

MUSINGS - 2

SWAMI OMKAR

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1. RAIN

I wonder why I feel happy, when it rains. They say, that rain unites earth and heaven. These are the hot summer days. It was sultry and hot too. Suddenly it became cloudy and started to rain. The rain was drawing me. I could not sit any longer in the shade, in the *verandah* of the Nirvana Mandir, more so, when I saw the water flowing on the ground without going towards the plants.

I took my big spade and started turning the flowing water on the ground towards the trees. The trees were getting dry and parched. It was a sight to see so suddenly water, plenty of water around every small plant. How happy the trees and plants were! How happy I too have been? Only God can water the plants, His children so profusely. Is not every plant a child of God too! All belongs to God. God is in all! It is not raining rain to me. It is raining flowers of Peace and Love. Every rain drop is a message of God. How blessed it is to feel His Presence in every drop!

Om Om Om

(Peace Aug 1959)

2. TROUBLES

Someone said! *Troubles are God's Rain on Earth*. Hence, welcome all the troubles, tests, trials and tribulations in the world! What a great blessing is Rain, to mother earth! Everything gets cool in the mineral, vegetable, animal and human world also!

Blessed are they who can experience God's Presence in all the experiences of life, be they sweet or bitter, good or bad!

Duality brings sorrow. Unity brings bliss. Happiness belongs to the one who sees the One in the many. In God - the Highest there is neither trouble nor happiness. It is all Light - the Self-effulgent, Indivisible Light.

May all Homage be unto the Light of lights!

Om Om Om

(Peace Aug 1959)

3. CHEETAH

On another evening it was drizzling. It was getting dark too. I felt like going towards the hill, to our Govardhan. Two little boys were with me. First I wanted to take them with me. Again I remembered the words of someone that a Cheetah was roaming around, in the hills. Hence, I asked the boys to go into the Ashram chanting the name of God. As I went towards the Hill, there was the thought of Cheetah. I was musing thus:

Q: Why not go back, instead of facing the Cheetah

A: Is it not a shame to be afraid of a Cheetah?

Q: What will you do now, if Cheetah comes before you?

A: I will face the Cheetah and see God in it.

Q: What will you do, if the Cheetah takes a fancy to devour you?

A: There is nothing to be done, except feeling His Presence even in the mouth of a Cheetah or a Tiger repeating *Soham*.

There is no need to repeat *Soham*. *Soham* is always there. Only recognize IT and be silent. As Breath Universal, *Soham* is blowing in the breeze, dancing in the waves and shining in the sun.

Om Om Om

(Peace Aug 1959)

4. LOVE

It does not hurt or harm us when others think ill of us. Others, may criticize, condemn, nay crucify us, but we are safe and sound, so long as we do not think ill of them. Let Love alone flow towards one and all. Does the Sun, send forth anything other than Light, even towards those who spit at it? Sun is the Guru of gurus, shedding its Light and warmth, ceaselessly and equally even on those who worship or blame the Sun.

O Man, the Living Image of God! Be thou also like the Sun, radiating nothing but Light, Life and Love towards the whole world.

Om Om Om

(Peace Aug 1959)

5. RAMNAM

These days I often find myself singing *Ramnam* unconsciously, *Ramnam* is the sweetest name of God. It is the manifested AUM in the manifested world of name and form. I feel in singing *Ramnam* that I am singing the name of all the sages, saints and Avatars of all the religions in all the nations, for Rama includes all and excludes none.

To me, Om and Rama are not two but one. Keep on singing Om - Rama or any other name of God which is near and dear to your heart, filling your body, the very cells in your body with the vibrations of Infinite Light, Eternal Light and Self-effulgent Light! How blessed it is to meditate on the LIGHT that never goes out, which is same always in the past, present and future!

Om OmOm

(Peace Aug 1959)

6. SOHAM

Soham meditation is not only the Highest Meditation, but it is the most natural and simple meditation, that needs no effort of any kind. The Highest Meditation is the Meditation which is free of all efforts and exertions either within or without.

Q: Does the Sun - the Light of earth world exert in anyway in giving out the Light to the world?

A: Be thou like the living Sun, in whom there is neither darkness nor weakness of any kind - the passing clouds of duality.

Peace that passeth all understanding belongs to the one, who faces the One in the many, who recognizes the Infinite in the finite, who is always in tune with the Infinite both in rest and work. Unto such all *Work is Worship* and all the world is *Brahman* and nothing exists but *Brahman* either in the past, present or future.

Verily, *Isavasyamidamsarvam*. All this world is *Brahman*. ISWARA pervades and permeates the whole universe.

Lokasamasthasukhinobhavanthu

May Peace unto all

OmOmOm

(Peace Aug 1959)

7. GOD WITHIN

Often it makes me happy to close my eyes and to feel His Presence in the very cells of my being. Each and every cell contains Infinite potentiality. *Infinite in the finite*, is the thought which is prominent when eyes closed. How blessed it is to feel the mighty force, the unlimited power of Omnipresence, Omnipotence and Omniscience, in each and every cell of One's being! It is simply incomprehensible and ecstatic, In that blessed, Holy and Ineffable State, one does not feel like opening the eyes to see the world of duality outside.

Yet, what one has within the same is without in the world. What you see within, you see the same without, for it is a Divine Law operating in the lives of individuals as well as in nations in all the Universe, in the same way. It has been said the Law is inexorable for it is same to one and all, to the king and the beggar, to the learned and ignorant.

OM TAT SAT OM

(Peace Sept & Oct 1959)

8. GOD WITHOUT

There are blessed moments again, when I feel the same ecstasy when eyes opened too, when facing the world of duality. When I see a sweet smelling flower, I feel His Presence in its very fragrance, when I see the carefree bird, hopping and flying, singing so naturally, I feel God's living Presence. He is there, in the cry of the little kitten, in the barking of the pup. Is he not present even in the simple smile of the innocent children? He is there playing in our GURUKULA boys and girls. He is there in all the children in all the world. Is He not in men and women too? If God is not in people, how can they ever work, move or breathe? We are all living and moving and breathing having our beings in Him from Eternity to Eternity. Down below, He is the very atoms. Up above, He is in the sky, sparkling in the stars. He is there in the mountains. He is blowing in the breeze. He is shining in the Sun. When God is above, below and all around expressing in so many ways in all forms, why should I be blind and close my eyes?

Om Tat Sat Om

(Peace Sept & Oct 1959)

9. GOD'S PRESENCE

As I write now in the early hours of dawn feeling God's presence in the slow and steady tick of the clock which is by my side on the writing table, is He not, within also in the still and silent throb of your own heart? He is the heart of the heart, of not only yourself but of all the people in all the nations of the world. Nay, God is the heart of every tiny creature, on the face of the earth. Because of Him, the flowers bloom, the bees hum, the birds sing, the animals run, men work, stars twinkle and the sun shines.

May all glory be unto Him in the world of manifestation where He alone is pervading and permeating from the tiniest atom to the biggest planet.

OmOmOm

(Peace Nov 1959)

10.HAPPINESS

All the children of the Ashram and some of themworkers were going to Waltair Ashram, to pay their homage to the Ocean of *satchidananda* and also to Sri Appanna in the Simhachalamtemple, while the van was going. I was a littledepressed with the thought of needless wandering, leaving the lovely NirvananMandir and lovely Totapalli Hills.

The inner voice said:- Look at the smiling faces of the sweet children! How they are playing andsinging! How happy they are with their vocation? You have made so many children happy. Is not their happiness your happiness? Suddenly, I too began to smile. Indeed, their happiness is my happiness. The simple and the shortest way to be happy, is to make others happy. Forget the little self, in the happiness of others.

If anyone is happy anywhere in the world, let him be friend or foe. Let his happiness be your happiness. If an ignorant man takes joy in speaking ill of you, if he is happy in criticizing and condemning you, let his happiness be your happiness. Real happiness, be it anywhere, in anyone, it is not two but one, in the Highest sense. So let the happiness of others be our Happiness.

Om Tat Sat Om

(Peace Nov 1959)

11. OTHERS

Where are others in the *ekamevadwiteeyambrahma*, in the One *Brahman* or God, who is one without a second! All this world is *Brahman*. All are the living manifestations of God, irrespective of the man-made differences in castes, creeds, colours and nations.

Blessed are they, whose life's desire or aspiration is only to see the one in the many. These eyes are given to us, only to see God - the Highest, the one Indivisible God, in all the aspects of the world, in all the kingdoms of life - in the mineral, vegetable, animal and human kingdoms! Others exist to the ignorant, to the wise, it is all One. To the enlightened it is all God, nothing but God within, or without.

Nay, there is nothing like within or without, nor himself or others.

Glory Glory Glory
Om Om Om

(Peace Nov 1959)

12. IS LIFE SWEET OR BITTER?

Mosquitoes bite even the innocent: Bugs suck the blood of even *Sadhus*. We face scorpions, snakes and other poisonous creatures on every side! Not to speak of these tiny insects and poisonous creatures in the dumb, animal world, we often come across real scorpions, snakes and wolves in the human world also, hurting needlessly, condemning and crucifying the innocent and poisoning the holy works. When such is the case, how can we consider life as sweet? Yet, there is the other side of the same coin to be considered.

Life is not all bitterness. Look at the wild lilies in the field! Look at the sweet-smelling flowers in the gardens, giving out His fragrance! Listen to the song of the sweet birds, expressing His Joy. Look above and behold the Glory of the stars! Heavens declare His Glory and the firmament showeth His Handi-work!

How lovely and beautiful is this world! Lovely and beautiful to those, who are lovely and beautiful within, and ugly and bitter to those who are ugly, bitter and selfish within. The world is only a mere mirror of reflection of our thoughts. What we have within, we behold the same without.

The world is not all bitterness, neither is it all sweetness. It has been said, the world is a mixture of both good and bad, a mixture of sweetness and bitterness a plane of duality.

Each day of sunshine is succeeded by a night of darkness and each night is followed by a day of sunshine. Blessed are they who are ever centred in God's Sunshine, in the Self Effulgent Splendour of the Sun of suns-where it is all light- Infinite Light and Eternal Light.

May all homage be unto the Light of lights!
Om Tat Sat Om

(Peace Nov 1959)

13. MOMENTS OF ECSTASY

It was raining heavily, not merely drizzling. As usual I felt that I should not miss this great opportunity of enjoying God's rain on earth, when He is uniting Heaven and Earth, with His cool and lifegiving showers. As it was raining heavily, the Ashramites requested me to take an umbrella. If I take the umbrella to protect myself from the "irksome" showers, what is the use of my going to feel "His cool showers?" Hence, unprotected by any umbrella, I went out into the rain towards the Govardhan Hill enjoying fully His Presence in every raindrop, and, sitting on the cement bench there, started to chant His name.

As I began to chant His Name, I felt even the raindrops were chanting His name. Tears of ecstasy were gushing out from within. Drops of rain were falling from without. Both the drops from within and without mingled in the confluence of His Love, It was a sacred moment of divine ecstasy, disabling me to know the difference between the tears of ecstasy from within and the tears from heavens.

Such blessed moments are too sublime to be expressed or described in words!

May all Glory be unto God!

(Peace June & July 1960)

14. GRATITUDE

At the same place I was sitting on another morning, glorifying God for all His richest blessings on Earth and in Heaven all around. I offered my thanks to Him for the sweet flowers, the care-free birds, innocent children, wild beasts, men and women in all the world; nay, I offered my thanks in the stillness of that hour for the hills around, the sky above, for the breeze

blowing on me, and above all for the sunshine—His living presence. I gave my thanks for everything manifested all around me; above all to the “Breath, the Life within.”

The ecstasy of identifying with the breath within, Inhaling and Exhaling Peace with every breath in that still silent hour, is inexpressible.

May all Homage be unto God

(Peace June & July 1960)

15. NOT YET BORN

Some of the members of the Ashram find fault with me for going in the rain often! “How can you do such a thing in your advanced years—going in the rain, climbing the hill? For, you are no longer young, Swamiji” they say. Sometimes I feel that I am not yet born at all! What is age for the *atman*? Often I feel like running, nay, even like flying in the air, leaving the body behind.

How blessed it is to be no longer bound to the body on earth! Indeed the *atman* is never bound. It is ever Free. There is indeed nothing besides the *atman*, even to bind.

Om Tat Sat Om

(Peace June & July 1960)

16. BELIEF

Do you believe in God’s Omnipresence? It means to face God everywhere. All this is God! He is within, without, above, below and all around. If you really believe in God’s Omnipresence, are you feeling Him now? Are you facing Him now? Belief is one thing and feeling His Presence in all that we do, see and hear is another thing. Similarly, do you believe, in your practical life, in God’s Omnipotence? If so, the very very cells of your being are filled now with Omnipotence—the Power of the Light of lights. If, like wise, you believe in God’s Omniscience, there is nothing for you to know from outside. Everything is within. It is within thyself. It is ever Complete. *Poornamadaha, poornamidam.* (That is Complete. This is Complete.) All is Complete.

Om OmOm

(Peace June & July 1960)

17. GURU POORNIMA OFFERING

Whether it is *Guru poornima* offering or God *poornima* offering or any other donation or contribution that comes in my name, it goes to the Ashram, ever wishing its welfare. This year, a devotee from Hyderabad sent Rs.20/- for *Guru poornima*. As soon as the M.O. came, I felt an urge that it should be kept aside for emergency. Hardly a day passed when I received a note with a request that the *Guru poornima* offering may kindly be sent to the Ashram, as the Ashram was in great need and the servants were to be paid.

I sent the money, with a request to keep the amount aside when funds permit. On the next day it was raining heavily and I went out for a little walk towards the hill and felt touched and surprised to see two of the gardeners working with spades in their hands in the down-pouring rain. Immediately I said to them, “as you work so hard in spite of the heavy rain considering the Ashram as your own, a reward of Rs. 5/- to each of you is being offered.” The poor fellows were extremely happy at this unexpected favour and good news. Their Happiness touched me to tears of ecstasy. Later on, the same devoted and selfless gardeners suggested that there should be a small tank as a reservoir to store water. At their wise suggestion I decided within myself to offer the remaining Rs 10/- as a further reward when they begin to dig the tank for watering the plants etc. Thus goes the *Guru poornima* offering for rewarding a good deed of service. The way to be happy is to make others happy; for, in the happiness of others lies our happiness!

May all be happy
Om OmOm

(Peace June & July 1960)

18. IMAGINATION

Negative Imagination is a dangerous thing. But constructive imagination is a helpful thing. When one begins to imagine, he may imagine both constructively and negatively knowing that the least forgetfulness of God is death, one should not give in, to any weak imagination. When the Light is absent, immediately darkness fills the place. In the beginning, imagination is like a thin thread - a mere reed. But when once one indulges in it, it becomes a strong rope, nay a big stout iron cable. Little naps of neglect and laziness make big holes in the life of spiritual aspirants. How apt is the following verse!

*A thousand years one prayed
At the gates of Heaven;
While one little nap he had
The gates were opened and shut.
Ah, was he wise!*

(Peace June & July 1960)

19. SPREADING LOVE ANONYMOUSLY

No one is free from some musing or other! Each one has his own special or particular musing as per his or her wish or desire or temperament. The man of the world takes joy in musing over the good of the world. The Man of God takes joy in musing over the sacred treasures of spiritual wealth. Like attracts like. Thoughts are things. Thought is another word for fate. What you are now is the result of your past thoughts. What you are going to be will be determined by your present thoughts. So beware of what thoughts you choose to muse or think within! There has been a long time, since a long time, to publish my articles, messages any of my thoughts and prayers without a name.

Now my heart rejoices to see that I have come to a firm resolution from next month onwards, my messages should be published without a name in magazines Peace and Santi or even in any other journals. Some people are anxious not only to have their own names but even print their photos too. Children have their childish wishes. May long life be unto all the children! They too, when they get tired of the toys of name and fame they will also crave for the highest to be nameless and formless. So, let each one have his own play. My play is finished. Before I close my play, I long to be completely nameless and formless. By losing one name and one form, I own all the forms and names in all the world. All of you belong to me. I love you all, for Real Love includes all and excludes none.

Love is One without a second:

But some children grumble and complain saying: - How can we know, that it is your message, when your name is deleted?" My own come to me. My own understand me. Whether the name is given or not, my own can feel my Love in every word of the message. What difference does it make even if you fail to recognize my name? What is there in a name? What you need is the essence, the immortal truth - the nectar of divinity. Whether it comes from this *Swami* or from any other *Swami* it is all one and the same Truth. Hence, let us forget the names and seek the fragrant honey within, in Supreme Silence! Indeed! *Swami is dead and Omkar is alive in you all!* Then, why give credit to the *Swami*, who is dead already. It is He, who writes and muses too, the indwelling presence of all hearts. Often and often I pray finding consolation and joy in repeating the following words unconsciously.

Dear God make others famous and well-known, but keep me unknown and insignificant a Complete Zero, ever keeping Thee, in the stillness of my heart.

How blessed it is to be desireless! May all homage be unto the bestower of all desires. May He grant me now the desire to be desireless.

MAY PEACE BE UNTO ALL
OMOMOM

(Peace Feb 1962)

20. THE INDIVISIBLE LIGHT

Everyday I usually get up at 4 A.M., but sometimes at odd hours of 1 or 2 A.M too. As soon as I get up I light one incense stick and wave before Krishna and Christ who are on my table so nearby me- as my humble offering to them, and to all the other avatars and mahatmas whose pictures are on the walls of Nirvana Mandir. Now the thought comes, to whom should I offer my homage to Krishna or Christ first? If I choose Sri Krishna, the orthodox Christians will not appreciate. If I offer my first homage to Sri Christ, the orthodox Hindus, will find fault with me. Hence what should I do? How can I satisfy the bigoted people in different religions, who are sitting still in their finite wells shouting. My well is the biggest well in all the world I may not be able to satisfy others but I satisfy myself by seeing Krishna in Christ and Christ in Krishna. As I close my eyes and merge my mind in the Self-effulgent Light, I see neither Krishna nor Christ. It is all one indivisible and incomprehensible Light, wherein all forms and names disappear, leaving only the splendour of missions of suns.

May all homage and glory be unto the Highest.
May peace be unto all
Om OmOm

A HUMBLE OFFERING

A Humble offering of love to the Krishna in Christ and to the Christ in Krishna.

(Peace June 1962)

21. HEARTY WELCOME.

The dawn is not yet visible. It is too early to dawn, for, it is only 3 A.M. I was sleeping on the roof of Nirvana Mandir. I woke up with the inspiring thought: Arise, Awake and stop not until the goal is reached. When God is awake, how can you sleep? He is calling you, waking you up. As I looked at the tree which is nearby Nirvana Mandir, every leaf on the tree, I felt, is offering its greeting. The crickets and birds all around are welcoming, singing to me. All the flowers are greeting me with a hearty welcome, especially the jasmine flower though small, which are so attractive and fragrant, with their sweet appearance. How blessed it is to be like a sweet fragrant jasmine flower, giving out fragrance to one and all unasked so freely!

With such holy musings, when I looked above into the sky, every star is welcoming me to share its light: How rich I am when I feel my oneness with all the stars and planets as noted below:-

I AM THE RICHEST MAN IN ALL THE WORLD.

I AM THE HEALTHIEST MAN IN ALL THE WORLD.
I AM THE HAPPIEST MAN IN ALL THE WORLD.

I felt like playing on violin. Work drives away all worry music unites the individual with the universal. But the boy have forgotten to keep the violin where I have slept, upstairs also the two books, Cosmic Flashes and In the Hours of Silence.

I called and called for the children: - but they were all sleeping fast and they were dead to the world, sleeping in oblivion. When others fail, do it yourself. Man always disappoints. God alone never disappoints. So I myself went down to get my violin and the books-Cosmic Flashes and Hours of Silence.

The flowers, crickets and birds were sorry for me and they were laughing for my trust and reliance on the finite man, still.

Dear Loving Readers, anyway, I am happy to be in tune with you all at this early hour of dawn. Are you awake or asleep wherever you may be and whatever you may be doing. My heart longs to help and serve you all, for, you are a part and parcel of myself, the One Indivisible Self. In thus serving you all, I am serving the One Self- the *Atman*.

Devotees in different places always invite me to come to their respective places, without even thinking of the strain and expenses involved to the Ashram when its resources are very slender. But, the question comes from within. Do they really want me? Are they really serious?

My Dear Loving Readers, what is it you want? Do you really want God? Somehow my heart becomes heavy at the thought that man, the finite man, the ignorant man does not at all want God, with heart and soul. He wants something else other than God. Many want God only for their selfish purposes. In fact with heart and soul, they want always something else, mundane things of the world. That is *maya*! Very rare are the souls who truly want, what I have within, the peace that passeth all understanding. If you are blessed to know Him, please be ready always to be the chosen one of God - to live in Him and sleep in Him and to share His presence unceasingly with all the children of God in the East and the West. You are welcome, not only into Santi Ashram—the Abode of Peace, the property of all the aspiring souls in the East and the West but also into my lovely heart which is ever open and pining for you all. Live in God and help others to live in Him, has been the only simple ideal of Santi Ashram, since the last 53 years.

Dear living images of God - once again I take joy in extending you all a hearty welcome into His Presence, to unite with the indwelling presence of your hearts, now and here, for, today alone is ours and not tomorrow.

The flowers, trees, insects, birds and beasts, even our Bada and Chota Ramies are inviting you, except the ignorant, finite man, who is still sleeping, forgetting the goal of precious human life.

Wake up! O children of immortality! Hearty welcome to be in tune with the Infinite. Let there be peace on earth and let it begin with me!

May Peace be unto all

(Peace April & May 1970)

22. MY PUJA

Everything I do is my *Puja*, whether it is a little thing or a big thing. As I am writing now it is my *Puja*. To whom am I writing? It is to the life, soul and goal of the very existence.

Q: Further, who is writing in you?

A: It is He who writes, for, not a blade of grass moves without His will.

This is to be practiced in thought, word, and deed. Be it good or bad, positive or negative, it is my *Puja* to Him.

If I am seeing, it is my *Puja*, for, I see only Him. If I am listening, it is my *Puja*, for, I am listening to Him alone; for, it is He in all sound and motion.

My highest *Puja* is *soham*, the unceasing flow of the Universal Breath. May the highest *puja* be to be centered in Eternity, blessing all with peace.

Om Om Om

(Peace Jan 1972)

23. PADA PUJA

Certain incidents in one's life remain memorable and will remain fresh always. For instance the day of *Pada Puja* in Anandashram on 13 June, 1971 by *Pujya Mataji* is unforgettable.

The feet are no longer swollen; they have become normal. One can see the veins on the feet for the swelling due to sitting in the van for long hours has disappeared.

I feel that the feet no longer belong to me. To whom do they belong? They belong to *Pujya Mataji* who has sanctified them with her devotional worship. Since then the feet have not wanted to go anywhere, except closer to God.

May every step I take lead only towards Him. May all His richest blessings of health and peace be upon our *Pujya Mataji*.

May peace be unto all.

Om Om Om

(Peace Jan 1972)

24. THE UNIVERSAL DONOR

Trying to write the ‘Musings’ also seems to be a waste of time. What is the object of writing the ‘Musings’, the inner thoughts?

One cannot meditate while the mosquitoes are hovering around and biting. But the thought that the body is useful in a practical way, to supply food for the mosquitoes at least is, consoling in spite of the itchy sensation.

And again, if one wants to be helpful to people or mosquitoes one must offer the price. The laws of the universe are simple but incomprehensible. There is so much to write, and I started with mosquitoes for, they are biting this morning, making food out of the blood of this body. And my blood belongs to O Group—the Universal Donor. It is useful not only to human beings but also to mosquitoes.

OM OMOM

(Peace Jan 1972)

25. IN THE LAP OF GOD

I cannot afford to forget Thee even for the millionth fraction of a second.

How life-giving and soul-awakening is this very thought. If we could only put into practice this one simple thought in each and every moment of our life, in our daily lives. This one affirmation, the *mantra* of *mantras* is enough for our salvation and peace. Wherever we may be, whatever we may be doing, we are eternally centered in Him. Even if we forget or deny Him, falling down into the depths, we fall only into His Lap. How consoling and comforting that we are always in the Lap of God, both on the heights of glory and in the depths of darkness.

May all glory be unto Him always. May we eternally live, breathe, move, think and work in Him, never forgetting Him, even for the millionth fraction of a second.

May Peace be unto all
Om OmOm

(Peace Jan 1972)

26. THE SHEER ANCHOR

Certain catchy words or inspiring affirmations rise from within often and they are the joy and strength of that day. These days the expression 'sheer anchor' is prominent. Everything that moves needs an Anchor—a Sheer Anchor with which it must be tied, or can cling to in danger. From a small fishing boat to a mighty oceanliner, all need a sheer anchor.

So long as one has a sheer anchor one is safe, even in the tempestuous ocean of life.

So long as the child plays, turning around the pillar, he is safe and there is no chance of his falling down. It is only when the child removes his hand from his anchor, the pillar, down he falls and breaks his head.

So let us cling to *Soham*, the sheer anchor in all the tests and tribulations of the changing.

SOHAM

(Peace Jan 1972)

27. BEYOND ALL THOUGHT

No wish to do anything, either to read or write even the inner thoughts. Why should there be even inner thoughts?

You should be above thought. Thoughts are in duality. Duality brings only misery. In duality there is exertion. All exertion brings unhappiness.

Now shall I write? Or shall I rest, relaxed, like the electric light, when it is pulled out.

Feel Him both in work and in rest. As you are writing now it is He who writes. Because of His Presence your hand is moving and you are thinking also because of Him.

May all glory be unto Him, both in the manifested and unmanifested, now and always!

The thought comes that if I fail to feel Him, His presence, express Him in meditation and silence, let me express Him in work, in finiteness, for, it is He who writes, He who sees, and it is He who breathes as *soham*.

As God is Omnipresent recognise Him not only in work and silence but also within and without—within, in the very cells of our beings, from the toes to the top of our heads; without, from the tiniest atom to the biggest planet, even in the sparrows that come everyday to greet us and in the lovely, fragrant flowers that bloom for us every day with the message of cheerfulness fragrance and beauty.

Om Tat Sat Om

An Offering to Our Jnaneswari, with prayers for her Health and Peace.

May Peace be unto all

(Peace Jan 1972)

28. HIS PRESENCE

If I am writing it is because of His Presence. He is writing in me. Where is the moment when God is absent, either in me or in the world? May all glory be unto Him and may I recognize Him ceaselessly both in sound and silence. May I be aware of His Presence ceaselessly in all that I do!

If I am speaking it is because of Him. Verily, He is speaking in me. Also, it is He Who is speaking in all. He is working in me also. May I be aware of His Presence constantly, continuously, without a break, for He is my Life, Soul and Goal. Nay, He and I are not two but One!

May all glory be unto the One, Indivisible *Paramatman*!
Om.Tat. Sat.

(Peace March 1972)

29. WHEN GOD IS AWAKE

I am unable to sleep in spite of repeated attempts to sleep. When God is awake how can you sleep? If God is sleeping you too can sleep. There is so much to be done by you, as well as by all people. Is not all this the imagination of the restless mind?

God is doing everything. He has done everything already. You are only an instrument to serve His children.

Recognize and be silent. Ceaseless work is not for the purpose of forgetting Him, the Indwelling Light and denying Him in all the world but for helping His children to realize GOD, the Light within, Now and Here, for the Peace of all.

Om TatSatOm

(Peace March 1972)

30. DO NOT COMPLAIN

If you complain you do not get any sympathy. You will only be wasting your precious time. Learn to see the best even in the worst. Thus you will cease to complain.

The human mind seeks sympathy from every source, but alas, in vain. The real sympathy and practical help must come from within, when you are silent, face to face with God, or Light.

Self-reliance is the message of the day for all seekers of Truth or Peace. Instead of complaining over the passing clouds learn to bear everything peacefully and cheerfully. Remember that the passing clouds are near permanent. They will pass away before your very eyes.

