

OCCASIONAL SPEECHES OF SWAMI OMKAR

REALISING THE INDWELLING LIGHT

(Gist of Swami Omkarji's spiritual message on the occasion of his visit to Sri Jeevana Gowder's house at Coonoor on the 2nd May 1965)

Swamiji and party blessed Sri Jeevana Gowder's household and the devotees that had gathered there on the 2nd May 1965 with their gracious presence and delivered the following spiritual message for the benefit of spiritual aspirants.

"We feel deeply grateful for this great opportunity Sri Jeevana Gowder has given us to come to his lovely home and to meet you all, the loving children of God.

Each and every one of us has his or her aspiration or desire. The ladies have their aspiration, the children have their aspiration, our Brother Jeevana Gowder has his own aspiration. Similarly each one of you has his or her own aspiration. I may not be able to know what are the aspirations of each and every one of you, but I know what my aspiration is. If there is any aspiration for me in this life, it is only, whomsoever I meet, I want to serve and help. Wherever I go and whichever home I go, I want to help and serve practically, not in words. I want to change the hearts of individuals as well as the homes to be converted into heaven because it has been said "God is love and where there is love, there is God". If there is heaven anywhere in the world, it is only where there is love. If we have love in our hearts, we have heaven now and here itself.

God has blessed Brother Jeevana Gowder and his family with his richest blessings of imperishable wealth of devotion. Brother Jeevana Gowder has given me some of the priceless and imperishable richest gifts in the form of his spiritual note books of Daivanaama Likhita Japam. He has written some note books with the repetition of Peace Prayer:

'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, the ear of our ears, the heart of our hearts, mind of our minds, breath of our breaths, life of our 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, North and the South. May peace and goodwill abide among individuals as well as communities and Nations. This is our earnest prayer. May peace be unto all. Om santhi santhi santhihi'

What a blessed privilege it is to be born as human beings. All are children of God. To live in God and to help others to live in God is the greatest service we can render for the blessed privilege of being born as human beings. Of all the gifts it has been said the gift of spirituality or God consciousness is the highest gift. You may feed a man, he will be hungry again, you may educate him, but that will not take him to heaven. You may give him clothes, but that will be torn away. You may nurse him, but he will fall sick again. But if you open his eyes towards God and make him feel the presence of God, you are doing a great service.

Hence the ideal of Peace Mission since the last 50 years, the aspiration of Santi Ashram has been to live in God and to help others live in God.

Before we reform others, let us reform ourselves. Before we change the world , let us change ourselves. It is very difficult to change ourselves. We find people trying to change everybody except themselves. Religion begins with self- reformation. " Know Thyself", says Bhagavan Ramana Maharishi. If you know yourself, you have known everything, but you are trying to know everything except yourself. Hence the confusion, chaos and darkness. If you could only know yourself, there will be peace.

I am happy to see the photos of the three great Mahatmas here with the lovely words "Let these lights guide us". Are we being guided by the lives of Buddha, Christ and Gandhiji? What is the light which is guiding each and every one of us? As you wake up in the morning what is your first thought? When you go to sleep in the night what is your last thought? Our brother Narayanaswamy was singing in one of his inspiring Malayalam songs and explaining, today man is, tomorrow he is not. Yesterday has already gone and tomorrow is not ours. So make the best use of the present. This moment is ours and not the next moment. Blessed are those who live in the present, identifying no longer with the physical bodies but with the Infinite, Eternal Light of Lights which is shining in our hearts.

In his silent message Buddha Bhagwan has taught "Desire is the cause of all sufferings". If you want freedom annihilate desire. When once you annihilate your desire you are free. The more the desires you have, the more you are going down and down. When your only desire is for the annihilation of the little self, you are seated right in the heaven of Nirvana itself. The Blessed Christ ever repeats in his shrill voice "Come unto me and I will give you rest". He is asking the whole of humanity, the little children of God to go unto Him. But we are not ready to go to him. We want to go outwardly. We want to listen, we want to talk, we want to be busy always except going unto Him. But still he is repeating "Come unto me". The kingdom of Heaven belongs to the pure in heart. The kingdom of Heaven is within you. Do not look outside. Look inside.

There is Mahatma Gandhiji with his clarion call with his great message of Truth and Non-violence. Chanting of Prayers, Meditation and Bhajans are all not very important. If we could only be seeing the truth always, we are entered right in the Light of lights. Blessed are the souls who are non-violent because God is one when truth is one. How can you be violent when everything that you see is God, everything that you hear is God, everything that you speak is God. These days I have a little statue of three monkeys on my table. When I look at it, it gives me such a nice inspiration. I almost consider these three monkeys are my Gurus.

One Guru says "Do not talk anything except God". If you cannot help someone in a practical manner, be silent. You can do more good through your silence rather than with your empty words. So let me talk only when I can practically help you all to feel the presence of God.

The second Guru says, "Open your eyes only when you can see God everywhere and in everything". We all repeat "Isavasyam Idam Sarvam". The whole universe is filled with Iswara. There is not an atom where God exists not. He pervades and permeates not only your bodies, but interpenetrates the whole universe from the tiniest atom to the rocket. You say that "God is everywhere" then why don't you see God "everywhere". I want you to be true to your conviction. If you say God is nowhere you need not, but when once you say God is omnipotent, omniscient, omnipresent, then it is your bounden duty to see him not only within you but without and everywhere.

I am not asking you to renounce or give up your jobs. I am not asking you to run away to the Himalayas from your homes. All that I am asking you is, because you are the images of God, because you are the children of God, because you are blessed to be created as human beings; to be aware of His presence, to feel His presence you need not go into your puja room and worship. You can feel His presence now and here for He is established in your hearts whether you want Him or not. He is sparkling in your eyes and throbbing in your hearts even if you say you do not want Him. That is the difference between God and Man. The more you ignore Him the more He is waiting for your recognition in the silence of your hearts. When you are alone in silent communion with God, you will realise the goal of the precious human birth.

The third Guru says "Don't listen to all kinds of worldly gossip, because your time is very precious. If you do listen, only listen about God; if not, close your ears. Try to listen only God's words. Go to such places where God's glory is proclaimed, where Bhajans are sung, where everything is Godly, where everyone speaks of God.

If you could only practise the initiations of these three Gurus- (1) Let your eyes be only to see God, (2) Let your mouth be only to speak of God and (3) Let your ears be only to hear about God.

Begin your day with these three great thoughts. Wake up in God , work in God and sleep in God. You need not work hard for God realisation. You need not practise any Yogas or Penances for seeking God. He is Now and Here waiting in your hearts for recognition. But we complicate our lives with all sorts of desires and do not attempt to recognise the Indwelling Presence. We have to become child-like. It is so easy to talk, one can talk for hours and hours, but it is so difficult to be silent and recognise God's presence in us.

