy at the time of Satsang. When I called him, he could not hear me for he was sleeping and snoring. I did not worry over his sleeping as he works hard all day, but I felt worried and shocked when he said openly a day-light lie, persisting that he never slept.

When I begged and requested him not to tell a lie as he is staying with me in the Ashram, he began to argue obstinately saying that he never slept, which has made my heart sad and heavy. I did not even touch him or scold him. I only begged him with folded hands in the name of God, never to tell a lie, for no one is going to punish him.

As I began to argue with a headstrong boy, it made me very sad for wasting my precious time and worrying over the nature and mistakes of others. May God protect us from all liars!

OM TAT SAT OM!

3. AKHANDA SAT CHID ANANDA

Wherever I may be, whatever I may be doing, I am in *Akhanda Sat Chid Anandam* (Existence Absolute, Knowledge Absolute and Bliss Absolute). As I am writing now, it is His Presence

which is writing. What is more, it is He all around me, in every form and name. It gives me joy to see God in Omy who is nearby me, looking at me.

There is infinite Energy within. Infinite in the finite is the unfailling Divine Law, expressing ceaselessly in both the learned and ignorant. Awareness, constant awareness of this ever-present Divine Law gives joy, strength and inspiration. May we express it in all our thoughts, words, deeds and in each and every moment of our lives.

OM TAT SAT OM!

4. AN INVOCATION

Peace Centre, Kotagiri

10-7-1976, 12 AM

MY LORD! MY LORD! MY LORD!

When I am gone

When I am gone

When I am gone

Who will love Thee

Who will love Thee

Who will love Thee

Who will call Thee my Lord!

Who will call Thee my Lord!

Who will call Thee my Lord!

Who will sing Thy Name

Who will drink Thy name

Until they get all drunk

Oh with Thy Name

Om Sri Ram, Jai Ram, Jai Jai Ram Om

Om Sri Ram, Jai Ram, Jai Jai Ram Om

My Lord, My Lord, My Lord

When I am gone

Who will love Thee?

Who will call Thee?

My Lord! My Lord! My Lord!

Who will sing thy Name,

Who will drink Thy Name

Until they get all drunk

Oh with Thy Name

Om Sri Ram, Jai Ram, Jai Jai Ram Om

Om Sri Ram, Jai Ram, Jai Jai Ram Om

An offering to our Jnaneswari and
Shanti, with prayers for their
health, Peace and longest lives of
service.

OM TAT SAT OM!

5. ARE YOU THE SNAKE OR THE ROPE?

21-5-1973, 7 AM

The snake is in the rope and the rope is in the snake, but two things never existed. Neither the snake nor the rope exists. If you cling to the body you are the snake which is full of fears, anxieties, worries, pain and suffering, finally ending in death. If you identify with the rope, the Soham Light within, you are full of Health, Peace, Love, Light and wisdom. No more fear or doubt. All fears and doubts come only in darkness. When the Light is forgotten there is darkness. When Soham is ignored there is the body, the cage of blood and flesh.

For the Peace of your soul, identify now and here with *Soham*, your Divine Birthright and be happy once and for all, for you are the rope of ropes and never the snake of delusion and suffering.

May all Glory be unto Soham Light, the only changeless and ever-present Reality, the Eternal rope, the ever-present Soham.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

6. BATHROOM IN PEACE CENTRE

10-5-1973, 6 A.M.

My bathroom in the Peace Centre in Kotagiri is not a bathroom, but a shrine Room for meditation in the Nilgiris Hills. It first welcomes you with the Loving words, **WELCOME TO MEDITATE HERE.**

Then on every side of the wall there are the following inspiring words;

INHALE AND EXHALE PEACE.

FEEL GOD'S PRESENCE HERE.

GOD IS HERE AND NOW ALWAYS.

OMNIPOTENCE IS WORKING, LET THE MORTAL RETIRE.

SOHAM.

How can this be a bathroom? It is with man to make the bathroom into a Shrine room or a Shrine Room into a bathroom.

Verily, we live not where our bodies are, but where our minds are. Blessed are they whose minds are consecrated whether they are in bathroom or shrine room!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

7. BIRD

11-5-1973, 4:30 AM

It was a happy moment when I was sitting alone and communing with the fragrant flowers in the open air, enjoying the balmy sunshine in the lovely Peace Centre in the Kotagiri Hills.

Suddenly a tiny bird came and began to sing to me. I tried to understand what it was saying. I felt that it was asking for water to drink. It began to sing as if saying, "You are serving the devotees, the

animals and even the plants, by giving them water when they are withering. Why don't you give us, birds, water to drink?

Immediately, feeling for the appeal of the bird, I arranged a basin and filled it with water. I put it in a place where the birds could freely drink. Now all the birds that are thirsty are happy. And it also makes me happy, for the little birds are happy due to this little service.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

8. BIRDS OF THE SAME FEATHER

20-5-1973, 7 A.M.

How true are the wise words that '*Birds of the same feather flock together*'! A crooked man joins the crooked man, appreciating his life of selfishness and picking and pecking at innocent people. What he has within himself, he beholds the same in others.

The nature of a scorpion is to bite even the one who protects it from harm. The nature of a Sadhu, a saintly soul, is to help and protect even those who think ill of him or hurt him. Such is *Nature*, it cannot be changed whether it is good or evil.

A good man who sees God in all is always happy. An evil man is always miserable, taking joy in spreading evil, sowing seeds of doubt and suspicion even in the hearts of innocent people.

May our eyes see nothing but good, God, and be associated only with godly people with all that is good, in the face of tests and tribulations. May God bless all His children with Peace!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

9. BLESSED TO BE ABOVE TIME

29-4-1973 1 AM

As I am feeling worried for not recording the Musings that are coming from within, I should like to write more than one Musing at this midnight hour, at one '0 clock.

How blessed it is to be in a world where there is neither day nor night. Blessed are they who are above time!

Duality of any kind is bondage. We are bound and fettered when we live in a world of time, space and causation.

Blessed and how free and rare are they who live above time, space and causation. Homage be unto such free souls!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

10. BLINDNESS

Somewhere it was written in the Musings that I feel happy and contented when my eyes were closed. Why? Because I do not see anything outside. All forms and names disappear. I am practically dead to the outer life and alive only to the Inner Life, the life within in Silence. Silence creates souls. Blindness to outer life gives inner vision, illumination.

How blessed it is to practice blindness always, at least as often as possible, for it helps one to realise the goal of the precious human birth. Even in gloom, in darkness, we are on the way. Be blind to the world, to all the outer life, so that you can be alive to the Inner Life, to the Light within!

Inner life begins when the outer life ceases. The outer life is finite, whereas the Inner Life is Infinite. May we begin the Inner Life, the infinite Life by being blind, dead to the outer world.

OM TAT SAT OM!

11. BOOK WORMS

13-5-1973, 6:30 A.M.

Did you ever see the moth or worm-eaten books? They are full of holes, ~~eaten by worms~~. Some of the worms still linger, clinging to the pages. Thus, the ~~moths enter~~ the book, live in the book and die in the book, eating it.

How sad is the state of the people who do not practice what they read, but waste their precious time in the books and with the books! What we need is not to be like bookworms, without practising what we read. We need *Sravana*, *Mananam* and *Nidhidhyasam*.

First, *listen* or read. Then *meditate* on what you read and finally *assimilate* it in your daily life with practice. Thus, finite man

will be no longer a bookworm, but a wise soul of God-consciousness, all Light and Glory, setting an example for all the children of God.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

12. BORN NOW

23-6-1973 3 AM

How blessed it is to be born now in this living present moment! Rebirth or new birth gives a deathblow to all the passing clouds of depressions and oppressions.

Life, human life, is full of oppressions, depressions, fears and expectations of every kind. Whereas Divine Life is free of all depressions, fears and anxieties of every form.

The man of Divine Life or God-consciousness is all fire. He is the Sun of suns. Where is fear of expectation in the Splendour of millions of suns? The first requisite for the rebirth or new birth is to follow *Soham* ceaselessly without a break. Do it now.

This new birth alone is your divine heritage. Be born now; assert it now and here. If not death, even suicide is better than giving way to the passing clouds of depressions, oppressions and fears of weakness and darkness. Arise and awake and stop not till the goal is reached, the goal, which is all splendour of Glory and Peace.

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

13. CEASELESS FLOW

11-5-1973, 4:30 A.M.

Real happiness, changeless happiness is only in the ceaseless flow of God's Presence.

When you are a part and parcel of that Presence or the indivisible God, how can you forget Him?

As not a blade of grass moves without His will, whatever is done, is done by Him. If you are writing it is He, every motion in body or mind is only due to His Presence. Even the Heart throbs because of Him.

All that we need is to be aware of His Presence ceaselessly in little things as well as in big things. Let us be aware of His indwelling

Presence, the interpenetrating Presence, both within and without, now and always.

What else is there to be written? Death is in forgetfulness. Happiness is through ceaseless connection like Taila Dhara, of our inseparable and eternal oneness or connection with the Light of lights, the only changeless Reality or Truth.

MAY PEACE BE UNTO ALL! HARI OM TAT SAT OM!

14. CHANTING OF GOD'S NAME

6-5-1973, 7 A.M.

No doubt chanting of God's name helps and purifies but it can never touch the Atman or increase it, even if you repeat the Name a thousand times.

Similarly, if you do not repeat the name also, the Atman cannot be increased nor decreased, for the indwelling Atman is the same in all conditions it has no growth nor decay. Blessed are they who are no longer slaves of imagination but who are ever clinging to the indwelling Light, the Light of lights which alone dispels all clouds of darkness and egoism.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

15. CHILD

11-5-1973, 4 A.M.

How blessed it is to be childlike! Heaven belongs to the children. When a child weeps for its mother, throwing aside all his toys, the Mother rushes to his rescue immediately.

So also, when an aspiring soul gives up running after the toys of the world, chasing name and form and begins to weep and weep for God alone, He at once rushes to the rescue of the devotee.

It is a Divine law, as you long for God with heart and soul in a childlike way; God will rush to you, help and protect you in every way.

Blessed are the pure and innocent. Verily they will inherit Heaven. Peace belongs to them and unto none else. May Peace be unto the childlike!

When I celebrate the birthday of Buddha, I became absorbed in His Nirvana. I face nothing but His illumination all around. When I celebrate the birthday of Mohammed I become a loyal Muslim, filled with the valour, strength and self-surrender of Mohammed. As I celebrate again the birthday of Zorasthra, I feel full of Him within and without. In that fire of the Light of lights, all forms and names are burnt up and only the indwelling Light shines in all Glory, it dwindles everything else into nothingness.

May all Homage be unto the self-effulgent Light, which is the only Reality, the One without a second which is shining now in the stillness of your devoted heart. My Loving Readers, Happy Christmas to you! Christmas is Christ consciousness and Christ consciousness is God-consciousness!

GLORY! GLORY! GLORY!

HARI OM TAT SAT OM! AMEN!