Tests and trials are for the brave. So be brave and for bearing, knowing all is for the best. God knows what is best for you, for me and for all. So let us cling to Him more than ever, for He is patiently awaiting our recognition in Silence. May all complaints merge and dissolve in Silence.

May Peace be unto the weak and the strong and may the strong help the weak to overcome their mistakes and to cling to God, the Light within, eternally.

OmOmOm

(Peace March 1972)

31. THE KERNEL AND THE CHAFF

It is interesting to record the inner thoughts or Musings as they come from within from day to day. But it is not necessary to write them in more than a few words. In the heaps of chaff what we need is only the kernel. Even one or two seeds or kernels is enough. Man is often after words rather than essence.

Seek ye the Kingdom of Heaven and His righteousness and all else will be added. Cling to the Highest within—Truth Eternal and everything else will shine, for the Peace of all. Let the Sun of suns dispel all clouds. May Peace be unto all.

Om OmOm

(Peace March 1972)

32. GOD

He is nearer to me
Than my feet or hands.
He is closer to me
Than my very breath.
Verily, God is the
Breath of my breath.
He is the *SOHAM* Breath.
God is the Universal Breath.
For the Peace of our souls
Let us follow our
Own *SOHAM* Breath,
Which leads to
The Heights of Perfection
Where it is ALL LIGHT.

HariOm TatSat

(Peace March 1972)

33. T O D A Y

Today I do not have any work;
Except the only Real Work
Of Feeling His Presence,
Ceaselessly, Ceaselessly
Like *Tailadhara*,
Oil poured from one vessel
Into another vessel.
Let me feel His Presence
Ceaselessly, Ceaselessly;
Now and forever,
Eternally
Today my Work is only
To feel His Presence;
Eternally—Ceaselessly.

OM OMOM

(Peace April 1972)

34. N O W

The Present Moment NOW
Has been the friend of Man
Since life began—
In the beginning.
It has been not only
The friend of Man
But also of Bird and Beast.
NOW has been the friend
Of Man, Bird and Beast;
Nay, even of tiny flowers and tender plants,
Homage be unto our NOW
May we ever live
In the Present Moment
NOW

OMOMOM

(Peace April 1972)

35. YOUNG MAN!

Why Do You Walk Like An Old Man

In the early hours of dawn, facing the rising sun, as I take my morning walk, with faltering steps, something, from within comes, rather whispers within me the following words:

Young Man, Why do you walk like an Old Man?

Immediately I straighten myself, taking a deep breath, keeping the head, neck, spine and shoulders straight. The old man becomes the young man of Seventy-eight years. He greets the Sun for He is the Sun of suns. He remembers with great joy and ecstasy his dDivine Heritage, the Splendour of Millions of Suns.

All that the Father has, belongs to the Son. So I take my first step into His Omnipresence; the next step naturally leads me into God's Omnipotence and the third step into His Omniscience. Every step is taking me closer towards God. Verily, God is nearer to me than my feet or hands. He is closer to me than my very breath: He is the Breath of my breath. How inseparably One I am with God, now and always; nay, from the beginning to the end, eternally!

Young Man! Do not count your age by the number of years that you have. Count your age by the

number of moments you are spending in God, feeling His Presence, within and without. It is God's lookout. The Creator will not fail to take care of His Creation, and of Sri Santi Ashram too. He knows what is best for every child of His in all the Kingdoms of Life, the Human, Animal, Vegetable and even the Mineral Kingdom.

He is the Father Himalayas and He is the Mother Ganges. He is everything. God is, in all the Manifested and Unmanifested Kingdoms of life, in animate and inanimate objects too. We are working and moving in Him. Nay, we are thinking in Him. He is the Thinker of every thought. We work, move, breathe, in Him. We sleep in God to wake up again in the morning feeling His Presence, the Indwelling Light.

The following simple poem has been my joy and strength, nay inspiration too:

He Prayeth Best
He prayeth well who loveth well
Both man, bird and beast.
He prayeth best who loveth best
All things both great and small;
For the Dear God, who loveth us
He made us and loveth All.

My heart longs to include in the above lovely poem the plants, trees and fragrant flowers too. I long to fly with the Birds in the air and shine with the Stars in the sky.

Glory Glory Glory

Dear Loving Readers, may I share with you the two lovely thoughts of inspiration, 'Do It Now' and the poem on 'Today' in memory of this New Birth, *punarjanma* and also end his message with our simple, helpful and inspiring Peace Prayer.

Do It Now

I expect, to pass through this world but once. Any good thing therefore, that I can do, or any kindness that I can show to any fellow human being, let me do it Now. Let me not defer or neglect it, for I shall not pass this way again.

TODAY
With every rising of the sun
Think of your life as just begun.
The past is cancelled and buried deep—
All yesterdays, There let them sleep.

Concern yourself with but Today;

Grasp it and teach it to obey
Your will and plan. Since time began
Today has been the friend of man.
You and Today! A soul sublime
And the great heritage of time.
With God Himself to bind the twain
Go forth, brave heart! Attain. Attain.

PRAYER

For World Peace and Realization of the Self—ATMAN in All

(Peace May 1972)

36. MAY GOD COME FIRST

Alas, *maya*, the delusion is so deep and thick, even in the lives of the wise and educated, that it is sad to see that God does not come first in their lives, but rather He comes last in, their daily lives.

If a marriage invitation or New Home Entering Invitation comes, even some of the Ashram inmates go immediately. They are no longer in the Ashram even though their bodies are still here for their minds are at the marriage. They are with all their friends and relatives, wasting their precious time in chit-chatting, with questions of mutual interest and world politics.

Thus the mind runs away first, attending to marriages or any other social function and the body follows the mind.

Knowing and repeating that Today alone is ours and not tomorrow; repeating that He who wastes moments wastes all his life, it is sad to see even the learned people wasting their precious time, day after day, with non-essentials, instead of realizing the goal of precious human birth, namely, God-Realisation, Now And Here.

When a letter comes that a distant relative is indisposed, even some of the Ashram members want to rush to the bedside of patient, even at the neglect of God's work. Of course we want them to go to the bedside of the patient and make the patient as well as all the relations repeat Peace Prayer, which helps the patient as well as the people who repeat it, our World Peace Prayer, for the Peace of all.

May God, the Giver of our human birth, the Creator of the world, come first and foremost in our devoted and dedicated lives. This is the prayer of the one who loves you all, wishing God-realization or God-consciousness in the present, living moment for all.

OM! OM! OM!

(Peace Aug & Sept 1972)

37. GOD IS ALL SILENCE

If God is Omnipresent, He is Omnipotent too. As He is interpenetrating the very cells of my being I must express His Presence in all my thoughts, words and deeds, now and always.

How blessed it is to be in God ceaselessly. God is *dharmā*, Truth. He is All-Love, the Love that embraces all and excludes none.

To define God is to defile Him.

Too many words disturb God's Glory. No more words are needed, for He is All Silence, *Nissabdo Brahma*.

Silence alone is God. Let me be silent and be in tune with the Infinite eternally.

OmOmOm

(Peace Oct & Nov 1972)

38. TIME IS PRECIOUS

Knowing the preciousness of every moment, repeating that every moment is very precious and it never comes back, we waste tiny precious moments in so many ways. How aptly it has been said that

Time and Tide wait for no man.

One of the moments of wasting Precious Time is in writing letters to friends and devotees, having no other work to do! Think deeply before you write; what is the object of writing the particular letter to anyone? Is it really going to help him or her outwardly or inwardly?

People waste precious time over the bargain of a few rupees, in selling or buying any articles. The only bargain should be with God: to be 'In Tune with Him' ceaselessly, but never with the finite man over the material, perishable goods of the world.

Om OmOm

(Peace Oct & Nov 1972)

39. RAMA NAMA SMARANA

In the early hours how blessed it is to be in tune with God! Begin the day with Sri Rama Jai Rama Jai Jai Rama Om. Thus your life will be happy and a great blessing to yourself as well as to others, always.

Wake up, O Dear Children of God! He is
Calling you, now and always!
When God is awake, why do you sleep?

As every moment is precious, let us make best use of these moments in Rama *namasmarana*, singing now:

SRI RAMA JAI RAMA JAIJAI RAMA OM

The mahamantram of Pujya Papaji Ramdas and Mataji Krishna Bai of Sri Anandashram.

May all Glory be unto RAMA and KRISHNA,
the ONE in the many!
OmOmOm

(Peace Oct & Nov 1972)

40. THE INNER URGE

There is an urge to write something, not mere trash, but something worthwhile, something that gives inspiration to me as well as to others.

To know the Inner Urge one must meditate deeply. Merge within, forgetting body, mind and the world, and thus you will have something to express from within, something to write about from personal experience.

Blessed are they who follow the Inner Urge, spending their precious time in prayer and meditation. The Inner Urge comes as a result of dying to the outer world. How true and inspiring are the words:

Be Dead that Ye may Live.

May all Homage be unto the rare and precious
souls of Inner Urge—who are dead to the world
and alive to God only.

OmOmOm

(Peace Oct & Nov 1972)

41. LIFE-GIVING SUNSHINE

It is 5 P.M., yet the rays of the Sun here in Kotagiri are so healthy, life-giving and soul-awakening that I love to sit in the warm rays hour after hour, allowing the life-giving rays to penetrate my body. Undoubtedly this gives not only health but also longevity.

I always like to repeat that if you wish to live long, without sickness, Kotagiri is the place for you. Welcome to the Peace Centre, not only for health but also for peace, the peace that cannot be bought in the market for any amount of wealth and the peace which is the Life, Soul and Goal of precious human birth.

OmOmOm

(Peace Oct & Nov 1972)

42. CHARCOAL

As I sit here hour after hour, enjoying the rays of the life giving sun, I feel such joy, strength and inspiration. But my friends here, who are taking care of this body, complain that I am getting black by sitting too long in the Sun.

What if the body does get black! What I need is to have the Soul shining ceaselessly, giving Light to all His children.

Dear God! Let me get as black as charcoal by sitting in the sunshine, but let me express Thee in thought, word and deed, in each and every moment of my life, to all Thy children, irrespective of the man-made differences in caste, creed, colour and nationality.

May the Sun of suns bless me with Light alone, to share the Light with the children of Light.

OmOmOm

(Peace Oct & Nov 1972)

43. MY PUJA—THE WORSHIP

I often take joy in repeating that everything I do is my *Puja*, the Worship. With the first glimpses of dawn I open my eyes to see Him in everyone and everything, for it is all He and nothing else exists except God. As I leave the bed and take my first step I feel that I am walking towards Him.

I take a glass of lemon water on an empty stomach as it is good for health, repeating *Krishnarpanamastu*; this is an offering to the Lord, Sri Krishna, who is the Indwelling presence

of our hearts. It gives me joy to give each and every one of you a sip of lemon water so early, wishing your welfare.

As I am writing now, is not this also my *puja* to the Creator of the World, to the Indwelling Presence of my heart? Everything I do be it little or big, is my *puja*, the Worship of the Almighty, the All-pervading and All-knowing One. Every thought of mine is my *puja*, an offering to Him.

Question: What about the Breath, the *soham* Breath?

Answer: It is the Highest Puja, the greatest offering, to Inhale and Exhale Peace with each and every breath, like *tailadhara*, oil poured from one vessel into another, without a break, ceaselessly.

May my whole life, from dawn to dusk and from dusk to dawn, nay, from birth to death, be a ceaseless flow of God-consciousness, a living and loving puja, my humble offering to the Omnipresent, Omnipotent and Omniscient Light of all Creation, and the Soul and Goal of Humanity, in all the Kingdoms of Life.

May Peace be unto all
OmOmOm

(Peace Oct & Nov 1972)

44. SILENCE

Silence is the Life, Soul and Goal of Spiritual Life.

Man, the ignorant man, is seldom silent. He is always busy, physically and mentally. Watch his body, how restless it is! He is always moving, doing something or other, making himself more restless.

Watch his mind to see how restless it is. Since you cannot watch the restless minds of others, entering into their beings, you can watch your own mind and see for yourself how restless it is, like a monkey, jumping from one branch to another branch.

Peace lies only in the steadiness of body and mind. Try to practice steadiness of *asana*, posture, *asana siddhi*, which helps to lead you silently and steadily to control of mind.

Do not allow the mind to wander towards the things of the world. Let the wandering faculties of the mind go within yourself and wander towards God. In the Silence of your Soul let your mind merge within. Let it fill your body from the toes to the top of your head with His Light. His Presence is already interpenetrating the very cells of your being.

Be Still. In the Stillness the Lord will speak. He will speak to you in All Silence. Verily, 'Silence creates Souls'. Thou art That.

Recognize THAT, the Highest, and be Silent.
OmOmOm

(Peace Oct & Nov 1972)

45. RESOLUTIONS

Proper Resolutions are very good and helpful in the spiritual life for 'Soul Growth'. When once you make a resolution you should stick to it at any cost, even at the cost of Life and Death. You should not allow any little things or the suggestions of any one to come between you and your resolution to reach the Goal of your life.

As an example, if you resolve to fast on a certain day, be true to your resolution. Do not be a slave of food or drink and thus spoil your resolution and begin to eat and drink. Later on you will be sad and depressed because you have broken your resolution. Do not be a slave of your fickle and restless mind.

Similarly, if you make a resolution to be silent, to observe Silence on a certain day, begin the Silence with the first glimpse of dawn and continue it throughout the day. When you want to be silent your mind should be occupied with the things of the Spirit, such as Spiritual Study, Prayer and Meditation, but not with the physical and other activities of the finite mind and body.

It is blessed to be 'in tune with God', the Infinite. All power lies in the control of Mind. *Yoga chittavrittinirodhah*. Yoga is perfect control of the mind. Happiness lies in controlling the wandering faculties of the fickle and restless mind.

May all Homage be unto the Masters of the Mind.

May Peace be unto all

OmOmOm

(Peace Oct & Nov 1972)

46. SITTING IN SAMADHI, IN SILENCE

(At the Dawn of the New Year with Prayers for World Peace)

Having Krishna, in the Sahasrara, the thousand-petalled lotus; Buddha in the Center of Wisdom, the Ajna, the Center of Individuality, of Compassion; Christ in the Heart, the Lotus Centre of Love, and Gandhi in the legs, as Truth and Non-violence, engaged in Service; Rama pervading and permeating the whole body.

I will sing His Name,

I will drink His Name,

Until I get all drunk,

Oh, with His Name.

Soham Bhavena Pujayethe is the living message of Shiva who is the Breath of the breath. Let us follow our own Breath ceaselessly for Freedom, Final peace.

Having the Banner of Peace in hand and Light in my heart I walk in Him and towards Him,
with the aspiration, Soul and Goal of World Peace, Peace for all!

May there be Peace in the World
and let it begin with me!

May there be Love in the world and let it include all life in the mineral, vegetable, animal and
human kingdoms of Life!

Sitting In Samadhi, I melt in Silence,
Knowing That, the Wise melt in Silence

It is Silence Supreme. It is all Silence which is waveless. I am Soham Silence.

I keep on floating and bathing, marching towards World Peace, the Ocean of *akhanda*,
satchidanandam, the Existence, Knowledge and Bliss Absolute.

Glory Glory Glory
OM OM OM

(Peace Feb & March 1973)

47. In Hospital—The Sacred Places

My Pilgrimage to the Hospital again. God, the All-knowing One knows what is best for each one of us. What is good for all His children. Last year I had the privilege of staying 70 days in the Hospital under the patient, efficient and tender care of our Dr. Pitchayya in the Kakinada Hospital. During my stay, I had the opportunity of sharing hundreds of copies of the PEACE PRAYER with all the Doctors, Nurses, Attendants, Patients and the Devotees who were kind enough to come there, both day and night. I am happy to serve, filling the devoted minds and loving hearts of the Visitors who are His children, with Peace and Love. Hence, it is no wonder that I am looking forward with Joy for my Pilgrimage again to the Hospital; the sacred Place which affords opportunity of selfless Service.

In advance, my heart longs to offer my pranams to Sri Vidwan Appalacharyulugaru, who is the spiritual guide of our Dr. Pitchayya and all of us, for his kind visits and blessings, given in the Hospital, during my long stay there. I am looking forward now for my peaceful stay in the lovely and lonely quarters of our Dr. C. V. Ramani M.D., the Superintendent of the Hospital and to be under the efficient and good care of our Dr. Pitchayya again.

At first, I was told that it was only a little scraping as the Pus and sometimes blood too, flows from the cut or opening that was made near the place of the operation. It seems I have to stay now at least one month in the Hospital.

What difference does it make so long as I live in God, helping and serving His devoted children, to feel His Presence? Our real happiness is only in making others happy, whether it is for a Doctor or Nurse in the world of service or whether it is for a *Swami* or *yogi* or devotee in the world of religion.

May all Glory be unto our Ideal Preceptor, Sri Vidwan Appalacharyulugaru, Dr. Ramani, Dr. Pitchayya and all the selfless and dedicated Doctors Nurses and Patients in the hospital and may He, in His Infinite Wisdom and Love bless all His children with Peace Health and Longest Lives of Service! This is my ardent Prayer.

(Peace Apr & May 1973)

48. AVOID GOSSIP AND USE TIME

When I think of some people wasting their time and that of others too, it makes me sad. Again; when I think of devoted people, silent people, who are making best use of their precious time in prayer, meditation and silence, it makes me happy.

Talkative people are hurting us with their sound and idle gossip too, many waste words. There are also silent people who are helping us with their thoughts of dharma, peace, love and silence. As the saying goes, empty vessels make much sound and noise.

May we be the same in sound and silence, to be happy and peaceful perpetually! Peace eternal belongs only to those rare blessed souls who are eternally centered in the Sun of suns, rising above finite words of every kind.

May Peace be unto all
OMOMOM

(Peace Apr & May 1973)

49. SCREW LOOSE—LET PEACE BEGIN WITH LEADERS

Some worldly—wise people think that I have a loose screw in my brain, for I write letters even to big people in the world, like President Nixon of the U. S. A. who are not in my world of Oneness.

Those who think like that, with their finite minds are really ignorant people who are lacking in proper understanding.

Now, there is an urge from within to write a letter to Mrs. Indira Gandhi, the Prime Minister of India. May it serve its purpose and at least satisfy my soul, as I feel that I have done my part, protesting against the cruel deaths of several students and also of many young and old people.

May there be peace in the world and let It begin with me! Let the peace begin with the Presidents and Leaders, considering all the children in Andhra, in India and all the world as their own children, the Living images of the One, Indivisible God.

May Peace be unto all!
OmOMOM

(Peace Apr & May 1973)

50. LIGHT IS MY BIRTHRIGHT

Let me not deny the Light which is my Birthright, let me carry the Light wherever I go, either to Kakinada, Madras, Kotagiri, even to U. S. A. As I am inseparably One with this Infinite and eternal Light, let me share it with all the sisters and brothers. When I meet anywhere in this world, expressing always Light, in each and every moment of my life. Let there not be the least forgetfulness of Light even for the Millionth fraction of a second.

It is only the absence of Light, forgetfulness of God or the Light within that makes one depressed, oppressed and sad, what else can you expect when the Light is absent? When once you understand the Light, feel and experience IT, in your life, you are always the Light inseparably and eternally one with the Light.

You are in the Light
The Light is within you
You are the Light
Thou art THAT

May silent adoration be unto this Infinite and Eternal Light may we cling to the Adorable Light in all our tests and trials even in our crucifixion and may Light alone dispel all clouds of depression, fear, and weakness from within as well as from the face of earth.

May Adorations be unto the Light of light and may Peace be unto all!
OMOMOM

(Peace Apr & May 1973)

51.MY LATEST MABIA OR MADNESS

Day by day I am drawn towards *NamaSankirtanam*. I long to make it continuous and ceaselessly like *tailadhar* like oil poured from one vessel into another vessel. It is my longing to make this *akandanamasankirthana*, repetition of the name of God ceaseless flow of the repetition of God's name both day and night. There is the latest longing to make this endless repetition of God's name not only in the Ashram but in every home of the devotees. How blessed it would be to make this *namasankirthana* the repetition of the name of God not only in the Ashram and Homes but even in every devoted and dedicated heart.

It is so easy and life—giving too. Let there be peace in all the world and let it begin with me. Practice, practice constant practice in our daily life is needed, now only—beginning with the present living moment. Let there be Light—the Light of Millions of Suns Splendour, the Light that never goes out at least to begin within you. Santi Ashram—the Abode of Peace for all, from the Mother Ashram let the Light go towards all its branches and then towards the individuals the devotees of the Ashram and in the East and the West. What a good beginning Om Sri Ram Jai Ram Jai Jai Ram Om. Less words and more words in prayers and meditations on this Self-effulgent Light of Millions of Suns. May there be Peace in the world may it begin with us now and here.

May Peace be unto all
Om OmOm

AN OFFERING

An offering to all the children of God—Light in the East and the West. Written on the day of departure from Mother Ashram to Nilagiris carrying the Light to share with all the children of Light.

OM OMOM

(Peace Apr & May 1973)

52.ON THE BRINK Of GOD-CONSCIOUSNESS.

By God's Blessings, these days, I am feeling that I am on the Brink of God-Consciousness, consciously and unconsciously. How blessed it is to be a child of His grace and to feel His presence within and without, above and below and all around!

Sitting on the brink of His presence, it is with me now to fall into the nectar of immortality within in *nivritti* or without in *pravritti*, in the bewitching outer life of senses. Any moment the blessed Call may come from within.

BE STILL AND KNOW THAT I AM GOD—THE LIGHT.

Blessed children of God! The Inheritors of Immortality! Welcome to all of you. Pray! Turn your gaze from the outer to the inner, where God is waiting for you, with the splendour of Millions of Suns—which alone is your Soul, Goal and your Divine birthright.

You are in the LIGHT
The LIGHT is in you.
You are the LIGHT.

All Homage be unto the Living Images of Light of lights.

May all aspiring Souls be blessed with God-consciousness in memory of sitting on the Brink of God-realization.

May Peace be unto all!
Om Tat Sat Om

(Peace June & Jul 1973)

53. SOHAM IS ONE AND INDIVISIBLE

Soham is God and God is *Soham*. That which exists is One and it is the Universal Energy or Soham - Breath. It covers past present and future.

The aspirant who meditates on *soham* following his breath constantly reaches the goal of precious life, slowly and steadily. His concentration must be ceaselessly like *tailadhara* unbroken. Then the Goal, God-realization is sure and certain.

Inhale, Exhale Peace with every breath, which alone is your birthright. It is above time, space and causation.

As many in ignorance think, *soham* is never finite, two or many breaths. It is all one Big Breath as learned Teachers say in the west.

When you touch one drop in the ocean, you are touching the whole ocean - the ocean of *akhandasat chit ananda* the Existence, Knowledge and Bliss Absolute.

When you follow faithfully and concentratedly one *sohamb* breath, it will lead you to perfection and completeness. The so called finite breath leads and unites you with the Infinite Universal Breath.

Practice, practice, following the indivisible breath, ceaselessly is needed and which alone gives you freedom, leading you slowly and steadily to the full glory of the splendour of millions of suns. The simple and open way is: If you use what you have what you have will grow, leading you to perfection, freedom and Peace. Verily *soham* is one without a second and it is Indivisible, cannot be broken, divided or bisected. May we now follow our simple breath *soham* until it leads us through *sahasrara*-the thousand-petalled lotus, where the splendour of millions of suns is awaiting our recognition in waveless stillness and Supreme Silence.

May Peace be unto all.

(Peace June & July 1973)

54. HAPPINESS

Happiness is very rare in this world of misery and agony where we see unhappiness in the home, community, nation and world at large.

When unhappiness seems to be the common melody in the home and even in some of the Ashrams, how fortunate it is if some people find joy and ray of happiness in some way or other, by hook or crook; by picking and pecking, innocent people

If I am the cause of joy to some of the friends, I feel it is my good fortune through my birth; I am able to afford some kind of joy even by speaking ill of me. If they can derive all the happiness that they can get by caviling, criticizing and condemning me they are welcome to take advantage of this life, that takes joy in calling myself as the common property of all.

O Dear children of God! Friends of Peace! Do not spare me, for, this body as dead long long time ago with the inspiring motto.

SWAMI IS DEAD, OM KAR IS ALIVE.

The vultures are welcome to feast on the dead corpse.

Generally the vultures that are feasting on corpses, dead bodies are very learned and they soar very high into the skies of intellectualism and arrogance, but their eyes are always, even from the heights, are searching for petrified corpses alone.

May God bless them with wisdom and compassion and protect and bless His persecuted children with more forbearance and love especially to their tests and trials and persecutions.

May peace be unto all, both to the persecuted and persecutors.

OM TAT SAT OM

(Peace June & July 1973)

55.WELCOME TO YE VULTURES

My heart longs to extend a hearty welcome to all the vultures that soar high into the sky of learning with dry intellects, forgetting the single truth or divine law that Love of man is love of God. Although some of them are very learned all in the knowledge of Vedas and Bibles, their eyes are always looking for petrified corpses.

They find good joy in picking and innocent people seeing evil in the great pecking also for, they are seeing only what they have within themselves. Such people who live for themselves are many in this world of *maya*, delusion or duality, although there are a few selfless souls, serving God's children seeing God in all.

O Ye Vultures! Welcome to feast on this body. Do not spare it. The blood and flesh are yours. Eat the flesh and drink the blood to your heart's content, for, your happiness is my happiness. It is my privilege to serve you in some way or other, for, in serving you I am serving the OneIndivisible God, as All life is one without a second.

May Peace be unto all
OM TAT SAT OM

(Peace June & July 1973)

56.DO IT NOW

I expect to pass through this world but once any good thing, therefore, that I can do or any kindness I can show to any fellow human being, let me do it now. Let me not defer nor neglect it, for, I shall not pass this way again.

Verily, today alone is ours and not the uncertain tomorrow, so let us wake up, to do some good, in serving God's children before we leave this world.

OMOMOM

(Peace June & July 1973)

57.SRI V. V. GIRI'S GOLD COINS

I have been always a simpleton believing the words of others longing to help them in their great need. While returning from America to England, one Jew by name Chester Solomon an M. A. student in the Columbia University in U. S. A. duped and deceived me with his pathetic story of his helplessness and poverty and promised me to help me a great deal.

Believing his story I gave him all the money I had and sent him to his home in New York, buying a steamer passage etc. Thus when I was stranded alone without money or food in London, Sri V. V. GIRI, who was studying Law, came to my rescue and helped me with three Gold pieces, Pounds, in those days nearly sixty years ago.

Although Sri Giri has given them as a love offering, never expecting them back out of the fullness of his devoted heart, I always felt sad for not returning them to Sri V. V. Giri. As I became a *sanyasi* at a young age renounced the world, there was no chance for me to return the three Gold coins. Strange as it may sound I could yet see the shining Gold coins now, the gift of the generous hearted Giri, even at such a young age when he was a mere boy like me. How God works in a mystical and mysterious way is incomprehensible.

In later years, when a New Prayer Hall was constructed in our branch, at Kotagiri Peace Centre when Sri Giri was the Governor of Mysore, he was kind enough to come and inaugurate the Prayer Hall which was constructed at a cost of nearly 80, 000 rupees for the benefit of the devoted followers of every religion in the world. Since the boyhood days, Sri Giri has been my silent friend and well-wisher even though both of us are in different fields of service, he as a great patriot and politician and I as a *Swami* and Peace Maker serving the humanity wishing world peace.

When Sri Giri inaugurated the New Prayer Hall, he whispered in my ears, that he would send some Rs. 300/- towards the Peace Centre. As I wanted to keep in memory of his inauguration I set apart that amount to construct a Giri Cottage, a small *kutiram* in his name for the use of the aspiring children of God to spend their time in prayer and meditation.

Now thinking that it is an opportunity for me to return Sri Giri gift of Gold Coins, I offered Rs 300/- donation for the Giri Cottage. This little act of paying back the debt to construct the Giri Cottage makes me happy and contented. God's ways are mystical.

