

PETALS OF PEACE

SWAMI OMKAR



Compiled by
M. Bhimasen Rao

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“Peace shines from the temple of the pure heart
Peace is the crown for the structure of life
Hence, realise the Infinite Life of peace”

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1st Edition 1978

2nd Edition 1985

3rd Edition 10-6-2018

SRI SANTI ASHRAM

THE MISSION OF PEACE

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Printed by : Sri Varaha Lakshminarasimha swamy press-Rjy

Our Heart Felt Thanks

Sri Yuddha Prem Raj, South Africa donated for the printing of this book. May God bless him and his family members and also parama Pujya Swami Omkar Maharaj and Pujya Jnaneshwari Mathaji shower thier blessings on them.

-Ashram Managing committee

A WORD

Not withstanding the study of religious literature and adherence to a regular routine of some spiritual discipline, man occasionally falls a prey to the on slaught of *asura sampathi*—egoism, lust, anger, greed, infatuation, pride, jealousy and the like. This is due to lack of constant vigilance and diligence. One cannot go on meditating the whole day in this work-a-day world. One has to go into the world, mix with various kinds of people and deal with different types of business. In all these undertakings, unless the current of meditation is kept up, the sublime inner life does not come to manifest in the outer activities. One is likely to be deceived by the devil that lurks secretly within the bosom. Majority of us do not have such a deep and profound meditation which can generate a powerful current in an adequate measure, to help and guide our activities in the work-a-day world. Therefore, ordinary people, in addition to the practice of meditation should spend the leisure hours in the day, in studying religious books, in serious reflection and in writing some articles on spiritual themes. This will enable one to keep one's mind ever engrossed in noble thoughts and healthy emotions and sentiments.

I, for one, not endowed with the capacity to write independently on spiritual themes, chose to compile the holy words of His Holiness Swami Omkarji Maharaj, in these few pages under the title "PETALS OF PEACE."

I can by no means claim that I have exhausted Swamiji's best of sayings. I have just culled out whatever appealed to my heart. Most of the sayings are taken from "Cosmic Flashes."

Now I beg of Swamiji to forgive me for doing this act of compilation without his prior permission. I submit this at His hallowed feet on the occasion of his auspicious birthday, seeking nothing. What I have done is something like filching jaggery from the jaggery *murthi* of Vinayaka and offering it back to Him as *naivedya*. May He forgive me.

—M. Bhimasen Rao

FOREWORD

This noble life's mission of saints, mystics and lovers of the Lord is to bring Light, Peace and Joy into the lives of restless human beings all over in search of happiness, who are groping in darkness through diverse by-ways without knowing the royal highway to blessedness. Saints and mystics with lofty intuitive vision point out to man the way that leads to the highest welfare by example and by precept. They strive to bestow lasting peace and happiness to man in this world sorrow and of suffering.

H.H. Sri Swami Omkarji Maharaj of Sri Santi Ashram one of such great saints of our own times, shines as the benign guiding-light to countless seeking souls and blesses them with his beautiful and loving pervasive wisdom-teachings. Swami Omkarji Maharaj is a spiritual luminary of India who has been a source of inspiration and enlightenment to people all over the world for well over the past 60 years of this century.

The present work 'Petals of Peace' is a precious compilation of choice – utterances and admonitions selected from among his works, particularly from his recent inspiring book 'Cosmic Flashes.'

I am immensely happy and feel it a joyful privilege to write this foreword to this most instructive, informative "petals of Peace." These selected sayings surely serve and give us a glimpse of the rare and unique spiritual states of the author who has been ceaselessly striving all his life to bring the message of individual as well as universal peace to mankind of this present century from his serene Sri Santi Ashram, the headquarters of The Mission of Peace which he founded in the first quarter of this century.

Swami Omkarji has been radiating divine peace and spiritual healing with powerful loving prayers which bring solace to countless people in every part of the modern world. Compiler Sri Bhimsen Rao, an earnest spiritual seeker himself, has rendered a signal service to the English knowing public by culling together some of the choicest invaluable thoughts and inspired ideas of beloved Swami Omkarji whoever lives in tune with the Universal Soul.

The book contains many invaluable practical instructions to sincere *sadhaks* who are trying to attain the goal of self-realisation or perfection. This handy volume will serve as an eternal spiritual companion worth keeping constantly. I wish “Petals of Peace” a very wide circulation. May the benediction of the sage of Sri Santi Ashram be upon you all readers.

Om Santhi

Om Santhi

Om Santhi

—Swami Chidananda



YOUR PEACE IS MY PEACE

May I have the privilege of serving you to help yourself to establish Peace in your heart and radiate IT in your home, converting IT into a Haven of Peace.

May you express Peace in thought, word and deed, thus help to vibrate IT, from heart to heart, in the Community, Nation and the World at large, until Peace pervades and permeates the whole Universe, through your Ideal Life of Peace.

This is the prayer of your Brother Omkar.

OM OM OM

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TWELVE SECRETS OF PEACE

1. Attain peace by wishing peace unto all.
2. Find your own happiness in making others happy.
3. Be loved by loving those you want to be loved by.
4. Make yourself great by recognising greatness in others.
5. Earn eternal good by giving away transitory goods.
6. Heal the pain in your heart by healing those that are sick in body.
7. Enrich yourself before God by giving to the poor among men.
8. Increase your own knowledge by imparting it to others.
9. Elevate your own life by raising the downtrodden.
10. Become strong as a whole by strengthening the parts that are weak.
11. As thou lovest thyself, so love thy neighbour
12. Do unto others as you would have others do unto you.

S I L E N C E

Silence at the proper season is Wisdom, and better than any Speech.

Silence is a friend that will never betray.

Silence is a solvent that destroys individuality and gives us leave to be great and universal.

Silence is better than unmeaning words.

Silence is deep as eternity, speech is shallow as time.

Silence is more eloquent than words.

Silence is one of the great arts of Conversation.

Silence is the best resolve for him who distrusts himself.

Silence is the Chaste blossom of love.

Silence is the Mother of Truth.

Silence is the perfect herald of Joy.