A great Soul in America, when I was there long long ago some 30 or 35 years ago, one Dhanagopal Mukherji, a great and ardent disciple of Sri Ramakrishna Paramahansa, in course of conversation said, we are all talking and talking because we are fools, because we cannot keep quiet. He asked, "Swamiji, why do you go on speaking, what is the need for your speech in your high state of consciousness?". So, whenever I talk, I remember his initiation to me, the initiation that was given to me nearly 40 years ago. What is the need of my talking? I can help you by my silence, by that universal love, by that selfless service to help you feel the Indwelling Light. I feel sure that I am helping you all more and more not with these finite words, but with my silence, not the dumb silence, not the ignorant silence, but the silence of universal love, the silence of selflessness. Let one man live in God, the whole nation, the whole world, can be united through him. The Great Apostle of Freedom, Swami Ramatirtha said "Let one man live in God and the whole world will be united through the ideal life of that one single individual". Our Brother Jeevana Gowder lives in God, hence, all his children, all the ladies and the other members of his home are spiritual. Similarly I always emphasise that it is the individual peace that paves the way for universal peace. If there is peace in your heart there is peace in your home there is peace in your neighbourhood, there is peace in your community, there is peace in your province, there is peace in your nation, and there will be peace in the East and the West and all over the world. So if you want peace, if you want to establish peace in the world, first start it with yourselves, in your homes and some day your peace will lead to universal peace. You have been searching for God everywhere, in temples and churches, but He is awaiting your recognition in the silence of your hearts now and here. With Him we are everything, without Him we are a mere nothing. So, shall we be nothing by ignoring God, or shall we be everything by recognising God? What is life without recognising God? What is the difference between animals and human beings if man fails to recognise the Indwelling Light, the omnipresent, the omnipotent and the omniscient Light. There is a Telugu saying that

inspite of having the blessed privilege and opportunity of being born as a human being, if one lives like a beast, it is better to be born a beast. So man devoid of God-consciousness, or call it Universal Love, can be compared to a two-legged animal, whereas those animals have four legs. So even to justify our existence it is high time that we are conscious of the Indwelling Light which is awaiting our recognition. The greatest consolation is that even if we have forgotten Him, God has not forgotten us. He is pervading us from the toes to the top of the head. The sooner we go to Him and recognise Him, the better it is.

So, in conclusion, I wish to leave you in your hearts and homes with these lovely thoughts that have helped me in my spiritual flights of God-consciousness. That is, we have been in God in the past, we are in God in the present and in the future we are bound to be in God. Even if we have forgotten Him, we can never be away from Him. In this prayer hall, in your home, in your office and wherever you are, you are in God. When you are sleeping you are in God. Where is the moment when you are separate from God? Where is the moment when you are not in God? When once you really recognise and understand that there is never a moment of time when you are separate from God, what more initiation do you need? What more words you wish to know if you are seeking God and God alone, because He is waiting for your recognition and you are always in Him. So, the first stage I was in God in the past, in the present I am in God. There is never a moment when I am not in God. So you recognise your infinite Eternal One-ness.

In the second stage God is in you. The infinite God, the Universal God, the Omnipotent God, the Omniscient God is in you. The infinite is in all of us. What a great strength it is. What a great consolation, what a joy! The infinite is working in and through you, whether you are in the office or in the factory.

The third stage is beyond these and cannot be repeated with words. That is to be understood in silence in your prayer, in your meditation, because there Jeeva and Deva are not different. Jeevo Deva Sanathanaha.

Worship Him with 'Soham' bhava, with universal love. Worship Him with your supreme selflessness. "Thou art That". "Tat twam asi". So realising these three simple stages, God is in me, I am in God, God and I are not two but one, man becomes silent. Knowing that they melt in silence. Those who do not know that, keep on making noise like empty drums. So long as the bee has not tasted honey it makes a buzzing noise, but once it tastes the sweet nectar of honey, the personal experience within, then it becomes silent. May we taste that sweet experience. May we ever be centered in that. May our ideal always be to live in God and to feel His presence and help others to feel

His presence. It has been said 'Heaven is there where two people love each other'. So my friends, the essence of my message, my request to you all is, as I have told you in the beginning, my aspiration is, wherever I go, I desire to help and serve you. By serving you, I am serving God. What makes me sad is only when I waste these precious words without letting them enter into your hearts and making you happy.

I want you all to feel the presence of God. I want you all to help me, in whatever way you can, by not forgetting God, but by feeling the presence of God, not somewhere in the distant sky but Now and Here in yourself. He is throbbing in your hearts and sparkling in your eyes. When you play, He is playing with you. When you sing, He is singing with you.

God and you are not two but one, in direct relation, a simple relation, to realise which you need not run away from your homes to the jungles. He can be felt and experienced Now and Here in your hearts. My heart longs to share and share everything which I have, with you. I feel you are no strangers to me. I feel you all belong to me because all of us come from God, live in God and go to God.

In memory of our visit to your lovely home, I request you all to be reborn again, to take new births. As Brother Narayanaswamy has said, the past is dead and gone. Let us be reborn and live in God and work in Him, now and always ceaselessly.

Aum! Aum! Aum!

EXPERINCING THE PRESENCE OF GOD

(Message by Swami Omkarji Maharaj on 23rd November 1959 at 6 Hastings Square, New Delhi.)

After prayers by members of the Santi Ashram invoking the name of the Lord, the gathering repeated the well known Peace Prayer designed by the Swamiji.

Swamiji began his message by saying that, to feel the presence of God here and now, should be the burning desire of each and everyone. It is indeed easier than the easiest- easier than the act of blinking the eyelids, or plucking a flower petal, if the devotee is seized with a passion to face God, but to one who adopts an academic approach, it is more difficult than the most difficult. Swamiji's Peace Prayer is free from any pretensions or high sounding phraseology, devoid of tongue-twisters, simple to comprehend and epitomises all that is noble and sublime. No one, no matter what one's spiritual level may be, will find peace and solace if he takes the trouble of getting the peace prayer by heart and chanting it as often as possible. What is needed is not a mechanical parrot-like repetition, but trying to chant the holy prayer with full knowledge of what is being uttered.