May longest life be to my boyhood friend and well-wisher, Sri V. V. Giri, who is blessed to be the President, Rastrapathi of India now and may Giri Cottage be a blessing to all the devotees. This is the ardent prayer of Omkar who loves all His children.

May Peace be unto all
OmOmOm

(Peace June & July 1973)

58.INNER WORLD

Many a soul does not know that there is an Inner World of Inspiration and Glory. They are all satisfied with the outer world of senses where there is endless misery and suffering, facing disappointments within with heart-aches and without, tests, trials tribulations and troubles, and world catastrophes in the ups and downs of outer life.

It is only the inner life which is free of all the dual states of ignorance. When eyes are closed it is all darkness. Yet in the very darkness there is the light. Let us follow that tiny, flickering but steady light, which will lead us to the self-effulgent light of the Sun of suns—The splendour of millions of suns.

If we use what we have and follow the light within. It will lead us slowly, steadily to completeness where It is all Full and Complete with illumination.

Om Shanti Shanti Shanti

(Peace June & July 1973)

59.I FEEL SO RICH

I feel so rich, for, it is only 3 A.M. now, as I write. I have still three full hours at my disposal to do as I like with the precious time, to make the best use of it in His service.

No one will disturb me, for, all the world is sleeping. How true are the words of Gita—when all the world sleeps, wise man is awake feeling His presence, the Light within, without and all around.

The one who makes best use of every moment is the richest man in all the world. Time is more precious than all the wealth in the world. Wealth is perishable where as time is imperishable. May we ever abide in Eternity making best use of each and every moment of our time.

This is the ardent prayer of thy friend and well-wisher. Omkar

Om OmOm

(Peace Aug & Sep 1973)

60.A ROSE TO THE LIVING

A rose to the living is more precious than offering a cartload of flowers at the grave after one is dead. If you want to make someone happy, this is the moment to make him happy, by showing your love and gratitude, for, today is ours and not tomorrow. The time to do your good deed, to show your Love is now alone. Do not wait or procrastinate, postponing to show and express your

love until the person whom you love passes away, departs from this world. Even if it is a tiny rose, single rose, let us offer it at the altar of the Beloved One—who loved and served you—whoever he or she may be. Verily he or she is a living image of God.

Worship Him with the many flowers of gratitude,affection and love—now and here alone—in the living present moment.

(Peace Aug &Sep. 1973)

61. NOW

This single and simple word Now contains in its bosom past, present and future. It contains Omnipresence, Omnipotence and Omniscience. Blessed are they who are making best use of the present moment Now, ignoring the dead past and dim uncertain future.

He who neglects the living present moment now, living in the dead past is building castles in the uncertain future, is wasting all his life. If you cannot feel God's presence in the living present precious moment now. How can you feel His presence in the uncertain future? The way to feel God's presence always is to assert and express and manifest His presence Now only in this living moment. Thus you can feel His presence in the next moment and thus in all eternity. Whether you are on the Cross or even in Hades express and recognize His presence in the living Present moment Now.

This is the way to Eternal Peace.
OM TAT SAT OM

(Peace Aug &Sep 1973)

62. SEEING GOD IN ALL

How can ignorant and selfish people, men and women, see God in all? What they have within they see the same in others.

For a God man, everything is God. For a bad man or crooked woman everything is wrong and bad. Some people are so ignorant, that they take joy in seeing bad even in the good.

It seems Mother Sarada Devi in all her devoted and dedicated life of 55 years, never saw evil in any woman or man, for, she had nothing but good, God's Presence is always in her God-loving Heart of Purity and Consecration.

Instead of picking and pecking innocent people and increasing our bad *karma*, let us learn to see God in one and all, and thus lessen our bad *karma*, day by day in every way by our good thoughts, loving words and helpful deeds.

It is sad to see some people, falling so low and degrading, taking joy in speaking ill of others, writing even damaging letters, hurting innocent people and causing harm, to spiritual institutions.

May God give them and their kindred souls sane mind and wisdom and protect His innocent children and holy Ashramas.

Om OmOm

(Peace Aug & Sep 1973)

63. STRANDED

Life is full of tests and trials. It is not all sweet, like rice pudding or sago. All tests and trials, anxieties and tribulations are only in the finite life. Whereas in the Infinite life, it is all happiness and Peace. Every time we go to serve our Peace Centre in Nilagiri Hills, it costs us a great deal of money. Except a few members who are real devotees, no one thinks of our food or maintenance of the garden - The Peace Center, meeting Electric Bills, milk and bread bills etc. It gives us some consolation to hear that even the great and famous poet Sri Rabindranath Tagore, who was awarded the Noble Prize and who gave to the World the famous Shanti Niketan was worried in his closing years about the upkeep and maintenance of his institution.

When such is the case, what to speak of finite individuals and institutions like Shanti Ashram. Yet Deserve, no need of desiring has been the inspiring Motto, since nearly 60 years of the Ashram life. As the work in the Mother Ashram needed us, we were requested to return as early as possible. After doing silent and steady work for three months in the lovely cool Nilagiri Hills, we were getting ready to leave it as early as possible. We cleared the urgent bills, with the help of loving donations from devoted visitors from Coimbatore, Bangalore, Hyderabad, Madras, Mysore and Bombay etc. Now the question of railway fare for our party of members and children and Omy too arose. More so as one of the oldest devotees in Coonoor failed and disappointed us.

But as all hands in the East and the West belong to God, I felt from within the urge to write a letter to a devoted friend in the far off Hong Kong, China informing our present situation. Immediately he rushed a draft for Rs. 500/- on receipt of my letter requesting us to use it for our railway fare and personal expenses. How good and unfailing is God! But the devoted friend and well-wisher in the far off Hong Kong wrote the following words.

“As India is full of Millionaires and Multi-Millionaires, why they have not taken care of the Ashram which is doing much good work maintaining an Orphanage of 130 Children, an Aged Home with 25 aged and disabled helpless people, Hospital and Printing Works etc.,”

My simple answer was, that I never wander or go to them and they do not know of our silent work, but the all-knowing God has been taking care of the Ashram year after year from the beginning, entering into the hearts of chosen devoted children, like him to rush and extend the timely help from the far away Hong Kong.

The Heavenly Father takes care of the tiny sparrow that neither sow nor reap from day to day. So let us trust in Him, the all-knowing God a little more and live fully relying on HIM and He alone will take care of us in all the tests and trials. We are never alone Stranded, for, HE is with us always.

All that we need is now and always a little more trust and full confidence in HIM. Peace belongs to those souls whose are not strayed from Him; who live, work, breathe and move in Him. May Glory be unto Him and may Peace be unto all of you. This is the Prayer of your own Omkar.

This is the way to Eternal Peace.

Om OmOm

(Peace Aug & Sep 1973)

64. DO YOU BELIEVE IN GOD

Do you really believe in God? Do you believe in His Omnipresence Omnipotence and Omniscience? If you believe that He is Omnipresent. why don't you, see Him everywhere? If you believe in His Omnipotence, why don't you feel His Presence and strength in the very cells of your body? If you believe that He is Omniscient. Why are you so weak and ignorant? Why don't you express Him in your thoughts, words and deeds?

If you believe that God is the Sun of suns and He is the Splendour of Millions of suns, why don't you express His Sunshine Now and Here? Let us not play with God with mere finite words. He knows our thoughts and hearts. No one can deceive God. By trying to deceive God, we are deceiving ourselves, Thought by thought, what we are sowing we are reaping. Let us be true to the Indwelling Light – God within, who is your Life, Soul and Goal. As the eyelid is protecting the eyes. So God is ever protecting us, even in all our tests and trials.

Let us learn to cling to God more than ever, never to deny and forget Him even for a second. May the past be buried. Do not worry over spilt milk. Wake up now, making best use of the Living Present, Moment. You are in God and He is in you now and always, eternally. THOU ART THAT.

TAT TWAMASI.

My friend, my Living Image of God. May I request you, kindly to help the Cause of Peace, as a special favour to help me, by recognizing God, His Omnipresence, the Light with NOW and always! This is the ardent prayer of your own Omkar.

OM TAT SAT OM

(Peace Oct & Nov 1973)

65. I AM IN THE LIGHT

(To all the children of Light in the East and the West)

I am in the Light.

Q. Where is that Light?

A. That Light is around me. The Light is within and without me also.

The Light in interpenetrating the very cells of my being as well as the Universe. There is never a moment of time when this Infinite and Eternal Light, Omnipresent Light is absent.

All that we have to do, to be happy, to be always Happy, to be eternally happy, is to recognize this Self-effulgent Light, is to recognize this light in this present living moment alone, and to keep on feeling the same light ceaselessly.

Recognize the light now and here and be silent! In that Light of lights—the splendour of millions of suns without, anymore finite words, let us repeat now. Our simple life-giving and soul awakening Peace Prayer, with closed eyes, with all the strength of our mind, heart and soul.

(Peace Oct & Nov 1973)

66. ADORABLE PRESENCE:

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

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

Om OmOm

(Peace Oct & Nov 1973)

67. FOLLOW SOHAM

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

It is Light in the body
It is Light in the mind
It is Light in the heart
It is Light in the very Breath, in each and every Breath.

Let us follow the *Soham* Breath,
Inhale and Exhale Peace with each and every Breath
Soham.

Follow *Soham* with each and every Breath ceaselessly,
sohambhavenapujayeth. Follow *soham*
Concentratedly for your Peace; as well as for the Peace of all and for World
Peace.

A TINY OFFERING

A tiny offering to those who are near and dear to my heart especially to those dear children who love me relying on my guidance; with prayers, for their Freedom and Peace.

May Peace be unto all!
OMOMOM

(Peace Oct & Nov 1973)

68. The Present Living Moment, Now

If there is God anywhere in the world or beyond the world, He is now in the present living moment. Now, for, this tiny living present moment contains in its little bosom all eternity. Infinite Light—all time past, present and future are inherent in this living moment. If God who is Omnipresent, Omnipotent, and Omniscient is not here in this living now where else is He hiding? It is time for us to open our eyes and not be satisfied like parrots, satisfied with mere repetition with lips, if we really believe in God's Omnipresence. Let us see Him everywhere. Let our eyes see Him wherever they rest or wander.

If we believe in God's Omnipotence, it is high time to feel His presence in the very cells of our beings beginning from the toes to the top of our head. If we believe in God's Omniscience, His interpenetrating presence in all our thoughts, words and deeds, let not our

religion be skin deep. Let it penetrate, interpenetrating the very cells of our beings. May religion and life be one but never two, atleast to those who are shouting that they are the real believers in God. The Omnipresent and all embracing, is ever present, now in this living present moment.

O Adorable! Now, bless me to bury the dead past in the lowest depths of the earth, let me ignore also the dim uncertain future in the clouds of the sky or heaven.

Give me the strength to be centered in Thee to be eternally centered in Thy heart of universality which is all embracing being ever Omnipresent, Omnipotent and Omniscient.

May we feel Thy presence with each and every breath of *soham*: It is *soham* with inhalation. It is *soham* with exhalation. May we meditate now and dissolve in the Eternal. Now in Formlessness and Namelessness.

Om Tat Sat

(Peace Dec 1973)

69. Do not Eat when not Hungry

Untimely irregular meals and especially eating when not hungry and over-eating is the root cause of all the ills of life, sickness of every kind in the physical body.

Sickness in body leads to ill-health in mind.

When the mind is sad, restless and turbulent, the whole world appears wrong and imperfect. When you are calm and restful within, all is well and peaceful without when you have God within, everyone without; all people appear to you as the moving temples of God.

Health comes from the simple diet, natural food, timely and moderate meals. Do not take chances with your food.

Someone said: If you tell me what you eat, I will tell you what you are.

Let not your dear ones force you to eat a little more. Do not be a slave of eating.

Do not over eat, for, certain foods are very tasty.

Eat Only to Live. But never Live to Eat.

These wise words are health principles, life-giving vital thoughts, not for merely reading but to practice in our daily lives. Someone said: He who eats a coconut a day, lives hundred years without sickness. Some other one said: He who eats an apple a day keeps the doctor away. Such are the benefits of living on simple raw diet of fruits and cooked vegetables. Milk and buttermilk can be added according to the individual liking for the sake of health and longevity.

Let us follow only the simple following health rule to be healthy in body and happy in mind.

Eat only when hungry, in time Simple, Natural Food - Moderately.

May God bless all His children with health and peace!

May Peace be unto all

(Peace Dec 1973)

70. Whatever I Write

When I write, whatever I write must be useful not only to myself, but to all the children of God in the East and the West. I should not write mere lifeless words. I should not repeat the same things again and again to fill up the pages and to entertain visitors. It has been said that a fool repeats again and again the same things.

Originality is needed. Something fresh from within must be given and from one's own personal experience. Anything that comes from within is always helpful to others, for, it is original. How true are the words: Originality is life and imitation is death. May we dive deep and be original always!

Om Tat Sat Om

(Peace Jan 1974)

71. Furniture Maker

Sri Madireddi Narasimha Rao has been one of the oldest devotees of the Ashram, supplying us with all kinds of furniture, he being a famous Cabinet Maker having nearly a hundred workmen under him. He is helping, not only Mother Ashram but its Branches also, with the necessary furniture. He firmly believes that in helping the Ashram, God is helping him 90% more and thus his business is prospering by leaps and bounds, because of his charity.

Recently, he came to the Ashram and as we are expecting Europeans from Abroad, as the New Vijnan Mandir is to be furnished, we were requesting Sri Narasimha Rao to provide with cots, tables, dining table chairs, benches, and a black board for Spiritual Healing Centre etc. The longer he stayed in the Ashram, the more work is given to him and he is cheerfully making a note and promising to help the Ashram with everything we need. Seeing that the Ashram workers are requesting, Narasimha Rao, day by day to give the Ashram more things in its endless work, feeling that the Ashram needs are increasing. I have requested Narasimha Rao for the present to end his visit and to go from the Ashram, as we are giving him more work, more he stayed. May God bless all the devoted and selfless helpers of the Ashram with health and peace! May the Ashram deserve all their help and sympathy.

OMOMOM

(Peace Jan 1974)

72. Sri Ram Jai Ram JaiJai Ram Om

When I sing Sri Ram Jai Ram Jai Jai Ram Om, filling my body with His presence; I feel, God is responding to my all or prayer. A wise man said:

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

With the first word: One Sri Jai Ram, I fill the whole body, from top to toe, and I begin to call God to respond to me.

I want each and every cell in my body, to respond to my call. When the body is filled with His presence of Light of lights, I repeat, Jai Ram filling the whole world, from the tiniest atom to the biggest planet and call all the universe to respond to my universal call. But sad to see no one responds or respects my call, in all the East and the West except my loyal, faithful Omy, that clings to me both day and night, following me wherever I go, like my shadow. Omy insists to attend *satsangam* and Sunday prayers too hour after hour it stays with me even in the cave - meditating with me. God alone knows whether Omy's meditation or my meditation are deep and concentrated, thus near and dear to the heart of God. Thus we each live in a world of our own, myself with the fever of service, serving the Ashram, Omy is a world of oblivion never even thinking of food or drink.

As I repeat Sri Rama, as every cell responds to my call, may all the universe also respond to my call when I repeat Jai Rama!

Dear Friends of Peace: Rama is calling you. Omkar is calling you. God is calling you. Pray, do come to the Gates of Heaven as the portals of Santi Ashram are ever open to you all! Hearty welcome.

Om Tat Sat Om

(Peace Jan 1974)

73. God Listens and Answers

God, the All-knowing God, knows everything, all our wants and needs, though expressed or unexpressed in spoken words. The agony of Omkar has touched the devoted hearts of God's many children in the East and the West help began to come so lovingly and cheerfully.

While feeling grateful to all the devoted souls, not only in India but also in Durban in Africa and Hong Kong in China and in the faraway places like England and America, I began to feel anxious to be fully worthy of all the help, that God is showering on us through his devoted children.

Hence, unconsciously now-a-days the following prayer was offered to God, the all merciful and compassionate One: Dear God, please do not send any more help until we feel more and more, worthy of your blessings.

May we be grateful to what you have done already, to receive your further blessings! May this Ashram, take care of itself day by day with the Prayer! Give us this day our daily bread, O Lord. This one step is enough for us. May every step, may every selfless thought and helpful word and loving deed, lead us into the bosom of God and realize the kingdom of heaven now and here.

Deserve, no need of desiring.
Om Tat Sat Om

(Peace Jan 1974)

74. TO THE DEVOTED CHILDREN OF THE ONE INDIVISIBLE GOD

By God's blessings, fortunately or unfortunately I was blessed as a mere child with the universal vision:

The world is my home and all its children are my sisters and brothers, and to help and serve them is my real religion.

Hence, my heart longs to help and serve all children of God, be they belong to East or West or to any religion or nation. SriSanti Ashram does not wish to harbor any criminals or wrong doers. It does not want to do anything wrong, going against the laws or rules of the Government. It longs to cooperate with all that is good and right. At the same time! Do not wish to hurt even an ant or deserving and innocent child of God. My heart longs to protect them with my very life itself.

I am not thinking of my salvation or *mukti* in this birth. I may have it, in the next birth, but in this birth, let me have the privilege of serving the innocent and persecuted, offering this life for the service of all.

Dear loving reader, let me have the privilege of loving and serving you: - for, GOD IS LOVE and LOVE IS GOD, How true are the words: The heart devoid of love is a cemetery
May I have the privilege of establishing Love and Peace in your devoted heart of dedication.

With all Love
Ever thy brother the silent friend of all the humanity.
Swami Omkar.

3.3.1974

(Peace Feb & Mar 1974)

75. JASMINE CREEPER—FLOWERS ARE PRAYING

There is a Jasmine Creeper near the bathroom; it gives me joy to take care of it everyday. I love it and it loves me also. This time it was full of leaves but not a single flower, someone suggested to pluck out all the leaves, see that it will give flowers. We plucked all the leaves and the jasmine creeper looked so barren, and dry.

Lo and behold! In a few days the whole creeper was full of buds, not a leaf but all buds. It is a sight for the Gods to see. When the outer is given up the inner shines. The leaves of desires are plucked and the buds of sweet fragrance are the result. My heart rejoices to see all the innocent buds offering their prayers in their own way to the Almighty God, who accepts the prayers of a blade of grass and the prayers of jasmine flowers. The flowers are praying, why don't you pray like them, O Man?

OM TAT SAT OM

(Peace Apr & May 1974)

76. HAPPINESS IN SORROW

When my heart was heavy, worrying over the blazing broad-day light lie of the little boy, unasked a little girl who was also taking care of the faithful and loyal Omy, who never tells lies said: Swamiji, we both slept, please excuse both of us. You cannot imagine what great joy and comfort her words of truth has given me. Joyfully I said she is the greatest blessing of the *gurukula* of Santi Ashram and with her truthful life she will become a living *Sarada*. In appreciation of her truthfulness to make her happy, I gave a present of a rupee. For my consolation I gave to the liar also eight annas, begging him, never to be obstinate and tell more lies supporting his first single lie. May our stumbling blocks lead us to stepping stones, may the liars be truthful.

May Peace be unto all.

Om Tat Sat Om

(Peace Apr & May 1974)

77. FINDING FAULT

The nature of some people is always to pick and peck to find fault with everything. I gave the spiritual name of Sri Ramananda Tirthaji to one who is dear and near to my heart, to one of the oldest devotees of the Ashram who is very devoted and dedicated repeating the name of God, being a worthy soul to deserve the name of Pujya Ramananda Tirthaji. What is more, I am happy to see the departed swamiji in the living swami now and always.

It made me sad to hear some ladies in the Ashram who have no inner vision or intuition are taking joy in picking and pecking over it. While I am feeling great joy that I could remember Swamiji everyday and can even see him in someone who is consecrated in walking in the foot prints of Pujyasri Ramananda Swamiji. After all, no one can satisfy all the people in the world.

May Peace be unto all.

OM OM OM

(Peace Apr & May 1974)

78. DO YOU LOVE ME?

(IF YOU ARE LOVING GOD, YOU ARE LOVING ME ALSO)

I am introspecting my life more than ever especially since the dawn of the eightieth year. What have I done in all these eighty long years? In what Way did I serve you all? Did I really help you to turn your mind from the outer to the Inner, from *pravruttit* to *nivritti*? Do you love me for the little service; I have rendered you, wishing your welfare - the realization of God the goal of our precious human birth.

These are deeper thoughts not only to me but to all these seekers of Truth. Not to criticise others; but introspection of one's life is most essential for those who are walking in the path of Truth to realize God, our All in all the soul and goal of our lives. Do you love me with heart and soul? Do you love me selflessly because God is love? Do you love me more than you love yourself? Who loves me sincerely is the question now. I long to keep a small book, wherein I wish to write the names of all those who love me in all the world in the East and the West. You will be surprised that I do not find many people who love me for the sake of love, who follow me forgetting all their interests except Omy, the little loyal, faithful puppy who clings to me like my inseparable shadow both day and night, who is now lying at my feet, looking at the sun rise, bathing in its balmy rays.

Omy is the only one that follows me wherever I go into the bath room as I bathe, into the *jnanagruha* as I meditate and who barks when children try to separate it from me even to feed Omy. All that Omy wants is only to be allowed to be near me in my presence, even in daily *satsangam* and Sunday prayers. Omy's attachment and loyalty is an unbelievable, sacred phenomenon. Omy is the gift of God to me in my closing years to show me what devotion, affection, and loyalty and real love are! May I be worthy and grateful for Omy's unflinching and unshakable, deep love!

There is our selfless Jnaneswari, who is loyal and devoted like Omy who never thinks of herself, but always of others, but she is ever busy taking care of the visitors and the various Ashram activities with heavy responsibilities. Similarly, there are other members and devotees of the Ashram, who love me a little, but busy with themselves, having no time to love me fully or to attend to even to the *satsangam* or Sunday prayers.

Dear loving reader, leaving aside others, do you love me, as God is Love and Love is God! May I have the privilege of having your name in my Holy register as one of those rare and precious souls, who love me dearly, deeply and selflessly. To love me the first requisite is to wake up with the first glimpses of dawn having Peace Prayer on your lips, and they are expected to sleep in God, in the night repeating Peace Prayer, wishing the welfare of all the people in the world. Let there be peace in the world and let it begin and start first in my heart now and here, should be the slogan, ideal and aspiration of those who love me.

Dear loving image of God, deeply grateful to you for all your love and sympathy. My heart longs to help and serve you, for, you are a part and parcel of my own Indivisible *Atman*, the One God, who is One without a second

OM TAT SAT OM

A HUMBLE OFFERING

To all those who love me, in the east and the west, with prayers for world peace.

May Peace be unto all.

OM OMOM

(Peace Apr & May 1974)

79. THERE IS NO OTHER WAY

You may read all the Vedas and Bibles all the books in the world. You may listen to all the sermons in the East and the West of all the sages and saints. You may practice all the spiritual *sadhanas* in the world, unless you repeat His name with pure devoted heart ceaselessly, until you saturate yourself with the Name of God it will not help you.

The constant practice of God's holy name will dispel all passing clouds of weakness and sickness. In the *kali yuga*- iron age *namajapa* repetition of God's name alone gives freedom and peace

Thus you are to saturate your body from the toes to the top of the head with His name. Then alone it will do you real good, only by practicing the presence of God always ceaselessly. There is no other way, direct way, simple way, easy way than recognizing the Infinite in each and every finite cell of our beings, now and always.

This constant practice of holy *sadhana* should be practiced not now and then, or during your prayers of worship but in each and every moment of your life, with every heart beat and every breath until it becomes *ajapa*. Let it be *Ramnama* or *soham* or *om* or *Sri Ram Jai Ram Jai Jai Ram Om*.

Begin this holy *sadhana* now. Repeat His holy name with every breath. Keep on saturating your being, the very cells of your body ceaselessly, like *tailadhara*, unbroken current of oil poured from one vessel into another vessel. This is the essence of *sravana*, *manana* and *nidhidhyasa*. Listening, thinking and meditating in silence—the soul and goal of precious human birth.

We are in His Omnipresence, Omnipotence and Omniscience.

We are in the light.

The light is in us

We are the light.

Om Tat Sat Om

May Peace be unto all

(Peace Apr & May 1974)

80. I Bow Down Myself at the Dawn of New Month

No wish to write anything even fresh. Yet there is a wish to write something which is helpful to me and to others. Unable to sleep since many hours with the one thought, that I am eternally one in Him, centered in His Omnipresence, Omnipotence and Omniscience.

Is not this one thought enough for my peace? Where is the moment, when He is absent! If God is absent even for a moment, the worlds will dwindle into nothingness, there will be complete chaos and darkness.

Recognize His self-effulgent, stupendous splendour and besilent, ever happy and contented in It.

OmOmOm

(Peace Aug & Sep 1974)

81. SPECIAL GRACE OF GOD

By God's special blessings and His loving grace today I am feeling better, nay in a ecstasy after passing through many trying tests and trials of fever, cough with phlegm in the chest, non-appetite and general weakness, not only because of the God's Grace, but because of the silent prayers of all those who love me, the fever has gone, the cough stopped; the phlegm is coming out, hunger has come back, weakness also is lessening. How good is God to bless me with health to have the blessed opportunity of serving you all again!

Today I am blessed to be in a new world of God-consciousness everything is God everyone is God, all around is God. Nothing matters to me in my life anymore! Peace Centre where I am staying now and its fundlessness and luke-warmness of some of its devotees, matters to me anymore, all that it matters is God-consciousness, to feel His presence ceaselessly, like *tailadhara* unbroken current of oil poured from one vessel into another vessel. All that it matters now is to be eternally centered in the splendour of millions of suns. In this glory, I do not remember even the Mother Ashram my life-work of sixty years, nor the long neglected dilapidated Kailas. All that I am constant and remember now is to be aware of the indwelling light, the interpenetrating presence which is ever present and never absent. How blessed it is, to identify with the Infinite Light, the Eternal Light which never goes out.

May all Homage be unto that Omnipresent, Omniscient, and Omnipotent light. May I close, it now, with my life-giving and soul-awakening Vedic Chant.

May Peace be unto all
OMOMOM

(Peace Aug & Sep 1974)

82. WASTE OF TIME

These days especially after the re-birth on May 24th 1974, everything I do seems to me to be a mere waste of time especially writing begging letters in the crisis of the Ashram, to take care of Sushila Hospital, *Gurukula* children, Aged Home etc., Instead of giving trouble again and again to the old and new devotees of the Ashram the thought comes often.

Shall we close all these outer activities of service in the name of ashram?

Whatever is good, God alone knows what is best. So let us trust only in God, the Light within, more than ever and leave the rest to Him completely. After all, feeling His presence ceaselessly is more important and essential, than all these outer activities even in the name of service. Feeling, that even writing of begging letters and even Musings are unimportant, recently I have not been writing some of the inspiring Musings that are coming from within.

Today I felt the urge deeply to write one or two important Musings. Anyway I feel God-consciousness, the awareness of the presence of God now and here is more important than writing any of the Musings. Hence forgetting all the *Gurukulas*, Hospitals, Aged Homes and Printing works etc. etc. there is a greater urge within to forget all else and meditate on the, Self-effulgent light within always - ceaselessly, Like *taila-dhara*, unbroken current of oil poured from one vessel into another vessel.

How blessed it is to meditate on the Self-effulgent light with the following inspiring thoughts.

I AM IN THE LIGHT
THE LIGHT IS IN ME
THE LIGHT I AM,

Either in the past, present or future. I am the Light of lights, the splendour of millions of suns eternally.

OMOMOM

(Peace Aug & Sep 1974)

83. MAKE EVERY BREATH A NEW BIRTH

Let not the past spoil the living present, let the past be buried and live in the life giving present moment, feeling His presence within and without. Not only, May 24th in the Peace

Centre of Nilgiris be a new birth but also let every breath be a new birth to you. Let it lead within towards the Light of lights which is ever awaiting your recognition patiently.