Silence is the eternal duty of man. He won't get to any real understanding of what is complex, and what is, more than any other, pertinent to his interests, without maintaining Silence.

Silence is the element in which great things fashion themselves together, that at length they may emerge, full-formed and majestic, into the day-light of life, which they are thenceforth to rule.

Silence and repose is the Divine State, "par excellence."

AUM AUM AUM

PRACTICAL HINTS FOR GOD-REALISATION

1. Let the first thought on awakening be a God-Thought. (I am Thine O Lord, may I serve Thee well this day)
2. Discipline yourself to early rising, as the silent hour before sunrise, is full of helpful spiritual vibrations.
3. Be pure within, as without. Cleanse the mouth and bathe, meditating on inner purification as well.
4. Spend at least an hour a day in the revitalizing rays of the Sun. Drink – plenty of pure water. Keep elimination system free.
5. In some easy posture, without strain or pain, practice meditation, feeling the presence of God, or Commune with Him in silent prayerfulness, as with a loving Father or Mother.
6. Inhale and exhale peace. Repeat, with deep even breathing Om or your favourite God-name or Mantra.
7. Merge into Silence for a few minutes at first and then longer with persistent practice, day by day.
8. Take the Presence of your meditation or the consciousness, gained thereby, into your duties and recreations. In other words, be in touch with God always.
9. Eat simple, nourishing food. Avoid alcohol, stimulants, highly seasoned and animal foods. Avoid all articles of diet which are not food. Eat to live. Do not live to eat. On the control of appetite, the foundation, depends the structure of a spiritual life.
10. Set apart and consecrate a sanctum, a room, or part of a room where you may worship or meditate alone with your Creator.
11. Any medium that aids devotional attitude may be employed; such as incense, lights, symbols etc., till direct perception is eventually attained.

12. Practice charity within and without your home. Set aside a portion or at least a tithe..... of your income for benevolent purposes.
13. Conserve Vital Force "*Ojas*" by chastity of body and mind. It is one of the first steps towards Spiritual Union and all higher powers and inspirations.
14. Watch every word. Speak only when necessary in a mild, modulated and controlled voice. Silence is a secret force.
15. To gain self-control and purity of body and mind, fast occasionally, or go on fruit and milk diet.
16. Live as economically and naturally as possible and give all surplus to the poor and needy.
17. Practice *Ahimsa*, compassion towards man and Creatures.
18. Be self-reliant in all things.
19. Be lenient to the faults of others and severe towards your own.
20. Do not waste your own or another's time. Time and life are precious. They are rungs in the ladder of God-realisation, if used as such.
21. Keep a spiritual diary. Make it your book of confession. Resolve, as you record failings, to progress day by day.
22. Let your thought, as you retire for rest, be a God-thought. Relax, by imagining every limb, organ and portion of your body to be interpenetrated by Divine Light.
23. Be true to your own self. Listen to the inner voice for guidance in all things.
24. Live in God and help others to live in Him.
25. Identify yourself with God and be a Spiritual Reality. Thus you will conquer body-consciousness.
26. Remember the Goal of your life at all times God-realisation, live, breath, wake, sleep, walk, eat, meditate to that End and Aim of all Existence.

PETALS OF PEACE

1. Religion is realisation.
2. Religion is to come face to face with God, what is within and without.
3. To express the Divine in this world of tests and trails is religion.
4. Religion does not mean to remain with a long, sad and mournful face, muttering to yourself somethings within.
5. Religion is the worship of God, the worship of all. As such religion and life are not two but one.
6. For the sage, religion is life and life is religion.
7. To live integrally is to live religiously.
8. God is Love, and hence to live religiously is to live as Love.
9. Learn to love God for the sake of love and to work, breathe and live for Him, because He is the Breath of your breath, the Life of your life and Soul of your soul.
10. The goal of life is the conscious realisation and recognition of the Infinite and Eternal Light, Omnipresent and interpenetrating Truth.
11. Peace is the birthright of every Soul, nay, the soul is peace.
12. He who practises the *Upanishadic Mantra*, "SANTHOYAM ATMA", would realise God not in the remote future, but here and now.
13. Inhale and Exhale Peace; Become an embodiment of Peace.
14. He who realises Peace realises God, for verily the two are one.
15. God is One. He is without a second EKAMEVA ADVITIYAM. He is the All.

16. God alone exists, nothing else exists, outside or apart from Him.
17. Recognize and Realise, Him, the Real.
18. Stop running after the mirage; cast off all illusion.
19. God is the Origin of Wisdom as well as ignorance.
20. These prayers and meditations, fasts and muttering of the Mantras – all this is a struggle.
21. The struggle too is an illusion. Give up all struggles and surrender yourself to the Infinite and abide in Silence.
22. Sunday means a day of Light, Prayer and Peace, a day of rest and relaxation.
23. Everyday should be a Sunday for you. Let the Sun of the Soul shine forth, let the clouds that veil the Sun be dispelled.
24. Be established and centred in the Sun of the SELF for ever.
25. Contemplation on Truth is possible only when the mind runs not after this and that affair, and the body craves not for food and raiment.
26. When the mind is undisturbed, still and calm, it is saturated with Truth. Then there is no more need for prayer or meditation. Renounce all efforts. Sit still calm and pure. It is to the pure and the childlike that Heaven belongs.
27. Be ever charged with Divine Awareness, open your eyes. See and Feel that you are ever full of light, life and love.
28. Beautitude or salvation is the cessation of all struggle, strife and conflict. In that state the finite becomes Infinite.
29. Happiness lives in yourself. It is not something to be acquired a new from the outer world.
30. Search within and abide in your Soul which ever shines in all its pristine glory.
31. Let the Sun of your Soul dispel all the dark clouds of ignorance and egoism.