18. DECIDE YOURSELF

Indecision is a harmless but time wasting disease. So also is the weakness of oscillation. As an example I woke up this morning at 2 AM and wanted to write some long neglected letters. The Inner Voice said, "*Is it so important?*" Then came the thought to write long delayed *Musings*. Then the thought came, '*Is the writing of Musings more important than writing letters? Let me meditate now.*'

Then the next following thought was that meditation is the highest work. What do you gain even by meditation, doing the same things again and again, with a lot of thoughts like mental gymnastics? **Thou art THAT.**

Thus, I wrote neither letters nor musings and I did not even meditate. I wasted more than an hour in doing nothing.

Feeling ashamed of myself, I took my notebook of *Musings* and am writing now one of my prominent musings.

Whatever you want to do, decide now and here and begin to do it now, instead of wasting precious time with imaginations, being a slave of indecision. Give a deathblow to oscillation also, and to all kinds of worry, remembering to great Truth '*Work drives away all worry.*'

Thus, I am at work now, trying to share some of my thoughts with my Loving Readers. Let us decide now to make best use of the present moment!

OM TAT SAT OM!

19. DEEPER THOUGHTS

Kailas, 16-2-1952, 2 AM

1. The ocean heaves because it is complete. Similarly Soham comes naturally because of the completeness.
2. Soham is never broken; it is divided into 21,600 parts in a day; it is a ceaseless flow of consciousness. It is the one Divine Flame with ebb and flow because of its completeness.
3. As Soham is complete, one without a second, naturally it must be infinite and eternal, ever present from eternity to eternity. Thus, even in man, Soham is present not only from birth to death--the so-called physical change--but ever present from the beginning to the end.
4. If Soham is infinite, eternal and indivisible, it must be the One Truth or Reality, the Divinity shining with the Splendour of millions of suns.
5. The living attributes of Soham are Existence Absolute, Knowledge Absolute and Bliss Absolute. These are no other than Omnipresence, Omnipotence and Omniscience.

Hence, may we ever abide in Light, Life and Love, everlasting in completeness in the ebb and flow or having of the Soham Glory!

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

20. DO YOU BELIEVE IN GOD?

Do you believe that God is Omnipresent, Omnipotent and Omniscient? Is your belief theoretical and skin deep or is it practical and real? If you believe in His Omnipresence, wherever you may be you are in Him now. If you believe in His Omnipotence, He is pervading and permeating the very cells of your being. As He is Omniscient, His *pragna*, intelligence is within you also.

Why hide the Light within and seek and search like a blind man? It does not make the least difference whether you are highly educated or uneducated, rich or poor, famous or unknown. It does not make the least difference whether you belong to this religion or that religion, or the no-religion. It is enough to know that you are the child, nay, the Image of Omnipresent, Omnipotent and Omniscient. Why play hide and seek with God? Make your belief real. Recognise and be silent, for He is with you now and here!

OM TAT SAT OM!

21. EVERY BREATH LEADS TO GOD

12-5-1973, 12 PM

May every step as you walk on land, lead to God. May every word you speak lead to God. May every thought that you think also lead to God. You may not be able to see your thoughts but you can feel your breath actually, and it leads you towards God as you follow it steadily and ceaselessly.

Breath is always there, within you both day and night, in work and rest. All that you have to do is to introspect within, identify with the breath and follow it without any break, like that of oil poured from one vessel into another vessel.

All that we need is the constant awareness of His Presence with each and every breath.

Inhale and Exhale Peace now and always! May every breath lead us nearer to God, the effulgent Light within!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

22. EVERY DAY IS A HAPPY NEW YEAR'S DAY

Blessed and happy are they who can make every day a Happy New Years Day! Real happiness is never in making only one day in all the year a New Years Day, but it lies only in making every day in the year a New Year's Day. Souls of illumination consider not only every day, but every hour also as a Happy New Hour! Unto such even every minute and every second are a happy new minute and a precious moment.

Is not God equally present in the old year as well as in the New Year, in all the days, hours, minutes and seconds? If so, every moment in all the year is a happy moment of illumination. The blessed moments of our unity with God, the moments of *Brahma Sakshatkaram*, when the Jiva realises that it has always been the Deva, are the happiest moments of Divine Bliss. Let every day be a happy New Year's Day of rejoicing unto all, for God is present in each and every moment!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

23. FAULT FINDERS

People, who wish to find fault, will find fault at everything or nothing. They take joy in picking and pecking as per their nature. Even to breathe or live seems to be fault in their world of duality.

So long as one is alive, he is pursued and persecuted over something or the other. Men of the world, the faultfinders, do not even leave the dead in Peace. They take joy in finding fault over something or the other, both with the living and departed.

Blessed are they who have risen both above praise and blame who ever remain absorbed in the Glory of God-consciousness, always centred in the Light of lights.

OM TAT SAT OM!

24. FEARLESSNESS

Fearlessness is man's Birthright. Yet, it is sad to see many, nay, 99% of men and woman living in constant fear of something or the other, imagining all kinds of ~~sad things that might happen~~.

Question: How to be fearless in thought, word and deed?

Answer: There is only one way. That way is to recognise and assert the Godhead, the inherent light within.

To avoid fear of every kind, one must be centred ceaselessly on the Omnipresent, Omnipotent and Omniscient Presence, the indwelling Light, without a break even for a moment.

How helpful are the words of Wisdom, *Never trouble yourself until trouble troubles you!*

Oh man, thou art the Lion of Power by Divine heritage! Do not be a dumb sheep of fear any longer. Pray, assert your Birthright of God-consciousness, now and here!

OM TAT SAT OM!

25. FEVERISHNESS

8-5-1973, 11:30 A.M.

I feel so feverish when I see restless people hustling and bustling always. They cannot be quiet even for a moment. They make themselves miserable and make everybody around them also, full of hurry and worry.

Everyone is worried at the sight of a restless and selfish person. As poison spreads from the noxious weeds, so do wrong words and weary thoughts poison and spread in a subtle way, from near and far. So, let us be careful of our negative and weak sickly thoughts.

Fame is the source of ego. It starts from there and breeds in selfishness. At any cost, every soul is free of all selfishness and restlessness. Poise and Peace at any cost, be thy aspiration and goal.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

26. FLIES ON FIRE

10-5-1973, 12:15 P.M.

Can you expect flies to hover on the burning fire? It is only on the putrid things flies hover and flock, creating disease and spreading its contagion near and far.

Sad is the scornful results of weak, negative, selfish and crooked thoughts. They create trouble near and far in a subtle way, sowing seeds of discord, unrest, sorrow and pain, finally leading to death.

When the Fire of God is burning ceaselessly, no weak and crooked thoughts can ever dare to come near it, as flies cannot hover on the burning fire. So keep on clinging to the Light of lights, to the

Ceaseless Fire of God, the indwelling Light, the Splendour of millions of suns.

HARI OM TAT SAT OM!

27. FLOWERS

Someone said that he who cannot love flowers or children is not a human being. How sweet and fragrant are flowers! It is so easy to see God in them. They give out God's Love and Presence in a most natural way. When you are blessed to commune with flowers, you are communing in the heart of God. God speaks through each and every flower.

Ears have they, yet they hear not! Eyes have they yet they see not! Having eyes, see ye not God's Presence in the tiny fragrant flowers? Having ears, hear ye not His still small voice in the holy whispers of the sacred flowers?

Behold! God is expressing Himself all around us; His Glory and splendour is in all nature. It has been said that fools can make poems but only God can make a flower which give us a message to each and everyone equally. Fragrance of Love is its living message. May we all aspire to be like the innocent simple flowers of beauty and fragrance!

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

28. FLOWERS EXTEND A HEARTY WELCOME

In Kailas there are more than thirty kinds or species of flowers of every colour, form and name. I myself have often counted more than twenty kinds with great interest and wonder. There are also some very rare and precious varieties of lilies and creepers. Not one of all these has been planted by the finite man.

Who has planted all these beautiful flowers of fragrance and rare hue? Who else is there to plant these rare beauties other than He, the Creator of all the worlds!

Even the fence around Kailas is blooming these days with hundreds of these sweet-smelling flowers. The special thing about each flower here is that each flower speaks to you, extending a *Hearty Welcome* to Kailas.

Eyes have they, yet they see not!

Behold! My friends, listen to the silent message of the sweet-smelling flowers and enter into their souls.

Indeed, each little flower has a soul of its own which longs to commune with your soul.

OM TAT SAT OM!

29. FLOWERS SPEAKING

10-5-1973, 12 A.M.

Flowers, flowers and flowers everywhere in Lakshmi Villa Peace Centre! They look at me and speak to me in a million tongues. I long to listen to their fragrant messages.

I am so ignorant that I do not know what they are saying. I look and look at them in admiration. One little flower in full bloom is so happy, it is waving its head. Yet, it looks at me as if it wants to say something important to me. What is it you want to say to me? It replies in its sweet-smelling lovely voice,

Be sweet like us.

Be happy like us.

Always be smiling like us.

Be selfless like us.

God made us all, you and me too, to be happy, selfless and smiling. This is the message of the living flowers.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

30. FOOD

Someone said, 'If you tell me what you eat, I will tell you what you are'. Whatever you may eat, eat only when you are hungry. Never eat when you are not hungry, even on the plea of satisfying your dear ones or others.

Irregular meals and overeating are the real cause of sickness, which begins with indigestion. When you eat, your food should not be

swallowed but every mouthful should be well masticated. One should eat every bite feeling God's Presence.

His Presence should be felt in each and every moment of one's life also. Verily, without His Presence nothing moves or happens. As I am writing now, it is He who is writing. May I feel His Presence while eating, writing or doing any other work, for all is God and nothing exists apart from Him!

OM TAT SAT OM!

31. FREEDOM IN THE PALM OF THE HAND

Holy Scriptures teaches us that freedom is in the palm ones hand. It is so near. While handling a sharp penknife, it pierced into my left palm and blood flowed freely. As mind goes naturally towards the seat of pain, my mind was in the palm where the knife pierced. It flashed with ecstasy, that freedom is now in my own hand, so near me, inseparably connected with me. Lo! The kingdom of Heaven is near at hand! Do not say it is in sky on in the far away Haven. It is with you, in the very palm of your hand, nay, within you. Thus I merged within, filled with Love and overwhelmed with his Presence at His nearness and mercy.

May all Homage be unto Him who is above pain and pleasure.

OM TAT SAT OM!

32. GARLANDS OF SRI RAM

2-5-1973, 6 A.M.

Often I am weary these days of weaving even the Holy Garlands of *Om Sri Ram, Jai Ram, Jai Jai Ram Om*.

Is this the Goal of life, is there not something greater than this finite work of weaving or making garlands of His Name? Even this is the Highest of highest work of devotion and dedication. The stages of splendours of lights cannot be followed or understood by men of the world.

Sometimes one takes joy in starting and repeating Ram Nam. Here again the verbal repetition is replaced by mental repetitions. As one proposes even the mental repetitions, he merges. Then one seeks joy and consolation, forgetting all repetitions, only in silence

following *Soham*, silently and steadily until he reaches the highest God-consciousness. May all Glory be unto *Soham*!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

33. GOD HAS NO OTHER BODY

9-5-1973, 4 A.M.