How blessed it is to make every breath a moment of re-birth of your life! You are born not only, when you were born 80 years ago, but you are also born every year, you get your birthday celebrated. You are born every month in January. You are born everyday too. Thus every day is your happy birthday. As you go a step further, deeper within, you are born every hour, nay you are born every minute. A single minute contains 60 seconds. It is blessed to consider and feel that you are born in every second.

Each second is a new birth to you. Thus each second is leading you towards the heights. Now follow the breath, the holy breath, which is ever-present so near and which is inseparably one with you, which is never absent even for the millionth fraction of a second. Man in ignorance, because of deep *maya*, forgets and neglects that which is dear and near to him and runs after shadows that are delusive, away and far off.

Births of breath are as many as waves on the sleepless sea. Close your eyes and follow ever closely your own breath until it lands you to freedom, the goal of your precious human birth.

Dear loving reader! Are you aware of your own breath? Do you ever follow it ceaselessly? Breath is so near and inseparably One, like God the Light of our lives and the Goal of our existence, but it is forgotten and neglected. Sages have taught us in the highest State that breath is God. He is the Breath of our breath. No use of worrying over the past or the spilt milk. If you are really pining for God, if you really want Him with heart and soul, He is here and now. Introspect your life. Merge within. Take a firm hold of your very breath now and here, never to forget it again. Thou art That, with every breath, *tat twamasi*. Merge within. Go deeper and deeper, following your simple ever present holy breath *soham*, with every breath you are *soham*. Only pay the price, following your own breath but not forgetting it again even for a moment ceaselessly. May this be the new life of dedication from this holy moment onwards - a new birth with every breath,

Glory Glory Glory

(Peace Dec 1974)

84. NO MORE WORRY

Worry kills multitudes, work kills none.

Suffered and worried too much until I could suffer and worry no more, all in the name of service for the Ashram. The wise words of Abraham Lincoln have been my strength and comfort in the tests and trials of the Ashram.

Out of the depths fresh strength,

Out of the darkness new light
Even in the gloom, we are on the way

Let me be dead to the world by observing blindness whenever it is possible.

In the first place, let me begin my new life of no more worry, by observing *mounam*- silence, whenever it is not necessary to speak; for silence speaks louder than all the words. Let everything I do, be it small or big, be an offering to Him, my *puja* to God. Let every moment, motion of the body be an offering to God, the indwelling presence of my heart.

How can I ever forget Him, when He is the Breath of my breath, when He is throbbing in my heart thinking in my mind, flowing in my very breath? Let me inhale peace, exhale peace with each and every breath. May this be my eternal *puja* to God, who is my life, soul and goal of my very existence. Let us relax, relax in work and rest. Let us relax in our prayers and meditation. Let us relax while drinking and eating. Let us relax in our *puja*. Let us not be in a hurry while doing *puja* or when offering prayers and doing meditation.

Dear loving reader, as you are dear and near to my heart, I am sending this special personal Musing to you, wishing your progress and welfare. The all-knowing merciful God has given me a new birth on May 24th at 8.00p.m. in our Peace Centre in the Nilgiri Hills, when I was taken out of the body for thirty minutes and sent back to serve you in this new life, no more in words but in a practical way. Thus, my time is precious, every moment of it. Your time also is precious, for, this moment alone is ours and not the next moment. Today man is and to-morrow he is not. My age in this new birth from the time of going out of the body and coming back and entering the body again is only five and half months nearly. Please help me in making best use of every moment of my new birth by repeating the helpful Peace Prayer and spreading it near and far, as our happiness is only in spreading peace from heart to heart in the East and the West, in all the children of God.

Dear God, let there be peace in the world and let it begin with me now and here. May my heart be a Peace Centre radiating peace far and near, for, it is the individual peace that paves the way to universal peace—world peace.

May Peace be unto all
Om Tat Sat Om

(Peace Dec 1974)

85. MIRACLES

Miracles happen today also, even every day as we trust in God. My heart longs to share all the good news, happy news with all my loving readers of Peace magazine, especially with all the devotees and well-wishers of Santi Ashram.

While there is daily struggle to feed the one hundred *gurukula* children, members and workers every day, while rich devotees who are nearby and around the Ashram are luke-warm, seeing our struggles, when it is costing nearly Rs. 5,000/- a month to buy rice alone, to feed the children and workers, God is coming to our rescue always.

Imagine how God sends us from the far away SouthAfrica, a devoted and dedicated *Swamiji* with four of his devotees just coming and staying only for one night and handing over a cover! The cover, when handedover toKumari Jnaneswari, the silent and selfless worker and alsothe Secretary bearing all the responsibilities and burden of the Ashram in its fundlessstate, opens and counts to tell me the happiest news that it contains Rs. 6000/- worth of one hundred rupee notes! It is one of the happy moments of my life to hear this, especially, when the Ashram is passing through the financial crisis.

Glory be unto God for His grace and blessings!Longest life be to our Pujya Swami Sahajanandaji who comes all the way from South Africa, although our nearby rich people and friends are neglecting their own Ashram and children and workers who are struggling and suffering before their very eyes. When I am blessed with miracles like these, I feel God's presence so close and near and I feel God is standing before me by my side and saying to me:

My child, do not be discouraged with the ever-passing clouds. Lo! I am ever with you. Protecting you, as the eye-lid protects the eyes, as the loving Mother protects her baby. Recogniseand be silent feeling the presence within, without, above, below and all-around knowing that I am pervading and permeating the very cells of your being.

OmOmOm

May God continue to take care of His own Ashram andbless all His children in the East and the West! This is the ardent prayer of His own loving child Omkar.

OM TAT SAT OM

(Peace Dec 1974)

86. JIVO DEVASSANATHANAH

(The Individual Alone Is The Universal.)

The very repetition of *JivoDevassanatanaha*, the individual alone is the universal, is so life giving and soul-awakening, as if one is getting a new birth, into God-consciousness. One is no longer the finite bead, but he is the infinite string in the garland of life, which is eternal. That which exists is One and Thou art That,*tat twamasi*.Just to feel that *jivais Deva sanatanaha*, is *poornam*,complete. Please note the deep meaning of *sanatanaha*, From Eternity to Eternity you have been the Light, self-effulgent light, from the beginning to end always eternally.

Where is the moment, when you are not That, the only reality *deva* neither in the past, present or future? Not only in this birth, but as the births, of breath are as many as waves on the sleepless sea, even in the past births, millions of births, you have been the dawn the universal. This is such a deep thought, that it cannot be understood by a lay man beginner as it is food. Life and soul to the adepts-souls of God-realization, *jivo deva ssanatanaha* You have been the Wisdom of Krishna, Love of Christ, Compassion of Buddha the Valour of Mohammad and the inspiration of Sri Ramakrishna Sri Ramana Maharishi, Sri Sivananda, Sri Rama Tirtha and all the sages and saints of the departed and living in the East and the West.

What else can I write in these finite words, *jivodevassanathanaha*. Let us meditate on this self-effulgent, the light that is never absent even for the millionth second, the effulgent and eternal light which is ever present. May this meditation on this light, lead us from *jiva* to *deva*, from the finite to the infinite light of millions of suns' splendour. This is the ardent prayer of your own Omkar, who loves the one indivisible self-effulgent light in all of you.

May light bless you all the children of light.
May Peace be unto all
OMOMOM

(Peace Jan 1975)

87. HOW CAN I FORGET THEE

How can I forget Thee, when Thou art moving in me?
How can I forget Thee, when you are thinking in me?
How can I forget Thee, when you are writing in me now?
How can I forget Thee, when you are seeing in my very eyes?
How can I ever forget Thee when Thou art flowing in my very breath?

In every inhalation and exhalation, you alone are expressing, in each and every breath, as *soham*—the One universal breath. Verily, Thou and I are not two but One, not only now but always, from the beginning to end, in all eternity. *Ekamevaadviteeyam brahma*. The Brahma is One without a second.

Om Tat Sat Om

(Peace Oct 1975)

88. SOHAM LIGHT

In the glory of the millions of suns splendour, there is only one vibration. It is the holy vibration of the *soham* light. Follow this *soham* ceaselessly, like *tailadhara*, oil poured from one vessel into another vessel without a break. Cling to That as it is your life, soul and goal. You

cannot afford to forget That even for the millionth fraction of a second. Verily, Thou art Thattattwamasi. What else is there to be said or written, except to follow *soham* always with each and every breath.

Indeed, as you follow *soham*, you will realize that every breath is a new birth. Recognize *soham* and be silent now and always. What is needed only is practice, practice and practice! No more theory practice in each and every moment of your life! Practise in each and every thought, word and deed! It is because of *soham*, you are seeing, it is because of *soham*. You are thinking, working and moving. It is because of *soham*, you are breathing.

Glory Glory Glory

How near and inseparably One is God? It is so as you inhale. It is Hum as you exhale now, let us begin the practice of this great *mantram* with each and every breath,

OM TAT SAT OM

A TINY OFFERING

To all the friends and well-wishers of Sri Santi Ashram who are pining for God, ever trying to work, live and breathe in Him, wishing their welfare.

May peace be unto all
OmOmOm

(Peace Oct 1975)

89. FRETTING AND FUMING

Today I realize more than ever since the last nearly 82 years, I have been fretting and fuming, always rushing and running with fears and anxieties with worry and hurry, all in the name of the Ashram, service to God's children. Where does this endless rush and constant fuss with worry and hurry lead to- God alone knows. God knows all your thoughts and motives behind your deeds! But you should know yourself, your secret thoughts and latent desires and purify yourself.

Give up vain imaginations, for, thoughts are things. As you think, you become. What we sow we reap. It is a divine law, unfailing law to you to me and to one and all. Beware of your thoughts, vain thoughts, selfish thoughts, useless thoughts that are paving the way unconsciously, to destruction and hell.

I am ashamed to write that my Fretting and Fuming reached such a state of tension that someone who is taking care of this body remarked:

“Swamiji, your hands are shaking.” By introspection and self-examination I realized that the hands are shaking whether I am working or eating or drinking. What a shame! But it is not yet too late to wake up, from ignorance into wisdom, from darkness to light, from shaking to

steadiness or stillness. Be still and know that you are god, the light. Why should there be any fretting or fuming, rushing with worry and hurry in *soham* light? *Sohambhavenapujayeth*. Now no more, shaking, worry or hurry, for, I am worshipping Him the Light within—the Infinite and Eternal presence with each every breath inhaling and exhaling peace. *Dehodevalayaprokthojeevodevassanatanahathyajethajnananirmalyamssoham bhavenapujayeth*.

GloryGloryGlory
OM TAT SAT OM

(Peace Dec 1975)

90. BE DEAD THAT YE MAY LIVE

Kumari Jnaneswari, the selfless and devoted soul whomever thinks of herself but always of others, comes to me yesterday with a request to give my message to February and March Peace journal.

I thought over the past. Did I not give in all these sixty long years, enough of messages? Have they been useful and helpful to any of you?

These days due to the trouble of the printers in the Santi printing works, we are sorry for publishing our peace with many mistakes due to hurry and haste. We almost thought of not printing any more Peace journals chain publishing with so many mistakes. Out of the depths fresh strength. Out of dark new light even in the gloom we are on the way. These wise words of the Sage Abraham Lincoln have been our joy and consolation, in the tests and trials of the Ashram life. Thus with added strength and with the prayers of our old and new loving friends and well-wishers of Sri Santi Ashram we are starting our new Peace journal now, with your sympathy and prayers.

When I see the long, heavy volume of 'My Autobiography' it makes me sad to see too many words for wasting my time and your precious time with more printing of words, although I feel grateful for its publication and printing of other books in memory of Ashram Diamond Jubilee.

Now a days, one prominent thought is ringing in my ears both day and night: Be dead that ye may live. I do not wish to write any more. I do not wish to speak another word my heart longs to go into deeper silence, *mouna* the soul and goal of my closing years. Everyday I read 3 chapters from the Cosmic Flashes and Hours of Silence. Today I was happy to read the 11th chapter from Cosmic Flashes. Come out of the cage of the Body; May I share it with you my loving readers of Peace journal.

(Peace Feb & Mar 1977)

91. BEGGING

Begging of any kind in the name of anything even in the name of Ashram is loathsome. It degrades and degenerates the divinity to the lowest depths of ignorance. Being the Light of lights the living *atman* - why should you be begging for the perishable goods even in the name of service? A beggar is shunned and avoided everywhere at all times and never respected by anyone.

It is the body-consciousness that in any one, unconsciously makes any one a beggar. There is no begging in God-consciousness. All begging is possible and inevitable in duality, where one sees Another, hears of another and ceaselessly thinks of another, Whereas in God-consciousness, where one sees not another, where one hears not of another, and where one thinks not of another, there alone begging is absent.

Begging is absent only in the Light of Lights. Where is begging in the Self-Effulgent Light - in the Sun of suns? Body-consciousness is the root cause of all begging. God-consciousness alone is the source of all joy and strength. It is free of every kind of begging. May we all be givers and never beggars, selling our souls, forgetting the Light within, our real divine heritage.

In the Ashram life of 60 long years, begging has become a chronic disease. But even the chronic diseases can be cured by God-medicine and persistent practice, as the darkest clouds are dispelled by the light of the Sun of suns. Let us be givers and never beggars. We can be givers only when we identify with Light-Truth, but with identification with falsehood, with darkness, we keep on remaining as slaves of body-consciousness, which leads us into deeper and greater darkness.

May the grace of God be upon us and may He keep us all alive free from begging of every kind, in thought word and deed, for, a beggar is the most miserable man and while a giver is the happiest man or the most contented man in the world.

May all homage be unto all givers of light, life and love.

May Peace be unto all
OM TAT SAT OM

(Peace May & June 1977)

92. MAKING BEST USE OF TIME

These days I read very little everything I do seems to be a waste of time. Even the letters I write appear to be a sheer waste of time.

Blessed is the man or woman who is not wasting the time in doing little things.

Blessed is the man or woman who is making best use of his or her time in God-consciousness.

God-consciousness or cosmic love is the only blessed state, which is the only reality, which is free of all duality or ignorance.

God-consciousness is the soul and goal of the very existence.

Blessed are the few and rare souls, who are blessed to ever abide in that transcendental state of glory, where it is all Light, within, without, above, below and all around.

It is something holy and sacred that cannot be understood by tiny intellects and finite minds. It's stupendous glory the splendour of millions of suns can be understood only by allowing the restless mind to merge and dissolve in the full glory of *akhanda-satchit-ananda*- the Existence Absolute, Knowledge Absolute and Bliss Absolute.

Glory Glory Glory
Silence, Deep Silence and Supreme Silence
OM TAT SAT OM

(Peace May & June 1977)

93. WHAT DO YOU WANT TO DO?

I do not want to do anything, do not want to waste precious time by writing or doing any finite things such as reading. My heart longs to commune in Silence with the indwelling presence in all silence, in waveless silence. No more thoughts. No more finite waves of little thoughts. Let me now abide in the waveless peace of the infinite and eternal, which is beyond words or thoughts.

Deep Silence. Waveless Silence
Om Tat Sat Om

(Peace May & June 1977)

94. SAMPADA AND AAPADA

Sampada is Heaven leading us to God-realization,
Aapada is Hell leading us into darkness or ignorance.
Sampada is *soham*.
Aapada is *aham*.

Sampada and *aapada* are the two simple lovely words used in Sanskrit language also in Telugu too. If only understood and practiced in daily life, they lead us to God-realization, the goal

of precious human birth. *Sampada* is wealth, not the material wealth, but the spiritual wealth, the imperishable wealth of spirituality, which is immortal and cannot decay or perish. Whereas *aapada* is danger going down into the darkness or ignorance or loss.

It is with man either to go up working for *sampada* or go down falling down into *aapada* into the mire of darkness. The very repetition of the simple words *sampada*, *sampada*. *Sampada* gives me Joy, strength and inspiration. Verily *sampada* alone, the spiritual wealth only is our divine heritage and birthright. We are in darkness because we have forgotten our real birthright, own heritage. Even now, it is not too late to take a firm hold of our divine birthright to recognize the splendour of millions of suns now and here.

Let *sampada*, richness be our spiritual wealth, the goal and soul of our precious human birth. But never *aapada* loss or danger be our goal. Darkness leads to greater darkness. Knowledge leads to greater knowledge deeper wisdom to the self-effulgent light within. Glory be unto *sampada* in all conditions in each and every moment of our lives.

Verily, *sampada* and God are not two but one. That which exists is One and sages have called it by various names. Call it by names God or *sampada*, wealth, love, peace or silence. Nay, call it by any name or no name and it is all one and the same. Names mean nothing. That which is beyond names Everything.

Homage be unto the formless and nameless unknown *sampada*.

Hari Om Tat Sat Om

(Peace May & June 1977)

95. NO MORE FORGETFULNESS

Several times I have written on this inspiring theme, but *maya* the delusion of outer life is so deep and dense that it makes, even the wise to forget God, the indwelling light in the very next moment of one's determination. How blessed it is to be true to one's determination or resolution. With every moment try to feel His presence. For instance I am drinking a cup of milk now.

Dear loving readers, do you know for whom I have taken this cup of milk? Can you guess? It is only for you, wishing your welfare, I drank this milk. You may not know me, I may not even know your name. This does not make any difference, for, in my life or in my religion, there are neither strangers nor outsiders, for all of us have come from God, live, work and breathe in God and finally go back, merge or dissolve in Him.

How blessed it is to live in God ceaselessly, in each and every moment of our lives! When I drink, I drink for all. When I eat, I eat for all. No more forgetfulness whether eyes closed or opened. No more forgetfulness whether active or silent. No more forgetfulness whether alone or

in crowd. No more forgetfulness whether eating or praying. Every breath is leading me towards God. Every *soham* breath is leading me into God, for God is the Breath of the breath.

The past life of forgetfulness misery, agony and suffering is finished. It is dead and buried. I am born now, reborn now, with the resolution of no more forgetfulness. How can I ever forget Him, when I am living, working, moving and breathing in Him, having my being eternally in God, in all eternity from the beginning till end? Glory! Glory! Glory!

No more forgetfulness of a millionth fraction of a second! Be it be in sickness or health, it is the splendour of millions of suns. May I feel this full glory and divine splendour, in the very cells of my being, to begin within? It is light, self-effulgent light from the toes to the top of the head. Let us feel, feel until the light pervades and permeates the very cells of our beings!

Om Tat SatOm
HariOm Tat Sat Om

May the light, self-effulgent light, the infinite and eternal light, bless us all with perpetual awareness of His presence now and always, ceaselessly like *taila-dhara*, oil poured from one vessel into another vessel, without a break. This is the prayer of your Omkar who loves you all, breathes and lives for the peace of you all.

May Peace be unto all

(Peace Aug 1977)

96. CONVERTING STUMBLING BLOCKS INTO STEPPING STONES

Sleeplessness is a real stumbling block. Instead of worrying over it, make sleeplessness into the awareness of God's presence here and now and thus be happy. Instead of worrying to sleep try to saturate yourself, the very cells of your body from the toes to the top of the head with the presence of God, the Light of lights, the splendour of millions of suns which is your birthright and divine heritage.

Begin with the chanting of the holy *mantram* *Om Sri Ram Jai Ram Jai Jai Ram Om*, starting from the toes of your feet. Begin with the right leg, then left. Thus spread the presence all over the feet and gradually the whole of the body, then the whole universe. Thus you can take one branch after another and cover your body with the presence of God or light.

The presence of God is already pervading and permeating the very cells of your body or being. You need not exert and fill it now afresh with exertion. *Jaya jayaramakrishnahari* is also very helpful if practiced in each and every moment of your life with every breath, *soham* breath.

With the first *Jaya* fill your left foot, with the second *Jaya* fill your right foot with *Rama* fill the whole of left side of the body, with the repetition of the holy word *Krishna* try to fill the whole of the rightside of the body. Still there two words more *Hari* and *aum* or *Om*, which are a most important and vital.

When you repeat *Hari*, you are filling the body from *sahasrara* the highest center to the very toes of the body with the self-effulgent light.

Now when you come to the last powerful word *aum* the sacred symbol *aum*, you are rising up again from the depths into the highest from the toes to the highest center of *sahasrara*, God consciousness or cosmic consciousness, the last word of spiritual life.

All that you have to do is only to - Recognize and be silent saturate yourself. Verily, Thou art that - *tat twamasi*

Hari Om Tat Sat Om
OmOmOm

(Peace Aug 1977)

97. SHORT MUSINGS

- *Blessed are they who are making best use of every moment of their precious time.
- *Time and Tide wait for no man.
- *Blessed are those who are pure in heart.
- *One becomes impure by seeing anything other than God anywhere in His manifested world.
- *All that we see is God. All that we hear is God. All that we chant is God, for, nothing exists besides God.
- *There is but one truth or reality - and that reality is Thyself.
- *The splendour of millions of suns is Thy divine heritage.
- *Thou art That - *tat twamasi*. You are eternally In the self - effulgent light,
- *That Infinite Light is in you. Thou art the Eternal Light.
- *Wherever you may be doing or not doing anything, Thou Art That!
- *If you are thinking you are That, for Thou Art Shakti, the Manifested
- *If you are not thinking, Thou Art That, for, Thou art Brahman, the Unmanifested.

OM OMOM

(Peace Aug 1977)

98. SUNOF SUNS

(Omnipotence is working, let the mortal retire)

In the Sun of suns, in the self-effulgent light the splendour of millions of suns, where is weakness or sickness of any kind? Its splendour and glory are so self-effulgent but the clouds cannot touch its divine splendour. When it exists and nothing else exists, for, it is *adviteeyam*, one without a second.

OM OMOM

1. Let every motion of the body lead you towards that Light or God.
2. Let every word lead you towards God.
3. Let every thought lead you towards God.
4. Let every breath lead you towards God nay into God, for he is Omnipresent.
5. As God is Omnipotent let us center ourselves In His Omnipotence.
6. As God is Omniscient let us live ourselves in His Omniscience.
7. I cannot afford to forget God even for the millionth fraction of a second.
8. I am eternally centered in the Light of lights in the self-effulgent light.

Glory Glory Glory

Silence, Supreme Silence and Waveless Silence.

Hari Om Tat Sat Om

Om OmOm

(Peace Sep & Oct 1977)

99. THE ESSENCE OF VEDANTA

*Dehodevalayaprokto jivodevahsanatanah
tyajedajnananirmalyam soham bhavenapujayet!*

Body alone is the temple of God, The Individual alone has been God eternally.
Destroying the ignorance that you are the Body. Worship Him universal consciousness, with each and every Breath.

May God bless all with peace

Om Tat Sat Om

OFFERING

A tiny offering to all *soham* devotees

Om OmOm

(Peace Sep & Oct 1977)

100. GRACE OF GOD

The finite man thinks through *maya*, illusion or delusion that the grace of God comes and goes. But it is not so. The real grace of God is permanent, changeless. It is Omnipresent. Wherever God is, there is the grace of God like the waves in the ocean or the sun shine of the effulgent Sun. Whereas God and grace are not two but One. They are inseparable like the waves and the Ocean or Sun and its sunshine.

Where is the moment when the grace of God is absent even for the tiniest fraction of a moment? Verily we are working in the grace of God, both day and night. We are moving and breathing in His grace, having our beings in His grace. All motion and all work is possible because of His grace. Grace of God is really Omnipresent, Omnipotent and Omniscient. It is the only changeless reality of human life. Without His grace, life is a burden to mother earth.

Only recognize this great truth for your happiness and peace. Then alone you will be happy, contented and peaceful. Recognize and be silent.

May the grace of God bless us all with peace that passeth all understanding.
May God bless all with His inseparable and eternal grace of God.

Hari Om Tat Sat

(Peace Sep & Oct 1977)

101. NO MORE FORGETFULNESS

This is a favorite theme on which I take joy in thinking and writing often. Yet although I repeat often no more forgetfulness, due to *mayat* the delusion, I forget Him times out of number. Yet the very thought of not forgetting Him, never forgetting God the light within, gives me joy, strength nay even inspiration.

Q: What is life with forgetfulness of God, the light within?

A: It is death, it is chaos, darkness and ignorance, nay suffering and agony with untold excruciating sufferings both mental and physical.

As I often say no use of worrying over spilt milk. The past is dead and buried. It is a waste of precious, priceless time even to think of it.

Make best use of your time even now by feeling His presence every moment of it. You are writing now, because of His presence. You are moving because of His presence your mind is thinking because of His presence.

Cling to this one great thought, which is the only reality and living Truth and forget all else.
Recognize the Sun of suns and forget everything. Let not the past, spoil the living present.
One word should be enough for the wise, if you are wise and living for God.

Hari Om Tat Sat Om

(Peace Nov 1977)

102. CRAVING TO GO OUT OF THE BODY

This inspiring theme also gives me joy and inspiration. I remember on this holy theme also to have written in the Cosmic-Flashes one of the inspiring chapters.

Q: - Why should you think of going out of the body?

A: - Are you not outside of the body. As *atman*, the one indivisible self or truth, you are both within and without. Just recognize this truth of indivisible, eternal and infinite light and be silent once for all.

Thou art *soham*—the One universal energy.

Because of *soham* the world exists. You need not go out anywhere, for, you are both within and without pervading and permeating the very cells of your being waiting and filling the whole universe without from the tiniest atom to the biggest planet. May you feel His presence whether eyes closed or opened for, God is Omnipresent, Omnipotent and Omniscient.

Whatever you see, it is He
Whatever you hear, it is He
Whatever you think, it is He

There is neither within nor without, it is *adviteeyam*, for, it is *Brahman*, one without a second. There is neither within nor without, neither coming nor going, nay, there is neither death nor life. The truth or *brahman* is *dwandateetam*, beyond duality.

Only be free of all imaginations.

Hari Om Tat Sat

(Peace Nov 1977)

103. HEALTH

To begin with Health should come first, middle and last. A sick person can never do anything, cannot move or work even think properly. In the name of God, who is interpenetrating the very cells of your being, first be Healthy at any cost. Be careful in what you eat. Be careful in what you think, for, thoughts are things.

As you think you become. Lose thoughts lead you into hell. Holy and selfless thoughts lead you into heaven. This is an unalterable law both for you and for me, nay, for all the world, the children of God in all religions and nations. Recognize health in the very cells of your body from the toes to the top of the head. It is Omnipresent health in each and every cell. When you eat, whatever it may be it is for health, whatever you may drink, nay, it gives you health and vitality.

In the early hours, as I am writing now, I am drinking a glass of Horlicks for the sake of health feeling His presence with every sip. This is *vedanta* practical. This is how we have to practice God's presence in little things as well as big things.

Health Health.Health
Health it life longevity, Power peace and love.
May all be Healthy and Happy centered in purity, light, life and love.
Om Tat SatOm

(Peace Nov 1977)

104. PRECIOUSNESS OF TIME

Every moment is precious, for, it contains in its, tiny bosom, Omnipresent, Omnipotent and Omniscient. The *Trimurthy, Brahma, Vishnu, Maheswara* are present in this tiny precious, priceless moment. We can buy God. Complete self-surrender is absolutely needed. Spotless purity and complete self-surrender are most essential and helpful in making best use of every moment of our precious Human Birth.

He who does not know the value of precious Human Birth, does not know the preciousness of every tiny moment, unconsciously such a one is wasting his precious life in vain imaginations and empty gossip. Such people are a burden to mother earth even if they are in the Ashram.

Blessed are they who are ready for the call, even if it comes this very moment suddenly and unexpectedly. Such people are very careful of every moment. They are the greatest blessing not only for themselves but also to all the world of humanity. I bow down my head to the few, rare and precious souls who are making best use of every moment of their lives.