There is no use loading the audience, continued the Swamiji, with learned discourses on the scriptures, however grand and inspiring they may be. If mere lectures were sufficient to transport one into the realms of spirituality, almost everyone in India should have been a saint. Swamiji declared that the emphasis should be on actual practice of God and not indulging in theorisation. Half an ounce of practice is superior to tons of theory. We should beware of the dangers of mental indigestion, caused by excessive book learning or hearing learned lectures without due assimilation. It is in fact dangerous to manure a field profusely unless we can irrigate it too. Begin to love everyone and see Him in everyone, and well, you are on the right path. If you keep at it, progress is bound to be automatic.

Swamiji unfolded a three-point mandate. Firstly he said, " Do not completely rely on anyone". No matter how great the preceptor, remember you yourself make or mar yourself. One can only guide and help but the main task of uplifting one's self is one's own direct responsibility and obligation. The second rule is "Love your fellow beings and wipe out hatred and repulsion from your mind. Out of love flows tolerance and tolerance begets peace and tranquillity". The third rule is "never allow a sense of

complacency to hamper your spiritual progress". It is dangerous to procrastinate and try to convince yourself that you can think all that about God at an advanced age. The right moment is Now and not tomorrow, for tomorrow may never come. Even children should be encouraged to sing the praises of the Lord and even a mechanical repetition of the magic name will have its inevitable beneficial effects.

To plead lack of time for prayers is the flimsiest excuse. The other day Swamiji witnessed a startling phenomenon and he learnt a valuable lesson. This was from none other than a very humble member of the Shivananda ashram, who was scrubbing and washing the floor with his hands, but devoted her tongue to the chanting of the hymn, "Hare Rama Hare Rama Rama Rama Hare Hare, Hare Krishna Hare Krishna Krishna Krishna Hare Hare". Here was a wonderful lesson in practical life and there is no reason why everyone should not benefit by it. Devotion grows by each repetition of the sacred name and keeps the mind from wandering in unfruitful if not dangerous labyrinths of worldly temptations. What counts in the ultimate analysis is the extent of our sincerity and the degree of practical application of theories or principles that we hear or read or otherwise learn. To illustrate the point he narrated the anecdote of how, once three dolls, all apparently alike, were produced in a king's court for valuation. Everyone was intrigued because there was nothing to distinguish one from the other as they were so much alike. A wise minister however examined them for a minute and declared that the first was worth not even a broken cowry; the second was worth a hundred coins, but the third was simply invaluable. When pressed for an elucidation, the minister declared that the first doll had two holes by way of the ears and what entered through one did pass away through the other and so it was useless. The second doll immediately frittered away whatever it heard as it indulged in speaking it out. The third doll on the other hand retained everything it heard. Every human being should endeavour to emulate the third doll.

Reverting back to the theme of love-- in its sublime—a practical way of spiritualism was to endeavour to see the absolute through the objects of our love. There was once a mother who approached a yogi with a complaint that she found that her mind was full of love for her small son, which obstructed her from thinking of the Lord. The yogi gently advised her that there was one thing she could do and that was to endeavour to see the Lord himself in all the services she rendered to the child. From that day onwards in all the simple motherly acts, she began to imagine that she was serving the Lord himself and thus she attained the liberation of her soul and found eternal peace.

It was worth remembering that wherever the Lord's name was repeated, the Lord Himself was directly manifested there. There is a picture of Surdas singing in devotional ecstasy and who were his audience? Lord Krishna Himself. This is very symbolic indeed and moves the Swamiji profoundly.

Finally the various religions, sects and so on were only so many ways of trying to reach the Lord and it is quite futile to argue about them. The Lord and the Lord alone is the TRUTH and all else is mere husk. Irrespective of caste, colour, creed or race, the Peace Prayer is the answer which fosters a broad and universal outlook. Hate none that follows his own method. Love, love and love. Love your fellowmen and through them, Love God, concluded Swamiji.

The value of chanting the magic word 'OM' was generally not so very well understood. The Swamiji Himself gave a practical demonstration in which the devotees whole heartedly joined.

Om Shanti! Shanti! Shanti!

ACHIVE INNER PROGRESS BY WEEDING OUT

(August 25, 1969)

Smt. Kasturi Devi has just given a Thyagaraja song. No doubt you have all enjoyed and appreciated the sweet melody, the music and the great thought underlying the beautiful words. It is one thing to just hear things and quite another to let them seep into you and effect an inner change in your life. I feel sure so many among us have been momentarily transported to a region of ecstasy. Would that some of us could make that moment perpetual, when the experience of the Adorable Presence could become permanent!

Suddenly I noticed that a devotee was sitting too near in front of my feet. Why should it give a feeling that it should not be so? I am reminded of a saint, who praying before the holy Siva Lingam fell asleep with his feet resting on the lingam. When the pujaris noticed this affront to the Diety, they felt very much annoyed, and one caught hold of his feet and dragged them to another side. But their surprise was great when they saw the lingam also move in the same direction. Wherever the saint's feet were moved the lingam was there invariably. He indeed knows little who thinks that Siva is confined to the lingam alone.

I am often looking at the moon. In all its silvern glory I feel I see OM writ large on the moon. I have no doubt others also see OM there. People are now going to the moon. Not only that, they are planning to construct quite a few thousand houses there for immigrants to live in. Some people seem to be so anxious to go to the moon. If anyone asked me I would not like to go there, as there is no place in the universe where I am not already there. Going and coming have no meaning. Have they?

These days I am employing my spare hours in having the land cleaned up. The school children are working with me. Due to the rains the paths are overgrown with weeds, which have to be removed. This work of weeding keeps us so busy and the results are palpably tangible. But there may be so many weeds grown within us, enough to block all inner progress. How much more important it is to concentrate on this weeding out in our spiritual paths? How I wish we could, each of us, attend to this individually! And how much better results would be achieved!

In the midst of all the physical activity with which I am surrounded, I lay the soothing unction. I do all this, not for my personal good, but that adds special zest to the work. Is not the saying proved "LOKAH SAMASTAH SUKHI NO BHAVANTU"

EXPERIENCING ONENESS BY DIVINE CHANTING

(April 5, 1968)

Let us be thankful to God for another day of life He has granted us.

This morning we had some distinguished guests including the Collector, the S.P. and the R.D.O of the district. I asked them as to what I could do for them jointly or individually, as I consider that service of man is service of God, and I am ever anxious to be able to do something for all- whatever little I humbly can. The collector made a very touching reference to the grafting of a bone from my body to save a little girl's life. As public servants it was their duty to find out if there was anything requiring their attention. I indicated the difficulties the ashram was facing on account of the ashram bus service having been reduced to 50%. I made it clear that it was never my intention to seek any exemption from any penalty dictated by law for any breach committed by the contractors. It was certainly desirable to have the service restored to avoid inconvenience to visitors and passengers. He very kindly agreed to have the matter looked into early.