God has no other body on Earth, than yours. He is writing through you with these Musings, sparkling in your very eyes and moving in your hand. As not a blade of grass moves without His Will, it is He in all that you do or even think.

How blessed it is to feel his Presence in little things as well as in big things, ceaselessly! Verily, I wish to shout at the top of my lungs that *I cannot afford to forget him even for the millionth fraction of a second!*

He is my all in all, He alone exists and nothing else exists besides Him. Indeed, God has no other body on Earth than yours. Homage be unto Thee above, below and all around, near and far, for Thou art Omnipresent, Omnipotent and Omniscient. May I dissolve in Thee now and ever, in the Splendour of millions of suns.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

34. GOD IS THERE WORKING

10-5-1973, 1 PM

Every day I take joy in sitting in the open air for a long time, facing the beauty of millions of flowers and the Glory of the self-effulgent sun, the Light of the world! It is a God-given privilege to face all these Divine Splendour of inspiration.

Far away my eyes are drawn towards the motion of the hands of some of the workmen. I strain my eyes to see what they are doing. They are sawing wood, making planks out of long trunks of trees, one after another, *patiently*. It gives me joy to think as I see them working, *'God is here working with sweat and patience. God is here, breaking stones by the roadside, working with hard labour.'*

Why do you close your eyes, instead of seeing the God who is in front of you? Recognise and be silent, facing Him in all!

35. GOD IS WITH US AND IN US

Kotagiri, 18-5-1976

When God is with us who can be against us? Remember there is good, even in evil also. Good and evil are the obverse and reverse of the same coin. They are inseparable.

Like Hamsa, the Divine swan that can separate even milk from water, let us take all that is good even from evil and leave the rest to karma or fate.

Naturally the evil forces are always at work, especially when one is doing selfless work serving His children without expecting any reward.

May all Glory and long life be to all selfless workers in every field of service! Kali Yuga also is not free of *Duryodhanas*. Some *Duryodhanas* are trying to undermine the life work of 60 long years with a determination not to give to God's work. Evil forces are always at work whether in the past, present and future.

All that we have to do is not to be discouraged or depressed at the strange evil forges. We must also keep on dreaming on bigger lines, continuing doing good against the every darkest clouds of Maya, delusion. We must always find comfort and consolation in the great thought and Truth '*Who can be against us when God is with us and in us*'!

Sages and saints have made all their stumbling blocks into stepping stones. It is in these severe tests and trials that we must cling to God more than ever.

There is a saying that '*My enemies kicked me to heaven*'. We must be grateful to such so-called enemies!

Above all we must see by our critical self-examination whether God is with us or not. If we destroy the ego, annihilate the little "I", God will certainly be with us. Complete self-offering and full self-surrender is essential to have God with us in every moment of our lives.

May God be with us always. Verily He is in us always!

36. GOD-REALISATION IS EASY

13-5-1973, 5 A.M.

Of all the things in the world, for the Seekers of Truth who are willing to pay the price, full price to realise God, it is so easy for it is the only ever-present Reality or Truth. For those who are not willing to pay the price, who are serving both God and man now, it is very difficult and impossible.

How often it has been said that God-realisation is easier than separating the petals of a flower or even closing one's eyelids. Pay the price and God is ready for you. He is awaiting your recognition now and always.

Let us not be blind. Let us open our eyes to behold Him, who is the Splendour of millions of suns!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

37. GOD'S INFINITE LOVE

19-8-1959

One day in the early hours of dawn, I was rushing towards Govardhana Hill. When I reached half way I was tired and breathing heavily.

I was not able even to chant God's Name, due to exertion and weariness. I was murmuring unconsciously as if whispering, "*Dear God! I am so weary and exhausted that I am unable even to repeat your name!*"

I felt as if God said to me, "*Dear child! Rest and relax in Me, feeling the Presence within and without unceasingly. There is no need for you to move even your lips. Lo! I am with you always, pervading and permeating the very cells of your being.*"

How comforting are His words! Both in work and silence, nay, even in all the tests and trials of the finite life!

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

38. HAPPIEST MOMENTS

6-5-1973

Why not make these sacred moments, happiest moments, permanent? Verily, they are the only permanent, real and changeless moments. They are ever eternal. Everything passes away except these happy sacred moments. They are the only Reality that ever exists in this changing world of forms and names.

How can we forget Him, when all is He? If I am seeing, it is He. If I am hearing, it is He. If I am seeing, it is He. Even when I think, it is because of His Presence that I think. It is He who makes me move and speak. Nothing else exists except Him. Hence, never I forget or deny Him.

I am like a bubble in the Ocean, having Him all around. I am inseparable and eternally one with Him. All that I need is only the awareness of this inseparable unity, oneness with the One without a second.

May all Glory be unto Him, the Creator of the Worlds, the Universe of all Blessings!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

39. HAPPY

6-5-1973, 1 P.M.

My heart always rejoices to see a selfless and devoted man, for he is the living Image of God.

How blessed it is to have the strength to say *I want nothing from man!* But, my heart longs to say that I long to help and serve man, for he is the Living image of God. In loving him I love God.

Although I want nothing from man, I long to give everything to man. Nothing for myself and everything for others, who are no other than the different forms of God. Where is happiness except in God, in loving and serving all the children of God. May I find my Heaven in serving you, my Loving Readers!

OM TAT SAT OM!

40. HAVE A BULLET IN YOUR HEART

21-5-1973 5 AM

It is better to have a bullet in your heart than the dark cloud of fear and doubt. Being a child of God, a living Image of Light, why should you have fear, the bugbear of ignorance and darkness?

Being the Light of lights why beg for a little more light, forgetting the Self-effulgent Light within? Close your eyes. Merge within. Recognise the Omnipotent, Omnipresent and Omniscient Light now and here, and be a blessing to your Creator but never a curse and burden to Mother Earth, with fear and doubts.

There is nothing besides you to be afraid of. As self-effulgent Light, the infinite Light of millions of sun's splendour, you are free from all fears and doubts of dark delusion. Better to have a bullet in your heart than fear of any kind or doubt of your Divinity, the Splendour of millions of suns.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

41. HOLY STATUES OF AVATARS

14-6-1973, 4 AM

The Mother Ashram in Totapalli Hills is blessed to have four Holy Statues of Krishna, Christ, Buddha and Gandhiji in front of Nirvana Mandir, my dwelling place.

At first it was a strain to me to garland them with the Holy Mala-garland-of *Om Sri Ram, Jai Ram, Jai Jai Ram Om*.

These days I feel that they are within me: Krishna in Sahasrara, Christ in my Heart, Buddha in Ajna Chakra (the centre of discrimination) and Gandhiji in the feet with his living messages of Truth and non-violence. Therefore, I find it very easy nowadays to garland them with my holy garlands of *Om Sri Ram, Jai Ram, Jai Jai Ram Om*.

May I offer these holy garlands not only to the Avatars but to all the Mahatmas, sages and saints who are around me, above, below and all around, near and far all over the world, blessing me and all of you also with their Presence.

See ye not having eyes?

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

42. HOMAGE BE UNTO BALA SUBRAMANYAM

29-4-1973

Homage be unto Bala Subramanyam whose Holy picture in this book draws me towards Him, childlike, pure, innocent and detached to the world and only attached to the Light within.

The Kingdom of Heaven belongs to the childlike. Blessed are the pure in heart.

May this holiday, Sunday, the day of Sunshine, be a Holy day of feeling His Presence for all the devoted children of God.

As I begin to write my Musings in the Peace Centre this is my prayer, wishing the Peace of all.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

43. HOURS OF EATING

It is sad how we are not able to do certain things in spite of our resolutions and determinations, even in little things that are helpful to one's health and Peace. For instance, as an example from my personal experience long, long ago: year after year I resolve to eat by 10 AM but instead of eating early, I often eat only at midday, even at 1 or 2 PM, after serving the visitors.

Similarly, I longed to eat my food whatever it may be, raw or boiled, before sunset. Some people especially Jains, do not eat or even drink anything after sunset in darkness, as this is most helpful for health as well as for Peace of mind.

I will make a resolution now; not only a resolution, but a promise to God to practice this in my daily life: to eat early and before sunset, feeling his Presence from dawn to dusk.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

44. HOW CAN I FORGET THEE?

How can I forget Thee, Oh God! When Thou art permeating the very cells of my being! As I go out for a walk You speak to me through the wild flowers by the wayside. As I lift my eyes towards

Heaven, you speak to me through every bird and beast, nay, through all the creatures of life. Thou art shining on me as the radiance of the Sun, thou art the balmy and cool breeze of life.

As I merge within to meditate, Thou art there, in the stillness of my heart. Thou art present both day and night as my very inhalation and exhalation. Even in sleep and in the so-called death, Thou art there, ever watching me as the Witness.

Adorations be unto Thee, the Eternal Witness of all the manifested and unmanifest worlds!

OM TAT SAT OM!

45. I CANNOT AFFORD TO WAIT FOR GOD

14-6-1973, 7 AM

How inspiring is the thought that *I cannot afford to wait for God until I begin my prayers of meditations!* Some devotees wait for God until they go to the temple or Church. Yet, is He not here now, sparkling in your eyes, throbbing in your heart, flowing in your very breath?

Question: If God is not here and now, from where does He come?

Answer: He is here and now, with you, within you, thinking in your mind and writing Musings through the hand.

Feel! Feel!! Feel!!! His indwelling Presence, His interpenetrating Presence now and here. The time to feel God's Presence is now, in this living present moment. The place to feel His Presence is here and now. May you feel the Presence whether your eyes are closed or opened; for God is the only ever present Reality or Truth.

If we believe that God is Omnipresent, Omnipotent and Omniscient, it is up to us now to feel his interpenetrating Presence in the very cells of our being, from the toes to the top of the head. To begin with, when you are full of the Self-effulgent Light, within, then open your eyes. Come out of the body and fill the whole Universe with the Light of lights. It is the individual Peace that paves the way to

Universal Peace. recognise and be silent in His ever-present Glory Splendour of millions of suns.

May all the children of God feel His Presence now and here, nay, eternally!

OM TAT SAT OM!

46. I LOSE NOTHING BY SLEEPING

There are days when I feel that there is nothing to write, for I do not have any thoughts at all. Whatever is to be written was already written by me as well as by others. Musing with such thoughts, I fell asleep during my meditation. Do I lose anything by sleeping? The Atman cannot decrease by sleep. Neither does it increase by meditation. It is the same under all conditions. The very thought that I lose nothing by sleeping has given me joy and strength for, the more I sleep, the more I am free of all thoughts. Blessed is the state which is free of all thoughts, nay, which is above all thoughts, which is above waking, dreaming and sleeping states.

Blessed are they who can sleep eternally, closing their eyes to the world of duality. Such rare souls live in a world of all Light.

OM TAT SAT OM!

47. IDEAL DEVOTEE

29-4-1973, 6 A.M.

Sri Vidwan Bhasyam Appalacharyulu Garu is a saintly soul of devotion and dedication. He is consecrated soul of service with a big heart of compassion, serving hundreds and thousands of devotees with his ideal life of wisdom and culture, setting an example to all the house holders.