Om Tat Sat Om

(Peace Nov 1977)

105. HOLY CHRISTMAS

Holy Christmas is fast approaching. Today is 24th November. The Christmas Day comes on December 24th. Holy Christ was supposed to be born at the mid-nighthour of 24th December. That sacred moment of His holy birth has been most dear and near to the hearts of all Christians, nay, to all the followers of blessed Christ. Blessed Christ has been repeating

since the last 2000 year the following words: Come unto me. Ears have they, yet they hear not. Having ears, can you not hear the pathetic call of the Blessed Christ?

Only one month more for the Blessed Christ to be born, in the selfless Purified hearts. All time is ours. Let us make best use of every moment to get ready for the Christ to be born! Repeat Ye the kingdom of heaven is near at hand within the hearts. Let us purify ourselves by having selfless and good thoughts. Let every thought lead us towards God, let every word lead us towards God. Let every deed lead us towards the kingdom of heaven. Blessed are they who are pure in thought, word and deed. Verily the kingdom of heaven belongs to the pure in heart, Christmas belongs to the pure in heart!

May we all be happy during the holy Christmas by preparing ourselves by establishing peace in our devoted hearts of purity and love!

24-11-1977. A.M. Hari Om Tat Sat Om

(Peace Dec 1977)

106. SADHU HANUMAN

Sadhu Hanuman is a Young boy in teens, By God's special blessings he is blessed with purity, devotion and love. He is a day and night worker with a smiling face and willing heart of service. He is there in the press-composing and correcting, proofs. He is there in the Post Office helping in postal work.

He is also taking care of visitors, looking after their comforts. Hanuman is very busy, with typing work too. He has been an experienced typist now. However busy he may be, Hanuman is helping me whenever distinguished visitors, come, in receiving them and helping to read out message to the visitors, hints for God. Realization and message of the moment etc., etc.

Blessed are they who are selfless, who have not lived for themselves but only for others to help and serve others. May God bless Hanuman and all selfless souls in the Ashram, with peace and love that includes all.

22-11-1977 5 A.M.

Om OmOm

(Peace Dec 1977)

107. ROUND PLUGS

Round Plugs in Square Holes are out of place. They can never be fixed properly. A round plug in a round hole is the proper thing. Similarly a square plug in a square hole is the most suitable thing. Such people are happy and contented wherever they may be, not only they are happy, but also they are making everybody all around happy and contented. Such devoted and

dedicated souls have found their right place in life and making best use of their God-given precious life. May all Glory be unto such souls who are in tune with the Infinite God.

HariOm Tat Sat Om

(Peace Dec 1977)

108. May Every Moment Lead Us Towards God

Time is too precious. It is with us to waste it or to make best use of it. He who wastes moments wastes all his life. If you are careful with pennies, you will be rich with pounds. So let us make best use of every moment, from now on.

Whatever we do should lead us towards God. Whatever we speak should lead us towards God. Whatever we think also should lead us towards God, the living truth, the Light, within us!

The past is dead and buried. We are born now. May we make best use of the tiny present moment by feeling His presence now and here. This is the only way to be nearer to God, by making best use of these tiny moments.

Hari Om TatSat Om

(Peace Dec 1977)

109. STUMBLING BLOCKS

Blessed are they, who convert the Stumbling Blocks into stepping stones. Sometimes the stones that are rejected are used as corner stones. May every experience lead us towards God. If we trust in God with heart and soul, He alone will take care of us helping us to make our stumbling blocks into stepping stones. Let nothing come between us and God. Let each experience lead us towards God, Who is the soul, and goal of our lives.

May Peace be unto all

(Peace Dec 1977)

110. OMNIPOTENCE IS WORKING

Omnipotence is always working. It is ceaselessly working but the mortal does not want to see its great work and be silent. Blessed are they who see God's hand, His Omnipresence, in little things as well as in big things. In ignorance when the mortal meddles, there is chaos and darkness. When we recognize the supreme power working, there is order, happiness, contentment and peace. Let us have the strength to recognize the Omnipotence working and be

silent, his is real yoga, to be silent, peace belongs to those blessed souls who can be silent, in all conditions.

May Peace be unto all

(Peace Dec 1977)

111. MOMENTS LOST

If wealth is lost, nothing is lost.
If health is lost, something is lost.
If character is lost, everything is lost.
If time is lost, it never comes back again.
The moments lost, are lost forever.

This is one of the prominent motto signs in Shanti Ashram which gives joy and inspiration to the devoted visitors who come to the Ashram.

May all the devoted visitors who come to the Ashram make best use of their moments by feeling God's presence within and without in each and every moments of their lives, especially during their stay in the Ashram for realizing God.

May Peace be unto all. Aum

(Peace Dec 1977)

112. HOLY CHRISTMAS

I feel the urge from within like writing may be in the memory of holy Christmas but I do not like to write little things finite thoughts or messages. I do not wish to waste my precious time, after being born with Christ only 5 hours ago in writing letters to finite man, for, man always disappoints and God alone never disappoints. So let me write now in memory of the holy birth of Christ, in my heart also to be blessed *Bhagavan* Sri Krishna who is throbbing in my heart and flowing in my very breath for; verily, God is the breath of the breath.

Let us only feel and feel and practice the presence of God in each and every moment of our lives. What all of us need is only practice and practice in our daily lives now and here. May this be a promise and offering to Lord Christ and Bhagavan Sri Krishna in memory of the Holy Christmas.

(Peace Jan 1978)

113. GOD IS EVERYWHERE

God is everywhere being Omnipresent. Wherever you go whether it is to hell with your weak and negative thoughts, He is there in the hell itself. Similarly He is there even in heaven, when you go therewith your good and positive thoughts. Can you show me a place where He exists not? There is not an atom of space where God exists not.

Blessed are they who can recognize God's Omnipresence. Whoever recognizes, God's Omnipresence he naturally recognizes God's Omnipotence and Omniscience. Hence, such rare and precious souls are all powerful, fearless and ever happy. Blessed are they who are ever centered in God's Omnipresence, Omnipotence and Omniscience.

(Peace Jan 1978)

114. EGOISM

The people who are slaves of Egoism, have no peace for themselves and no peace for others who are unfortunate to stay with them. They feel in their deep ignorance and deep egoism that they are all-knowing and they can teach everything to others, they have nothing to know from the wise and experienced. Such people of egoism and hastiness may be doing great things in the world of activity, but in spiritual life they are unconsciously hurting innocent people. Such people in ignorance, think that they are all knowing they must have the upper hand in all that they do and say. This state reminds of the dictator of Russia, who used to say: When I say 'yes' it is 'yes' to all the world. When I say 'no', it is 'no' to all the world.

Happiness is only in complete self-surrender, but never in egoism or in hastiness and ignorance. The man or woman, should be willing to learn even from a child, such people are always happy and contented doing good wherever they may be in little things as well as in big things. Such people may not be doing big things in the world, but their ideal simple life is an example to others and a great blessing to the world.

O God! keep us free from the poison of the snake of egoism which is making a wreck of spiritual life, causing agony and misery to innocent people.

(Peace Jan 1978)

115. MY SOUL BLEEDS

My Soul Bleeds to see any differences among the members of the Ashram, the Mission of Peace, which is working for the peace of all the world. When two people cannot love each other

and can they love all the people in the world and bring universal peace to the world as it is the individual Peace that paves the way to world peace.

O God! Let us establish peace in the world, but let that peace begin with In our purified heart of Love.

Let there be peace in the world, but let it begin with us and in us now and here, this is the ardent prayer of the One who loves you all with prayers for the peace of all the children of the One indivisible God in the East and the West.

(Peace Jan 1978)

116. A ROSE TO THE LIVING

A single Rose to the living is more helpful and precious to the living than a cart load of flowers to the departed, the dead ones after they leave the body.

Someone in the Ashram made a hasty remark: *Swamiji* do not praise any one too much. If I do not express a word of my love, gratitude and appreciation for the selfless services of anyone who is working day and night for the progress of Sri Santi Ashram—the Mission of Peace, which is working for the world peace, I feel that I am failing in doing my duty of saying a few words of appreciation while they are alive, for, Today man is and tomorrow he is not. Do your good deed while one is alive for, this moment is ours and not the next moment.

Do not be a miser and stingy in your real love. Pour out your deep love, not only on those people who love you, but also on those people who condemn and criticize you. Try to be always an ocean of love and appreciation. Be a Niagara Falls. The more you give, the more you get. Let not repentance come too late, after death. You are the ocean of love. Let the waves of appreciation and love rise and merge in God, who is the ocean of love, infinite love, eternal love, the great divine love, who is contented to pour out and pour out, to give and give always, ceaselessly without expecting any reward from any one in any form.

May all glory be unto love that includes all and excludes none.

May Peace be unto all

Om Tat Sat Om

(Peace Jan 1978)

117. MODERATION

Moderation is the key note of success, this is a simple law and truth. Yet we disobey the laws, divine laws. One who disobeys the divine laws, must suffer and bear the consequences. Whoever

he may be. One day I woke up rather too early and working hard by writing letters and too many musings, my inner thoughts. Hence the result was nervousness.

Gita also teaches: Be moderate in everything you do. Be moderate in what you eat. Be moderate in what you do. Be moderate even in your speech. Be moderate even in what you think. Do not imagine foolishly. Think only the good thoughts that help you. Thus your life will be happy; peaceful and successful.

May God Bless us all with the wisdom of moderation.

May Peace be unto all

(Peace Jan 1978)

118. MAKING BEST USE OF THE DAY

If you want to make best use of this day, the only way is to begin the day by making best use of every moment, this very moment. Remember always: He who wastes moments, wants all his life. Let this moment lead you towards God. You are already in God. You are eternally in God, who is Omnipresent, Omnipotent and Omniscient. How very potential is this tiny present moment. Moment by moment may you be lead into purity and peace, the goal and soul of your life, the precious human birth. This is the prayer of your Omkar.

OmOmOm

(Peace Jan 1978)

119. IN THE DEPTHS

Every wave that goes down as we see with our eyes it is rising again. The more the wave is going down it is rising higher and higher. This practical illustration gives us consolation, comfort and great joy in our daily life of tests and trials. The more we go down our ideal should be more to raise, never to fall down again.

Repent ye the kingdom of heaven is near at hand. This is a great truth that makes us to feel in spite of our forgetfulness. God's presence is all around us always and eternally. The more we forget God let our Ideal and aspiration be to remember Him more and more. If we forget Him a Hundred times let us try to remember Him a thousand times at least hundred and one times. The way to God or truth or *dharma* is very narrow, rugged full of thorns and stones. In spite of all our inevitable tests and trials in the daily life let our one ideal be always the goal and the aim of rare precious human birth.

Out of the depths fresh strength
Out of the darkness new light

Even in the gloom we are on the way

Always Aim High even from the depth. Do not fall in the mouth of the big snake by your forgetfulness of God, the indwelling presence.

HariOm Tat SatOm

(Peace Jan 1978)

120. THERE IS NO OTHER WAY

Dear Loving Reader!

Whether it is for you or for me or for anybody else in this world, there is no other way than to feel God's presence now and here, in this present living moment. Now or never should be the ideals of seekers of truth, God realization, this vital problem should be a life and death matter to those earnest souls who are pining for God.

The least forgetfulness of God, the light within should make the aspiring souls most miserable and unhappy. Verily, forgetfulness of God or the light within makes us lifeless and soulless. The tiny moments or little naps of forgetfulness alone leads us silently, slowly, and unconsciously into the jaws of death itself. Therefore, we must be very very careful considering every moment precious and sacred.

Let us remember always: He who wastes moments wastes all his life. Let us remember also anything lost can be gained again, but not the precious moments wasted in idle gossip or needless imaginations, so if you want God and God alone let us be careful of these dangerous little naps and moments of forgetfulness.

Let us remember also: the inspiring motto sign in the Ashram;

When wealth is lost nothing is lost,

When health is lost something is lost,

When character is lost everything is lost,

When time is lost, it never comes back.

As one word is enough for the wise, let this message, a life giving and soul awakening message, to all the seekers of truth in the East and the West. This is the only way, there is no other way or short cut to God realization. May God bless you all with God realization now and here. May we close this helpful message by repeating Peace chant, the Vedic prayer.

(Peace Feb 1978)

121. NOTHING MATTERS

Whatever happens is for the best. Verily, not a blade of grass moves without God's will or blessings. Omnipotence is working, let the mortal retire. Everything matters all the troubles and agonies for the individual beings, because time the individual has forgotten, his real nature, the living divinity.

Indeed, forgetfulness of God is real death. Inadvertence even for a moment is the root cause of all troubles worries and agonies in the outer life of the world. Whereas in the inner life nothing matters whatever happens is always for the Best. Let us have the strength to cling to the real, never forgetting it even for the millionth fraction of a second. So long as the Omnipresent, Omnipotent and Omniscient.

God is here, nay here pervading and permeating the very cells of our beings what else matters, even if the world dwindles into nothingness. May all glory be unto the Sun of suns, only truth and the reality.

May all homage be unto the Light of lights, the indivisible presence, and the self-effulgent light of the millions of suns splendour.

Hari Om Tat Sat Om

OFFERING

A tiny offering to all those who are needlessly worrying and suffering, making molehills into mountains with prayers for the peace.

May peace be unto all,
Om Tat Sat Om

(Peace Feb 1978)

122. HUMAN BIRTH

What is the most important thing in this world for the man, who is the living image of God, who is given human birth?

Q: What is the Goal of the precious human birth?

A: It is God-realization now and here.

A man, any man, however rich, mighty and learned he may be, deprived of devotion (*Daivaparithapana*) without pining for God is consolidated as a beast a two-legged

animal(*Dwipadapasuvu*). Even to justify our human birth let us love God, dearly and deeply, loving God, with heart and soul. May God come first and foremost in our devoted lives.

May God be our all-in-all our soul and goal, at least from this-day forward, the beginning of new month February. Let us begin a new life of love, devotion and service, remembering that this rare human birth is given to us only to love God not the one who is in heaven that to love and serve Him, who is on earth, in front of us who comes to us in the form of sick and poor, for the privilege of our services God-consciousness now and here is the only important work for a human being, who is blessed with the rare privilege of a human birth.

May the God, the all-knowing God, and the all-wise God, bless all His children with cosmic light, God-consciousness, the soul and goal of human birth. This is the prayer of the one who loves you all.

Om OmOm

(Peace Feb 1978)

123. THIS ONE STEP IS ENOUGH FOR ME

Blessed are they who can make best use of every step to lead towards God, the goal of precious human birth. Blessed are they who can repeat cheerfully. This moment, tiny moment is enough for me to realize the goal of this rare, precious and invaluable human birth.

May the all-wise and all-knowing, omnipresent God give us strength to forget the dead past and ignorance, the dim uncertain future and concentrate all our strength and mercy on omnipotence of the divine energy, this single invaluable tiny moment God-realization will be the result of this rare precious human birth.

May every step lead us towards God! May every moment help us to realize God, who is our soul and goal and our all-in-all moment by moment we all be lead steadily and silently and be established in the peace that passeth all understanding.

Let us cling now to this tiny moment forgetting all else, considering the priceless, precious moment alone is our lives only ideal, for, this moment contains in its bosom Omnipresent power, Omnipotent strength and Omniscient *shakti*. Practice alone makes us perfect, if we could only practice to feel God's presence with every step and in every moment of our daily lives. Practice to feel His Omnipresence, Omnipotence and Omniscience in each and every moment of our life of devotion and dedication. God is always pervading and permeating the very cells of your being now and always.

Only, recognize God in silence, and face Him in activity both in foe and friend it is God and nothing else exists besides one indivisible God within or without, for, God is everywhere. May glory be unto God in heaven and may peace be unto man on earth.

May Peace be unto all

(Peace Feb 1978)

124. BE A MASTER

Body consciousness naturally makes you weak, sickly and restless. Whereas God-consciousness makes one healthy, happy and strong with full of joy and peace. It is verily God-consciousness which is your divine birthright. Take a firm hold of your divinity, the indwelling light which is your soul and goal.

Never give into idle dreaming or to aimless talking and false imagination, even in a dream, even momentarily, as thoughts are things, as they lead you into lethargy, weakness and sickness unconsciously, into the depths of depression. Be a Master of your tiny, finite thoughts, remembering the simple divine laws that: He who controls himself controls the world.

Man is the master of his own destiny, provided he controls his thoughts, tiny thoughts, aimless thoughts, and selfish thoughts. Thoughts are things that lead us into the depths of hell or towards the heights of heaven. Thoughts should be controlled in the very beginning as they raise their hands in the lake of one's own mind. Your birthright is to be a master of your thought, every thought, but never to be a slave of imaginations, weak and false imaginations. Even in the depths, assert your intent, God given power of Omnipresence, Omnipotence and Omniscience in each and every moment of your life and thus be a master of body, mind and heart and soul.

Om Tat Sat Om.

(Peace Feb 1978)

125. NEVER LOOK BACK

Time is too precious to be wasted in looking back, pondering over the past. The past is dead and buried. You are alive now, in the present living moment which contains in its tiny bosom Omnipresence, Omnipotence and Omniscience. May infinite in the finite be the message of the day. Make best use - the highest use of every moment, considering it as your life, soul and goal. Introspect deeply, cling to the Light of lights now and always.

In *soham* there is no more looking back, only there is looking forward with every step. No more begging but only giving and giving life, light and love, for, the more you give, the more you get. It is an unfailing divine law, the more you give the more you get from the divine,

which, is always infinite and eternal. Let every breath lead you into breathlessness. Let every breath be *soham* breath including all and excluding none.

The *soham* is One without a second, Thou Art That.

HARI OM TAT SAT OM
MAY PEACE BE UNTO ALL

(Peace Mar 1978)

126. PRECIOUSNESS OF THIS MOMENT

Every moment is precious. It is Invaluable, for, it contains in its tiny bosom Omnipresence, Omnipotence and Omniscience. Those who waste their tiny moments waste all their lives. Those who make best use of their tiny precious, valuable moments are making best use of their lives, feeling God's presence now and here.

God-realization now and here and always is the soul and goal of such devoted and dedicated souls. As I am writing this short musing in the early hours of dawn on 25th March, my thoughts and prayers are with you, wishing God-realization now and here in this present living moment. It is with you now to feel God-consciousness and thus make best use of this tiny moment or to ignore it and waste the precious tiny moment in idle dreaming or thinking.

Kindly make best use of these tiny moments, by feeling God's presence, within and without, by recognizing Him above and below and all around. Thus may your life be a great blessing to yourself, your dear ones, to Sri Santi Ashram and to all the children of God in the East and the West. This is the ardent prayer of your own Omkar, who loves you dearly and who longs to see you reach and realize the goal of human birth before the light goes out. Live in God and help others, all the children of God to feel His presence now and here ceaselessly like oil poured from one vessel into another vessel without a break.

May Peace be unto all

(Peace April 1978)

127. SHORT MUSINGS

- 1) When God is awake how can you sleep forgetting His presence within and without. Wake up and sleep no more to the world of God's Omnipresence, Omnipotence and Omniscience.
- 2) Feel, feel the splendour of millions of suns, thy only true divine heritage, thy real birthright.

- 3) May health come first, for, nothing can be done by a sick man or woman. Similarly nothing can be done by weak men. Wake up to be strong and healthy, to be lion of *vedanta*.
- 4) You are always the living truth of the Light of lights. You are the rope of truth.
- 5) Do not waste your precious time in reforming others. The skin of a black bear cannot be changed with all the rubbing of the soaps in the world.
- 6) First reform yourself before you do anything. Nothing can be done by a sickly and weak man or woman.
- 7) A man or woman of God alone can do anything and everything to others. How can the blind show the Light to the blind?
- 8) Let God-realization here and now be the ideal and aspiration.
- 9) Every tiny moment is precious, containing in its bosom Omnipresence, Omnipotence and Omniscience.
- 10) Sleep no more, wake up to the glory of millions of suns' splendour.
- 11) Let your one ideal and motto be God-realization now or never wake up, wake up, now and here to sleep no more.
- 12) Give a deathblow to body-consciousness, for, you are not the snake of delusion.

Om OmOm

(Peace April 1978)

128. THEORY AND PRACTICE

It is very easy to write musings and messages but very difficult to practice even what you write. Theory is one thing and practice is another thing. When you do not practice in your daily life, even what you write, what is the use of your precious human birth? Life is a burden to mother earth, when you do not find them to practice what you write once. It is not only true but real life and goal when you practice what you write and teach others.

For instance, I have written this morning a most helpful and inspiring musing, preciousness of this tiny moment. Remember that you have not written this particular musing or any other messages only for the sake of others but also for your practice in your daily life. Practice, practice, practice now and here what you write for others in your own life not in the uncertain dim future but only in this life-giving present moment. Thus alone your life becomes worth living. Let your life's motto, ideal and aspiration is God-realization here and now.

Let the past be buried. Let it be forgotten. Do not dream and waste your precious tiny moment. One word is enough for the wise as you are a wise soul, expecting for God-realization, let me leave you now only to begin to practice from this moment forwards to feel God's Omnipresence, Omnipotence and Omniscience from this moment forwards feeling His interpenetrating, indwelling presence now and always.

This is the prayer of the one who loves you.

Hari Om Tat Sat Om

(Peace April 1978)

129. A Loving Request To Our Devoted Visitors

Hearty welcome to you and your dear ones, for the privilege you are having by your visit to Shanti Ashram. To begin with, we request you to feel God's presence now and here in every moment with every step. As progress is life and stagnation is death may you feel His presence now alone considering this moment as, a moment of new birth rebirth.

Above all, we request you to make best use of your stay in the Ashram by blessing our *gurukul* children and taking part in the *namasankirtan* - repetition of God's name ceaselessly without a break like oil poured from one vessel into another vessel. Next please spend some time in old Shanti Cave repeating peace prayer as many times as you can.

Next it will help you a great deal if you will go and spend some time in our Spiritual Healing Centre forgetting yourselves and offering prayers for the welfare of all the sick people in the East and the West. As our *Swamiji* often says if you want to be miserable think of yourselves, if you want to be happy think of others—the children of God. The only way to be happy is to make others happy by repeating Peace Prayer ourselves and spreading it among all the devotees.

May your visit to Shanti Ashram be a blessing to yourselves and to Shanti Ashram and to all the devotees of Shanti Ashram—the Mission of Peace. This is the ardent prayer of the inmates, members of your own Ashram.

OMOMOM

(Peace April 1978)

130. LET EACH BREATH LEAD YOU UNTO GOD

(An Inspiring musing that helps to lead to God-realization Now and Here)

The indwelling breath or soham are not two but one.
Let each and every breath lead you into God of silence.
Let the first breath lead you into God of life.
Let the second breath lead you into God of light.
Let the third breath lead you into God of love.
Let the fourth breath lead you into God of hope.
Let the fifth breath lead you into God of harmony.
Let the sixth breath lead you into God of truth and *dharma*.
Let the seventh breath lead you into God of bliss.
Let the eighth breath lead you into God of understanding.
Let the ninth breath lead you into God of nonviolence.
Let the tenth breath lead you into God of happiness.
Let the eleventh breath lead you into God of compassion.
Let the twelfth breath lead you into God of illumination.
Let each breath from birth to death lead us into God.

Let our breath from the beginning to end from birth to death lead us towards God, who is Omnipresent, Omnipotent and Omniscient. Breath is no other than *soham*. *Soham* is the beginning, middle and end. *Soham* is life, soul and goal. *Soham* is our all in all. It is because of the presence of *Soham*, I am writing now. Dear Loving Reader, it is because of *soham* - the one universal energy you are reading now, wherever you may be whether you know this great Truth or not.

Soham Breath is there, it is here now eternally present. Om Om Om. No more depression or oppression no more forgetfulness. Follow your own indwelling breath ceaselessly which will gradually lead you into universal breath. God has no other body on earth now than yours.

Soham is wonderful. *Soham* is glorious. *Soham* is *adviteeyam* - One without a second *soham* is the only universal energy. Let us follow It ceaselessly without a break or stop oil poured from one vessel into another vessel. No more words. No more thoughts. Recognize and be silent in *soham*. *Soham* does not need any imaginations.

Glory Glory Glory

This is the real grace of god

SWAMI IS DEAD OM KAR IS ALIVE IN ALL OF YOU

Follow *soham* 21,600 times ceaselessly without a break even for a single moment. We cannot afford to forget God or *soham* breath - the universal energy even for the millionth fraction of a second.

Tat twamasi - That Thou Art

Glory, glory, glory silence, waveless silence, supreme silence. Knowing this wise melt into silence. *Nissabdo brahma* - silence is God.

This inspiring message is like a meditation. It will be helpful if we repeat with closed eyes whenever you are free:-

I am the breath of the breath
I am the universal *soham* breath
Hari om tatsat om

OFFERING

A tiny offering to our Jnaneswari and Shanti who take such motherly care of this body both day and night ceaselessly! With prayers for their health and longest lives of service and peace.

May Peace be unto all
HARI OM TAT SAT OM

(Peace Aug & Sept 1978)

131. BRAHMA AND SHAKTHI

(Brahma and Shakti are not Two but One)

Brahma and Shakti have been my real *gurus* - masters of inspiration giving me joy and strength in my daily life. Brahma and Shakti are not two but one in different states, Brahma is the unmanifested divine energy. It is the motionless complete- the only truth or reality, Brahma is the ocean of *akhandasat chit ananda* - existence absolute - knowledge absolute and bliss absolute. It is all in all, always *poornam*- full and complete. Nothing can be taken away and nothing can be added to the full and complete Brahma. Brahma is the ocean of completeness, Shakti is the manifested wave of the world. There is misery when the wave separates itself and feels its separation from its divine birthright.

No more forgetfulness not even for the millionth fraction of a second, whether you are sleeping or working. It does not make any difference. Whether you are alone or in a crowd, it is the same Brahma which is expressing as the unmanifested divine substance or completeness in silence, when action, it is Shakti in motion in little things of eating and drinking, as well as in big things of world catastrophes such as tempests, cyclones and tornados.

When you are speaking it is Shakti.
When you are thinking it is Shakti.
When you are walking it is Shakti.
When you are breathing it is Shakti.
When you are moving it is Shakti.

It is because of the presence of Shakti or Brahma you are able to breathe, move, speak, think and have your being in Brahman. As I am writing now it is raining. Every drop is from Brahman. Heavens are declaring His glory and firmament floweth His handy work. Recognize His glory and be silent and complete like the waveless ocean. It is Shakti that prays in you. As Brahman you are complete and silent. As Brahman you are one without a second complete and full. You are above words, thoughts and deeds, Brahman is unmanifested and always be without a second.

Eternal complete and silent homage be unto Brahma who is to mother Shakti who is in the form of the world - the universe in motion. Brahma and Shakti are both within and without, operating both in silence and action.

HARI OM TAT SAT OM

(Peace Nov 1978)

132. HOLY BREATH

(A Simple, Practical Inspiring Message for God realization Now and Here)

BREATH IS THE STRING OF LIFE. It is soul and goal of precious human birth. Let every breath lead us into God-*soham* light. Follow it like *tailadhara*-oil poured from one vessel into another vessel without a break ceaselessly. This is the only simple way, ardent way to freedom-*mukthi*. Just try as an experiment in your life, now and here. Begin now with the first breath, inhale exhale peace, the only reality. Thy divine heritage, the real birthright. It is so easy, so simple plain and direct.

All that you have to do is only to follow your *soham* breath ceaselessly and tenaciously. As one of the American psychologists said in one of his inspiring lectures hold on and hang onto the breath within, to the *soham* breath the indwelling presence, to the glorious *soham* light, the only one indivisible presence, the self-effulgent Light of lights, the splendour of millions of suns.

Glory Glory Glory

Supreme silence, waveless silence inexpressible and incomprehensible silence. In the first place, is *soham*, one or two or three or many? *Soham* is one indivisible universal energy. It is one without a second being Omnipresent, Omnipotent and Omniscient, merge within. Follow your own breath. It is so easy, easier than separating the petals of a flower or even closing one's own eyelids. All that you need is only practice, simple practice, constant practice, strenuous practice and ceaseless practice now and always in each and every moment of your life, with each and every breath, with every holy *soham* breath. What else can I write or say? What a simple and unfailing truth it is.