On this preliminary visit to the ashram he had planned to return immediately after seeing things. But now, after seeing the ashram, he found it difficult to leave. As for my bones I humbly pointed out that it was his extra generosity that prompted him to mention the little bone-grafting case. There were so many bones in my body yet and I am still ready as before, to offer them for the benefit of anybody who needed them. How good it would be if I could be of some further use to someone. Any fool can live purely for himself. To live for others is the highest joy and happiness.

After discussing the details of the proposed visit of the Vice President of India, the prasadam was distributed after the prayer. It touched my heart especially when the collector asked for holy prasadam for his family also, to convey the blessings as they had missed the opportunity of the visit. I was reminded of our visit to north India and how I went to visit Shri V.V. Giri at Lucknow when he was the Governor of U.P. As I entered the room I gave a copy of the Peace Prayer to the peon at the door and he started reading it. I gave a copy to the Governor also who kept it for perusal at leisure. But when we were leaving, the peon was still engrossed in memorising the prayer.

Towards the sunset I strolled towards Kailash. From the Christ statue I moved on to Rama's statue and sat with my hands on Rama's feet. There came Swami Parabrahmananda who recited some of his newest poems of great devotion. Then we started chanting Ramanaamamu-Ram Ram Ram. By their looks and quiet demeanour, the 'Ramies' also seemed to be chanting Ramanaam. From somewhere near the well, far away, perhaps Jogaya, the workman was also repeating the chant. As the moon came out, the chant seemed to be emanating from the moon and the stars also. The trees, the plants, the leaves, the stones, the hills, all seemed to be repeating the chant. Even the night seemed to have joined the rhythmic chant. The whole firmament appeared to be reverberating with the symphony of the chant of Ramanaam. Was not the whole nature taking a part in the chant? The oneness of life was unmistakably demonstrated. What a trance! What an ecstasy. Dame nature throbbing as one to the beat of the All-pervading, Immanent and Transcendental Presence.

May God bless all of you with the joy of such a sublime bliss.

ASSIMILATING GOD'S OMNIPRESENCE

(Delivered in the Peace Convocation on 29th December 1946 in Sri Santi Ashram Thotapalli Hills)

It was Lord Christ who said that He is present where two or three are gathered in His name. It was Sri Krishna who said , where His name is repeated, there He exists. Several men of realisation have voiced the same Truth, in similar ways.

Now I take joy in proclaiming, whether we gather in His name or not, whether we repeat His name or not, God is present Here, for He is Omnipresent. Because He is Omnipresent He is not only here but everywhere.

What a great joy and strength it gives now, to know that the God for whom we have been seeking in temples and churches, in Masters and Gurus, in Vedas and Quorans, is no longer in the sky or clouds, or in the far- away heaven or even aloof, but right here in the stillness of our purified hearts. Nay, He is even in the impure and selfish hearts, but only hidden and dormant. The sun shines both , on a black piece of charcoal and on a bright piece of looking- glass. But what a vast difference in its reflection.

It is proved by everyone, beyond all question, that God exists, everywhere and in everyone, whether ignored or worshipped, for He is Omnipresent. What we need to know now is , how far and to what degree He is reflecting in us.

Let us introspect our lives merging within and know whether our hearts are like black charcoals or bright mirrors. If they are like charcoals in a dark and selfish state, they do not reflect even an iota or degree of brightness.

It was Swami Rama who said that if he were to be asked to give out the essence of the whole religion, he would unflinchingly say , in one word---SELF- RELIANCE. I too long to give out the essence of not only one religion but of all the religions, in one word -PEACE, for it is the Soul of man and the goal of human birth- the very existence.

PEACE- What a sweet word. What is life without Peace?

Shantamuleka saukhyamu ledhu . Without Peace there is no happiness. Without happiness there is no peace. An unhappy man is miserable and he can never be peaceful. A peaceful man is always happy and nothing disturbs him.

What other message is more sweet or helpful and strengthening than the life-giving and soul- awakening message of Peace? The way to be peaceful is to make others peaceful, and the way to be happy is to make someone else happy, by sharing what we have, physically, mentally and spiritually.

Peace is man's birthright. It is our life. It is our soul. It is our goal. It is our all-in-all. Where is Peace now, is our question. Peace is where God is. Then; where is God is our next question. God is where self is absent, where the ego is annihilated and where selfishness is completely destroyed.

Hence, the kingdom of Heaven-- The Peace that passeth all understanding, belongs only to those pure, rare and blessed souls, who have mastered the ego, the little self in them and unto none else. Again, let us merge within and introspect sincerely and closely, whether the self is dead or prominent in us.

If the self is prominent, one's life is full of misery, agony, suffering and a ceaseless struggle, full of disappointments. If the self is absent, the life is full of Peace, Poise, Power, Life, Light and Love.

SELFISHNESS IS BONDAGE

SELFLESSNESS IS FREEDOM

When individuals are suffering with the fever of possessions and the communities with the disease of division and the nations with the malady of aggressiveness, what other message is more essential and important than the sweet message of PEACE, to establish Peace in the heart of the individual, harmony and understanding between the communities and goodwill among nations.

As we repeat the very word Peace, let us feel Peace, both within and without. Let us recognise it in ourselves as well as in others. Let us assert it in all our tests and trials. Let us face it even in the face of ridicule and opposition. Let Peace flow in our veins and arteries. Let us manifest Peace in our deeds- for Peace is the crown of life and the Summit of existence.

Friends, I do not wish to make my message longer by too many words. One word is enough for the aspiring and wise soul. Here is that word. It is PEACE WHICH IS YOUR OWN BIRTHRIGHT and which is inseparably, eternally and indivisibly One with all of you. It is here sparkling in your eyes, throbbing in your very hearts and flowing in your very breath, nay pervading and permeating the very cells of your being.

On this message day I long to share with you a helpful exercise, a most practical sadhan – to realise Peace, in your very lives- the simple but most powerful and potential exercise.

INHALE PEACE

EXHALE PEACE

INHALE AND EXHALE PEACE, THY BIRTHRIGHT.

This exercise is not meant for mere repetition of the above words but for a practical demonstration in one's life, with each and every breath.

Now, let us close our eyes and concentrate on our breath. Let us watch the inhalation. Let us feel peace in every inhalation and exhalation also. You are inhaling Peace and also exhaling Peace. It is Peace in each and every breath. It is Peace within and Peace without and everywhere, for your breath is not separate from the breath of others. Verily there is one breath alone.

Just follow the breath. Let the Individual breath lead to the Universal breath. Let the Individual Peace lead to the Universal Peace.