32. May He shine in all His glory to parch up the little ponds of envy, malice, cruelty etc. and may He make the crops of happiness, good-will and sweetness thrive.
33. The physical body is a small and lightless dungeon of flesh and blood.
34. Do not identify yourself with the body, its joys and sorrows.
35. Body-Consciousness is the root of all misery and bondage.
36. Cling not to the Corpse. Come out of the body-dungeon and feel yourself, in tune with the Infinite.
37. Realise that you are the boundless, the BRIHAT and the Vast, Bhauman.
38. The ego is at the root of all troubles.
39. Lust, passion, greed and anger spring from ego.
40. So long as the ego remains, the individual (Jiva) has no peace.
41. Only when the ego is annihilated root, stalk and branch, can there be everlasting peace.
42. Emerge from the small ego in which you are enmeshed and acquire Cosmic-consciousness.
43. To destroy this ego, identify yourself with the infinite, the Divine.
44. Realise that you are That –" *Soham*."
45. With every inspiration and expiration concentrate on this truth of "*Soham*" or "That I am," which will annihilate all that is restless, fickle and changing.
46. Ego forgets and beams in its own eyes, but sees motes in others eyes. If you want real Peace, utterly abandon the Ego.
47. "Anando Brahma." Bliss is God. He is there where the little self, the ego, has been rooted out.

48. Bondage and freedom, good and evil, body and world – these are all imaginations of the mind. Where are these in Spiritual Heights?
49. It is the nature of thought to revel amidst these dualities and opposites. Unreal are they.
50. That which is beyond thought, that which is the Source of all things is the Real.
51. Thou art That – Changeless, invisible and Eternal.
52. Realise Thy Essence and be established in That.
53. The Self or Atma is the richest treasure in heaven or earth.
54. Having found That Treasure, you have verily found every thing and you are the richest man in the World.
55. Forgetfulness of God is real death; Divine Awareness is Life Eternal.
56. In fact to forget God is verily impossible. How can you forget Him? You live and breathe in Him. You work and think in Him. For, indeed there is not anything that in heaven, earth or hell that is not God.
57. Forgetfulness of God! It is a contradiction. Whatever you think, do or say is of God and in God. So make no effort to remember Him. Give up all effort and struggle. Be Thyself. You are eternally in God as One without a second.
58. Eschew all activity, that is *Rajasic* and *Tamasic*.
59. Be ever active for the Divine and in the Divine.
60. Draw your dynamism and vitality from the inner Divine Peace.
61. Your thoughts are not your own, in neither work, nor sleep, nor dream. He is the author of all movement and action. He is the Master of all works. He the *KARMADYAKSHA* – The witness of all.

62. Abandon yourself utterly to Him.
63. Thoughts and deeds emanate from the Soul. Their locus standi is the Soul. But yet, they are not the Soul, just as the rays are not the Sun and waves are not the ocean.
64. Soul is unmanifested and manifested. Yet it is neither. It transcends both.
65. God sits like the unbidden guest in the chamber of your Soul whether you recognise Him or not, whether you remember Him or not, whether you attend to Him or not.
66. He is with you and within you always, whether you recognise the fact or not.
67. We all are beads, tied up in a garland. The invisible string that formed the garland of finite beings is the Infinite Divine.
68. Recognize and remember the string that sustains the beads.
69. The feelings of perfect Completeness is the state of eternal Perfection.
70. Nothing can be added or subtracted from perfection by our exertions.
71. Realise that you are perfect and complete eternally. After that you may do or stop doing anything.
72. Imitate not. Copy not. Whatever you do, think or say, let it be a spontaneous out-flow of your Soul.
73. Rely not on the things outside. Whatever Plato thought and said, whatever Kant thought and said, whatever Vyasa or Valmiki wrote is contained within you also. Dim it not, allow your Soul to flow and wash away all dirt and sins.
74. There is One Energy working in all – the Nature and Man.
75. Everything is done with the support and sanction of that Supreme energy.

76. Be ever aware of the Presence of that one Universal Energy, in silence and activity, in ebb and flow, in joy and pain, in health and sickness.
77. When you cognize That Changeless in change, you will be blessed with Peace and Cosmic Joy.
78. God is constantly working through you, whether you are engaged in thinking or praying in Church or working in Office.
79. If you use what you have, what you have will grow. Everything else you need will be added unto it in its own good turn.
80. Talents are not to be buried but to be used.
81. Divine plenty surrounds all of us. Untold treasures of God lie on all sides of us. We have only to trust and believe in the Divine Providence. Whatever we need will be vouchsafed to us at the proper time.
82. The buds bloom only in their appointed time or season. Unnatural anxiety or hurry over them, does not hasten or help the full bloom of flowers, neither the fulfilment of our ambitions and undertakings.
83. The culmination of all spiritual effort is *Sahaja Samadhi*. It is a blessed state which neither comes nor goes, but is eternally present.
84. In Samadhi, all strife and struggle ceases. One is free from all prayer and meditations, mind control and fasts. All duties disappear.
85. Samadhi is the state in which one feels free, light and irresponsible like a dry leaf one becomes aloof and detached from all things like the dry coconut in which the shell has become separate from the kernel.

86. In every beat of his heart, the wise man recognises the cosmic throbbing. In every action and thought of his, he sees the Universal action.
87. Remember constantly the Source of all breath, speech, sight, touch and sound. In whatever you do, recognise the expression of the Infinite. It is That which is fulfilling itself in and through this world of things.
88. Life is a process of silent, slow and steady growth towards the Goal, through struggles and sorrows.
89. Be determined. Every struggle and trial will intensify your aspiration. You are destined to reach the Goal.
90. Be inspired by the words of Abraham Lincoln—"of the depths fresh strength, of the dark new light, as tests are in life so are clouds in the sky. Through struggles and sorrows we are on the way; Don't mind thorns, fix your gaze on the aim."
91. All the world is Brahman. Everything we see is a part of His manifestation.
92. To be aware of the one God in the ugly and the beautiful, in the sinful and the pure in the chaste and the holy in the noble and the ignoble, in the fallen and the risen, in the crucifixion as well as in the resurrection, is the highest state.
93. You are not the body, neither is the body yours. You are Consciousness, the Eternal Witness. Hence be free and happy.
94. Do not despair and dishearten yourself when faced with troubles and sorrows. He alone is brave who stands towering amidst misery and gloom.
95. Trials and tribulations are the passing clouds which melt away and disappear before the resplendent glory of the Sun of SELF.