Shanti Ashram is blessed to have his blessings and sympathy. Mr. Pitchayya is one of the ardent and faithful followers of Sri Acharya Garu, in spite of his great selfless service in the field of suffering. On the day of our coming here to Nilgiris, I was happy and surprised to see the visit of Sri Acharyaji in Kakinada Station. He was all alone.

I felt blessed. Our Circar Express was blessed. After his kind visit, I was surprised to hear our Circar Express chanting *Om Sri Ram*,

Jai Ram, Jai Jai Ram with every motion of its wheels, as it brought us safer to Madras chanting God's name.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

48. IMAGINATION

3-5-1973, 7 A.M.

In spite of all the garlands of *Om Sri Ram, Jai Ram, Jai Jai Ram Om*, if you are a slave of imagination, it makes a wreck of your Divine life. Hence you should be ever careful of the least forgetfulness of your precious life and invaluable time.

How true are the words about a devotee who was praying for a thousand years for the gates of Heaven to be opened. Yet when he had one little nap, the gates were opened and shut again. Such are the dangerous results of forgetfulness of God or weak and negative imagination, even for the millionth fraction of a second.

May I be very careful and vigilant of such momentary imaginations that lead one in a double way unto Hell itself!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

49. IN THE SUN OF SUNS

20-5-1973, 5 AM

In the Sun of suns is there any oscillation or weakness of any kind? It is only when the sun is absent and God is forgotten that all clouds of sickness, weakness and darkness appears.

Let the Sun of suns be ever present in your life, nay, let the Sun alone express itself in all your thoughts, words and deeds. Wake up in the Sun of suns. Work, move and breathe in the sun of suns. If you forget the sun of suns even for the millionth fraction of a second, decay and destruction will be your lot.

Let not the least forgetfulness of God, the Light, make your Divine life miserable, helpless and lifeless. Being the Sun of suns, why long for a little flickering light?

How can you forget the Splendour of millions of suns? Maya is so deep that it makes even the wise miserable and ignorant, leading from the heights to the depths. Be on guard now and always!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

50. INDECISION

Even the evil spirits that are everywhere hovering around us, are laughing at the man or woman of indecision. One resolves to do certain things and fails to do them, in spite of his determination. Such things should not be left without being done, even if they are little things, leaving out big things. If you cannot do what you want to do, *do not resolve to do it!* Be true to your own resolution, made openly or secretly.

For instance, I am writing now. I resolved several times to write slowly and clearly so that whatever words I write may be read by readers with joy, but not with strain. May this life be useful but not troublesome to any of His children!

MAY PEACE BE UNTO ALL! HARI OM TAT SAT OM!

51. INNOCENCE

8-5-1973, 11 A.M.

I look with awe and admiration at the face of Bala Subramanyam, which is on the front cover page of this notebook. How my heart longs to be innocent and pure like the Bala Subramanyam!

I do not wish to have prayers or meditations or any other thing; all that I want is only the innocence of Baby Subramanyam, the innocence of an unborn baby.

As I look at the innocent holy picture, a prayer comes within saying, *'Lord, bless me not with learning or wisdom, nor with fame or name. Only bless me with spotless purity and with the innocence of the unborn baby. If you bless me with purity and innocence, I will conquer the whole world and I want nothing more.'*

May innocence be my Soul and Goal of this precious human birth!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

52. IS ALL LIFE SORROW?

It was Lord Buddha who said that all life is sorrow. As day follows night and night again is followed by day, similarly, sorrow is followed by joy and again in its wake by sorrow. But blessed is the one who has risen above sorrow and joy, the aspects of the mind. I should like to say that life is a constant struggle full of tests and trials, both good and bad, constructive and destructive.

It has been wisely said that *life is progress and stagnation is death*. Hence, let us keep on progressing both day and night, in each and every moment of our life ceaselessly, for our Goal is that Blessed State which is above sorrow and joy. Blessed are they who are ever established in that transcendental State of Supreme Peace!

OM TAT SAT OM!

53. KILL THY ENEMIES WITH LOVE

13-5-1973, 6 A.M.

What an important and inspiring thought! Where are the enemies in the first place, when all is God? All are the living Images of the One Indivisible God.

That which exists is One and He is called by various names. Hatred breeds hatred. It is Love that conquers everything. When everything fails, it is Love that wins.

What a blessed opportunity to love and embrace our enemies! Do not be discouraged; when all your enemies are repulsive and unkind, love them constantly with all the strength of your heart. The more hatred comes, the more love flows from you.

Truth alone triumphs.

Love alone conquers.

May love win all!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

54. LATEST MUSING

God and Peace are not two but one. Don't you want God? If so, why are you neglecting your own Peace Centre, which was

established to give your Peace, to serve you not only yourself but also your ladies and children with Peace, Spiritual food? Verily, love is God and God is love. The heart devoid of Love is a cemetery where there is Love, there is God.

Maya is so deep that it makes even the wise to run after poison, neglecting Amrita, the nectar of Immortality which is so near and dear and also is your birthright. It does not help to weary over spilt milk. Let us spill the milk no more b running after name, fame and the toys of the world. In memory of reading this vital message, let us cling to the Light of lights now and here!

The place to be happy is now, is the present living place, the Peace Centre, the Abode of Peace. The time to be happy is now, the present living moment, forgetting the dead past and ignoring the dim uncertain future, the way to be happy is to make others happy. So, let us make one of your friends or neighbours happy by bringing to the Peace Centre and by making him or her to memorise and spread the PEACE PRAYER near and far all over the world. For, the Peace of your soul and for the Peace of World Peace this is all that I ask of you, o my Loving devotees of the Peace Centre!

Please help us in making Peace Centre a great blessing for your Peace as well as for the Peace of all. The Harvest is great; the labours are few and rare. Will you not be one of the rare and privilege seekers of Truth and advocate of Peace Prayer to spread Peace from heart to heart in a single way, near and far, as it is the individual Peace that paves the way to universal Peace.

Service

Do all the good you can

By all the means you can

In all the ways you can

In all the places you can

At all the times you can

To all the people you can

As long as ever you can.

—J.W.

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

55. LET YOUR PROP BE DIVINITY

Let not your happiness be on people who come and go, or on any name and form. Let your happiness be on the awareness of the perpetual light within, but never even on workers or members of the Ashram, who come and go as per their desires. If you rely on any outside prop however devoted he may be, the prop will be removed. So let your prop be only in Divinity, the Inner Light, the Splendour of millions of suns. For, this Eternal Prop can never be shaken or changed, as it is the only ever Abiding Reality in the world of never ending changes.

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

56. LIFE IS A CINEMA

Dear Friend, do you know that Life is a Cinema? It is not just a still picture but rather a moving picture and it is not on a silent screen but is a 'talkie', it has voice and musical accompaniment.

Yet life is more than just a talking Cinema. You must have seen many times the Cinemas, which are in every town. But these movies are outside of you. Have you ever looked at your own Cinema, the personal picture of your own Life?

Alas! Man neglects that which is within, the essential, peaceful and sacred, and runs after the non-essentials, the dazzling and bewitching forms that are outside of him. The senses project without, towards all the outer variety, Pravriti, the variety of forms and names rather than towards the Unity within, the Nivriti, recognising It as the One who is formless and nameless.

It is interesting to watch when one takes a moving picture, how every movement, whether a smile or tear is registered. In the Film of Your Life not only the outer emotions and actions are registered but also every thought, be it high or low. And you are the one who reaps the results of the good and bad seeds sown.

Hence, my friend, beware of your thoughts, ever thought that you think, consciously or unconsciously.

OM TAT SAT OM!

57. MAKE THY FLUTE-BODY EMPTY

27-5-1973, 4 AM

If you want Peace eternal, happiness that knows no change and which is permanent, there is only one way. That is to make your body, the flute-like body, empty now and here, from Kama, Krodha, Lobha, Moha, Madha and Matsarya (lust, anger greed, attachment, haughtiness and hatred).

Question: when shall I be free?

Answer: When the ego ceases to be.

This seems to be the only simple and direct way for Mukti—freedom. But alas! How difficult it is to express the same in our daily lives, having our bodies filled and frozen with all kinds of evil tendencies! It is only when we empty our flute-bodies from the dual thought of *I* and *You*, that the Lord Krishna begins to play in His melodious song of Gita in us, for the good of all His children in all the worlds.

Let us give a chance to Bhagavan Krishna to sing His Divine songs, for the Peace of all, by emptying ourselves now and here!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

58. MAN ALWAYS DISAPPOINTS

4-5-1973, 5 A.M.

The more we rely on man, the finite man, the more he disappoints. Unless and until you give up reliance on selfish man, you get disappointment after disappointment.

This is a Divine Law to teach us Self-Reliance and that is to *never to rely on finite man*, even in death or crucifixion. Have the strength to rely on God, the Indwelling Light.

While the Ashram was in trouble, as if Rome was burning, we begged a devotee to rush and help us in time. He was busy playing tennis while important papers, letters and messages were being burnt by a crazy woman in her deranged state. Thus, anything may happen at any moment if we rely on others.

May God protect this Ashram from all harm, especially from self-interested people!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

59. MAN'S EVOLUTION

There was a time when it used to take hours and hours; nay, even days and weeks, to feel God's Presence. Of all the things in the world, the most interesting thing is man's evolution, the soul's progress on the Onward March of Truth.

By His Grace, nowadays I feel His Presence, the Presence that is interpenetrating the very cells of my being, in a single moment, for He is here with me now and always. I can feel him in one single breath, for he is the breath of my breath. With one single breath I not only cover the past, present and future, but establish myself in His Omnipresence, Omnipotence and Omniscience.

May all Glory be unto the Interpenetrating Presence!

OM TAT SAT OM!

60. MESSAGE OF COMMODORE MEHRA

20-5-1973, 8 A.M.

Although I worry over little things, mere passing clouds, God has blessed me with the good habit of assimilating all that is best from the experience of daily life, even though they appear trivial and unimportant.

Commodore Mehra is a big naval officer. He is the head of the naval department in the East Coast in Visakhapatnam and is leading an ideal life of devotion and service. Not only he but also his Mrs. and their two children also are God-loving and devoted souls. I have been fond of not only Brother Mehra, but also of sister for another reason; for, her name is *Kailas*, the name of Kailas Ashram where I spent six years in Silence, Mouna.

Sri Mehra helped so much in making my stay safe and comfortable on the top of the hill in Kailas, visiting that lovely place often with his wife and children. It was Brother Mehra who fixed a nice gate for the Kailas Ashram and feeling afraid of the roof of the

dilapidated building where I resided, he fixed it also, to make my stay comfortable.

They were so devoted that they all visited Mother Ashram in Totapalli Hills also. On one day Mr. Mehra was taking photographs of myself before the life-size statues of Krishna, Christ, Buddha and Gandhiji in front of my Nirvana Mandir. When he took the first photo, I requested him not to take chances but to take another photo, as he will not be coming to Totapalli often.