Let us close our eyes and meditate now, following the simple breath which eventually leads us into BREATHLESSNESS- The Peace that passeth all understanding- the Universal Peace- the Infinite and Eternal Peace. As we are filled, surrounded and saturated with Peace Profound, may we ever abide in it. This is the prayer of your own brother. OMKAR.

AUM ! AUM ! AUM!

OUR ONENESS WITH THE ALMIGHTY

(Message given on 29 october 1953 in Santi Ashram, Totapalli Hills)

If there is anything deplorable in this world, especially in the lives of spiritual people and devotees, it is only to forget God in the name of God. As an illustration, to make my point clear, where are we all now residing. In the first place we are in an ashram, Santi Ashram, which is dedicated to the service of God. We are again blessed now to be in the Prayer Hall. We have gathered here to worship God and to feel His presence. But how many of us are feeling the Presence is the question now. Are our minds here alongwith the bodies. Are we pining for God? Is there the burning desire for God -realisation.

It has been said, one word is enough for the wise. If there is burning desire for God realisation even that one word is not necessary, for such a soul who is blessed with burning desire for God, is already living in God's Omnipresence.

Wherever he is, he is in God. It does not make any difference whether we are in a temple or workshop when once we realise and understand even the simple single word OMNIPRESENCE. Because God is Omnipresent, we are all sitting in Him now, nay we are filled, pervaded and permeated by His Presence. When Sun is shining on us we cannot escape from His light, even if we close our eyes, the rays of the Sun are falling on us. How can the fish in the ocean escape from the limitless water?

Similarly, even if we do not want God, we are filled and surrounded by Him, we sleep in Him, we wake up and work in Him. There is never a moment of time when we are separate or away or aloof from Him.

May we all abide in this eternal and indivisible unity with the Indwelling light of our hearts. This is the prayer of your own brother OMKAR.

OM! OM! OM!

Dedicated and offered to Sri Rampadarthlalji

wishing Health, Peace and Long life.

With His richest blessings

Hari! OM! Tat! Sat! OM!

Sri Santi Ashram , Totapalli Hills. 29/10/1953

PURE HEART—THE SEAT OF GOD

(A Message to the ALL-INDIA DIVINE LIFE CONFERENCE.

RAJAHMUNDRI)

Blessed is the man who is pining for the Divine Life, no longer running after the finite human life! Finite life leads towards darkness and degeneration and Divine Life towards Light and Regeneration. In Divine Life a man is reborn with Life Eternal, Light Infinite and Love Universal. He is saturated with Illumination.

Whereas in the finite life of senses, man is practically dead to the higher world of Life, Light and Love. Alas, often man seeks for a message from outside, rather than going to the source within from where spring all the Divine Messages.

THE KINGDOM OF HEAVEN IS WITHIN!

The seat of God is the purified heart of man.

Blessed are they who are pure in heart and who seek the Highest, in the stillness of the sacred sanctuary of their own dedicated hearts in all Silence! Verily, body is the temple of God. The ONE , who is abiding in the body—the sacred shrine is no other than He.

JEEVO DEVA SANATANAH:

The individual alone has been always the Eternal. But so long as he identifies himself with the body and thinks that he is only a bundle of flesh and bones, he looks for help from outside and runs everywhere like a Musk Deer restlessly, neglecting the Musk within. The inevitable result is death in ignorance. Whereas the man of Divine Life seeks the Light, not outside, in outer forms and names, but within, in the Waveless Silence of his own heart.

It gives me joy to repeat the sublime thoughts of H.H.Sri Swami Sivanandaji Maharaj, the Founder-President of the Divine Life Society, on SILENCE. In memory of this happy conference, let us enter into Silence, even for a moment to taste our Divine Heritage- the Peace that passeth all understanding, for SILENCE IS PEACE.

Silence is Peace;

Silence is Brahman or the Absolute.

Ayam Atma Shanto—

This Atma is Silence.

Behind all noises and sounds

Is Silence—thy innermost Soul.

Silence is thy real name.

Silence strengthens thought-power

Silence is intuitive experience.

Silence helps the intuitional Self,

To express itself.

To go into Silence is to become God.

Enter into Silence

And become one with the Supreme Soul.

May the All-India Divine Life Conference be a blessing to all the seekers of peace,
helping them to be in tune with the Divine, NOW and ALWAYS!

This is the prayer of your brother Omkar.

OM! OM! OM!

Sri Kailash Ashram,

28/12/1952.

SRI SANTI NILAYAM

(Words of Welcome offered on the Happy Day of Spring
The first seeds for the Institute Of India Studies)

This is a Happy Day, because of the fulfilment of one of my ardent wishes. As every bud is bound to bloom, whether it is today or tomorrow, so also every selfless desire is bound to be fulfilled sooner or later.

I offer my homage to all the Universal Souls in the East and the West whose hearts beat though not for themselves, but for the Happiness, Peace and Welfare of all the humanity. Anything Universal always draws and captivates my heart. It is in the Spirit UNIVERSAL that man no longer recognises the differences of castes, creeds, colours and nationalities. It is in the Spirit of Universality that man recognises the sweet face of God, in every face, may everyone and everything become a manifestation of God.

I take joy in offering my homage to all the Universal Souls who are privileged to gather here on this Happy Day- especially to Mother Jagadamba who has been a silent friend and well-wisher not only of Shanti Ashram but also of India, creating feeling of Harmony and Understanding between East and West.

My thanks are also due to Sri. K.V. Gopalswamy Registrar of the Andhra University, who has kindly presided on this happy day, bringing University nearer to the cause of Peace. May God bless our K. Satchidananda Murthy the deep thinker and profound philosopher, who is the life and soul of the proposed Institute of India Studies, with Peace and Long life to continue his silent service to the world of Spiritual Renaissance.

My heart longs to offer its homage to each and everyone of you, the known and unknown to all the friends and well-wishers of the Ashram- the living Images of the ONE INDIVISIBLE God, for the joy you have given us in taking part on this happy day. My words of welcome will not be complete unless I offer my thanks to Br. G. K Ramana for kindly offering the valuable property wishing the progress of the Sri Santi Ashram, in

memory of his late lamented wife. May God's Richest Blessings be upon him and on all of you, above all on our Mother Jagadamba, who is now amidst us, bringing America nearer to the heart of India!

Let us now repeat the PEACE CHANT establishing Peace first in our hearts and then wishing the Peace of all, all over the world.

May there be Peace in Heaven

Peace in the sky

Peace across the water

May there be Peace on Earth

May Peace flow from the Herbs, Plants and Trees.

May all the celestial beings radiate Peace

May Peace pervade all Quarters.

May Peace be unto all!