96. Never cease shedding love and doing good although you are hurt, kicked and crushed under iron heels mercilessly.
97. Blessed are they that are persecuted and fallen for they shall be raised and exalted.
98. Be like the rose that gives out fragrance, though trampled.
99. He who wastes moments, verily wastes all his life.
100. Waste not the present moment. In it consists your supreme wealth.
101. Now is the glorious moment. Grasp it, treasure it up and hug it. Utilize it to the utmost.
102. You can make the fullest use of the present moment by attuning yourself with the Infinite by abandoning yourself to the Divine.
103. Surrender yourself to Love, Universal Love.
104. Realise that all are the living images of God. Behold God, who shines from every face.
105. Man is bipolar. In him there are two natures, the lower and the higher, the animal and the divine.
106. The lower nature tries to drag man to the life of the senses, to perdition. The higher nature longs to lead man towards the life of reason to Heaven.
107. Wisdom consists in giving one's assent to the higher nature and co-operating with it.
108. The awareness of the Divine Presence is beyond remembrance and forgetfulness. The Presence is always there. It is the one supreme fact.
109. Remembrance and forgetfulness are the jugglery of the mind.

110. Drop off all mental conceptions, agitations and fluctuations. Become still and tranquil. The most natural Divine Awareness or Presence envelops you.
111. By mastering the principles of all religions and philosophies you cannot avoid having moments of depression, heaviness and sorrow. For your perceptions and conceptions are not centred in the SELF.
112. If you want to be perpetually happy there is but one way. Shift your centre from without to within. Hold fast to the SELF and be established in it.
113. Be a Sun. Radiate the light of Knowledge, Peace and Bliss.
114. Your health and sickness, happiness and unhappiness, peace and restlessness are solely dependant on you alone.
115. There is no point in invoking any outside power to bestow on you perennial Peace and Happiness.
116. Realize that you, the Self, are beyond dualities and thought and that all things are nothing but an expression of your will.
117. Change all your negative thoughts into positive and assert only the best and the highest under all conditions.
118. Do not torture your body unnecessarily with difficult austerities.
119. When God is within as well as without, pervading and permeating through all your countless cells, why should you torture yourself with restless practices?
120. God is as much in wakefulness as in Trance. If you cannot find Him in silence, in Sound you shall find Him.
121. Be it work or meditation, walking or talking, reading or writing one thing is certain. You are inseparably and eternally united with Him.

122. Being always one with Him you cannot forget Him. Delude not yourself with the illusive thought of forgetfulness.
123. You need not shut your eyes and search for Him in your meditation. You need not wait for Him in expectation. Open your eyes and recognize His presence HERE and NOW and every where. Behold His glory and become still and silent.
124. Enter the trance of ecstasy and enjoy the highest bliss.
125. Descending from the heights, be eager to share the rapturous bliss-delight with many a weary aspiring soul.
126. In the beginning there was void. From it emerged Life and from it arose Mind.
127. Mind is like a mischievous and intoxicated monkey. It is ever restless. But it has great power. It can make and unmake.
128. It is mind that makes one a sinner and another a saint. Beware of it. Let it not be restless. Discipline it.
129. Make the mind seek its source, Life or *Prana*, and let it merge therein. Then only can the Peace that passeth all understanding be ushered in.
130. In the God-Vision you see everything as complete and perfect. No more desires. No more duties. "*NA THASYA KARYAM KARANAM CHA VIDYATHE.*" You will bubble with laughter and Bliss. You will become an embodiment of peace and happiness.
131. Never be depressed and cast down by blackmailing, cavilling and calumny.
132. The splendour and glory of the Sun of your Soul will not be affected by these passing dark clouds.
133. It is easy to remember and recognise God amidst praises and laudations. This is an incomplete achievement.

134. You must go on practising His Presence or Awareness till you can readily find Him even amidst trials and tribulations, failures and defeats, calumny and ignominy.
135. The real trouble and sorrow for the Soul arises when it forgets its own Nature.
136. Therefore cast off all imaginary troubles and be rooted in the Self ever and always.
137. Then and then alone you can smile, laugh, jump and dance in divine ecstasy.
138. The wise man never prays to God for lessening his burdens or removing them. He only prays for stronger shoulders to bear all burdens with smiles.
139. All troubles and trials in life are intended for your good, to test your fortitude and equanimity.
140. Every experience, be it sweet or bitter is predetermined. Not a straw moves without the Lord's Grace and command. In-comprehensible and mysterious are His ways.
141. Never murmur or complain about your bad lot. Be ever ready to drain the cup that is set before you by the Lord, whether the cup be of choice wine or deadly poison.
142. The Lord never sends us troubles and sorrows that cannot be borne by us. He gives us only what each of us can bear and he gives them not to avenge upon us, but to put our mettle to test and enable our soul to grow.
143. Peace belongs to him only who can say with all his heart, "Not my will, O Lord! But Thine be done."
144. Seek not peace in symbols and shibboleths in vain and empty things outside.
145. Peace, infinite Peace cannot be found in finite teachers and masters, in cults and temples in societies and friends.

146. The peace for which you long is within you, in the stillness of your own purified heart.
147. Give up relying on outside things. Become still. Arrest your restless mind and sink into the Silence within.
148. When you are steeped in inner peace, when you are soaked in it to the marrow of your bones, you will come to see it, not only within, but also without.
149. You must practise to feel and experience His Presence in every motion and action of the body and the brain.
150. Even feeling of freedom and completeness within, may be an illusion, for it is still bound to the body. Therefore this is not the highest state. And yet it gives one peace and poise.
151. The finite body cannot bear for long the weight and immensity, Light and Power of the Infinite.
152. When its functions are fulfilled, like a dry leaf the body will drop off without effort, enabling the Soul to break off all its limitations and to completely merge within its own omnipresence, omnipotence and omniscience.
153. Just as the ether enclosed within the Jug becomes entirely one with the all-pervading ether if the Jug is broken, so also the individual Spirit, merges in the Universal Spirit when the limiting adjuncts of body, mind and intellect are broken.
154. In every life, be it of saints and mystics or of ordinary men, there are moments of elevation and inspiration as well as moments of darkness and misery.
155. But the outlook and reaction of a Sage is different from the man of the world. The Sage looks at the phenomena of life perched, on the pedestal of his Soul-poise and equanimity.
156. When adversities and sufferings stare at him, he simply smiles and realises that they are only passing shadows not worthy of any attention.