Then at my request he replied, "Swamiji, I need not take another photo, for whatever I take, it comes out right, a hundred percent right and correct, for I never take chances." They all came out quite well.

This simple incident has been a great lesson to me in all my life, although this happened nearly fifteen years ago. Whatever you do, do it perfectly correctly with 100% zeal and concentration.

Even if you are praying and meditating, you should do it with 100% of your mind. Instead of repeating God's name a thousand times allowing your mind to wander here and there, better to pray and meditate with concentration, repeating His Name even once or twice than sitting with closed eyes, imagining everything in the world except God.

Do one thing at a time. Do it perfectly and correctly. This is the message of Commodore Mehra, not only to me but also to all of you!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

61. MIND IS LIKE THE FRAGRANCE OF INCENSE

Did you ever light an incense stick and watch its smoke as it ascends higher and higher, forming into curls and finally filling the whole place with its fragrance? It is very easy to watch the smoke of an incense stick, but to watch the smoke of the mind as it rises and falls, and as it wanders far and near is an uphill work. Consider your mind as an incense stick and watch its trend of imagination as it curls, rises and dissolves in the Akasa.

It is wonderful to watch one's own mind as it imagines, following it, remaining always as a Witness. Practice, practice is needed in the mental world of God-realisation.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

62. MUSIC OF THE SOUL

There is a favourite song of mine, which begins with the appealing and soul awakening words '*Parama Pitha Ma Prardhana Vinara*' (Oh Great Father, Holy Supreme Lord, Listen to my prayer). Being in silence sometime I take joy in playing the above words on Jnaneswari's violin. I could play that one word *Father of fathers*, for any length of time with ecstasy. Often tears of love flow freely feeling His Presence. Sometimes I say, '*Oh Father of Fathers, don't you have ears? Can't you listen to my words? Where are you?*'

At my childish words, He seems to laugh and repeats in silence, '*My ignorant child, am I not the stillness of your heart? Why do you shout and make needless noise on the violin? Be still and know that I am with Thee always. Learn to recognise Me in the Waveless silence.*'

Then the violin stops unconsciously its music; words do not come any more. The notes, the melody of the violin is stopped and I keep on floating in His Omnipresent, listening to the Music of the Soul in the Waveless Silence. May all Glory be unto Him, the Source of all sound, the music without and the Divine melody within.

OM TAT SAT OM!

63. MY AGE IS ONLY TEN HOURS

On first January, at 10 AM, the thought came that I was only 10 hours of age, for I was born at the dawn of the New Year. It is strange how I feel that I am reborn at the dawn of the year. With the passing of the old year, all the old accounts and all that I have written on the state of life, is wiped away. Now life begins fresh. How beautiful!

Man is the master of his own destiny, provided he makes the right use of the precious tiny moments. These days often and often I take joy in counting my age only beginning from the dawn of the January 1st. How blessed it is to be a mere pure and innocent child! Verily, the kingdom of Heaven belongs to children

Glory be unto God in the Highest, the Creation of all world!
Homage be unto Him, the giver of all births on the earth plane!

MAY PEACE BE UNTO ALL!

64. MY OLD FRIENDS, SPARROWS

21-5-1973

Like some of the members of the Peace Centre, my old friend's the sparrows also did not come to see me as in the old days, as they did not know of my arrival in Lakshmi Vihar. Gradually coming to know of my arrival through some kind friends, they began to come to me as in the good old days.

Every day as I go into the bathroom, they are there, waiting for my arrival. Immediately I get a fist-full of rice and sprinkle it for them. What a feast to the sparrows who join eating, one after another! Sometimes a pair of Mina birds also come to the feast, but alas! When crows come, my friends the sparrows are afraid and they fly away from the feast, which makes me sad. When I get the crows chased away, the thought of the saying in Telugu comes: *'He does not even sprinkle rice, o son, even to a crow'*.

Hence, as I do not wish to be like a miser not feeding the crows, especially when they are picking and eating the grains of rice, I refrain from chasing the crows away and I allow them to eat the grains. But my wish is along with the sparrows and Minas, the crows also should be friendly and all should eat together from one plate, for all the Earth is the Kingdom of God belonging to all his children, be they animals or birds.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

65. NEW YEAR DAY

At the dawn of the New Year I have been up since 1 AM offering my New Year's Greetings to everyone and everything in the world, from the tiniest atom on earth to the highest planet in the sky. Dear friend, did you not also receive my New Year Greetings? When I went out and saw all the millions of stars in the sky, in ecstasy I wished a happy New Year to all the millions of eyes of God. Happy New Year to each and every star in the Heavenly spheres! Happy New Year to each and every creature on the face of the Earth! Happy New

Year to all the Sisters and Brothers in all the religions. Happy New Year to all the young and old, to all the children and babies in all the nations!

How blessed it is to wish a happy New Year, to the known and unknown, to the visible and invisible, to the friend and foe, to the animate and inanimate in the entire Universe! Blessed is the life of the one who includes all and excludes none!

With body consciousness changing to the nest of blood, flesh and bones one cannot wish a happy New Year to one and all. It is only with Atma consciousness it is possible to wish a Happy New Year to all that lives and exists in all the worlds, for Atman pervades and permeates all the worlds, being *Adviteeyam*, one without a second. Thus in wishing Happy New Year to the Atman, one is extending his New Year Greetings unto all!

May God's Richest Blessings be with you, my Loving Reader, for a very happy and peaceful New Year!

OM TAT SAT OM!

66. NO MEDITATION

Meditation is possible only in duality, where one sees or feels that there is something else besides him. How can one meditate, when nothing else exists besides him or when all this is the Self or HIMSELF.

It is wonderful to reach these blessed heights where there is not the least necessity for any kind of meditation. For one is already in meditation, nay, eternally in meditation, for he has been nothing but the SELF, the Atman from beginning to end.

GLORY BE UNTO SUCH!

67. NO MORE FORGETFULNESS

Every sincere aspirant of the Highest Truth longs for that Transcendental State, *Samadhi*, where there is not the least forgetfulness of God, even amidst multifarious and heavy works.

When one understands the Truth from personal experience, then the disease or bugbear of forgetfulness can no longer exist. One

feels the Presence of God whether he is in deep meditation or busy with the works and activities of the outer world.

When such a one is absorbed in meditation he is the very waveless Ocean, immersed in Samadhi. When he works, he is still the same Ocean but now with the waves, rising and falling, as he works and rests.

Brahman in Silence and Brahman as Shakti in Service are one and the same. When such is the case how can there be a dark cloud of forgetfulness in the Sun of suns!

Verily, we are THAT, both in work and in worship, in motion and motionlessness, in Pravriti and Nivriti, in outer and Inner lives.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

68. NO ONE CAN HURT YOU EXCEPT YOURSELF

If others think ill of you it does not hurt you. Even if the entire world thinks ill of you and reviles you, it does not hurt you in the least. But it hurts you if you think ill of anyone, even of your worst persecutors.

So long as love alone flows from you towards one and all, none of the things of the world can ever dare to touch you. Blessed is the one from who LOVE alone flows in rains and torrents, freely and spontaneously, without expecting the least reward in any form.

For such a one, the more oppressed and persecuted he is, the more he loves and helps the weak and ignorant persecutors.

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

69. NO PLACE FOR GOOD PEOPLE

4-5-1973, 5:15 A.M.

The Executive Officer in Kotagiri has been a devoted and dedicated soul helping all selfless works and spiritual souls, especially the Peace Centre, a place of prayer and worship.

As some crooked and selfish people did not like his good nature, they went to the District collector and got him transferred, to

serve their political ends. It seems because of his too good a nature, selfish and cruel people tried even to murder him. What a crooked and cruel world!

One feels that there is no place in this present world for good people. I feel like living in a world where there is Truth, Justice, Peace and Love; but not in a world where there is injustice, crookedness, hatred and spite. May God protect His innocent children!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

70. NOT A BLADE OF GRASS MOVES WITHOUT HIS WILL

If a blade of grass is helpless to move without God's will, then Who is it that is moving in this hand as I am writing now? Who is it that thinks in my mind, other than the One who is Existence Absolute and Indivisible? All sound, whether it is from you or from me or from anyone else, comes only from Him. Nature in all its various manifestations are expressing itself from a tiny blade of grass to the effulgent Sun, because of Him.

How true are the words that *not a blade of grass can move without Him!* I see you because of Him. I write because of Him, nay, I breathe because of Him. It is He in each and every breath!

GLORY! GLORY! GLORY!

OM! OM! OM!

71. OMY IS A SPIRITUAL PUPPY

4-5-1973, 6 A.M.

What we have within, we behold the same without. I never like to call Omy a dog or puppy, as it clings to me like a shadow, looking at me always, considering ~~me as~~ its all in all.

Often it begs Shanti to give it a chance to lie down at my feet on the bed. It is the happiest moment of its life for Omy to lie at my feet. When once it sits or lies down at my feet, no one can put Omy down to bed, for it barks, growls and even bites when anyone tries to put it down from the bed.

Someone asked me not to allow Omy to climb on the bed. The one who sees the dog in Omy naturally feels like that, that it must be kept aloof. Whereas, I who see God in Omy, feel it a great joy and privilege to have Omy at my feet, in spite of Omy's little mistakes and doggish nature.

May I have the strength to see the One Indivisible Presence not only in Omy but also in all!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

72. ONE O' CLOCK

It is now past midnight hour—one o' clock. I do not know why one o' clock is always inspiring and appealing to me. Is it because that it is *ONE* without a second? Whether it is after the midnight or midday, when the hour *ONE* comes I am always in ecstasy. How blessed it is to be *ONE* always and to behold the *ONE* in the many! In spite of all the multifarious forms and names, blessed are they who can recognise the *ONE* under all conditions. Peace Eternal belongs only unto such!

Question: How to make this Peace everlasting?

Answer: Cling to the ONE ceaselessly. Be one with all, for the ONE is without a second.

OM TAT SAT OM!

73. ONE STEP, ONE MOMENT, ONE BREATH

Once I wrote the message '*One step, one moment and one breath*'. The essence of it, is that a single step, a single moment, only a single breath is enough to realise God. This is an answer to the often-asked common query, "*How long does it take to realise God?*"

As I ponder on this deep and vital theme, I realise that as the Self is motionless, even one step is not needed. As the Atman is above time, even a moment is not needed to realise it.

As for the *Breath*, the Atman or the Light (the only Reality, the Living Truth) is already the breath of the breath. It is the very

Source of the very breath, then why does one need even the space of a breath to realise God? He is already THAT, from eternity to eternity.

OM! OM! OM!

74. OUR DEVOTED ENGINEER

One devoted engineer, an old friend and well wisher of the Ashram writes to me lovingly, addressing me as *Bhagavan*, even on the envelope. *Bhagavan* means God. I am not elevated or puffed up by being addressed thus so highly. How can anyone be God, *Bhagavan*, confined to the body of blood, flesh and bones?