If you use what you have, what you have will grow or increase. Just follow your own breath *soham* ceaselessly. You will be happy to find the wonderful results of happiness and peace. Your life will be no longer full of smoke and passing clouds of depression, weakness and sadness. It will be divine life full of strength, joy and peace.

HARI OM TAT SAT OM

A LOVE OFFERING

A tiny offering of love to our ideal devotees Dr. M. Channa Reddy and Smt. Savitri Devi and all the devotees of *soham* worshippers to all the aspiring sisters and brothers of the self-effulgent *soham* light in all the religions and nations in the East and the West.

MAY PEACE BE UNTO ALL

(Peace Nov 1978)

133. SPOTLESS PURITY

Purity is basis and foundation of all life, especially of spiritual life. Nothing can be done by an impure man or woman. The first step of spiritual life is purity. The second step, the middle step and the last step of spiritual life is only purity. The spotless life of purity is most essential for a firm foundation in spiritual life.

The life with impurity is like the life of people who are trying to build spiritual building on loose sandy foundations. All the efforts that the weak and impure people do is on the sandy foundations alone. All the day and night efforts of the impure people are going into the rat holes of the desires devoid of spiritual life or impure life.

Let purity be my soul and goal. Let it be my one ceaseless *mantram*. May God bless us with innocence and purity of an unborn baby. Let me be pure in thought, word and deed, Let purity be my one *mahamantra*, Let me wake up with purity with the first glimpses of dawn. Let me work, and breathe and have my being throughout the whole day. At last when my day's work is done, let me sleep in the God of purity like an unborn baby.

Every time you are forgetting God—the light within, you are becoming impure. You are becoming impure every time you are seeing anything other than God else anywhere in the world you are becoming impure. Every time you are speaking anything except God you are becoming impure. Nay, every time you are thinking even within yourself or anybody except God you are becoming impure.

Let there be purity, purity, purity in every cell of my being from the toes to the top of the head. Let purity, spotless purity, the purity of an innocent and unborn baby be my soul and goal, in all of this precious human life. May there be purity within, without, above, below and all around for the peace of all. An impure man or woman is always miserable and unhappy. A pure soul is happy. Such a one is the greatest blessing of humanity. Let one man or woman live in purity, spotless purity, such a blessed life is the greatest blessings to the whole world and humanity.

Let there be purity with every word. Let there be purity with every thought. Let there be purity with every breath. If we are seeing anything other than God, we are becoming impure. May there be purity above, below and all around.

A Loving Offering

An offering to all impure people in the East and the West with prayers for their spotless purity with God's richest blessings:

HARI OM TAT SAT OM

(Peace Nov 1978)

134. SATURATION

Saturation is not only a simple and loving word but it is going to be a life giving and soul - awakening *mantram* only if practiced in our daily lives, feeling each and every cells in our bodies, from the top to toe, with the constant and ceaseless repetition of any *mantra* such as *SriRam Jai Ram Jai jai Ram Om* or with the *mantram* of *mantras Jaya Jaya Rama KrishnaHariOm*. Practice, practice and practice, is needed. We should fill the whole body with God's presence in each and every cell from the toes to the top of the head. Begin it with voice, repeat it until you get tired of repetition, until you can repeat no more. Then you can begin to repeat only with lips filling and refilling the every cells in your body with the self-effulgent light, which is your real birthright and divine heritage. Then the divine state of ecstasy comes when the least motion of even lips become heavy and burdensome. Then do not move the lips even. Let all motion stop repeat only mentally in mind. As you continue this mental repetition with the mind, the divine ecstasy dawn. When even the mental repetition becomes burdensome and heavy, then stop all repetition of any *mantram* even with mind.

The result is the self-effulgent light, the omnipresent light, the omnipotent light and the omniscient light, the splendour of millions of suns, the incomprehensible glory of the Indwelling Light. This is to be practiced now and here wherever we may be. The place to begin the practice, wherever you are, and the time to be practiced is now, the eternal now. It does not make any difference whether it is day or night for your God-head the divinity is above time, space and causation.

In simple words to understand this great spirit of saturation, take a glass of water and pour sugar with a spoon until the water gets saturated fully. When it is fully saturated and saturation was so full that it cannot take even an atom of sugar. Thus you should reach the point of saturation by your ceaseless repetition of God's name or any of His Mantras from toes to the top of the head.

Now, let me leave you in silence-supreme silence the self-effulgent silence, where words do not come and they are dissolving in utter silence, waveless silence and self-effulgent silence, millions of suns glory. No more writing or reading. It is silence supreme silence, stupendous silence within and without above, below and all around. It is the *soham* silence!

Hari Om Tat Sat Om

AN OFFERING

An offering to all *soham* worshippers of all religions and nations and to our ideal devotees Hanuman B A. B, L., and to our Anjaneya to all devotees with prayers for their saturation in *soham* glory!

Om OmOm

(Peace Nov 1978)

135. NOW

Now, the present tiny moment contains in its tiny bosom of Omnipresence. Omnipotence and Omniscience. Now or near should be the ideal of all ideal aspirants. Let every movement of the body or mind lead you towards God, the indwelling light. As I am writing now, in the very motion of the hand it is He.

As I am thinking it is He. As I am seeing it is He. As I close my eyes it is He. As I open my eyes it is He. I offer my homage who admits his mistakes and thus to be better in the future overcoming the past mistakes. How true are the wise words: Repeat ye the kingdom is heaven is near at hand. How near and close is God to us, now how inseparably and eternally is One with us. Resting or working I am eternally centered in Him,

God for sale. I want to sell God freely with one and all. In selling God-in giving God to one and all freely, I am having God more and more. I am eternally in God.

May all Glory be unto God who is Omnipresent, Omnipotent, and Omniscient.

A Love - offering

A Tiny Offering to our selfless and dedicated Jnaneswari on her birthday, 13-10-1978 with health, peace and longest life of service.

Hari Om Tat Sat Om

(Peace Nov 1978)

136. NO MORE FORGETFULNESS IN GOD

I work in god.
I breathe in god.
I live in god.
Moving and having my being in Him.

Not only myself is in God eternally, but you and everyone also are in God like a bubble in the ocean of *akhandasatchidananda*, Existence absolute, knowledge absolute and bliss absolute. What a happy greatest life-giving and soul-awakening Truth it is!

Wonderful Wonderful Wonderful
God is wonderful.
You are wonderful.

Everyone is wonderful.
Life is wonderful.
World is wonderful.

I am blessed to live in a world of God, where there is no more forgetfulness. Not only myself but all of you are in God, all the world is in God. No more sorrow or depression to anyone in the name of weakness or depression, for all are the children of God, the living images of the one indivisible God. What else is there for me other than to see God in all of you always?

We are in the light.
The light is always in us.
We are the light.

For, the light, truth of God is one without a second.
Hari Om Tat Sat Om

A TINY OFFERING

A tiny offering to ParamaPujya Swami Chidanandaji, President DLS, Rishikesh who is near and dear to my heart ever abiding there and who is also coming to preside over the 85th birthday and to all the aspiring children of God in the East and the West, with prayer for world peace!

(Peace Dec 1978)

137. During The Holy Ministry Of Blessed Christ

Holy Christ was considered as one of the living *avatars* of the world of honours. Let not say He is considered. Write Christ is the living manifestation of God for, He lived such a simple true and dedicated life of service setting an example for all the children of God in all the world.

During His holy days of ministry to the poor and sick, it seems once a young man came and begged him to give *mukthi*-freedom and bless him of peace, Christ looked at him and said: 'Do good to others. Do charity be kind to all.'

The young man said that he has been doing all these good things in all his life. Again blessed Christ looked at him and said: 'Go and sell all thou hast give away to the poor and come to me. Then I will give you salvation.' The young man went. It seems the young man never came again to see the holy Christ for it appears he has great wealth and he is really a rich man it has been said also 'It is easier for a camel to pass through the eye of a needle, but not for a rich man to enter, into heaven.'

It has been said also: 'If you want to make anyone an enemy, ask for his wealth. He will never see you again.' Such is the attachment of the mammon to the people of the world, be they man or woman, old or young. Attachment to mammon keeps us away from God and detachment from

mammon and attachment to God, the light within leads us towards God making us dearer and nearer to God, the Godly soul of precious human birth.

May God bless us all with love and peace the goal and soul. May peace be unto all. May we learn to be detached to the things of the world and attached only to heavenly things and God.

Hari Om Tat Sat Om

(Peace Dec 1978)

138. WASTED

So far you have wasted 84 years of precious life in doing nothing. Starting Ashrams, in the Ashramgurukul-orphanage, Aged Homes, Hospitals etc., this is not your real work.

Your real work is: 'To live in God and help others to live in Him' This work you have been doing both in work and silence. Consciously and unconsciously. Blessed are the few, who can cheerfully say:- The world is my home and all the people in it are my own sisters and brothers. To love and serve them is my highest religion, You can begin your new life of God consciousness, the real religion of love universal from the holyday of Krishna Jayanthi.

It is blessed to wake up into the following holy saying.: God has no other body on earth than yours. Krishna has no other body on earth than yours. Christ has no other body on earth than yours. Buddha has no other body on earth than yours. How blessed it is to live with the wisdom of Krishna and expressing the compassion of Buddha stretching your arms to all the world repeating the loving words 'come unto me', feeling His presence, the indwelling presence in thought, word and deed. The finite life of body consciousness has come and gone. The past is dead and buried. Begin the new life of resurrection in this moment. Nothing is lost. All is for the best.

Make the stumbling blocks into stepping stones. You are born now with Krishna, Christ and Buddha. How blessed it is to express Krishna, Christ, Buddha and other saviours of humanity in thought word and deed in this new birth of God-consciousness, No more wastage, for He who wastes moments wastes all his life.

HARI OM TAT SAT OM

May peace be unto all

OFFERING

An offering to all the aspiring devotees in all religions with prayers for their peace and illumination.

OMOMOM

(Peace Dec 1978)

139. WHAT IS YOUR WORK TODAY?

Question: What is your real work today?

Answer: Your real work today as well as on all the days to come is only to feel God's presence within and without.

This is the only real work for all human beings, who are blessed with the rare precious human birth. As work is worship whether you are working or silent, make every moment of your life an offering to God leading you from darkness into light, from ignorance to knowledge, from mortality to Immortality. In simple words, let the body consciousness, be replaced with God-consciousness, for God-consciousness is the only changeless truth or reality. You are not the body of smoke, which is full of fears, sickness, weakness and worries of every kind. You are the rope of *soham* light with Omnipresence Omnipotence and Omniscience. Let not your latent, inner divine qualities be hidden or unexpressed leading you into darkness and ignorance.

It is high time to express now your real birthright *sat chit ananda*. Thou art existence absolute, thou art knowledge absolute and Thou art bliss absolute.

Time is too precious to be wasted in writing or reading all the finite thoughts or weak imaginations. It is blessed to fill with God-consciousness feeling *soham* glory both within and without in work and silence. Now in the present living moment.

Let the past be buried however dark it may be, wake up and sleep no more. Remember your real birthright. Thou art the living image of the immortal light of Sun of suns, the splendour of millions of suns.

No more weakness, No more forgetfulness. No more falling down into depths of these weaknesses.

Thou art not the body of smoke - Thou art the rope of *soham*.

Hari Om Tat Sat Om

(Peace Dec 1978)

140. DEATH

Death - dissolution of the body is the forgetting of God-the Light within. May God come first in our devoted lives remembering our rare human birth. Let none of the things of the world even Ashrams come between us and God. God, the goal and soul of our rare priceless human birth should come first and foremost in our precious rare human birth. If not immediate death, dissolution of the body is better than forgetfulness of God, the light within in the name of anything however the duty or work may appear most important and urgent in our eyes. God-realization now and here is the only real important thing for the human birth.

Let not a single moment more be wasted in idle imaginations and dreaming's. Time is too precious to be wasted in vain and idle dreaming's. May God come first, middle and last in your devoted life of dedication. First realize God and then do anything. Remember this moment is yours and not the next moment. Remember this moment alone is yours and not the next moment. Do not engage yourself in any so-called important responsible work or duties until you realize God and thus have peace within. What is life without peace. Life without God is death itself.

Better have a bullet in your heart than doubt or forget the immortal truth, the only reality, the life, goal and soul of your precious human birth. Do not forget God even in the name of writing messages or teaching or preaching others. Give a death blow to reforming others. Reform Thyself now and here. No more the passing cloud, the forgetfulness of death: Life eternal and infinite now and here. Not the passing cloud of death but the living light of Sun of suns is your precious birthright, as your divine heritage and holy birthright.

Forgetfulness of death is leading us to darkness and ignorance into hell itself. Awareness of His presence or light leading us to heaven now and here.

May Peace be unto all
Hari Om Tat Sat Om

(Peace Dec 1978)

141. THE LIGHT WITHIN AND WITHOUT

You are in the light. The light is within you. You are the light. You are the light that never goes out. You are the Omnipresent light. You are the Omnipotent light. You are the Omniscient light. You are the eternal light, the light which is peace within. You are the interpenetrating light which is pervading and permeating the very cells of your being. You are the Light of lights, which is filled all the universe from the tiniest atom to the biggest planet. The self-effulgent light exists and nothing else exists besides you, for you are the indivisible light. Even if your restless mind takes you into hell itself with your weak and negative thoughts, God is there.

If your pure and concentrated mind takes you to heaven, He is there. Wherever your mind leads you down into the depths of hell or into the heights of heaven, God is there, for He is one without a second. Recognize the light and be silent. Thou art That, *tat twamasi, ayamatma brahma*, my *atma* alone is *brahman*, *aham brhmasmi* I am becoming *brahman, prajnanam brahma*. The intelligence is *brahman*, Glory! Glory! Glory! Silence, Supreme Silence, Waveless Silence!

Offering

This wonderful message is offered to you all for your 100% full consecration with God's richest blessings!

OM OMOM

(Peace Dec 1978)

142. Cannot Afford-The Least Forgetfulness

Latest birthday was celebrated 11 days back! But what we gained? Let us feel that everyday is a Birthday. Is not to-day also a birthday. Everyday is a birthday, when we can feel His presence the indwelling light, in all that we do.

Every moment is a day of happy birth, when we can feel His presence, which is the soul and goal of the precious human birth. One cannot afford to forget Him, even for the millionth fraction of a second. Even in forgetfulness we are in God, for He is within, without, above, below and all around.

Where is the moment when God is absent?

Where is the space where God exists not either within or without?

God, the only life-giving and soul-awakening truth or light exists at all times. He exists in all the space. Recognize God and be silent. This is the only real abiding truth. You can never live without Him even for the tiniest moment.

Verily! Not only you are in Him or That, Thou Art That- *tat twamasi*.

Whatever you do is that

Whatever you think is that

If you do anything is that

If you also not do anything, you are that

In silence you are that.

If you follow *soham*, your own breath, it is helpful to feel God's presence. Follow your breath like *tailadhar* without a break. Practice, practice, practice ceaseless practice is needed now and always, whether eyes closed or opened. All the world is God. It is God whichever side you look. God within, without, above, below and all around. We are making fools of ourselves by writing too much. Knowing That, the wise melt in silence the waveless silence!

HARI OM TAT SAT OM

(Peace Feb 1979)

143. SWAMI IS DEAD AND OMKAR IS ALIVE

SWAMI IS DEAD AND OMKAR IS ALIVE IN ALL OF YOU. It is very easy to repeat these simple life-giving and soul-awakening words like a parrot, but very difficult even to the learned and wise to put them in daily practice in each and every moment of their lives.

It is not so easy to practice in our daily life in thought, word and deed feeling His presence both within when eyes closed and when eyes opened in the outer life. The outer life of *pravritti* is so alluring and enchanting making even wise to be deluded for the time being due to the *maya*-delusion of the bewitching world. Whether it is easy or difficult, our *mukthi*-freedom is only in death in life.

Be dead that ye may live is a great living vital truth. Why all these too many words. Let us Practice, practice now and here for this moment alone is ours and not the next moment. Let us have the strength to live moment by moment in each and every moment feeling God's Omnipresence, Omnipotence and Omniscience.

Verily! *Swami* is dead and Omkar is alive in all of you. Indeed forgetfulness of God, the light within is real death nay *Swami* is dead and Omkar is alive now and always in each and every moment of our lives.

May Peace be unto all
Om OmOm

AN OFFERING

An offering to our ideal Chief Minister Dr. M. Channa Reddy and Smt Savitri Devi with God's richest blessings of health and peace!

(Peace Feb 1979)

144. SELFLESS SERVICE

We all think and wrongly imagine that we are doing selfless service that the little self the ego is present in each and every one of us even if we are the *sanyasins* or ideal house-holders. My heart is sad and heavy, because I am not able to help and serve you all. Sorry to see there is no pining for God, the truth, the light within for big educated and learned people as for the ignorant and uneducated.

Maya is such that so deep and intense even for the wise that it makes the real unreal and unreal real. Hence even the wise man is also running after the name and form being a slave of mammon worship in some form or other. Even the few devotees who come to Ashram, it makes me sad to see them coming for recommendations. In delusion *maya* everyone wants something or other except God, the truth the living presence the light within. Very easy to repeat: These bodies

are given to us only for the privilege of service, for in serving the visible man we are serving God the invisible God-the indwelling light.

May all homage be unto the rare and precious Souls who consider the whole world as their home and its people as their own sisters and brothers and to help and serve then as their highest religion.

(Peace Feb 1979)

145. BE DEAD THAT YE MAY LIVE

Our Santi or Peace-freedom is in nothingness in formlessness, we must become the dust of the dust of world of forms and names annihilating and destroying the little self the tenacious ego.

Question: -When shall I be free?

Answer: -When the tiny ego ceases to be.

One can serve the humanity and the world and be a blessing to God the creation of the world who has given us the rare precious human birth. Birth only when we are prepared to die to the mammon worship of every kind in thought, word and deed. My homage to all the selfless souls the living images of God in the East and the West!

Love-Offering

A Tiny Offering to all the selfless images of God in all the world with prayers for their longest lives of health and peace.

May Peace be unto all
Hari Om Tat Sat Om

(Peace Feb 1979)

146. RECEPIS

1. Recipe for Health and Strength, Repeat the Powerful words:

Omnipresent, Omnipotent and Omniscient feeling God's Presence in the very cells of your being first vocally, then with lips and finally with the mind until you feel health and strength in each and every cell of your being from top to toe. Do this simple exercise until you are in health and strength in each and every body. Om OmOm.

2. Recipe to be free of all depressions.

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

Let there be no passing cloud of depression the self-effulgent light of the millions of suns splendour

2. Recipe to be aware of God's presence perpetually in all the tests and trials of outer life in the mirage of the world.No more forgetfulness.

Repeat: I cannot afford to forget God the light within even for the millionth fraction of a second. Nothing exists except God the universal within and without. It is God when eyes closed.It is God when eyes opened. Try to live in a world of God-consciousness.When it is all light within, without, above, below and all around repeating the simple Peace Prayer that leads you from the finite to the infinite.

Follow Soham. Let each breath lead you
UNTO SOHAM LIGHT
Hari Om Tat Sat Om
Thou Art That-tat twamasi

(Peace Feb 1979)

147. REAL DEATH

It is Real Death to forget God, the Light within, in the name of any important or urgent work. The most important work for the precious rare human birth is only to feel God's presence to feel the awareness of His presence, who is Omnipresent, Omnipotent and Omniscient. Feel God's presence, the indwelling light, the interpenetrating presence now and here in the present living moment.

This is the essence of all Vedas and all religions of the world in the East and the West. In the name of any work or duty in the world of forms and names. Why do you forget the light, the eternal light, the infinite light within even for a moment? Moments of forgetfulness lead you to moments of all life and finally death itself.

When there is Nectar- Amrita within why do you allow your restless mind to run after poison of outer life of senses in *pravritti*. Let one word be enough for a wise soul like you, the living image of God. When God is within, why look and search for Him outside. Wake up now to sleep no more. Remember he who wastes moments, wastes all his life. Remember also this moment is yours and not the next moment. As I love you-as God is love. Let me help you while I am alive, while you are alive.

Feel, feel, feel God's indwelling light, interpenetrating presence now and here in this present living moment. This is the ardent prayer of your Omkar, who loves you.

A LOVE-OFFERING

A tiny offering to our Ideal Chief Minister, Sri Dr. M.Channa Reddy, SmtSavitri Devi his loving Mrs. and Precious Children with Prayers for their longest Lives of service, Health and Peace!

God is Love
HARI OM TAT SAT OM

(Peace Feb 1979)

148. REFORM THYSELF

REFORMING THYSELF. It is so easy, for self is so near within you, whereas reforming others is rather difficult, for others are outside of you. Yet *maya* makes the easy one difficult and the difficult one easy. In reforming others you need exertion a lot of talking preaching etc. In reforming thyself all that you need is only to merge within, to introspect thy daily life and to begin reformation from within now and here.

Let every thought lead you towards God or the light. *Soham* is inseparably one with you. Just follow It. Eyes closed helps you a great deal. Eyes opened make your mind restless practice. Follow, follow, and follow thy own breath *soham*. This is reforming thyself. It is easier than separating the petals of a flower or closing your own eyes, for, there is strain in separating the petals of a flower also in closing and opening the eyes, there is strain.

The only work, which is free of all work, is *atmabhava*-God-consciousness which is your real divine heritage your real birthright. Open your eyes even now. Cling to the simple truth. Follow *soham* ceaselessly with each and every breath which leads you unto God, the self-effulgent light, which is within, without, above, below and all around. You are filled nay pervaded and permeated by *soham*. Thou art that. Recognize and be silent.

Hari Om Tat Sat Om

AN OFFERING

An offering to our Sri Viswanathamji - the ideal president of selfless service and love.

Om Tat Sat Om

(Peace Feb 1979)

149. SPOTLESS PURITY

(Swamiji Omkar's message at SmtAddepalliMahalakshmi College of Education for Women, Rajahmundry 16.12.1978.)

Spotless purity has a deeper glorious significance. The purity of an unborn baby is needed to realize God, who is all-pure being one without a second. Blessed are they who are pure in heart. The kingdom of heaven belongs to the pure in heart.

Verily, purity belongs to the innocent and child-like. Blessed are the guileless and innocent. This is a startling fact and truth. If you see anything other than God in anyone or anywhere, you are becoming impure. What a simple, greatest, highest truth it is! Purity in thought word and deed is most essential to realize God, while alive in this life alone.

Open your eyes only to see God in everyone and in everywhere, for verily all is God within or without. Within you or in others or anywhere in the world. If you cannot see God in all, don't open your eyes until you see God in all and everywhere and all around you. Spotless purity, the purity of an unborn baby, the innocence of little children are the inspiring aspirations of all the devoted children of God in the East and the West with spotless purity. This is the prayer of your Omkar who loves you all as you are all His own.

Hari Om Tat Sat Om

An Offering

A tiny offering to the loving and devoted students of SmtAddepalliMahalakshmi College of Education for Eomen, Rajahmundry with prayers for their spotless purity wishing their health peace and longest life of service.

OM OMOM

(Peace Feb 1979)

150. SOHAM

Mantram of Mantrams

Let each Breath lead you into God-soham light within, yourself, into the stillness of your purified heart of stillness following every breath ceaselessly like *tailadhara*, oil poured from one vessel into another vessel. No more theory but practice, ceaseless practice, constant

practice ceaseless practice in thought, word and deed. No more forgetfulness. It is a splendour of millions of suns.

What else is here to be said or written. Glorious silence-waveless silence. No more *pravritti*. It is all *nivritti* unutterable numbness, this supreme silence. There is neither words nor even breath. Only splendour glory exists. May all glory be unto the Sun of suns- the glory of stillness and glory of splendour.

Hari Om Tat Sat Om!

A TINY OFFERING

A Tiny offering to all the soham devotees the children of the indwelling presence.

(Peace March 1979)

151. A LITTLE KINDNESS AND LOVE

Love thy neighbour as thyself is only an inspiring motto to read and to repeat, but only a myth to many of us in our daily lives. We are so busy with giving so many lectures and writing messages and Musings. We forget the common courtesy of loving each other. Have you ever read the small poem of four lines:-

So many creeds so many religions
That wind and wind
All that we need is a little sympathy
Love and a little kindness.

Sorry to say the truth. Love of man and human kindness are missing more in reformers, who are trying to reform the whole world except themselves. The more educated you are the more egoistic, selfish and less loving you are, towards your neighbours, your fellow beings, the living images of god. As today man is tomorrow he is not, before you close your eyes do *bhaja Govindambhaja Govindam, Govindambhaja moodhamathe*.

May I request you to cling, merge and dissolve in God, the light within which is the changeless truth and reality of this *maya*, world of changes. This is the ardent prayer of the one who loves you as his own.

Hari Om Tat Sat
May Peace be unto all
OM OM OM

(Peace March 1979)

152. NO OTHERWAY

There is no other way for peace or God-realization

God-realization is the soul and goal of precious human birth. There are no short-cuts. Complete self-surrender is the only way. Self-surrender to truth or the only reality is the only royal way to feel God's presence now and here. Now or near should be the ideal of all the seekers of truth, those who are pining for God—the source and origin of life and world itself. What is life without God; but hallow and empty? Pay the price and, get the thing now and here. It is a simple way. Easy way, the direct way, only sure and unfailing way.

God if you think, god you are.

Dust if you think dust you are.

Time is too precious to be wasted in false imaginations. Wake up now. When god is awake, how can you sleep? Thou art the Lion of Vedanta the only living truth-throbbing in my heart flowing in very breath of yourself not only within but pervading and permeating all the universe. Only feel, feel now and always. This is the only simple royal way.

He who wastes moments, wastes all his life.

He who makes best use of every moment, the present moment makes best use of all his life.

This is the only way. Now wake up and sleep no more. God is waking you, for you are the living image of God.

Hari Om Tat Sat Om

AN OFFERING

An offering to our Dear Swamini Sarada Priyananda Mataji Pawai, Sandeepani Sadhanalaya, Bombay, with prayers for the longest life of peace and service in memory of the happy days of her stay in her own Shanti Ashram-The Mission of Peace Totapalli Hills. East Godavari District A. P. State South India.

(Peace March 1979)

153. When God Is Within Why Look For Him Outside?

This statement or affirmation is more powerful or helpful than any *mantram* like *Om namasivaya* or *omnamonarayanaya*, when practiced in one's daily life. Let us not repeat it like parrot clinging to the form, mere skeleton, ignoring and neglecting the essence.

Look within, feel his presence beginning from the toes and your feet. It is God from the very cells of your beginning from the toes to the top of the head. It is light from the toes to the top of

the head. Wake up from your loving slumbers. You are no longer the form of flesh and blood. You are the immortal truth, the light eternal. Recognize light within and be silent forever. After recognizing the light within in the very cells of your body, there is nothing new for you except be silent. Do not run after like a mad dog. Thou art the lion of truth.

Give a death blow to body-consciousness. Wake up to the full glory of God-consciousness now and here in the present living moment. Repeat often the most powerful and helpful *maha mantram*: When God is within, why look for him outside? The God for whom you have been seeking all along the Omnipresent God, the Omnipotent God-the Omniscient God is here and now, pervading and permeating the very cells of your beings. Then alone you can repeat cheerfully. When God is without, why close your eyes and look for Him within. God is there in all the universe why the whole universe filling and pervading and permeating the very cells of all the manifested world from the tiniest atom to the biggest planet. He is there not only within but without also, for He is living God of all humanity manifesting in all forms and names in the birds, plants body and man or woman.