157. In all circumstances and situations which spell difficulty and danger, pain and disharmony he quickly withdraws himself into his own inner Centre, the nucleus of his Soul and there he abides untouched by outward influence, like the tortoise which withdraws all its limbs into its shell in face of danger, and only comes out when that danger is past. *"YATHA SAMHARATE CHAYAM KURMANGANIVA SARVASAH."*
158. Never feel sad and worried. If you analyse the nature and source of worry, it dwindles into nothing, for at the source all is light and joy.
159. Ever remember the powerful saying, "Work kills no one, But worry kills multitudes."
160. When you have grown blue with worry, begin to do some work for work drives away all worries.
161. Worry is a terrible but only an imaginary vampire. Never give in, to this terrible mental malady.
162. O Brother, Where is worry, this dark cloud, when you bask in the eternal Sun Shine of your inner SELF.
163. Wake up every day with a firm determination to make it the happiest and best day of your life.
164. Make use of every tiny but precious moment in Lord's service and absorption in Him.
165. Real happiness consists not in the possession of many cattle, elephants and horses, automobiles and gold, beautiful damsels and houses.
166. Happiness verily lies in union with God, the indwelling Light.
167. To feel God's presence in both work and silence, moment by moment, is the way to make the day the best as well as the happiest.
168. Man, in his ignorance, wants to adjust, rearrange and remake everything in the outside world, in order to secure peace and happiness.

169. The real adjustment and re-orientation should begin with one self from within; When there is adjustment within, there is adjustment without.
170. He who seeks Peace and Happiness, should first check up his within and sincerely endeavour to adjust, re-orientate and tune up himself. For, the Source of Peace is verily within and never without.
171. When there is Peace within, in the heart, all is peace without also.
172. Wanted reformers, not to reform the world, but to reform themselves.
173. Man, the image of the Highest (God) has forgotten his intrinsic nature and glory and has become a fool trying all the time with the goods of the world.
174. Due to wrong association and false imaginations man has forgotten to roar like a lion and has come to bleat like a lamb.
175. Man quakes with fear at every turn of mind. He has become subject to misery, agony suffering and untold physical and mental tortures.
176. The remedy lies only in giving up all false identifications with the body and renouncing all imaginary fears and lusty desires.
177. Assert therefore, your real status and stature. Express the highest in you.
178. Do not become a prey, any longer, to false appearances and wrong imaginations.
179. Recognise the Reality, the Absolute and be established in That.
180. In spite of all religions and philosophies and inspite of the repetitions of the sacred Vedic texts like "I am Brahman,"

“Thou art That,” etc., the learned man is still afraid of shadows of the world – sorrows and fears.

181. Often it is a philosopher or a priest who succumbs to the passing trifle.
182. The cause is traceable to the fact that he does not stand on a firm and secure foundation. That is to say, he has not had a personal experience of the Truth in daily life.
183. On festive occasions such as Christmas or Pongal, we receive so many Greeting Cards wishing “Good Luck,” (apparently meaning material prosperity).
184. The knowers of the Self need no good luck. The Soul itself is all Good Luck.
185. Real Good Luck is the integral experience of the Divine, which is Self-contained, Self-Luminous and Self-bliss.
186. The Divine Presence is not something which is transitory and momentary. It is permanent, everlasting, immortal.
187. Somehow due to an illusion, man forgets His perpetual Presence and becomes desolate.
188. When there is only one Reality, the Light of lights, and when there is nothing else besides, whence does the illusion come? That is the mystery, the illusiveness of the illusion, the Maya.
189. Merge within yourself and ponder deeply, You will see that the illusion is not based on anything, that it is devoid of any substance and that in fact there is no illusion, as ALL IS LIGHT.
190. In that supreme height of self-realisation, in that Universal Vision, there are no more enemies or revilers, tormentors or persecutors. For, All are your SELF – All is God, the One SELF.

191. It is a glorious Vision, which is all inclusive. No one nothing is excluded. The entire world is a component of that Truth-Light experience.
192. Within and without is He present as the Light of lights. In silence and work, in every movement of your body and mind, in your waking, dream and deep sleep states is He expressing Himself as the silent Witness of all phenomena.
193. God has no body except yours on earth.
194. Verily He is thinking in your mind, sparkling in your eyes, flowing in your breath, listening in your ears.
195. His spirit of Peace, Love and Light possesses the body; You have nothing to fear.
196. Rise above the pairs of opposites, joy and sorrow, praise and blame, and the like.
197. Peace belongs to those who have risen above duality of every kind.
198. There is never a moment of separation between God and yourself.
199. Behold! He is with you, in you Now and Always, pervading and permeating the very cells of your being. He is eternally present with you from eternity to eternity.
200. Don't seek God for help in your troubles, for granting boons.
201. The bubble comes from the wave and the wave comes from the ocean.
202. The flower comes from the bud and the bud comes from the plant.
203. The deed comes from the word, the word comes from the thought and the thought comes from the Source, from within.
204. Everything comes from within – the stupendous SILENCE.

205. If you desire to be one with God, Do not complain. If you do complain you cannot be one with Him.
206. If a man puts both his hands around your throat to choke your life out of you. You are to see only the sweet face of God in Him.
207. If a man gives you fond embrace with one hand, and with the other hand stabs you in the back, you are to feel God's Presence in the very touch of his hand.
208. If you stand this final examination in God-identification, the latent Light in you will manifest in all Glory.
209. Silence is Gold, and speech is silver.
210. There is great power in Silence, All great souls who ever did any good to the world, have been of a few words.
211. Let your words be the thunder-bolts of power, of sweetness, love, compassion and forgiveness.
212. Let your thoughts be the Lightnings of Peace and Illumination.
213. Religion begins with Self-reliance and ends in Self-realisation.
214. Self-reliance in the beginning, middle and end is real life.
215. Life without Self-reliance is a bundle of fears, sorrows and maladies.
216. The man of self-reliance is the happiest man in the world.
217. He who admits defeat is beaten.
218. Being the image of God, never admit defeat in life, even when crushed and trodden under the heels of the oppressor or persecutor.
219. You are the immortal Atman at once omnipresent, omnipotent and omniscient. How can you be helpless? How can you admit sickness or weakness, sadness or sorrow?