There is only one *Bhagavan*. He is the all-pervading Presence, Who is also the indwelling Light. Yet, the scriptures teach us that we are the children of God, the Living Image of the One Eternal, Infinite and Indivisible Spirit. My heart longs to be worthy of the high expectations of the devoted Engineer, Sri Subba Rao and his devoted family. Even his life-partner and children are blessed with devotion, ever repeating the simple and helpful *Peace Prayer*.

I do not wish to disappoint anyone, even our Ramies, who cling to me day and night, who follow me like my shadow wherever I go, be it towards Kailas, climbing the hill or into the Jnana Guha, the Cave of Wisdom, to be alone with God in Silence.

Blessed are they who live for an ideal, helping and serving their fellow Sisters and Brothers, nay, even all the dumb animals, and even the plants; with love, care, tenderness and kindness.

May God's Blessings ever be upon our Ideal devotee Sri Subba Rao, his devoted family and precious children and on both the Ramies, who are lying by my side as I write this message.

It is now the early hours of dawn and raindrops are falling, repeating the Sacred Syllable OM, for it is drizzling. How blessed it is to see, feel and listen to the Voice of God in every tiny raindrop, for all sound comes from Him. Verily, the world is an emanation of God. All is Brahman. May Glory be unto the Highest, and may Peace be unto all!

75. PEACE

It is the individual Peace that paves the way towards Universal Peace. Do you have Peace in your heart? If so, please establish it in your home and then spread it in your community. From there, radiate it to the nation and vibrate it in the entire world. This is the great help that the members of the Peace Centre request of you to render for the Peace of the world.

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

76. PERPETUAL AWARENESS

Question: Is it possible to be perpetually aware of the Presence?

Answer: It is more than possible; not with body consciousness, but only with God-consciousness.

In body consciousness, there is remembrance and forgetfulness. You can remember God and you can also forget Him. What you remember and forget is not THAT. In fact, this is all a play of the mind. That which is beyond remembrance and forgetfulness is the changeless Reality, the ever existing Principle, the Sat Chid Ananda Swarupam, which is beyond all forms and conceptions. When once you are blessed with that transcendental splendour, you can never forget it even in sleep or death itself, for it is above body. Mind, heart and even the visible Soham.

To realise this Highest State of Supreme Bliss, it is not enough to meditate on the heart or even on the Sahasrara, the highest centre of illumination. Undoubtedly there are helpful centres of meditation but one has to rise even above these objects of meditation and be the *Sarva Sakshi Swarup*, the Witness itself, the One without a second. Blessed is the one who attains perpetual awareness! Such a one is a Jiva Mukta, one Liberated while living.

OM TAT SAT OM!

77. PRARABDHA KARMA TO BE REPEATED

13-5-1973, 6 A.M.

The wise say that no one can escape Prarabdham, the Karma that was sown. Until the last particle, whatever one has sown, he must reap.

Kotagiri, especially our Peace Centre is free from all kinds of reptiles such as snakes, scorpions etc., even from the mosquitoes. In this season there are only two or three mosquitoes. To avoid their bites, there was mosquito curtain fixed for my cot. But last night unfortunately one mosquito entered into the curtain by stealth and made a feast of my body. Sorry that I could not sleep! But there was the consoling thought that at least this body itself has been of some use to the mosquitoes, as this body is intended only to serve. May this body be serviceable in some way, in serving all His children in all the kingdom of life!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

78. PRAYER

29-4-1973 5 AM

Prayer is the only language in which man can speak to God and get a response. -B.P.

Yet, men of the world take joy in communing with the things of the world rather than with God, the Indwelling Light.

Pravrithi, the outer life is very bewitching and alluring. *Nivriti*, the Inner life is very trying and difficult, hence many of the people are happy to walk in the outer life, being slaves of the senses.

Man is not prepared to die to the world, to be alone with God. Blessed are they who are ready for the call of God, having His Name on their lips!

It was Gandhiji who said that he could live without food, but not without Prayer. Call on the Lord, who is waiting for your call! Verily, prayer unites the Individual with the Universal.

May all homage be to all the advocates of prayer!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

79. RAIN

12-5-1973, 11 A.M.

These days, since a long time, there has been no rain. Everything was getting dry and there was scarcity of water everywhere. Plants were withering and crops were failing.

What a blessing it was yesterday when it rained suddenly! It poured and poured and rain began to descend in torrents. We were all happy over the downpour of rain. Flowers begin to smile! Birds began to sing! Children were happily playing!

What a great rejoicing over all the Peace Centre, where rain fell by the Grace of God! Farmers were rejoicing over the downpour of the sudden rain, as it helped to sow new potato seedlings.

How few and rare are they who feel that rain is God's blessing from the Heavens, and feel His Presence in every raindrop! Verily, God is speaking through every raindrop, giving consolation, coolness and solace. Blessed are they who can find Him in every raindrop and in every atom in the universe, for it is all He.

MAY PEACE BE UNTO ALL!

OM TAT SAT OM!

80. REFORMING OTHERS

You cannot change others, the world cannot be changed. But you can change yourself. The way to reform others is to begin to reform yourself. Merge within yourself. Introspect your life. See your own faults, instead of looking at the faults of others. It is easy to look at the faults of others, to ask others to remove the moles in their eyes, keeping beams in our own eyes. Blessed are they who are pure in their hearts. Kingdom of Heaven belongs to the pure in heart.

May this day be a day of purification, beginning with self-reformation for the Peace of us as well as of others!

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

81. SELFISHNESS

Are you selfish or are you selfless? Are you thinking of yourself always or are you thinking of others, who are the children of

God? If you are selfish, ever thinking of yourself, you are going in the downward path, which leads you to hell. If you are selfless, thinking of others, you are going on the upward path, which leads you to Heaven. As this is a **Divine Law** and **Open Secret**, please do shift your centre from *selfishness* to *selflessness* and thus be a blessing to the Mother Earth and to your Creator.

This is the prayer of the Members of the Peace Centre, Kotagiri, Nilgiris!

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

82. SHARING

We are all slaves of habits. It has been my habit since many long years to take a glass of lemon water in the early hours of dawn. I offer it first to Sri Krishna, Jesus, Buddha, Gandhiji, and to all the Avatars of the East and West; I even offer it to you, my loving Readers of Peace!

Each sip of the water I drink is offered to one of you; thus it gives me joy to share what I drink with all the children of God in the East and the West. How blessed it is to live for others, to drink for others, to eat for others and to work and breathe for others!

I love to repeat here the inspiring poem on **Others**, for the benefit of my Loving Readers of Peace and Shanti in the entire world. *Others* are no other than the Living Images of the One, indivisible God. In serving you I am serving God. In loving you I love God.

Without too much ado, too many words, let me share with you now the poem on **Others**, which has been the inspiration of my life.

OTHERS

Lord, help me live from day to day

In such a self-forgetful way

That even when I kneel to pray

My prayers will be for OTHERS.

Help me in all the work I do

To ever be sincere and true

*And know that all I do for You
Must needs be done for OTHERS.*

*Let self be crucified and slain
And buried deep and all in vain
My efforts be to rise again
Unless to live for OTHERS.*

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

*OTHERS, Lord, yea OTHERS
Let this my Motto be
Help me to live for OTHERS
That I may live like THEE.*

OM! OM! OM!

83. SLEEPING

11-5-1973, 5 A.M.

I was sleeping and sleeping that I could not sleep any more. I began to meditate. I was meditating and meditating until I could not meditate any more.

One can neither meditate always nor sleep always ceaselessly. Moderation is the ~~key note of normal life~~.

The holy thought of 'When God is awake how can you sleep?' gives us joy, strength and consolation.

God is never asleep, even for the millionth fraction of a second. So let us be awake in Him, centred in the Splendour of

millions of suns Glory. May all be awake to the Glory of God! The Light of lights!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

84. SOMETHING

16-9-1959

I am blessed to have something that cannot be bought with all the wealth in the world in the market. My heart longs to share it freely, with all the aspiring children of God; for it is the Divine heritage and real Birthright of each and everyone in the world.

But who wants it, is the question now! It has been said that not one in a million is ready for the Highest. All are only after Mammon and are restlessly running after shadows. Where are the people who are mad after God, the only changeless Reality?

How can we teach philosophy to the little children who are engrossed in playing with toys, or who are very busily engaged in building houses and castles with mud and sand? Swine needs husk or mire but not pearls and nectar. A time must come for everyone and for everything, even to pine, to have an all-consuming and burning desire to realise God *now* and *here*.

OM TAT SAT OM!

85. SOULS MUSINGS

Kotagiri 21-6-1969

Where is the moment when God is absent, either in the past, present or the future? He is ever present from eternity to eternity. Where is the space, even the tiniest atom of space, either within the body or without in the world, where He is not present? As God is Omnipresent, He is here, there and everywhere.

*May all homage be unto Him! Recognise His
Presence and be silent.*

It gives me joy and inner strength to repeat *I want nothing from man*. Man being finite himself, can give me nothing. I want nothing from God also, for He being Infinite, He has given me everything already.

*AUM! Inhale and exhale Peace thy Birthright,
with each and every breath.*

*Practice of the Presence of God alone in little
things as well as in big things is the
only single and direct way to realise
Peace.*

*Let there be Peace on Earth and let it begin
with me, HERE AND NOW.*

Everything I do is my Puja to Him. I am doing my puja now, an offering to the Omnipresent God by offering these inner thoughts to Him, the All-Knowing One. How childish of me! Yet, am I not His eternal child? Verily, the Kingdom of Heaven belongs to the children, to the childlike only. Blessed are the pure in Heart!

My Highest Puja, worship, is *Soham Puja*, the Indwelling Breath, which leads to *Viswa Puja*, the Universal Worship; but only when done faithfully and with concentration, without a break, like oil poured from one vessel into another vessel.

May all Glory be unto Him, Who is all-silence!

OM! OM! OM!

86. SRI BHAGAVAN DASJI

Sri Bhagavan Dasji is God-sent. As not a blade of grass moves without God's will, Bhagavan Das is an all round man. There is no work on the face of the Earth that he cannot do, from stitching a cloth or mending a shoe, to making grafts of flowers and fruit trees. He also does prayer and meditation and sings Bhajan with cymbals.

He was living in an Ashram for nearly 20 years taking care of the gardens and looking after the cows. Bhagavan Das is a genius in doing little things as well as in big things, in mending things and in repairing all things from a blade to a crow bar.

He was also living in a jungle in a cave, eating roots and nuts, doing Bhajan day and night, all alone. What a great blessing it is for the Peace Centre to have such a consecrated soul like him, who does not want anything, being desireless! When he is hungry, he goes into the town of Ooty and many Marwadi and Gujarathi merchants think it is a great pleasure to serve him by giving wheat flour and vegetables.

He takes them into his own cave and makes his own bread baking the same before his Dhavi—the fire that goes on day and night.

After he came to the Peace Centre, Santhi began to feed him with breakfast, bread and onion. As he was not used to eating such rich food, he began to have motions. So he gave up eating thrice, began to eat only once in twenty four hours. I was reminding him that he is a real Yogi, Because he eats only once in a day.

How true are the words that he who eats once is a *Yogi*, he who eats twice is a *Bhogi* and he who eats thrice is a *Rogi*. Thus many of us have become unconsciously *Rogis*.