Recognize God within in the very cells of your being. Then open your eyes to feel Him to behold God without. Wherever your eyes wander it is God. In the East and the West, North and South it is God. God is Omnipresent, there is nothing but God everywhere. Wherever you go it is God. What a happy and consoling thought it is? Your mind is only wandering towards Him for there is nothing except God either within or without all that you need now is practice, practice, practice ceaselessly. Practice of the presence of God is the only simple way to realize God in this life now and here. Now repeat the *maha mantram*: **When God Is Within Why Look For Him Without?**

(Peace March 1979)

154. THOU ART THE LION

THOU ART THE LION, the lion of Vedanta the truth, the light the only changeless reality.

Thy birthright, the divine heritage is the Light of lights. Forgetting the indwelling light, the self-effulgent light, instead of repetition of *mahavakyas*:

aham brahma ashmi: I am becoming brahma

ayamatma brahma: I am brahma alone

prajnanam brahma: The intelligence alone is brahma

tattwamasi: Thou art that

You are bleating like a sheep with body consciousness. Wake up even now in the last moment to try divine glory and express the splendor of millions of suns. However dark it may be, let the past be buried. Forget the dead past. Try to live in the living present moment, which alone is the life giving and soul-awakening moment of life, light and love. Thou art the master of thy own

destiny. Pray, close your eyes for a moment, feel thy glory and splendor in the very cells of thy being. Even forgetfulness, Thou art the Light of lights.

Recognize this self-effulgent light within finite, when you close your eyes, without in the world of forms and names as you open your eyes. Remember always: Body is the temple of God, The indwelling presence is the Omnipresent light the Omnipotent life and Omniscient love. Verily! Thou art that always eternally.

Thou art That with every Thought

Thou art That with every Breath

Thou art That in Activity

Thou art That in Silence

No more words, no more lifeless words.

No more thoughts-weak and sickly thoughts.

Follow the rope of *soham* ceaselessly.

HARI OM TAT SAT OM

(Peace March 1979)

155. LIFE IS PRECIOUS

Life is precious. Every moment is precious human birth is precious. Each moment is precious for, it contains Omnipresence, Omnipotence and Omniscience. It is nothing but a real death to forget this great truth and live like a corpse. When there is immortality - the nectar- the divine heritage- Man's real birthright, man in ignorance selling his soul and living in ignorance and darkness with fear of passing clouds of delusion like a living corpse forgetting, his real hidden divine birthright. God-realization now and here in this present living tiny precious moment to be the ideal, Soul and Goal of your rare, precious human birth.

Remember that he who wastes moments wastes all his life. Even though of serving others in the outer world serve thyself first in this living present moment, making best use of recognizing its Omnipresence, Omnipotence and Omniscience.

As a blind man cannot lead blind In the name of God or truth first open your eyes. Give a death blow to the tenacious ego. Let nothing come between you and God. May God the light within, be your all in all. You are no longer the snake of delusion. You are the rope of truth; you are the rope of *soham* ceaselessly. With every breath you follow *soham*. Follow *soham* ceaselessly. *soham* contains Omnipresence, Omnipotence and Omniscience.

No more wasting time in writing anything silence, waveless silence, supreme silence.

Hari Om Tat Sat Om

A CHRISTMAS OFFERING

A Christmas offering to those who are making best use of every moment in their lives the rare souls who are able to remember God's Omnipresence, Omnipotence and Omniscience in every tiny moment.

(Peace March 1979)

156. PRAVRITTI VS NIVRITTI

All the lectures, discourses, preachings and teachings of every kind come under the category or heading of *pravritti*. Every moment physically or mentally spent is *pravritti*. Every supreme silence within and without is *nivritti*. Every inhalation is leading you into *nivritti* and every exhalation leading you to *pravritti*. Narrow and rugged is the way that leads to *nivritti*-heaven. Hence we find very few people walking in it in *nivritti* path. Whereas, wide and broad is the path leading to hell *pravritti* path. Hence we find crowds of people going like people going to Cinemas.

As I am writing this musing, here is a beautiful statue of Bhagavan Buddha in contemplation, eyes closed. The very sight the vision of the compassionate Buddha is very inspiring. He is not preaching or teaching, not collecting funds for any old and new Ashrams. He is silent setting an example of supreme silence-waveless silence the ocean of *akhanda sat chit ananda*. Lord Buddha is teaching *nirvana* now and here.

The place to enjoy *nirvana* is here. The time to enjoy *nirvana* is now. The way of *nirvana* is complete selflessness. Be dead that ye may live! All homage be unto Bhagavan Buddha-the Lord of compassion, who is setting an example to all the followers of *nirvana marga*.

(Peace March 1979)

157. IT IS WONDERFUL

It is Wonderful to be alive making best use of every moment by feeling His Omnipresence, Omnipotence and Omniscience in every moment. Your birthright, divine heritage is the splendour of this glory but not darkness and weakness. Wake up to this full glory to sleep no more. When eyes closed it is He. When God is awake where do you want to sleep? When God is within why look outside is a great truth to be practiced in one's own life every day. Let us feel His presence in the very cells of our being practice, practice from this moment feeling His presence in very cells of your being. Nothing exists except His presence and light both within and without in each and every cell. As we feel His presence in the very cells it is wonderful to be alive.

May Peace be unto all!
Om OmOm

(Peace March 1979)

158. MY SOUL IS ON FIRE

My Soul is on Fire, because it is the fire of Sun of suns, the light within, the indwelling presence, and the splendour of millions of suns. Into that great fire of the Sun of suns, how can any thoughts of weakness, sickness or impurity approach. Let us meditate on the light. That never goes out to be free of all sickness or weakness. The light, the self-effulgent light is the only reality or truth. The light is one without a second. Blessed are they who can cling to that light of lights and recognize only the light within themselves and in others, for all the world is only an expression of the one indivisible light.

You are in the light
The light is in you
You are the light

Where the light is there is no darkness. Verily, nothing else exists besides the light, which is one without a second. Blessed are they who are eternally centered in the Light of lights. It is light which is writing in me now. It is the same one indivisible light—the glorious self-effulgent light, which is reading in all my readers Now.

May I feel this Light of lights as images of light.
OM OMOM

(Peace April 1979)

159. IMPOSSIBLE TO FORGET GOD

It is impossible to forget God, for He is the only living truth and changeless reality, nay pervading and permeating the very cells of our beings. In fact it is because of His presence, I am writing now. Verily, it is He who is writing in me and reading in you. All glory belongs to Him. Blessed are they who can feel His presence—the indwelling presence, the Omnipresence, which is pervading and permeating the whole universe from the tiniest atom to the biggest planet.

My loving reader! It is He, who is reading in you this inspiring Musing, for not a blade of grass moves without God's will or presence. How true are these above words? It is because of God's Omnipresence, Omnipotence and Omniscience I am writing and you are reading and the world is moving and manifesting in all its various phases. Glory, glory, glory to the blessed ones, who are recognizing this Oneness in duality—the interpenetrating presence in all that we see and hear, within ourselves as well as in the world outside. If we are weak, it is He, even in sickness, it is He. It is He in health. It is He in wealth, and even in poverty.

Q: Can you show me a place even a speck of space where we can put a needle's point, where God exists not?

Q: Can you show me a moment of time when God exists not either in the past, present or future?

This is a challenge to all the seekers of truth in all religions in all the world.

Just close your eyes and introspect your lives in the outerworld of duality. There is never a speck of space or an atom, where God exists not. Similarly, there is never a tiny moment of time when God is absent either in the past, present or future. We are born in God work, breathe and live in God and finally merge and dissolve in God, the stupendous whole the universal energy.

The tiny bubble comes from God lives and plays in God, in the ocean of *akhandasatchidananda*- Existence Absolute, Knowledge Absolute and Bliss Absolute and finally merges and dissolves in God, the cosmic energy, the universal whole. As it is impossible to forget God in all conditions of life even in weakness, sickness, or strength or health, let us recognize this happy truth and be silent, facing Him in all the world outside and seeing Him in all the world inside yourself.

Recognize God and be silent both without and within. No more words, no more writing or reading. Silence, deep silence, waveless silence, supreme silence. The silence of the waveless ocean of *akhanda sat chit ananda*-The splendour or millions of suns glory!

Hari Om Tat Sat Om

LOVE-OFFERING

Love to our ideal Devotees of Markapur Spiritual Healing Centre and the Founder of Sri Shanti Ashram Branch in Markapur with prayers for the complete success of their achievements and longest lives of both Mr & Mrs Somasundaram and all! The Ashram members there for their health and peace.

May Peace be unto all
Hari Om Tat Sat Om

(Peace April 1979)

160. GIVE, GIVE BUT NEVER BEG

Life is too precious to be wasted in begging even in the name of the Ashram in trying to do good to others. You have wasted 85 years of your precious life in the name of Shanti Ashram begging all kinds of finite people for finite things for the perishable goods of the world. Open your eyes now even in this last, moment. Precious life is intended to give but not to beg.

Do not be a slave of weak, negative and false imaginations. Negative thinking and false and weak imagination, be it even for a moment leads you into hell itself. Only positive imagination of giving always sharing what you have with your fellow sisters and brothers the living images of the One indivisible God leads us into heaven itself. Recognize the living truth that you are the

Sun of suns, the light of the world now and here in the living moment, then you can afford to give even the blood and bones cheerfully. As truth the light of the world you have nothing to beg but only to give to God, who comes to you in the form of sick and poor. It is a blessing to give. It is a curse to beg. Body-consciousness makes you to beg. God-consciousness-*soham* glory makes you to give, to share now and always ceaselessly.

May all glory be unto the giver.
Hari Om Tat Sat Om

AN OFFERING

An offering to Hanuman and Kameswari, the ideal devotees of Sri Shanti Ashram.

(Peace April 1979)

161. FINITE MAN ALWAYS DISAPPOINTS

The finite man always disappoints. God-the infinite God of all wisdom alone never disappoints. We trust in the finite man without knowing his emotional nature seeing his outer fears of emotion and we get disappointed again and again. The finite man is also helpless, because of his inherent nature. He does such things, harmful things, dangerous things so unconsciously that lead us into trouble and misunderstandings.

Let us try to be aloof and faraway from the talking machines be they men or women. Unconsciously they are digging their own graves and doing harm for the innocent people doing harm not only for themselves but also for all. Such are the inevitable results of too much talking. He who loves God is silent never talks and wastes his other precious time and of others in finite words for the all-knowing wise God is all silence-supreme waveless silence. O Finite man, time is too precious to be wasted in finite words conquer your restless mind and your selfish thoughts before you try to teach or reform others.

Learn to be silent like the Ocean of *sat chit ananda* bearing everything in silence. Talk less and meditate more. Before you see faults in others, introspect your own life and prick your own faults and try to perfect yourself.

Reform yourself, before you reform others.

Remove the beans in your own eyes, before you prick themotes in the eyes of others. Love that includes all is the only way for the peace of all! This is the only loving message to save the world to create harmony, understanding love and peace among individuals in the communities, Ashrams and in all Nations.

Hari Om Tat Sat Om

(Peace April 1979)

162. NEGATIVE IMAGINATION IS DANGEROUS

It is easy to go down into the depths with weak and negative thoughts and thus fail into the mouth of big snake. It is also equally easy to climb the ladder of life, light and love and reach the heights and enter into heaven of peace. It is the mind that makes one saint or sinner. Do not be a slave of wrong and weak nay impure imagination that leads you slowly and silently into actual hell itself. Do not be slave of little naps that lead you down and down into the depths of darkness, call it weakness or sickness. As you are image of God, a living image of the Sun of suns, let not the clouds of any kind touch you dare to come near you. Be a flame of God always under all conditions. Remember thou art that-*tat twamasi*.

Let every thought be affirmative leading you from strength to strength making you strong and pure. Purity is the basis of spirituality. Purity is the first step to God. Purity is the foundation of everything. It is like a house built on the firm rock of the purity of an in born baby. Whereas impurity is like a house built on the loose sand which is shaky with the words of passion that can fall down any moment.

Let our thoughts be pure selfless, devoted and dedicated leading us step by step, thought by thought into paradise into the very gates of heaven itself. What a great lesson the following short poem gives us in simple and wise words.

A thousand years a poor man watched before the gates of paradise but while one little nap he snatched the gates were opened and shut. Alas was he wise?

Every negative and impure thought is a false step indulging unconsciously with little naps leading us into death itself. He, who is the master of little nap, controls himself and controls all the world.

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

The more we go down, let us rise more and more, never to fall down into the harmful and dangerous mouth of the snake of impure imagination. May God bless us all with complete selflessness and purity of an innocent baby.

HARI OM TAT SAT
(Peace April 1979)

163. An Important Inspiring Practical And Helpful Message

Dear Narayan !

As God is Love, my heart longs to help and serve you now-here in a practical way, by touching your devoted heart with God's presence His Omnipresent light, the indwelling presence, so that your life will be a blessing to yourself and to all the children of the one indivisible God.

Inhale and exhale peace with breath-*soham*. Thou art That-tat twamasi-always only now but also always eternally. Be aware of His presence in the indwelling light ceaselessly. Thou art *soham* with every breath; please help me by feeling His presence-God's Omnipresence, Omnipotence and Omniscience ceaselessly now and always. He who wastes moments wastes all his life. The present moment contains in its tiny bosom past present and future, all eternity. Let each breath *soham* breath lead you towards God-the Light of lights. What else is there to be said in these finite words. Only what you need what I need and what all of you all the children of God, need is to practice, practice, constant practice, ceaseless practice of following this *soham* light making it-the *soham* your life, soul and goal.

No more words theory but living practice Now and Here steering into this living present moment no longer with body, consciousness but with God-consciousness-*soham* glory. Let me leave you in silence in *soham* splendour the glory of millions of suns splendour-supreme silence, waveless silence

Hari Om Tat Sat Om

A TINY LOVE OFFERING

A tiny Love offering to our Pujya Swamini Sarada Priyananda Mataji of Chinmaya Mission, Pawai Sandeepani Sadhanalaya and the *brahmacharinis* and to all the seekers of truth who are pining for God and panting for world peace!

(Peace April 1979)

164. I AM BORN JUST NOW

By the grace of God, I feel that I am born just now in the present living moment. The long life of 85 years is a mere long dream. No more dreaming. No more imagination. No more past. No more past present and future in God.

Let every breath lead me towards God, unto God. Nomore forgetfulness. I am now in God's Omnipresence, Omnipotence and Omniscience. Each thought is leading me unto His Omnipresence. Each moment is leading me unto His Omnipotence. Each breath is leading me unto His Omniscience. Glory! Glory! Glory!

No more words. No more thoughts. Life eternal is mybirthright. Light infinite is my divine heritage. With every thought may I feel Him! With every breath may I be lead into *soham*-the splendour of millions of suns. May I follow now the *soham*-the universal *soham*-the eternal *soham* ceaselessly like *tailadhara*. Let me meditate on the Sun of suns and merge and dissolve in God, who is above time, space and causation.

An offering

An offering to all the aspirants, devotees in all religions in the East and West.

Om OmOm

(Peace July 1979)

165. IMPOSSIBLE TO FORGET GOD

Dear loving reader, who-so-ever you may be, wherever you may be, whether you know it or not, it is because of God's presence, you are reading this, you are reading this Musing now. It is only because of God's presence. I am writing this now. It is indeed because of His presence, that I am thinking and working. Hence, recognize the presence of God, now and here, and be happy and silent. It does not make any difference whether you are a president or peasant, for, He is equally present in all of us rich and poor, learned and ignorant, as He is the Omnipresent God, indwelling presence of our hearts.

As you are all the living images of the one indivisible God. His living manifested form, be aware of it. All that is needed is to recognize Him and be still and silent, remembering always, God is Omnipresent, Omnipotent and Omniscient, pervading and permeating the very cells of our beings. Hence I often take joy, in repeating that we are moving and breathing in Him, living in Him! We have our beings in God eternally, whatever we are doing, wherever we may be, whether we know it or not. Verily we are breathing, working and living in God, having our beings always, from eternity to eternity.

Dear loving reader, I am never tired of repeating, that God is in our hearts, that it is the almighty the all-knowing the all-wise omnipotent God who is writing in me. The same Omnipresent God is in you too, who is reading in you now.

How can I forget God, when all this is Himself, the only reality-truth? When I am writing, it is He! When I am seeing it is He! When I am thinking it is He! Nothing else exists except God, in the past, present or future.

Glory be unto God eternally! Aum! Aum! Aum!

May God's richest blessings of peace, and the awareness of His presence, be ever with you and in you. This is the ardent prayer of your Omkar, who loves you dearly and deeply, as God is love, who includes all and excludes none.

May Peace be unto all
HariOm Tat Sat Om

An offering

An offering to the one whom I love dearly and deeply, with prayers for the health, peace and longest life of service to humanity.

(Peace July 1979)

166. DESIRE BINDS

What are your desires? Look within. Introspect your life. Chains are alike of gold or iron.

Let not the old Ashram and new Ashram bind you in anyway. Let nothing come between you and God. God is the only changeless reality, cling to that, truth or reality more than ever. Begin the reformation with yourself. Reform thyself before reforming others from this moment onwards.

Let each moment lead you towards God. Saturate yourself with His name. Begin from this moment *Jaya Jaya Rama Krishna Hari Om*. Repeat it once again *Jaya Jaya Rama Krishna Hari Om*. Let the saturation be full.

Work kills none. Worry kills multitudes. Do not be a slave of weak imaginations.

Remember each time you forget God. That is the only simple way. Remember God never to forget Him again. Let each breath lead you unto God. Let each thought lead you unto God. The way to be happy is to make someone also happy. Begin it now by helping someone to see in God.

Thou art That eternally.
Hari Om Tat Sat Om

1. God is not yet dead. He is alive in us now and here with His Omnipresence, Omnipotence and Omniscience.
2. It is easy to write and repeat: Excuse my mistakes.

3. It needs the strength of a Gandhiji the infinite love of Christ the great compassion of Buddha and the wisdom of *jnana*, the light of Bhagavad Geetha to know the inherent nature and to really eradicate all inner propensities.
4. Nature is so ingrained that it cannot be so easily changed.
5. How blessed it is to be alone to the present moment now and here, nay to each and every precious moment.
6. Blessed are they who are making best use of every moment feeling God's Omnipresence, Omnipotence and Omniscience in every tiny moment.
7. Swami is dead Omkar is alive in all of you. This great fact the highest truth is to be practiced in daily life in thought word and deed-but not to be repeated as a slogan like a Parrot.
8. We all know so much, rather too much, but practice very little in our daily lives.
9. It is Practice, practice and practice in each and every moment of our lives in little things as well as in big things that makes us perfect, full and complete.
10. The time to practice is now and the place to practice is here. Blessed are the devotees who are making best use, highest use of their precious tiny moments to reach Heavens.

(Peace July 1979)

167. PROGRESS IS REAL LIFE

These days every thought I think is leading me towards God, whether it is negative or affirmative thought, weak or strong thought making me a better man, taking me nearer and closer to God or *soham*. Not only every thought of mine, but every breath is leading me into God for He is the only changeless and eternal truth or reality.

That which exists is one without a second. Thou art that, *tat twamasi*. Verily! Thou art Omnipresent, thou art Omnipotent and thou art Omniscient day by day, in every way with each and every thought nay, with every breath, with every *soham* breath. You are progressing, for progress is real life and stagnation is death. Indeed forgetfulness of God the indwelling light is real death. Awareness of the indwelling light, the self-effulgent, ever present *soham* light is the only changeless, permanent eternal truth or reality. Knowing That, the wise melt in silence. Recognize and be silent. Knowing this truth you become free, liberated very illuminated. The truth, the eternal truth, the infinite truth, the ever present, the all-pervading, the interpenetrating truth alone, the awareness of the splendour of millions of suns alone will make us all free now and here.

HARI OM TAT SAT OM!

OFFERING

A Tiny Offering to the loyal and devoted Hanuman B.A.B.L and to the simple and dedicated Anjeneya the aspiring M. A. with progress for their health and peace and longest lives of service!

OM TAT SATOM
Om OmOm

(Peace July 1979)

168. FIRST AUGUST 1979

at the dawn of the new day of the new month. My soul is on fire to help and serve you all the children of the one indivisible God.

What a blessed privilege it is just to know that you are the living image of God coming from Him living in Him and finally merging in Him. When you work, God alone is working on this earth plane. If you are seeing anything other than God within in yourself or without anywhere in the world, you are misusing the God-given precious human birth, make best use of every moment by feeling His presence within and without. This is the way of making best use of this new day in the new month, 1st August 1979.

May Peace be unto all
OM OMOM

(Peace Aug 1979)

169. How To Make This Day The Happiest Day

Q: How to make this day the happiest day, the most beneficial day in all my life?

A : The direct and simple way, the easiest and best way of making this day the happiest and most beneficial day, the simple way is to make best of this present living moment by feeling now and here God's Omnipresence God's Omnipotence and God's Omniscience. His incomprehensible presence in the very cells of my being and also in each and every moment of the flow of my breath from toes to top of the head and to face God all over the world.

When eyes closed, it is God, in the very cells of your being in each and every cell.

Use what you have. What you have will grow.

When eyes opened, it is God in all the manifested world, for nothing exists in all the world leads to God, for He is one without a second. Glory! Glory! Glory!

It is God in all the world either in the past, present or future. Verily in God the only reality there is neither past, present nor future. It is one indivisible Light of lights the one and only reality of the Sun of suns!

Thou art the splendour of millions of suns glory.

Knowing that the wise melt in silence, silence, supreme silence, waveless silence, the silence of the *akhandasatchidananda*, the inexpressible and incomprehensible.

Hari Om Tat Sat Om

A TINY OFFERING

A tiny offering to Bhagavan Krishna, Lord Christ, the Compassionate Buddha and Sri Mahatma Gandhiji, the Apostle, the avatar of truth and non-violence.

OM OMOM

(Peace Aug 1979)

170. BORN NOW ALONE

Just now born is a life-giving and soul-awakening thought for all those who are aspiring to reach the goal of precious human birth especially for the weak and sickly people who are slaves of weakness sickly thoughts of negative imaginations. How blessed it is to bury the dead past however dark it may be. You are born just now with a new life and fresh resolutions. May every thought be selfless and flawless and lead you towards God.

May every breath lead you towards God, the light withing glory be unto the new birth of rebirth with each and every breath, *soham* breath. *Soham* includes all and excludes none. Just follow each breath like *thailadhar* ceaselessly. If you use what you have, what you have will grow. Practice makes you perfect and complete. No more theory, but practice with every breath just now born with the life and strength of Omnipresence, Omnipotence and Omniscience. Let *soham* breath be your life soul and goal. Follow *soham* ceaselessly, tenaciously moment by moment remembering always forgetfulness of even one breath, *soham* breath is nothing but death. physically, mentally and spiritually.

May all glory and homage be unto the one universal breath *soham*.

May peace be unto all
Hari Om Tat Sat OM

(Peace Aug 1979)

171.IT IS BLESSED TO BE ALIVE

It is Blessed to be alive feeling God's Omnipresence, Omnipotence and Omniscience now in the present living moment within, without and all around now and always ceaselessly, even from moment to moment and thus make your life a blessing. The finite man is wasting his real life by neglecting the present moment thus wasting his precious life.

The life-giving breath the present living moment will explain: O! Living moment thou art in God now and here. If you use what you have, what you have will grow. Cling to the breath *soham* from the present moment and *soham* are inseparably One. May you find all life joy and strength in this present moment.

HARI OM TAT SAT OM

(Peace Aug 1979)

172. SOHAM-THE HOLY BREATH

Let us find out where is this *soham*. Is it inside or outside is it near or far? It is inseparably one without a second. It is inseparably one pervading and permeating. *Soham* is pervading and permeating the very cells of your being. If you use what you have, the Rs. 500 will grow and become big and 5 times becomes the Infinite which cannot, be comprehended. The finite becomes the infinite is incomprehensible to the finite words and the tiny intellect which can be understood only by great soul and Immortals in their great silence. Knowing that they melt in silence.

HARI OM TAT SAT OM

(Peace Aug 1979)

173. OUT OF DEPTHS

Out of the depths fresh strength!

How blessed it is never to fall down and to be always on the heights. Peace which is changeless and eternal which is eternal belongs only to the blessed rare and precious souls who can live in God and help others to live in Him. Never to fall down one must have the highest ideal of never forgetting God the life, soul and goal of the precious human birth always remembering forgetfulness of God alone the light within is real death. The very repetition of the life-giving and soul-awakening words of Abraham Lincoln has been the inspiration of my life since my boyhood days:

Out of the depths fresh strength

Out of the darkness new light

Even in the gloom we are on the way

OM OMOM

(Peace Aug 1979)

174. A WISE MAN NEVER REPEATS

A fool repeats the same things again and again. But a wiseman never repeats the same thing twice. He is always original, living in the present moment. Blessed is the man or woman who lives in the present living moment burying the dead past and ignoring the dim future of uncertainty. Blessed is the one who lives in the present living moment ignoring the dead past and the dim uncertain future.

Blessed are the rare precious souls who are trying to live in the present life-giving and soul-awakening moment feeling God's Omnipresence, Omnipotence and Omniscience now and always, living for others and doing good to the world of humanity.

AN OFFERING

An offering to our ideal simple Venkateswarulu with longest life of service to him and his life-partner Smt. Chittemmaand his precious children.

Hari Om Tat Sat Om

(Peace Aug 1979)

175. BODY-CONSCIOUSNESS

Body-consciousness is death. It is hell itself. Only God-consciousness is heaven. Body-consciousness is the root cause of all sickness and ill health. It is the cause of all sorrow and misery. It is body-consciousness that makes you miserable and unhappy but also to bring always, for something or other and thus make you unhappy and miserable, which leads to weakness and sickness. Whereas God-consciousness or *soham*-consciousness makes all the clouds of weakness, sickness and fear to disappear as you are all the Sun of suns, the splendour of millions of suns.

O! Man, thou art the image of God. The only livingpresence thou art the lion of the Vedanta. Why do you sell your Soul, your living *soham*, the life-giving and soul-awakening *soham* for a mass of pottage.Wake up from your being drawn from body-consciousness to God-consciousness or Soham Glory which is your real birthright.Assert it now and here, for it is eternally with you now and always. It is merely the breath of the breaths,*soham* is the life, light and love. In *soham* you are everything full and complete.It is merely *poornamadahpoornamidam*.

It is always full and complete. Nothing can be added to it.Nothing can be taken away from *soham*. With every breath, Thou art *soham*. *Soham* is the Sun of suns, where it exists nothing else can exist. In the splendour of millions of suns glory, nothing elseexists, except light,

stupendous light. Self-effulgent light, both within and without and all around recognize and be silent and eternal.

With every breath Thou art that, the living *soham* with every thought. Thou art that the endless *soham*. In every moment by moment thou art *soham*. Because of *soham*, you are moving, thinking and reading now. Let there not be any more forgetfulness of this great *soham* light or truth even for the millionth fraction of a second, which is death itself. Only these tiny moments of forgetfulness of the light or *soham* within and without are making our lives miserable. Glory. Glory. Glory.

On the 1st of August, the new month, may all the children of God the living images of *soham* feel the presence now and always ceaselessly. *Soham* in the past *soham* in the present *soham* in the future. *Soham* when eyes closed. It is *Soham* when eyes opened. It is *Soham* in Life and death. May adorations be unto the immortal ever present *soham* which is Omnipresent Omnipotent and Omniscient. *Soham* which is pervading and permeating the very cells of our being as well as the whole universe.

Hari Om Tat Sat Om

Silence, supreme silence, waveless silence with each and every *soham* breath.

AN OFFERING

An offering to all the aspiring children of God especially to all *soham* devotees.

Om OmOm

(Peace Aug 1979)

176. MAKING ENEMIES

If you want to make anyone an enemy, ask his money and he will never see your face again. He will make you a better enemy; such is the attachment to mammon, money the perishable material wealth.

It was Lord Christ who said: It is easier for a camel to enter into the eye of a needle rather for a rich man to enter into heaven!

When a young man approached Christ for salvation, the Lord said to him "Go and distribute all the material things you have to poor and sick and then come to me, I will give you salvation. I will help you to realize the goal and soul of precious human birth". But it seems the young man never came to the Lord for it seems he has much material wealth rich in the goods of the world. Such is the attachment for the people of the world for the alluring riches of name and form.