- 220. He becomes the richest man in the world who makes the best use of the tiny, precious little moments, which contain in their heart, omnipresence, omnipotence and omniscience.
- 221. He is the poorest man in the world, who squanders every moment of his life in unprofitable manner, indulging in sense-pursuits.
- 222. The richest man is the most powerful man too. The most powerful man is the most fearless man too.
- 223. The Kingdom of Heaven, the paradise of Peace verily belongs to the fearless, powerful and the richest man alone, but never to the frail creatures of fear, weakness and poverty of heart.
- 224. Never exaggerate on any matter, though it is not a crime.
- 225. Although it is not a crime, it is a blemish and contains an amount of untruth. Therefore, in all you say, be correct.
- 226. Always analyse and scrutinize your thoughts and expressions. You can detect your exaggerations and correct them.
- 227. The world is full of disappointments. The most trust-worthy in your opinion will fail to stand by you in great test.
- 228. Eschew reliance on all external props and supports and begin to rely on your own inner SELF, the one God within, who is at once omnipotent and omniscient.
- 229. To rely on outer things and men is Maya. Abandon it through discrimination and practice of withdrawal.
- 230. Do not quake and fear at the little, insignificant oppositions in life.

231. You being the child of God, being the unlimited ocean of power, nothing can touch or change your dignity or equilibrium.
232. Beloved Brother, wake up from the slumber of ignorance and darkness of delusion. Assert your inherent power and strength, and quell the struggles of life.
233. Always meditate on the breath repeating the following affirmation:
1. I am the richest man in the world—OM OM OM
 2. I am the most powerful man in the world—OM OM OM
 3. I am the most fearless man in the world—OM OM OM
 4. I am the Indivisible Light, the One without a second—OM OM OM
234. Righteousness, determination, vigorous effort, patience and perseverance are sine-qua-non to realise the Goal of Life.
235. What you are, is the result of your thought.
236. Thoughts are things. You will become what you think.
237. God if you think of, God you are! Dust if you think of, dust you are!
238. Constructive thinking leads to Peace, Power and Poise.
239. Negative thinking leads to misery, agony, destruction and death. Hence watch your thoughts always.
240. Blessed is the one, who is the witness of his thoughts!
Twice blessed is the one, who is the master of his thoughts!
Thrice blessed is the one, who has risen above thoughts!
241. Slaves of thought cannot have entry into the Kingdom of Heaven.

242. Slaves of thought do not know what that Peace that passeth all understanding is.
243. Thought determines character and character decides the destiny.
244. Verily, Man is the master of his own destiny.
245. God is both active and inactive.
246. The Man of Wisdom says: GOD DOES NOTHING.
247. The Man of Action says: GOD DOES EVERYTHING.
248. Both the wise and the man of action are right from their particular angle of view and understanding.
249. Freedom belongs to those who face God, the Reality even in the ugly, the so-called or miscalled foes and the crooked and the wicked.
250. He alone can live as he pleases who sees the entire Universe as God or Himself.
251. He who sees the best in you is your good friend and he who brings out the Highest in you is your best friend.
252. The path of Trust is very trying, an uphill work.
253. The weak, the weary and the faint-hearted can never tread it, for it is full of sharp stones and piercing thorns.
254. The Truth-seeker must crucify his little self before he begins to walk in the path of truth.
255. Blessed are they, in whom the little self is dead, who can bear and suffer anything and everything silently without murmuring, grumbling and complaining, for everything is God unto them.
256. The blessed souls motto is always: Let no one suffer on my account. Let me suffer and suffer instead of others,

bearing the sorrows of the weak and erring in the world of duality!

- 257. You want to know and do everything in the world except knowing yourself. This is the cause of your restlessness and sorrow.
- 258. Know Thyself. Destroy the delusion of all sorts of wants.
- 259. Peace belongs to those who have risen above want of every kind.
- 260. Peace belongs to those who see Him everywhere and in everything, who recognize unity in diversity.

OM OM OM

ON FASTING

1. Fasting is not to abstain from physical food alone.
2. A true fast has nothing to do with what we eat or what we do not eat.
3. Real fasting is to fast all the evil propensities that are latent within oneself.
4. Let the motive of your fast be to crush and conquer all that is weak and low and let your goal be nothing short of perfection.
5. Fast until you shine with innocence and purity, until you are blessed with the taste of Nectar of Immortality.
6. Fasting loses its benefits if one concentrates on the food that he is going to take when he breaks the fast.
7. Fasting loses its benefit if one thinks, "How many days am I to fast. When will the fast end."
8. One should not be anxious to know, how many pounds, one has decreased in weight but rather be anxious to know, how many weaknesses one has conquered.
9. One must be anxious to see the weight of one's infinite Soul.
10. The fast should not make one a slave of anger, bitterness, excitement and such other undesirable qualities. One must become a master of Fast.
11. The highest conception of true fasting is: "ONE FASTS NATURALLY AND AUTOMATICALLY BECAUSE HE IS NO LONGER A BODY BUT THE LIVING SPIRIT. AS SPIRIT HE DOES NOT NEED ANY KIND OF FOOD OR DRINK."
12. Those who take to fasting should not even be conscious of their fast, for they are expected to rise above the plane of senses.