Bhagavan Das went into the town and brought a clay plate for eating his food once a day, at the mid-day. What a great blessing it is to have such a good devotee here!

OM TAT SAT OM!

87. SUN. THE LIGHT OF THE WORLD

I often look at the sun and ask him the following question.

Question: Dear Sun, do you ever forget yourself?

The sun gives me such a bright smile as if answering my question, dispelling all the clouds of darkness, making me ashamed of my very question. How can the sun, the Light of the world, forget its inherent Light?

Then how is it that man, the Image of God who is supposed to be the Light of lights, often feels miserable, thinking that he is forgetting God or *himself*, the self-effulgent Light? The ocean cannot forget its water; neither can the earth forget its solidity. Oh man, wake up and express the splendour of your Divine Heritage, the Splendour of millions of suns!

OM TAT SAT OM!

88. THE BREATH—THE SOHAM

It is not the finite breath, but the Universal Breath. It is the Infinite Breath. It is the Soham Breath that passes like an Eternal string through all the beads of life. Rising above all words and

thoughts meditate now on your own breath, the indwelling Breath, which leads you from the finite into the Infinite. As you continue to meditate, the form becomes formless. You will be lead slowly, steadily and silently into the realms of stupendous and self-effulgent Light.

Breathe on me the Breath of God!

GLORY! GLORY! GLORY! SOHAM, SOHAM, SOHAM

OM! OM! OM!

89. THE GRACE OF GOD

The finite man, the ignorant man takes joy in offering prayers for the Grace of God to descent from Heaven; whereas God's Grace is always on and the living Images of God. Neglecting what is within, the ignorant people run after the outer things of name and form. What is silent is ignored and the sound in bustle and hustle is worshipped.

In fact, in one word, the Grace of God is ever operating in the form of inhalation and exhalation, in the form of Soham, our very breath, both day and night ceaselessly. Let us only wake up to God's ever-present Grace! Then we will be happy, recognising His Soham Glory in each and every moment, nay, with each and every breath! **GLORY! GLORY! GLORY!** Unto His ever present and never failing Grace, which is Omnipresent, Omnipotent and Omniscient!

OM TAT SAT OM!

90. THE GRATEFUL LEMON TREE

There is a certain lemon tree near my bathroom. When I came to Totapalli, it was full with small lemons. I promised it not to pluck its lemons but to wait until they drop by themselves. We gave extra water and look all tender care by giving it manure etc. You ought to see the lemon tree, to know how it responded to love. It it full of golden lemons and every day it drops five or six lemons. One cannot believe unless one sees the colour, size and fragrance of the lemons. Some of them are of the size of small oranges.

When a mere tree yields to love and gives such a rich harvest, imagine what is there that we cannot do by sowing the Love Universal on the whole of Humanity! My soul longs to love every plant, animal and man, from the tinniest creature to the biggest plant. I love to get

the biggest harvest from every living Image of the Almighty God, by sharing all that I have with His children, to help to establish Peace on earth.

I dream of the vision of the Universal Harvest, when I behold the golden fruits of sweetness in the heart of every individual, for it is the Individual Peace that paves the way to Universal Peace. It is love that is important.

OM TAT SAT OM!

91. THE GREAT INVOCATION

Kotagiri

From the point of Light within the Mind of God

Let Light stream forth into the minds of men.

Let Light descend on Earth.

From the point of Love within the Heart of God

Let Love stream forth into the hearts of men.

May Christ return to Earth.

*From the centre where the Will of God is
known*

Let purpose guide the little wills of men,

*The purpose which the Masters know and
serve.*

From the centre which we call the race of men

Let the Plan of Love and Light work out

And may it seal the door where evil dwells.

*Let Light and Love and Power restore the Plan
on Earth!*

OM! OM! OM!

92. THE INEXPRESSIBLE

There are certain experiences in the lives of spiritual souls that cannot be described or expressed in finite words. Recently I was meditating and I do not know whether it was real or a dream. Anyway, even when I recall that marvellous experience not only does it seem so real, but it also gives me a thrill of ecstasy.

To being with, the body became heavy and numb. There was a sense of freedom. Something was going out of the body. Strange there was a little tingle at first. It was going out through all the clouds thick and thin, with the very light of lights.

All forms disappeared and I was free of thoughts, for the mind because vacant or waveless. There was deep awareness of Freedom. Body, mind and the world disappeared. I do not know how long I remained in that eternal oneness or Cosmic Consciousness, for even the time causations were absent there in that Transcendent Glory!

HARI OM TAT SAT OM!

93. THE INVISIBLE BRAHMAN AND INSEPARABLE SHAKTI

25-6-1973, 3 PM

As the wave is never separate from the ocean, as the Sun is never separate from the rays, so is man never separate from God, the One Indivisible Universal whole.

Separation is death and Oneness with the Divine is life. Brahman and Shakti are never two but one, whether one knows it or not.

How can you ever separate the wave from the ocean or ray from the sun?

When you are silent you are the Brahman, when you are active you are the Shakti.

Let the tiny bubble of the body merge in the waves of the world. May the waves of the world merge in the Ocean of Akhanda Satchidanandam, the Existence, Knowledge and Bliss Absolute.

You are always in Brahman, even in ignorance, whether you know it or not. Recognise the Great Truth of Inseparable and Eternal Oneness and be happy!

Having Light all around do not close your eyes and suffer, imagining darkness. It is because of the Presence of Brahman that you are writing now. Your hand is moving, nay, you are thinking due to Him; for, He is the Mind of the mind, Breathe of the breath, Life of the life and Soul of the soul. Recognise this stupendous Truth and be happy, expressing Him in little things as well as in big things.

May all homage be unto the Brahman who is working in the individual as well as in the entire Universe as Shakti!

MAY PEACE BE UNTO ALL!

OM TAT SAT OM!

94. THE ORANGE TREE

It gives me joy in going through the Ashram grounds looking at the old trees. During one of my walks, I saw a certain orange tree almost in its last stages of life, for all the branches were dry and it was withering. I thought as it was neglected too long, it couldn't be saved now. Anyway, I promised a gardener I would give him a gift if he takes care of the tree and revives it.

After a few days it was a great happy surprise to me to see the tree giving out new leaves, for the gardener took very good care of it by pruning the dry branches, putting manure and watering it daily.

At this new change, I almost shouted in ecstasy that I saved the dying tree. Then the inner voice said '*Oh fool! How can you save the tree? You cannot even move a blade of grass by yourself. It is He that saves!*' Feeling ashamed of my mistake, I repented in silence. May all Glory be unto God, the giver of Life to bird, plant and man!

OM TAT SAT OM!

95. THE SLEEPLESS ATMAN

Question: What is that, that never sleeps?

Answer: It is the Atman.

Sleep is most essential for bird, beast and man; nay, to each and every creature on earth. Yet, the Sleepless One is in the heart of all sleeping beings and creatures in the world.

Question: What is that, that never gets sick or dies?

Answer: It is the Atman, for it is Immortal.

How blessed it is to identify with the Sleepless Atman, which is beyond sickness and death! The Atman is beyond decay or growth, decrease or progress; for it is the same from Eternity to eternity, being One without a second. May all Homage be unto the Atman, the Splendour of millions of suns!

OM TAT SAT OM!

96. THE SOUL OF OMKAR

Did you ever see the Soul of Omkar? How can you see it, when it is within you? Introspect your life, not the *outer* but the *inner* life. Merge within. Thou art the Soul of Omkar, Tat Twam Asi. That Thou Art. Even in the outer way, pray; watch the innumerable rays going out of the Soul of Omkar. Thou art the Ray and He is the Self-effulgent Light. How blessed it is even to be one of the rays of the Soul of Omkar!

Every ray is a sublime thought going out from the Soul of Omkar, pervading and permeating the whole universe with Light, Life and Love. Let one of the rays be Omnipresence; the other is Omnipotence and another ray is Omniscience. You are in the soul-full rays of the Soul of Omkar. Breath is the string of life unifying the entire Universe in the Holy rays of life universal!

May all homage and Glory be unto the Soul of Omkar!

OM! OM! OM!

THE TWO CROOKED FRIENDS

20-5-1973, 11 AM

It makes me sad whenever I think of these two crooked friends. They work together, think together, serve together and they do harm to any good cause together also, scheming together.

Everyday I think of them unconsciously, even in my prayers. God should change their nature from selfishness to selflessness.

Their one thought is, 'What can we get out of this person?', even if it is regarding any holy cause. They cannot bear to see any spiritual cause, God's work, progressing. They cannot bear to see people silently doing good works, indirectly in a subtle way. They break promises, telling lies in an impervious way.

As God is in all, we have to love them seeing God in our crooked friends also. Verily every human being is a living temple of God, be they crooked or straight.

May our eyes see nothing except the sweet face of God in all creation!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

97. THE WARMTH OF GOD

It was a cold day; I was sitting outside for a time in spite of the chilly weather and cool breeze in the Lakshmi Vihar grounds. Feeling cold I came inside and my feet were very cold. Wearing socks and covering myself with a sweater, I went into the bed and covered myself with a blanket. How good is God! Soon I became warm, feeling his Presence.

I was in His embrace and He was in my embrace. It was a holy moment of ecstasy. Within myself, feeling His inseparable Presence, I was conversing thus unconsciously.

Question: Where art Thou my Lord?

Answer: Lo! I am with thee now and always!

Question: How good art Thou always?

Answer: Verily, I am eternally one with thee.

There is never a moment of time when I am aloof or separate from Thee! Just to feel His mind in my mind, His heart of Universality in my heart and to feel His Universal Breath in my finite breath is something indescribable in finite words.

GLORY! GLORY! GLORY!

Thus, seconds and minutes passed away until time disappeared. It was a blessed state of Divine ecstasy where two never existed, but only ONE LIGHT exists eternally.

MAY ALL HOMAGE BE UNTO THE LIGHT OF LIGHTS!

Adorations unto the One Indivisible Light which is existing in the form of the manifested lights in the manifested world.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

98. THE WITNESS

These days when I want to write my inner thoughts, rather when I try to express what I feel within, the thought comes thus: *"What is the use? Whatever you write is only a caricature of what you have within. even what you feel within is only very insignificant when compared to what you are , the real Source. The Witness is infinitely greater than his writings. Do you wish to write or do you wish to be the Divine Writer, the One without a second? Do you wish to engage yourself in writing finite thoughts or do you wish to remain rising above all thoughts as the Witness of the body, mind and the Universe?"*

I long to be the writer of writers, the Witness of all the phenomena in the so-called big world of dimensions. Peace belongs only to the one who can remain as the One without a second, in the attitude of the Witness, and unto none else.

OM! OM! OM!

99. THERE IS NO OTHER WAY FOR PEACE

You may try a hundred methods and thousands of Sadhanas with several Mantrams; but there is no other way for your final Peace except by *practising to feel His Presence now and here*, with each and every breath. Practice of the Presence of God ceaselessly in little things as well as in big things, is the only simple and direct way to be perpetually happy always.