OM SHANTI ! SHANTI! SHANTI!

Hari Om Tat Sat Om!

Sri Kailash

26/8/1952

ONENESS OF SOHAM AND GOD

WORDS OF WELCOME

(Peace Meeting -8th June 1952—Visakhapatnam)

Since the last one year, it has been my privilege to welcome you all with God's Omnipresence, Who is Omnipotent and Omniscient, on the first Sunday of every month in these Peace Meetings.

It is with great Joy I extend my Hearty Welcome to the Devoted President and Learned Speaker and to all of you , my old and new Sisters and Brothers—the friends and well-wishers of Sri Santi Ashram and the Cause of Peace. Everytime we have been gathering here, I have been sending one of the helpful, spiritual Mottos that adorn the wall of Sri Kailash Ashram.

Today I am happy to send you , one of the most helpful and practical, nay highly spiritual Motto Signs, which has been dear and near to my heart, to share it with all of you, as it helps you in your daily practical lives. Here it is:

SOHAM LEADS TO FREEDOM

SOHAM GIVES FREEDOM

FOLLOW SOHAM

My friends, SOHAM and GOD are not two but one. It is inseparably one with you for it is the Life of your Life and Soul of your Soul. Please stop for a moment from imagination. Ponder over for a little while. Draw your senses inward and Merge into your Self within.

Behold! In your very breath, there is SOHAM, for God is the breath of your breath. INHALE AND EXHALE PEACE WITH EACH AND EVERY BREATH. That which is inhaling and exhaling within me, is not different from what is inhaling and exhaling in

you, nay in all the people of East and West. Verily Soham is One. It is one without a second. It is the Big Breath, the Universal Breath.

My welcome words of Soham will be incomplete without sharing with you that beautiful sloka from Uttara Gita, which contains the Soul of Soham.

Please memorise it as it helps you in your very repetition.

Deho Devalayaprokhto,

Jivo Deva Sanathanah,

Tyaje dagnyana nirmalyam,

Soham Bhavena Pujayeth.

This body is the temple of God. JIVA the individual self has been always the BRAHMAN the eternal. Renouncing the ignorance of separation from the Reality, worship Him with SOHAM consciousness.

So my friends , let us worship God no longer with words, no longer with mind but with our very breath, with each and every breath-SOHAM, which leads us in a most natural way finally leading to the realisation of the goal of this precious human birth, namely God-Consciousness, if we could only follow SOHAM, faithfully, sincerely nay ceaselessly.

Now let us proceed with the proceedings of our Peace meeting recognising His Sweet Face from the President in the chair to the Door Boy of the Town Hall.

May God bless you all with Profound Peace Now and Here. This is the prayer of your brother Omkar.

OM! OM! OM!

Sri Kailash Ashram

1/6/1952.

SEEKING HIS CEASELESS PRESENCE FOR PEACE

(Fifth All India Sai Devotees' Convention

Dharwar 1951)

MESSAGE

Sri Narasimha Swamiji, the president and the founder and the Life and the Soul of Sri Sai All India Samaj was kind enough in requesting me to send a message for the Fifth All India Sai Devotees' Convention. Hence, I owe this message to Sri Narasimha Swamiji and to the blessings of Sri Sai Baba. Since receiving the letter, for a message, I tried to feel Sri Sai Baba's Presence both within and without more than ever. In fact, I offered my prayers to Sri Sai Baba to condescend to give a helpful message, through this instrument. If there is anything helpful in this message, the merit goes to Sri Sai Baba's blessings.

To me the most outstanding feature of Sri Sai Baba's Life and Message is his Universality—his infinite love, for the people of all castes, creeds, colours and nations. Unto Sai Baba, Muslims and Hindus, Christians or Buddhists, all the people in the world are the children of the same God. Sooner or later, it is such a broad and unlimited VISION OF UNIVERSALITY that brings PEACE ON EARTH and GOODWILL AMONG NATIONS—for all are the children of the one creator.

VERILY, HATH NOT ONE GOD CREATED ALL OF US?

DO WE NOT ALL HAVE ONE FATHER?

As for Sri Baba's Miracles, I wish now to invoke his blessings in demonstrating one of his living miracles by making us all to feel God's interpenetrating Presence, not only now and then but always, unceasingly. By His blessings I had the blessed privilege of having silent moments of Blessedness and Peace, but now in memory of this sacred convention with the prayers and sympathy of all of you, the chosen children of SRI SAI BABA, it is my earnest wish to make my moments of Communion with the infinite, continuous, everlasting and eternal.

In the Splendour of millions of Suns, I do not wish to forget its Self-effulgence even for a millioneth fraction of a second.

This seems to be a selfish wish but this is for your good, for my good and for the good of all, to cling to the Presence of Light of Lights from eternity to eternity, for he alone who has seen the Vision Universal can lead others towards the Transcendental Heights of Glory.

I am not praying to Sri Sai Baba to grant me Wealth or Health, or to give me the means to construct Hospitals and Schools, neither am I asking for Name or Fame, but all that I desire not only for myself but also for all of you and for the whole of humanity is the CEASELESS AWARENESS of God's interpenetrating Presence Now and Here and for ever.

WHAT IS THAT BY KNOWING WHICH EVERTHING IS KNOWN?

FIRST, SEEK YE THE KINGDOM OF HEAVEN AND HIS RIGHTEOUSNESS AND ALL THESE THINGS SHALL BE ADDED UNTO YOU.

My friends, as you are all blessed to be the chosen disciples, followers and admirers of the great saint SRI SAI BABA, please offer your prayers, to help me realise my highest aspiration for the Peace of all, for verily it is the individual Peace that paves the way to Universal Peace. Hence let us first establish Peace in our hearts, where Sri Sai Baba is waiting our recognition in stillness.

May I take this opportunity of inviting you all, to visit Sri Santi Ashram -the Abode of Peace, which belongs to all the Sri Sai devotees, for it is the common property of all seekers of Truth in the East and the West. A Hearty Welcome awaits you all in Santi Ashram as well as in Kailas, the Abode of Silence.

May the Universal Spirit of Sri Sai Baba, pervade and permeate the very cells of our beings and may our lives continue to be a blessing to His children everywhere, spreading Life, Light and Love, now and always. This is the prayer of your brother Omkar.

Sri Kailas Ashram

OM! OM! OM!

PRAGMATISM IN SPIRITUAL SADHANA

THE DARSHAN

(Delivered in the PEACE CONVOCATION, on 28th December 1946 in Sri Santi Ashram, Totapalli Hills)

Dear Friends, you are welcome not only into the Totapalli Hills and into our Abode of Peace—Sri Santi Ashram, but also into our loving hearts where the perpetual Light—the light that never goes out is awaiting your touch and recognition, with ever open outstretched arms.