13. During fasting you should be alone with the Indweller of your heart, without outer disturbances and activities.
14. Natural baths and bathing in the tub cooling the whole body are invigorating during fasting.
15. Drink only plain water or squeezing a lemon into it, to have good health.
16. Take good care to keep your bowels clean and free. If necessary you may take an enema.
17. Take Sunbaths and expose yourself in cool breeze.
18. Fasts should be undertaken for the sake of fasting, for self-purification, but not for realising some worldly benefits.
19. During the fast, consciously awakens the dormant Truth or Divinity within oneself. In other words, he will come face to face with God, nay inseparably becomes one with Him.
20. Fasting purifies and leads one to silence and silence helps one to realise His stupendous splendours.
21. Fasting is not starvation but it is verily feasting on God's Love or Universal Energy.
22. With body-consciousness no fasting is possible. With God consciousness all fasts are possible.
23. Fast, therefore, is for enjoyment (of self bliss), purification, perfection and illumination.
24. Fast undertaken with a pure motive and a devout heart, confers on you deep ecstasy, inner strength buoyancy in body and freedom in mind and soul.
25. During fasting, worship Him with all your 21,600 breaths, wasting not a single breath.

OM OM OM

SILENCE

1. Silence is not merely to abstain from talking.
2. In silence, you have to silence the eye, the ear, the tongue and the mind ie. SEE NO EVIL, HEAR NO EVIL, SPEAK NO EVIL, THINK NO EVIL.
3. Silence is the voice of God.
4. *NISSABDO BRAHMA* – Voicelessness is Brahman.
5. Silence both within and without is the highest state.
6. The sage is Silent, because God is Silence.
7. The highest, the *ADVITEEYAM*, the One without a second cannot help but be silent.
8. The worldly man cannot be silent. The Voice of silence is registered by those few blessed Souls who are dead to the world of ever changing phenomena. BE DEAD THAT YE MAY LIVE.
9. Silence draws all the souls of Silence in all the world towards the centre of Truth.
10. Silence creates Souls, without the need of a Word.
11. Silent Buddhas and Christs, blessed Krishnas and Mohammads and other world saviours are the result of Wise Silence.
12. What one cannot do with all the words in the world, can be done and achieved in no time through Wise Silence.
13. Silence is not selfishness but selflessness. It is not aloofness but all-pervading Love, that unites all in the One Spirit. It is not muteness but eternal eloquence.
14. Silence is the Ocean, that heaves, with ebb and flow, drawing all the words and world into its bosom of peace.
15. Silence is the Light of the World, giving out Life, Light and Love without the need of words.
16. Above all silence is *Brahma Bhavana*, God-consciousness, which is waveless, excluding none but including all.

17. Silence is your Soul and Goal.
18. Silence is the Great Void the incomprehensible Splendour.
19. Silence is Power. Omnipresence, Omnipotence and Omniscience are the core and heart of Silence.
20. Silence is not laziness and inactivity. But it is intense waveless activity and dynamic power, which cannot be understood or appreciated by gossipers and talking machines.
21. Word creates often misunderstandings and troubles, whereas silence smooth's all differences and spreads Harmony and Peace and leads (only) finally to success and bliss in every line of work.
22. The sages say "*Mounam Sarvartha Sadhanam*". Silence is the unfailing way to success in all undertakings.
23. Whether we like it or not all of us have to be silent once in life, when life departs. So why not we realise the glory of silence while there is yet life in us.
24. Remember! One does not lose anything by being silent; on the contrary, one gains everything in silence, by being silent both inwardly and outwardly.
25. Beloved Brother! Do not grope in darkness any longer. Start practising silence. Learn to listen to the Voice of Silence, which is presently drowned in endless noise.
26. The Voice of Silence can be listened to only by the pure heart.
27. The voice of Silence is heard only by those who do not hurt nor any longer are hurt by others, and who are emblems of Love.
28. The senses must merge in the mind and the mind in the intellect, the intellect in the ego, and the ego in the Infinite, before one listens to the Voice of Silence.

OM OM OM

SERVICE

1. PAROPAKARARTHAMIDAM SAREERAM – This body is intended only for the service of others. We are here not to live for ourselves but for the welfare of others.
2. This precious body is given to us for the worship of Him who is manifesting in all the various forms.
3. Service is no service if the spirit of sacrifice is absent in it.
4. Any act of service done with selfish interests, seeking a little wealth, name and fame for the delights of the momentary body, cannot be called real service.
5. True service in the highest sense is the worship of God, the Universal Power, with Universal Love, without expecting the least reward.
6. Out of the fullness of the heart the mouth speaks. Out of the recognition of Universal Love the selfless service begins.
7. Love and Service are not two, but one. They cannot be separated, for each is succeeded by the other just as fragrant bud is followed by a full blown flower, or as a living seed grows into the thriving plant.
8. Love is the underlying cause and service is the inevitable effect.
9. As the love in one's heart increases, the horizon of service also grows and expands.
10. He who considers the whole world as his own home and the people in it as his brothers and sisters, and ever loves, and serves them is a truly religious man.
11. Service is the moving power and living energy of all creation, while Silence is the saving power of the Universe.
12. To do one's duty for duty's sake, with sincerity, interest and devotion without expectation of any reward is real Service.

13. Service should not be felt as drudgerous imposed task.
14. Service should spring from a spontaneous effervescence of love.
15. Absence of ego and sublime inspiration are the hall marks of service.
16. The way to be happy is to make others happy through service. The way to be healthy is to help others to be healthy. The way to freedom is to engage in the blessed service of others, without expecting any reward.
17. Selfishness and selflessness are the two words that mar or make your lives, leading you to Hades or Heaven.
18. No Service is possible in selfishness. All service is possible in selflessness.
19. Serve and make others happy and contented, either by a silent thought, encouraging word or helpful deed.
20. Help the poor, clothe the naked, serve the sick, feed the hungry in any humble way you can. Let charity begin at home and then spread itself in the big house of this wide world.
21. Always remember the beautiful poem—
Do all the Good you can
By all the Means you can
In all the Ways you can
In all the places you can
At all the Times you can
To all the People you can
As long as Ever you can
22. Service to others is the essential foundation. Meditation is the structure. Cosmic Bliss is the pinnacle.