Thus unconsciously we make enemies our best friends by asking their perishable wealth.

When you are doing God's work in the world of duality; it is very difficult to do anything without the help and assistance co-operation and sympathy of the devotees, the devoted children of God.

The inspiring poem;

GiveGiveGive
That which you hold will turn to dust,
Give while you are alive. Give for you must.
Else what you hold tightly in your hands
Will vanish through your fingers and be lost
Give and thus flows a mighty fountain through the hand.

Is my comfort and consolation in the tests and trials of Sri Shanti Ashram and its *gurukul* and other activities of service. May God give us strength to do the right thing without expecting any reward wishing the peace of all the sick and deserving.

May Peace be unto all

AN OFFERING

A tiny offering to all the devotees, friends and well-wishers of Sri Shanti Ashram-The Mission of Peace for their progress and illumination or freedom.

Hari Om Tat Sat Om

(Peace Aug 1979)

177. THE HOLY PUSHKARAM

My heart longs to help and serve all the children of God, in memory of the holy *pushkaram* in a practical way making them all to feel God's presence within and without.

There is the outer *pushkaram* and the inner *pushkaram*. The outer *pushkaram* is full of restlessness with non-essentials of bathing etc. Whereas the inner *pushkaram* is full of peace that passeth all understanding filled with God's light, life and love. The outer *pushkaram* comes and goes once in 12 years. Whereas the inner *pushkaram* neither comes nor goes. It is the only permanent light or truth that neither comes nor goes which is beyond time, space and causation. May we cling to that inner *pushkaram* which is the Life, Soul and Goal of precious Human Birth.

May the simple Peace Prayer lead us all in the memory of this holy *pushkaram* into God's presence now and here. "As it is the individual peace that paves the way unto universal peace may this simple prayer bless us all with eternal light, infinite peace the goal of precious human birth."

The way to be happy is to make others happy and to feel God's presence within and without by the repetition of this simple inspiring Peace Prayer and by making all of you the images of God, who are taking bath in the holy *pushkaram*, in this year 1979. This is the ardent prayer of the one who loves you all which love includes all and excludes none, as God is love and love is God. Where love is, there is God.

AN OFFERING

A simple offering to all the devotees of Godavaripushkaram to feel God's presence, for with God-the light within we are complete and full. In memory of the holy *pushkaram* let us repeat now our Peace Prayer and Peace Mantram.

May every day be a holy day of *pushkaram* to all the aspiring children of God!

May Peace be unto all
Hari Om Tat Sat Om

(Peace Sept 1979)

178. MANTRAM OF MANTRAS

Dear Loving Readers,

Greetings of peace and love, with prayers for your illumination. Do you wish to realize God, the goal of your precious human birth, with one *mantram*, holy statement or affirmation? If so, here is the *mantram*.

OM JAYA JAYA RAMA KRISHNA HARI OM

The practical side of the technique of this holy *mantram* is, as you repeat one word after another word of the mantram you must fill your whole body from the toes to the top of the head with God's presence. With each word fill one of the limbs of your body, one portion after another until your whole being is saturated with holy vibrations. For instance, as you begin with Om you lay the spiritual foundation with God's Omnipresence within and without. With the first *jaya* fill the whole of your right leg. Then with the repetition of the second *JAYA*, the ceaseless spiritual current passes into the left leg. Thus each leg. Then both are filled with his holy presence.

Then Rama fills your left hand and Krishna fills your right hand. So far now with the four words *Jaya jaya Rama Krishnaya* your right leg, left leg, left arm and right arm are filled with the presence of God. You are filled with his presence for God is Omnipresent. When I say God He is truth, light, life and love.

Now, with the remaining two holy words, *Hari Om*, you cover your being from the top of the head to the toes and from the toes to the top of the *sahasrara*. With the word *Hari* you come down from the highest centre to the toes, filling each and every cell of your body with the light of lights. Finally, when you say the sacred syllable *Aum* you go from the depths to the heights, from the toes to the *sahasrara*, the highest center of illumination. Thus, with one single *mantram* your whole body, rather your being is filled with the presence of God, the Light of lights.

OM JAYA JAYA RAMA KRISHNA HARI OM

If you are really pining for God with one hundred percent of mind, with heart and soul this One single *mantram* is enough for your salvation, *mukti* or freedom. Repeat it again and again until you become saturated with His presence, feel His Omnipresence, Omnipotence and Omniscience in each and every cell of your being. Now you are centered in God established in eternal truth, infinite peace, the one, indivisible light, love universal, the splendour of millions of suns.

My dear living images of the loving divinity, if you have realized this much so far, please come to complete your illumination, your realization of the universal, personal aspect of God in silence, to Santi Ashram, the common property of all seekers of truth. A hearty welcome awaits you all, the seekers of truth in the East and the West.

OM JAYA JAYA RAMA KRISHNA HARI OM

May Peace be unto all
Lokah Samastha Sukhino Bhavanthu.
Om OmOm

(Peace Sept 1979)

179. Not A Blade Of Grass Moves Without God's Will

To begin with it is God's will which is writing in me now. It is because of His will, I am thinking. Blessed is the one who can feel God's presence now and always ceaselessly in thought, word and deed in each and every moment of one's life. It is God when eyes closed in each and every cell of his being. When eyes opened, it is the same God again the Omnipresent God, God in all forms and names within, without, above below and all around-. Glory! Glory! Glory!

How blessed it is to have the privilege of living, breathing, working and thinking in a world of God. Where everything is an image of God or everything is God. It is God or truth, within, without, above, below and all around. Is there anything except God anywhere and anytime? Feel His presence ceaselessly in each and every moment of your life now and always with each and

every breath. This is the only way for peace or God-realization. Inhale, exhale peace with each and every breath-*soham*.

Thou art *soham* with each and every breath. Write no more about this great truth. Only practice it as you write and also as you do not write. What you do, you are That. Thou art that- Thou art *soham*.

How true are the words that not a blade of grass moves without the will of God or *soham* energy. May all glory be unto *soham* the universal energy both in work in the manifested action and in silence in the unmanifested *soham*.

A TINY OFFERING

A tiny offering to all the children of God for their health and peace.

(Peace Sept 1979)

180. NEW BIRTH

(1st August 79)

I feel I am born with every New Year. I am re-born with every new month also. Nay, I am born with every day also and with every day I am burying the dead past and beginning new life. How blessed it is to be reborn in the present moment, burying the dead past and begin new life of Omnipresence Omnipotence and Omniscience. May every moment be precious and sacred and eternal. Every moment becomes sacred and precious only when I make best use of it by recognizing Him in each and every cell of my body or being and by becoming. God is all around in the other world in all the forms and names.

When eyes closed, it is God, in the very cells of my being, when eyes opened it is He in all the other world. It is He from the tiniest atom to the biggest planet for nothing exists God everywhere within and without in all the other world of manifestation.

HARI OM TAT SAT OM

(Peace Sept 1979)

181. A SPIRITUAL CHALLENGE

(An inspiring challenge to all the devotees in all religions, in the East and the West)

Can you show me an atom of space where God, the *soham* light exists not? Similarly can you show me even a tiny moment when God is absent either in the past, present or future. You exist because of Him. The world exists because of His presence.

Glory Glory Glory

No more words, deep silence and love universal that includes all and excludes none.

In the Light I am
I am in the Light
The Light I am

Hari Om Tat Sat Om

(Peace Sept 1979)

182. IT IS BLESSED TO BE ALIVE

It is blessed to be alive, just to live provided you are feeling God's Presence. His Omnipresence, Omnipotence and Omniscience in each and every moment with every breath now and always ceaselessly like oil poured from one vessel into another vessel without a break. It is blessed to feel God's presence now and here in the very cells now and always ceaselessly.

Feel, feel His presence now and always in this very tiny moment to begin with and follow the *soham*, the universal breath. How simple life-giving and soul-awakening it is provided we pay the price by clinging to God and the light within and incessantly follow *soham*-the universal breath ceaselessly.

Hari Om Tat Sat Om

A TINY OFFERING

A tiny offering to our ideal Chief Minister Dr. M. ChannaReddy for his longest life of selfless services both to Shanti Ashram and to motherland and to humanity.

Om OmOm!

(Peace Oct 1979)

183. THE HAPPIEST DAY

Q: How to make this day the happiest day ?

A: Make this day the happiest day feeling God's presence both within and without now and always in each and every moment of your life. God is the only truth or reality. Nothing else exists besides Him for God is Omnipresent, Omnipotent and Omniscient.

What is more, He is pervading and permeating the very cells of our beings as well as all the manifested world. Let us recognize Him within in the very cells of our beings when eyes closed.

When eyes opened see Him in all that you see. Recognize God and be silent. Knowing God the wise become silent.

Thou art that - *tat twamasi*. There is only one thing that exists either in the past, present or future. Thou art eternally with every thought, Thou art that with every moment. Thou art that with every breath.

In the glory of millions of suns splendour, nothing can exist than its self-shining splendour. Even body, mind and the world of forms and names, the passing clouds disappear in the Sun of suns. It is light within, without, above, below and all around. Homage be unto the Light of lights, splendour of millions of suns.

Hari Om Tat Sat Om

May peace be unto all. May all the living images of God-the one indivisible images of God feel His Omnipresence Omnipotence and Omniscience on this happiest day.

This is the ardent prayer of your Omkar as he loves you all, as God is love and love is God.

Hari Om Tat Sat Om

(Peace Oct 1979)

184. Anushtana Vedanta- Practical Vedanta

Let every thought lead you unto God. Let every breath lead you unto God. Who is Omnipresent, Omnipotent and Omniscient. What you need is to practice in your daily life. What you write and feel within must be experienced and practiced in your daily life in thought, word and deed. What we need is *anushtana Vedanta-Practical Vedanta*.

As religion and life are not two but one. Practice, practice, practice to feel His presence, the indwelling light now in the present living moment always too not only in doing prayers and meditation but in all your activities in the outside world.

Give Give Give

That which you hold will turn to dust.

Give while you are alive. Give for you must.

Else what you hold tightly in your hands.

Will vanish through your fingers and be lost.

Give and thus flows a mighty fountain through the hand !

May Peace be unto all.

(Peace Oct 1979)

185. WHY SO RESTLESS?

Restlessness brings hurry and worry. As the least forgetfulness of God is death even for a moment. You are miserable with hurry and worry. Do not forget God in the name of anything, under any trying circumstances at any cost. Try to be free of restlessness even on the cross.

Let restfulness, waveless stillness, peace at any cost be your soul, goal your precious human life. What is life without peace, your divine heritage, holy birthright. Let your song be peace, at any cost, in each and every moment of your restless life. May you be eternally blissful and peaceful. This is the prayer of your own Omkar, who loves dearly and deeply with prayers for your restful and peaceful life of waveless peace.

HARI OM TAT SAT OM

AN OFFERING

Offered to all the aspiring children of the Lord for their health and longest life of selfless service.

(Peace Nov & Dec 1979)

186. Healthiest, Happiest and Richest Man

I am the healthiest man in all the world, because I am having a free motion every day. It is constipation, the root cause of all sickness in the world, whether you know this simple truth or not, this is a great fact. You are the happiest man or woman in all the world. If you are happy and contented with what you have, which what God has given to you. It is contentment that gives satisfaction and peace. A discontented man is always miserable and unhappy. The more he gets, the more he wants. Such is *maya*-delusion of the life in the world.

As for the richest man as *atman* -the one without a second, all the wealth in the world belongs to you because you are *advitiyam*-one without a second, feel God's health, happiness and wealth, and they are richest blessings to you for you are God's living image.

AN OFFERING

Offered to Sri Tirupati Raju the Lord of Tirupati for his health and longest life of selfless service, in memory of his loving visit and a message.

(Peace Nov & Dec 1979)

187. BE SWEET AND FRAGRANT LIKE INCENSE

There is no other easy way than to be like incense to be sweet and fragrant like the incense stick which is burning before me now. Pay the price and get the reward. The price of self-purification and killing the treacherous ego is essential for God-realization.

Work kills none, but worry kills multitudes. Hence engage yourself in ceaseless work.

How true are the wise words:- That not a blade of grass moves without God's will. It is God's will which is making me to write now and even thinking in me now. How can even my hand move without God's presence? How can I write even without his presence? Let me feel God's presence in little things and as well as big things.

Practice, practice, practice is needed, now and always,

AN OFFERING

Offered to all aspiring children of God for their health and longest life of selfless service.

(Peace Nov & Dec 1979)

188. When God Is Within Why Look For Him Outside

This statement or affirmation is more powerful or helpful than any *mantram* *Om Namasivaya* or *Om Namo Narayanaya*, when practiced in one's daily life. Let us not repeat it like a parrot clinging to the form, mere skeleton, ignoring and neglecting the essence. Look within. Feel His presence beginning from the toes to your feet. It is God from the very cells of your body beginning from the toes to the top of the head. It is Light from the toes to the top of the head. Wake up from your loving slumbers. You are no longer the form of flesh and blood. You are the immortal truth-the light eternal. Recognize Light Within and be silent forever. After recognizing the light within in the very cells of your body, there is nothing new for you except be silent. Do not run after like a mad dog. Thou art the lion of truth. Give a death blow to body consciousness. Wake up to the full glory of God-consciousness now and here in the present living moment.

Repeat often the most Powerful and helpful *Maha Mantram*:

When God Is Within Why Look For Him Outside

The God for, whom you have been seeking all along the Omnipresent God, the Omnipotent and the Omniscient God is here and now, pervading and permeating the very cells of your beings. Then alone you can repeat cheerfully. When God is without why close your eyes and

look for Him within God is there in all the universe why in the whole universe filling and pervading and permeating the very cells of all the manifested world from the tiniest atom to the biggest planet.

He is there not only within but without also, for He is living God of all humanity manifesting in all forms and names in the birds, plant, body and man or woman. Recognize God within in the very cells of your being. Then open your eyes to feel Him to behold God without. Wherever your eyes wander it is God. In the East and the West, North and South it is God. God is Omnipresent, there is nothing but God everywhere. Wherever you go it is God. What a happy and consoling thought. It is your mind is only wandering, for there is nothing except God either within or without. All that you need now is practice, practice, and practice ceaselessly. Practice of the presence of God is the only simple way to realize God in this life now and here. Now repeat the *maha mantram*:

When God is Within Why Look For Him Without.

When you open the eyes repeat the second *maha mantram*:

When God Is Without Why Close Your Eyes

Face Him in all the manifested world of forms and names. What else is there to be written or said? Recognizing God both within and without, within the body in each and every cell, without in the world in all forms and names. This is Vedanta practical. This is the *soham* the indwelling presence interpenetrating the Light of light the splendour of millions of suns.

Hari Om Tat Sat Om

(Peace Nov & Dec 1979)

189. SPIRITUAL ACID

When I was a mere boy, playing with children, I was visiting the house of a gold smith with his children. I was interested to see how he was melting the gold jewels. Later on I came to know, he receives the stolen things and melts them to escape detection from police. But what I am concerned now is how the hardest metals can be melted and even dissolved in certain powerful acids. When every form and name can be burnt in the fire, when hardest metals can be melted and dissolved why not melt the world of form and name in the fire of God-consciousness, the one universal fire of *soham* in your deep and intense meditation.

Try and try this simple method until you succeed. May the bubble like world be melted in the ocean of *sat chit ananda*—the fire of god—the splendour of millions of suns.

May Peace be unto all.

OM TAT SAT OM

(Peace Jan 1983)

190. OSCILLATION

Oscillation is a most subtle and dangerous mental disease. Unknowingly and unconsciously the weak man of oscillations wastes not only hours but days with negative and weak thought and thus goes down and down into depths of weakness and gets sick too. As an example, someone speaks ill of us we begin to oscillate wasting our precious time with the thought why should someone speak ill of us, especially when we are innocent? Somebody writes a letter criticizing us needlessly. Then we waste our precious time day and night with the thought why should that somebody criticize and condemn us.

The nature of a scorpion is to bite. You cannot change its nature. The nature of a *sadhu*, a saintly man is to live and forgive even those who hurt him. When one's nature is to love, love alone flows from such a one towards those who hurt or love him. Does it make any difference to the Sun to give out his healing rays towards those who spit at him or worship the Sun. Try to be the Sun of suns, giving us every kind of oscillation in little things as well as in big things.

Oscillation should be nipped or checked and controlled in its very bud. Knowing that every moment is precious, let it be dispelled and controlled by the Sun shine of God consciousness- the splendour of millions of suns.

May Peace be unto all
OM TAT SAT OM

(Peace Jan 1983)

191. LEMON WATER

Since the last sixty years it has been my habit to take lemon water (squeezing a lemon in a glass of water) at the early hours of dawn every day. May be this single habit has been the cause of my wonderful health even when I am nearing nearly eighty years. How good is God! Every day with the first glimpse of dawn, I feel from within that I am born anew.

By the way, I do not drink the lemon water for myself only. The first sip of water I offer to Bhagawan Krishna. The second sip is given to Lord Christ and the third sip to Sri Buddha and fourth sip to Sri Gandhiji and the fifth sip was taken or given or offered to Lord Rama who is ever abiding in my heart of love that excludes none but includes all. Thus in the early hours everyday I take lemon water with prayers wishing the welfare of you all, for all of you are my own, being the children of the one indivisible God, the Light of lights.

You cannot imagine what joy, strength and inspiration it gives me to drink, eat and work for all of you, wishing your welfare. Blessed is the one who can say the wide world is my home and all its people are my sisters and brothers and to love and serve them is the true highest religion.

May the Lemon water bless all His children with peace.
OM TAT SAT OM

(Peace Jan 1983)

192. WEAVING GARLANDS WITH GOD'S NAME

As it has been said that an idle man's brain is the workshop for devils, I try to occupy my mind with some work or other-considering all work as worship. Where there is light, no darkness can appear. The source of all misery and suffering in the world is only forgetfulness of God, the light within. The awareness of His presence, the constant repetition of His holy name is the only remedy for the ills of tales and troubles and calamities in the world.

Having nothing to do in the early hours of dawn I keep on weaving garland after garland with the heavenly flowers of God's names and offering them fresh to all the living and departed *avatars*, *mahatmas*, sages and saints in all the world. Often I am blessed to have hundreds of garlands of *Om Sri Rama jai Rama jai jai Rama om* with me, to garland all the devotees near and far, in the East and the West.

As there is no time or space in God, my garlands are ready to grace your neck provided you are ready with a great pining for God for He is our life, soul and goal. When can we say that we cannot live forgetting or denying Him even for the millionth fraction of a second? May every garland be a great blessing to everyone who is blessed to wear it and may it bring peace among individuals and goodwill among nations. This is the ardent prayer of the one who loves you all.

May Peace be unto all
OM TAT SAT OM

(Peace Jan 1983)

193. SHORT MUSINGS

1. I cannot afford to forget God, who is my life, soul and goal, my all in all even for the fraction of a millionth of a second of time. The very repetition of this inspiring thought gives me joy and strength and makes me feel God's Omnipresence, Omnipotence and omniscience now and here in this living present moment.
2. If I fail to feel God's presence in silence-in prayer and meditation, I will try to feel Him in work, in activity for, it is God who is manifesting both in silence and work, for it is He who is both manifested and unmanifested.
3. The *puja* of my loyal Om. Today, I woke up with the inspiring thought everything I do is *Puja*, the worship.
If I am writing it is my *puja* to God for I am writing to Him, surely He is writing in me.
If I am reading, it is my worship to Him, so long I feel that I am reading to Him.
If I am moving, I am moving in God for He is omnipresent.
If I am seeing it is my *puja* for I am seeing only God through these eyes.

Whatever I think it is only of God, for it is only because of his presence, I am able to think, in fact it is He who thinks in me. The practice of feeling the presence of God, in each and every moment of one's life in thought, word and deed, is the only single and direct way to God realization now and here. Waking up into his sublime is inspiring thought.

4. He who complains has not yet realized God. When everything is God-when nothing else exists except God, what is there to complain-except to see God in all the world.
5. Omnipotence is working, let the mortal retire. But the mortal does not want to retire. He is always thinking with new plans and schemes and going down into hell of misery and self-destruction.
6. Body is a mere bubble in the wave of the world. There are millions of bubbles in the wave of the world. The finite world a mere wave is a tiny thing in the manifested world. In the ocean of *akhandasat chit ananda* the ocean of God, the manifested world is a tiny wave in the unmanifested. Let the Bubble merge in the wave and let the wave in its turn merge in *akhandasatchidhananda*, the existence absolute, the knowledge absolute, the Bliss Absolute.

5-10-76. 4.p.m. Tat Sat om.

(Peace June 1985)

194. GIVE GIVE GIVE

1. As you give the more you get. Having nothing to give to our Jnaneswari on her birthday Oct 13, 1976, I am offering with great joy my new gift of the...set of Gold pencil and Gold pen, the latest gift of Bruna who was kind enough to stay 3 days coming all the way from Brazil, S. America. May God bless our Bruna with health and peace. Om tat sat.
2. The Present diving moment. Due to *maya* the delusion of the world, we are forgetting the real and worshipping the unreal neglecting the present moment and wasting present moment by living in the dead past or making plans in the uncertain future building castles in the air.
2. I am like a bubble in the ocean of *akhandasatchidananda*. I am chidananda and chidananda is in me. The future bubble is always in the wave of the world. All the waves of the manifested world are in the unmanifested one indivisible *sat chit ananda*. The bubble becomes one with the wave of the manifestation and the wave becomes the ocean by integration and deep supreme silence. The bubble dissolves into the wave and the wave merges in the ocean of *satchidananda*, the ocean of existence, knowledge and bliss absolute.
- 3.

A TINY OFFERING

A tiny offering in memory of our Pujya SwamiChidanandaji's Diamond Jubilee of 1976, Om.

4. Let not the dead past spoil your living present. The past is dead and buried, you are living now in the present living moment, cling to the living present now.

5. Work kills none but worry kills multitudes. This is an old truth unfailing fact, but it is to be practiced in daily life in each and every moment-Om tat sat Om.

6. Repetition of God's name like *thailadara* is the only way to feel God's presence now and here. As you continue to repeat His name ceaselessly, He will bless you with His grace.

31-10-76.

Om OmOm

(Peace June 1985)

195. Rise AndRealise Your Splendour Within

The way to be happy and healthy is to bury the dead past and to begin new life this very moment forwards to give few living moments forwards feeling omnipresence, Omnipotence and Omniscience in each and every tiny moment.

Recognize God, the infinite God-the eternal light in each and every tiny moment from this moment forwards. Never mind the past whatever it may be. Let it be forgotten once for all, be it be dark or bright. Try to assert and manifest your divine birth right- your true heritage Godhead the splendour of millions of suns and thus be the greatest blessing to the God who has created you. No more negative thinking of weak thoughts foolish thoughts, childish thoughts. Let every thought be constructive and affirmative leading you from weakness to strength from sickness to Health, for you are the living image of God. Try to feel his presence the indwelling light, the interpenetrating presence which is expressing now and always in the very cells of your being. My prayers are with you for you are my own image of the one indivisible God or truth.

Why waste any more precious time with empty thoughts and lifeless writings. Wake up now alone to the splendour of millions of suns divine birthright. No more words No more thoughts. Feel, feel, and feel the glory in each and every *soham* breath silence, waveless, silence, *soham* silence.

OM OMOM

A TINY OFFERING

A Tiny offering to all the aspiring souls in the East and the West who love me and the *soham*- the one universal energy!

Nirvan Mandir
25-11-1979 5 A. M.

(Peace Sept 1985)

196. OUR DIVINE BIRTHRIGHT

When God is within and without pervading and permeating the very cells of your being how can you be, helpless and lifeless? When God is throbbing in your heart, flowing in your very breath now and always ceaselessly, how can you be lonely with needless fear and worry?

Pray recognize God's Omnipresence and Omnipotence and Omniscience now in this present living moment and be the happiest man, happiest woman in all the world. You are that with every breath. Thou art that, *tat twamasi*. Being the King of kings, the mperor of all the world, why live like a beggar, begging every one for perishable things of the world !

Wake up to your divine majesty of fullness, completeness of God-hood. *Om purnamadahpurnamidam*. You are full and complete now and always. You are eternally complete. You have been complete from the past. You are Full now in the living present. You are bound to be full even in future in all eternity.

Our loving readers of Peace journal hence be happy taking afirm hold of your birthright, the splendor of millions of suns.

OM TAT SAT OM

(Peace May & June 1975)

197. PATH TO BLESSEDNESS

These days I have not been writing any Musing, for I fee everything I do; is a mere waste of time and that I should be above writing and even reading. Yet, it makes me sad to see myself wasting hour after hour, in writing begging-letters to all the old and new devotees of the Ashram, seeking their sympathy and help. atleast their prayers in the great need of the Ashram and the Peace Centre.

At least purely by God's grace, the cottage was purchased for a huge amount of Rs. 46,000. It costs nearly Rs. 5000 more to get the cottage and the Tea estate registered, in the name of the committee members of The Mission of Peace, which is the common property of all aspiring devotees in all religions and nations.

It has been my one madness or making that anything belongs to me, should belong to all the children of God but, never to anyone individual. One for all and all for one has been the essence of my life and religion. Yesterday our Jnaneswari was reminding me, that we should send some matter for the coming peace journal of the month of May, hence, started to write my latest thoughts in the form of this Musing. Day by day my heart longs to help and serve you all not only, who are nearby, but also who are in the far away Europe, America, and Japan etc. Yesterday I was writing a letter to a young devotee, who is studying in Glasgow to take part in the *namasankirtanam* of our prayer hall, belonging to all religions and nations, at least for 10 minutes, even on Sundays from the far away Glasgow and to kindly let us know the time of his doing *namasankirthana* offering prayers-repeating the name of God, so that we too can join him in feeling God's presence.

Where is distance in god, who is omnipresent and one without a second?

Dear loving readers of Peace journal, in the East and the West, do you want God, who is your life and soul? If so, here the opportunity, wherever you may be, whoever you may be, lay aside your outer works, duties only, for 10 minutes on Sunday, the day of sunshine or any day convenient to you, I am not asking too much from you, only 10 minutes every week, to join us in our universal prayer hall, in the common worship of our universal father, who is the father of all His children all the religions and nations.

Welcome ye, O inheritors of immortality. O Dear children of God everywhere, in Kotagiri, in Nilgiris, in all over India in all the nations of the world, to join us in the simple *Namasankirthana* the worship of God-in your own way, by repeating the favorite name of your deity. Call on God with all the strength of your mind, heart and Soul, This is the time to call on Him, for, this moment alone is ours and not the next moment. Let us wake up now to sleep no more, but to realize God now and here, before the call, the death comes from the great beyond Yama.

It would make us happy if you write us a word of your sympathy about your willingness to join us in our universal worship, in the universal prayer hall, in the Peace Centre in Kotagiri. Nilgiri Hills. The Peace Centre, the common property of all devotees in all religions, extends you a hearty welcome, for, it is so lovely with peace and inspiration. As it is so heavenly, we often take joy to repeat:

If there is heaven anywhere on earth, it is here. Those who can afford to come here, who are blessed with aspiration and time to spare, are welcome to come and take part in the universal feast.

The time to be happy is now
The place to be happy is here
The way to be happy is to make others happy.

Dear loving readers, make us happy by joining us in the universal worship. Please help us by repeating the simple Peace Prayer wherever you may be, kindly help us in spreading the Peace Prayer near and far, remembering the following wise words of our Sri Mahatma Gandhiji :

I can live without food but not without my daily prayers.

May God bless you all with health, peace and long lives of service. This is the prayer of your Omkar who loves you all and longs to see your freedom liberation before the call comes to leave this world.

May Peace be unto all
OM OMOM

A OFFERING

An offering to all aspiring devotees East and West and all over the world, wishing world Peace.

(Peace May & June 1975)