This is supposed to be the Darshan Day —Darshan only is to be given, and not a word to be spoken, but so long as life remains in the body and so long as I can speak a few helpful words that are useful to you, I love to speak and serve you all defying all conventions. I am one of those who long to defy and ignore any blind custom, even though it is respected and encouraged by the big people in the world , especially when it is meaningless and a mere waste of time.

Whatever may be the object of all the friends that have taken the trouble of coming here, whether their hearts are pining for God or restless for the mundane things, I long to see today more than ever, all their hearts dedicated to God and ever be filled with His Light, Life and Love.

With all respect to the deep devotion of the devotees, it hurts me to see people—the living images of God, kneeling and prostrating at the feet of others instead of remaining silent, recognising God within. I repeat always, the real Namaskaram is to be in tune with the Infinite and to be aware of God's Presence within and without. But alas! How difficult it is to be in tune with the Infinite eternally and how easy and comfortable to fall at the feet of others, for a moment! What do we see man, choosing generally? As you know he chooses often the most easy, pleasant and tempting thing to do, instead of real, though hard and difficult task. We are familiar with the people who flatter and praise prostrating in the front, but criticize and stab in the back, but the results are inevitable, be they good or bad, according to the seeds that one sows.

My heart goes out in pity for the people who are after the Darshan and I feel sad when I see them satisfied with the outer Darshan—the outside form of others, instead of with the real Darshan of the HIGHEST, within themselves in the stillness of their own purified and selfless hearts.

Dear Friends, if you wish to make the best use of this day, if you do not wish to be sad over the needless expense, waste of time and all the trouble you have taken in coming here, please go to your respective kuteerams or seek a silent spot in solitude and introspect your lives and see how you are spending your precious time both day and night and make retreat from Pravritti to Nivritti—from the outer to the inner, from the form to the Formlessness, from mortal to the Immortal and from the unreal and changing to the Real and the Changeless.

The time for the Darshan, for the vision of God is Now and the place for the Darshan is only HERE, in silence and solitude. If you cannot realize Him in silence and peace here, how can you realize Him in bustle and hustle? Pray, do not leave the ashram, until you are blessed with the darshan of God within. Make best use of your precious time, especially during your stay here, for anything lost can be gained again, but not the priceless time lost.

Once again I take joy in repeating that the real namaskaram, the true prostration is only to be perpetually aware of the Indwelling and the Interpenetrating Presence Now and Here. True Darshan is the Light of lights, the Sun of suns within, not at some other uncertain future, but right now and here, within yourselves.

Let the ray make a retreat and project no longer without, but within, towards the Sun, the Light of the world. Let the restless, struggling wave, merge in the restful ocean. Let man recognize now, his Divine Birthright, the Darshan of Light of lights, within himself in the stillness of his dedicated heart of LOVE.

Let the DARSHAN DAY, be the Day of Illumination—the Darshan Day of Millions of Suns Splendour, to all of you, to all the seekers of Peace in East and West, nay to all the aspiring souls in all the regions in the whole world and even to me as well. This is the prayer of your own brother Swami Omkar

Now let us sing the Song of Rejoicing.

Today is the day of rejoicing

Today we are very happy.

Our anxieties have departed,

Since we have met God.

Today , spring is in our hearts.

MAY PEACE BE UNTO ALL.

OM! OM! OM! AMEN.

28TH December 1946.

Totapalli Hills.

5 a.m.

AUM

RIGHT UNDERSTANDING OF UNITY

PERSONAL LETTER

(A Message dealing on the UNITY OF RELIGIONS. Contributed for the Meeting on 7-8-1949, held at Peddapuram.)

My friends, my apology for disappointing you, especially our Sub Judge, the old and new Tahsildars, the Chairman and above all the devotees who have come from long distances and all the devoted audience of this evening.

Although my Soul is unwilling to come to receive the PURSE, it is longing to come to you, at your own convenience to share with all of you, the Message of PEACE AND LOVE. So please fix the day, any day that is near or far which is convenient for all of you, and I will surely come to have the privilege of serving you all.

Br. Raju who is more worthy than myself—the life and soul of Santi Ashram is coming to you now, this evening to receive the Purse, that you have all, so generously offered for the cause of Peace. Our Prof. Naidu of All-India fame and the Acharya of our Santi Gurukula, will represent the Ashram. Sri Acharya garu, our ashram musician and our gurukula boys are also coming to serve you all.

My friends, as you commence the meeting my spirit will be with you, wishing the welfare of all of you, although the body is in the far away Waltair Ashram.

I was requested by our Sub-Judge to speak about the ashram work. It is not for me to speak of what has been done through this instrument. The Ashram itself will speak to you, hence an early visit is requested, by all of you.

The Telugu message "kobbarikaya naaku ivvabadaledu," represents the tests and trials of the Ashram and the Message "Lakshmi Devi valachuna?" portrays my present state of mind. Hard and unpalatable as they may sound to some ears, the messages represent, the struggles of the ashram and the blessed state of the soul who rises above want of every kind. Blessed is the man whose mind turns from Mammon to God!

I was also requested to speak on the UNITY OF RELIGIONS by the Conveners of the meeting.

ADM UNIVERSAL LOVE IS SERVING GOD MESSAGE

(Delivered on the SOCIAL WELFARE DAY on the 24 April 1949 in the Municipal Council Hall, VISAKHAPATNAM)

Dear Friends: Greetings of Peace and Love from the Abode of Peace and Service.

SRI SANTI ASHRAM—the Mission of Peace belongs to you for it is the common property of all seekers of Peace and followers of Truth in every religion and nation. It was started with all-embracing ideals and based on the central principle, the universal truth that: THE WORLD IS OUR HOME AND ALL PEOPLE IN IT ARE OUR SISTERS AND BROTHERS AND TO LOVE, SERVE AND HELP THEM IS OUR RELIGION.

I am one of those who believe that not a blade of grass moves until it is the will of God. It is because of His will and blessings we are privileged to do a little service among the sick and the poor, more for the consolation of our souls and to justify our existence as human beings, as these human forms were given to us only for the sake of service, more so as we are supposed to be the Images of God.

If any credit or appreciation is to be given to our tiny work, it goes to the Almighty—Who is the cause and source of all our humble efforts. It is sheer ignorance to say that we have done this and that, and that we are going to perform some miracles in the dim, uncertain future. What have we done? What can we do? We can do nothing, for we cannot even move a blade of grass, unless it is God's will, so all Glory belongs to Him alone! Only a visit will give you an idea of what Santi Ashram is doing for the good of man, to unite man with man, religion with religion, and nation with nation, for the world is One Home—Our Home. The LOVE that excludes none but includes all is our Heritage. Verily, where Love is, there is GOD.