As you are writing now, who is writing, sitting on the mound at the foot of Sivalayam, facing the rising sun in the early hours of dawn? It is He! Who is it rising from the horizons behind the hills,

dispelling all darkness from the world? **It is He!** Who is it who is thinking and writing in you now? **It is He!** Who is it that is blowing in the cool breeze? **It is He!** Who is it now, singing in the birds around you? **It is He!** Who is it that is sitting at your feet on the mound, in the form of Omy, joining me everyday in the early sunrise meditations, so patiently and loyall? **It is He only!** Who is it that is blooming in the fragrant flowers around you?

It is only He alone, for nothing else exists besides Him, the one without a second. As the sun comes out from the horizons, the Sun of suns comes out from within, in all Glory and silence. Now you are established in the Splendour of millions of suns. Meditate deeply, for it is the Glory of the Splendour of millions of suns!

GLORY! GLORY! GLORY!

HARI OM TAT SAT OM!

An offering to our devoted Vimala
and Ramesh, with prayers for their
longest lives of service and Peace,
wherever they go in their new
venture.

MAY PEACE BE UNTO ALL!

100. THICK MAYA-DEEP DELUSION

Is not man's life on earth, especially for the one who clings to the body and lives in ignorance, pestered by pests of all kinds, an actual hell?

Yet, the ignorant man loves the very hell itself, even though his very blood may be sucked by mosquitoes and his body bitten by poisonous reptiles such as scorpions and snakes. Even in his house he may be bothered by rats and other pests and in the world troubled by all the tormentors.

All these endless tests and trials are given to man so that he can come to his right senses and seek the Truth in the stillness of his own heart, within. But alas! Many a man does not learn even through suffering.

Such is the thick Maya, the deep delusion! It makes the ignorant love the very poison of outer life and ignore the nectar of Immortality.

May God alone protect the ignorant, for they are mere children, devoid of Wisdom.

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

101. TIME

Blessed is the man who knows the value of the precious Time. I take joy repeating that *he who wastes moments wastes all his life*. He who is careful with every moment is careful with his entire life. Anything lost can be gained again but not the precious Time. Wealth, health, even character and all the goods of the world can be gained again, but not the tiny precious moments spent in vain or wasted.

Yesterday has gone. Will it ever come to us again? It does not help to worry over spilt milk. Let the past be buried. But let us be careful with the present living moment, making best use of it either in prayers and meditation or in the selfless service of His children.

May all homage be unto the worshippers of the timeless time—those who have risen above time!

OM! OM! OM!

102. TRANSCENDENTAL STATE

There is a certain holy state where there is neither day nor night. It is free of past, present and future. Nay, it is above time. How blessed it is to remain in that Transcendental State always! Blessed is the one who has recognised that Holy Cosmic State. Such a one is the same in all conditions. ~~Heat and cold, pleasure and sorrow, praise and blame, health and sickness, Wealth and poverty~~ does not touch or mar his prestige Glory, his inherent bliss, for he is free of all dual conditions of Life.

OM TAT SAT OM!

103. TRUTH

Nothing is higher than Truth, for God is Truth. We should begin our lives with Truth and teach our children also to speak Truth and nothing but Truth, in all the conditions of life.

There is no place in Heaven for liars. The gates of Heaven are closed to the liars. God does not tolerate white lies or business lies. He expects nothing but one hundred percent Truth from His children. May the basis of our spiritual life be Truth in thought, word and deed. May Truth alone shine and radiate from every heart.

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

104. TRUTH TRIUMPHS

The nature of the world seems strange and peculiar. But for the God-man, from the Heights of his realisation it does not seem so. He sees only Nature expressing itself in the world of duality, in all its creatures.

The nature of the people of the world has been always from beginning to end, to pick and peck, to condemn and crucify all those who do not live as they do and those also who live out of the common way, leading ideal lives of innocence and wisdom.

When once the good and the innocent die physically, the very people who picked and pecked at them change their opinion and say: *"What a good man he was!"* There is a saying that *the eyes of a dead man are very big.*

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

105. WANTED ASPIRING SOULS

14-5-1973 11 AM

All are mad in this world, the world is full of people who are after something or the other, mad only after the fleeting clouds of name and fame, the toys of the world.

But where are the people who are mad after God, the only Reality, the Soul and Goal of the precious human birth? The Maya, delusion is so thick that it will not allow even the wise to give up the unreal and follow the Truth, the Real.

My heart longs to have even a few souls who can consider the world as their home and who can give up selfish interests and who are ready to serve all the children of God, rising above the differences of caste, creed, colour and nationality. How rare are they who are ready to sacrifice the self, the ego, to serve God in all His manifested forms in the East and the West. Blessed are they who can serve the Lord in cold and hunger!

Welcome to the few and rare aspiring souls to the Mission of Peace, to radiate Peace near and far, to help to establish World Peace!

MAY PEACE BE UNTO ALL! OM TAT SAT OM!

106. WEARY OF REPETITION OF ALL MANTRAMS

4-5-1973, 6 A.M.

These days I have been taking joy filling the body with **JAI JAI RAMA KRISHNA HARI OM**, the whole body from the toes to the top of the head; and then in weaving garlands of **Om Sri Ram, Jai Ram, Jai Jai Ram Om**.

Now I feel weary and tired in repeating these Holy Mantrams. The thought comes from within *Soham Bhavena Pujayeth*, 'Worship God with Soham Consciousness, with your every breath'.

Here is a deep, subtle thought or Truth. Why repeat any Mantram, vocally or mentally, when Soham Puja, the Great Puja, is going on ceaselessly within, with each and every inhalation and exhalation? Recognise this great Truth and cling to Soham with each and every breath in all Silence.

May all Homage be ~~unto all~~ **unto all** Soham worshippers and Peace be unto all!

OM! OM! OM!

107. WHY THIS EXAMINATION?

10-5-1973, 7 A.M.

This morning I woke up with the inspiring song of the Divine songster, Sri Thyagaraja: 'Why this examination or test or trial on me?'

Thou art the boundless One of mercy and compassion and I am only a mere finite and humblest bubble in Thy limitless Glory and splendour. It is only my childish imagination that You are having something against me, whereas, you are pervading and permeating the very cells of my being. I am ungrateful to You by forgetting and denying You a million times a day'

My consolation, joy and strength in my forgetfulness is, **the more I forget Thee, the more You love and protect me ceaselessly.** How good you are, my God, the Heart of my heart and the Soul of my soul!

HARI OM TAT SAT OM!

108. WORDS

Words are stones. Do you want to live on stones? God is above words. He is all Silence. In words there is confusion but in silence there is Peace. Silence creates souls. Give up words of every kind, even in the name of religion. Do not be satisfied by chewing dry bones. The marrow is within thyself in the stillness of thy own purified heart. Be still and know that you are the Light within and without, where not only the words but even thoughts also are absent.

May the Peace Centre give you not dry bones but the spiritual food of Peace and Silence!

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

109. WRITING MUSING IN A DREAM

7-5-1977

These days, I am not satisfied with whatever I do or whatever I write. However sublime and inspiring it may be, it does not satisfy me. Everything I read, however sublime it may be, I feel it is a waste of time. What I teach and preach, wasting precious time does not satisfy me.

Here is a novel experience. It never happened in my life so far until now.

Being dissatisfied with my preaching and writings in the physical state, I was surprised to see that I was glad to do work in the dreaming state in astral plane.

Sri Tenneneti Viswanatham, the President of Shanti Ashram, while going on a lecture tour, had invited me also to take part in his helpful and important lecture programme. I agreed to follow him with some funds. But the friends by mistake took me into a wrong place, into the slums. I could see their poor dwelling places, so small and untidy.

By the time I was done looking at all those tiny huts and small yards, the meeting was finished and all the living persons were returning to their quarters. Yet, they were all very happy to see me and they arranged a special meeting in the happy memory of my visit. This is a dream in a dream.

'God communes at any cost' has been my theme. *'God-consciousness now and here.'* Life is not worth living if we forget Him even for a tin millionth fraction of a second. Life becomes heavy and burdensome to Mother Earth. Every moment should be spent in God-consciousness.

Time is too precious to be wasted in preaching and writing. Not only every day, but every hour and moment of the day is important and precious to you in helping and serving the seekers of Truth and Peace in a practical way: in serving them physically, mentally and spiritually.

These are the dream-thoughts in my dream. When I woke up from the dream, I was filled also with new strength, ardent joy and with a new kind of ecstasy as I had a new birth at that happy moment.

Glorifying God from all His Richest Blessings I was filled with ecstasy that cannot be expressed in these finite words.

OM TAT SAT OM!

110. YAMA IS LAUGHING AT US

The world is so enticing and the *Maya* so thick that it makes even the learned ignore and forget the Real, the life-giving Nectar, and run after the unreal, the changing phenomena. Such people, even if they pass near to Heaven itself, are so busy with the mundane things of finite life that they do not have the time to enter into heaven, even though its gates are wide open.

They satisfy their restless minds by saying that they will go in the next time, leisurely, and then spend a long time in Heaven. At such

childish thoughts Yama the Lord of Death laughs, for he is one of those who believe in the present, living moment, for anything may happen in the next moment.

Verily, this moment alone is ours and not the next. Hence, the time to enter into Heaven is now or never!

OM TAT SAT OM!

111. YOU ARE IN ETERNITY

Way this mad haste? Why this needless worry and endless hurry? All this restlessness is due to the forgetfulness of the Light within. Keep the Centre always within, on the Light of lights, the indwelling Presence, then you will be safe and happy. Above all, you will be free from unnatural worry and needless hurry.

In eternity, the past is dead and buried. One does not worry over the uncertain dim future either. He is happy and contented to live in the *present life*, in the soul-awakening moment, feeling Omnipresence, Omnipotence and Omniscience. In Existence, Knowledge and Bliss Absolute where is worry or hurry?

My heart longs to live in Peace and die in Peace too, without the least worry or hurry. Blessed are they who can die in Peace with a smile on their lips!

OM TAT SAT OM!

112. YOU ARE NEVER ALONE

There is **SOMEONE** who is ever within and without you. If you close your eyes He is pervading and permeating the very cells of your being. If you open your eyes He is all around you, always protecting you. God is closer to you than your very breath. Pray, feel and feel His interpenetrating Presence now and here and thus be strong and happy.

You are the Lion of Vedanta, the Lion of Knowledge, but never the sheep of weakness and fear. Kindly carry this message of strength from the Peace Centre and spread it near and far all over the world for the Peace of all!

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

113. YOU CANNOT FORGET YOURSELF

There is something which is impossible for the man of God-realisation to do. Do you know what this is? He cannot forget *Himself*, the effulgent Light, the only changeless Reality in the world of never-ending changes.

When once he has seen the Light, has known the Light, when once he has recognised the Light, how can he ever forget it? Verily, that Light is Omnipresent, Omnipotent and Omniscient.

As the man of God-realisation is himself the Light, it is incorrect to use words such as 'seeing' and 'knowing'; for there is nothing for him to see or know besides himself the Light; he is the One without a second.

MAY ALL HOMAGE BE UNTO SUCH! OM TAT SAT OM!