PEACE—the pearl of Great Price, that which cannot be bought in the market for any amount of wealth is the soul and goal of Santi Ashram—the Mission of Peace. The Ashram is waiting to offer you the same, nay to offer you the Imperishable wealth of PEACE. We talk and talk of our big achievements, because we do not know what God is and what selfless work is! A selfish man is busy day and night running after the fleeting clouds of name and fame. The selfless man is silent. There is nothing to talk in words but only to do in deeds, forgetting the little self and leaving the results entirely to God.

Suppose my subject will be the UNITY OF THE WAVES in the ocean, or the UNITY OF THE RAYS in the Sun, or the UNITY OF THE SAND PARTICLES in the Mother Earth. Are not all the WAVES one in the OCEAN? Are not all the RAYS one in the SUN? Are not all ATOMS one in the Mother Earth?

Then what about the UNITY OF RELIGIONS? Only little children find diversity in Religions. There may be differences in non-essentials but never in Essentials. The Essentials—the Source of all Religions, are One and the Same.

To see the Unity of Waves please come once to our Rishi Konda beach and see the Ocean. To know the Unity of Rays lift your heads and behold the effulgent Sun. To understand the Unity of atoms, become one with the Mother Earth.

Similarly, to realise the Unity of Religions, give up discussions, throw overboard all the books, forget the lectures, discourses, spiritual classes etc, and try to feel God's Presence in the stillness of your purified hearts. Behold! He is here-Now-with you in you and all around you.

What else is there to be said in these finite words! One word is enough for the wise. It is the PERSONAL EXPERIENCE that gives you the blessed vision and makes you to realize that God is One, Religion is One and we are all One.

May we ever abide in this Indivisible oneness of God, INHALING and EXHALING PEACE, which is our Birthright and thus let our lives be a blessing but never a burden to Mother Earth.

Once again with my apology for my absence physically and thanking you all!

May God bless you all!

May Peace be unto all!

OM! OM! OM!

My friends, in serving man, we are serving God, for He is not in the sky or in the Heaven but in all of you, sparkling in your very eyes and throbbing in your devoted hearts. Thus in loving you, we are loving God. LOVE YE EACH OTHER AS I HAVE LOVED YE, is one of the great commandments of the Master who worked, lived, breathed and died, setting an example for all the selfless workers in the vineyard of the world.

He who cannot love his neighbour, can never love the Eternal, the Infinite and the Invisible God. How true are the words that HE WHO HATES IS AN ASSASIN. He who has grudge or bitterness or feelings of separation or even caste or race superiority over his fellow man does not deserve to be called a human being, much less the Image of God. HENCE LOVE OF MAN IS LOVE OF GOD, and service in itself is the highest reward.

Friends, may I extend to all of you a hearty welcome to the Abode of Peace—the common property of all seekers of Peace, to come and taste the PEACE that passeth all understanding which is the Goal and Soul of human birth and thus give us the privilege and consolation of serving you all!

May God's richest blessings be upon the GUILD OF SERVICE and may it continue to be a blessing to the world of suffering and may you all feel God's Interpenetrating Presence Now and always and thus help us to establish PEACE ON EARTH AND GOODWILL AMONG NATIONS. This is the prayer of your own brother Swami Omkar.

MAY PEACE BE UNTO ALL!

PEACE! PEACE! PEACE!

OM! OM! OM!

TOWARDS THE GOAL OF HUMAN BIRTH

(A MESSAGE TO THE STUDENTS OF B.K. HOSTEL, HYDERABAD)

My Dear Loving Children. I love you all, because GOD IS LOVE and you are the children of God, the God of Immortality. It is strange at this early hour of dawn how I am trying to commune with you, from the Kailas Ashram! You are in the far Hyderabad and I am on the Heights of Mt. Kailas! Yet there is no distance in God and we are all One in Him as we are His Living Images.

There is nothing that you cannot accomplish when you know and feel that you are the children of God. This is your rocky foundation and spiritual basis. On this firm foundation you can begin your life of study and service. What message is near and dear and most precious to the Students, the Brahmacharis than the Message of Brahmacharya—purity in thought, word and deed!

Immortality belongs to the Brahmacharis, the celibates. The Kingdom of Heaven belongs to the Pure in Heart. Purity is the basis, goal and soul of our lives. A Brahmachari is the one who has Brahma Jnana-God Vision. God Vision comes through:

1. Celibacy—Brahmacharya
2. Spiritual Study—Swadhyaya
3. Self-surrender—Atma samarpan

My friends, without celibacy, your life is empty and hollow, without spiritual study, your studies, all your education is dry and life-less, without self-surrender or obedience your lives are a burden to Mother Earth.

A Brahmachari—a student should avoid all intoxicating and exciting foods. He should live far away from those who drink and smoke. He should never be visiting cinemas and plays that excite lower nature. A Brahmachari-student should not allow a day to pass by, without Spiritual Study of scriptures such as Gita, Upanishads or the works of Swami Vivekananda or Swami Rama Tirtha, "Imitations of Christ" etc. He should never read cheap magazines and loose Novels etc., Prayer in the morning and evening at least twice in a day is essential. Practicing SURYA NAMASKARAMS or ASANAS-Postures, is very helpful, to make the life, rich, healthy, happy and helpful to himself and others. Above all, a student should learn obedience, implicit obedience

towards his parents, elders and teachers. Where there is obedience, self-surrender and devotion to parents and teachers, there is Purity, Power, Poise and Peace.

As a blind man cannot lead the blind, for the sake of their children, the parents as well as the teachers should be Souls of God-realisation, setting an ideal example and leading their children God-ward, both by precept as well as by practice in their daily lives!

Practice, practice, practice is all that we need, NOW and HERE, FOR IF WE USE WHAT WE HAVE, WHAT WE HAVE WILL GROW. He is a wise student who knows the value of TIME remembering the wise Motto: HE WHO WASTES MOMENTS WASTES HIS WHOLE LIFE.

Dear Loving Students, Let this moment be the precious moment of your lives, the real turning point to lead you, from unreal to Real, from the mortal to the Immortal towards the Heights of Cosmic Flights, based on BRAHMACHARYA, SPIRITUAL STUDY and SELF SURRENDER and OBEDIENCE to the teacher, parents and God—is the prayer of your own brother, Swami Omkar

May peace be unto all!

OM! OM! OM!

Sri Kailas Ashram

7.8.1950

5A.M