OM OM OM

Helpful Hints or Suggestions to Grow and Progress in the Silent Meditation Class in Santi Ashram

1. Please come to the meditation class keeping the Centre within – if possible mentally repeating the sacred syllable OM, or any other Holy word or affirmation. Bring His Presence with you, so that you can enjoy it as you meditate in stillness.
2. If you happen to come with someone do not engage in any kind of conversation. Help him also, setting an example, by your mental repetition and silence.
3. If you have the strength or capacity to meditate only ten minutes, do not strain yourself to meditate longer. Meditate only as long as is comfortable physically and mentally. Do not strain yourself by trying to sit too long, making yourself uneasy, striving to imitate others who can meditate longer time than you.
4. When you come to meditate, it is helpful to bring a blanket to service as a seat for your posture, so that you may be able to sit long without uneasiness. Also a thin sheet to cover your body, serves as a protection from the possible bites of mosquitoes or any other tiny insects.
5. Begin your meditation, with a sincere determination to make even a little progress in every sitting. Let your ideal be not to leave the meditation class, until you taste His love and peace, a little more day by day.
6. At the end of your meditation, kindly do not disturb others, when you rise and leave the place. Be sure, as you go, to chant the sacred syllable OM, or some other affirmation but do not engage even in spiritual talk, if you happen to have a companion by your side.
7. You are welcome to remain in the meditation class even after your meditation, if you wish to remain with others in this

atmosphere, enjoying the sunset, gazing into the soul of hills and vales.

8. Remember that a heavy responsibility rests with you, as you partake in the silent meditation class, for, with your thoughts, you can greatly help or even hinder, the peace of your fellow sisters and brothers. Keeping this Truth, or Great Law in mind, kindly help one and all, especially those with whom you are privileged to meditate.
9. Remember the Divine Law, that thoughts are things and in Silence, we create the greatest energy. The moving power of Infinite Silence can never be expressed in finite words. Verily, Silence creates Souls. Hence be a worshipper of Silence – Deep Silence-Supreme Silence-where the Almighty is patiently awaiting you in the stillness of your heart.
10. It is important to keep the spine, neck and head in a straight line during meditation-more so, if you are doing Pranayama – breathing exercise. The steadiness of posture conduces to the firmness of mind.
11. The easiest and most helpful way of spending more time rather, long periods of time in meditation is to try to fill the whole body beginning from the soles of the feet to the top of the head-one limb after another with the vibrations of OM, feeling and recognizing the living Presence of the Light of Lights in each and every cell of one's being.
12. For all the richest blessings of God and for the blessed privilege of your deep and silent meditation, do not fail to express your hearty gratitude, every day, especially at the close of your meditation, by sending out your God-intoxicated thoughts of peace and good-will, towards the whole of Humanity.

OM OM OM

Unnatural, Artificial Life that Spells Disease, Premature Decay and Death

1. Worshipping the stomach always with flesh and fish, spices, pickles, tamarind, oils etc.
2. Eating in excess even without feeling hungry and suffering afterwards.
3. Drinking wine, tea and coffee etc.
4. Smoking tobacco, which is poison in various forms.
5. Keeping awake till mid-night, wasting time in idle gossip.
6. Rising from bed long after sun-rise.
7. Not finishing morning ablutions before sun-rise.
8. Not giving the body any exercise.
9. Closing all doors and windows with a kerosene light burning inside the bed-room.
10. Not having a free motion without having recourse to hot coffee and cigars.
11. Being slaves to lust, anger, envy etc.
12. Eating something or other between the meals.
13. Gulping waters while taking food, on the ground that the food is hot with chillies.
14. Taking a bath in hot water at midday instead of a bath in cold water, early in the morning.

15. Putting food in the mouth in a hurry like fuel in a boiler and swallowing it without mastication, instead of taking food slowly and peacefully, thinking of God.
16. Not taking water or lemon-juice after rising from bed.
17. Not forming the habit of passing motion daily at a fixed time and consequently suffering from constipation for a number of days.
18. Constantly thinking about food, drink, raiment and always desiring worldly impermanent goods.
19. Death extends its invitation everyday to people who are slaves to the caprices of nature.

OM OM OM

Natural Life that Bestows Good- Health Longevity and Happiness

1. “Early to bed and early to rise” is the advice of wise people, rising early between four and five O’clock and finishing all ablutions.
2. Soon after rising from bed, taking slowly one or two glasses full of cold water or water mixed with lemon juice (Hot water will be helpful to those who suffer from constipation).
3. Practising Yoga Asanas or taking some exercise for 10 or 15 minutes, until there is perspiration in the body or according to circumstances, taking a long walk upto two or three miles taking the divine name step after step.
4. Taking a cold both in the sea or river or near a well or even in one’s bath room, rubbing the body well with a towel.
5. Spending alone at least half an hour, in prayer and meditation, thinking of one’s *Ishta devata* according to one’s religious practices.
6. Slowly sipping fruit juice, milk or butter-milk which ever is available and which suits one’s body early in the morning. A naturopath states, even water should be taken slowly as if chewing it. Sugar should not be added to milk and fruit juice. If necessary honey or sugar candy may be added.
7. Following one’s daily routine of work, taking food only when one feels hungry. Regulated *sattvic* food should be taken. Every morsel should be taken in the name of the divine. Boiled vegetables and uncooked food should necessarily be taken at least once a day. If some leafy vegetables, cucumbers and other vegetables are eaten slowly after due mastication, at least, once a day, one is never troubled by constipation.

8. While taking food, water should not be taken for each morsel.
9. Even if compelled by friends, relations or near ones, one should not eat anything between one meal and another.
10. If one feels thirsty, it is good to take cold water one hour before or after meals.
11. As tea and other drinks are injurious to health, they should be treated as poison.
12. Even if one is hungry, he should not overeat though the food is delicious and tasty. Over eating is the root cause of all diseases. That is why our ancients divided their stomachs into four parts ie half of the food should be filled with solid food, one part with liquids and the other part should be left vacant and filled with air. By eating moderately and that too only when one feels hungry, living a regulated life and putting time to good use without wasting it in vain talk, all diseases disappear.

It is good and helpful if once in a week, only one meal is taken and fruit juice or some other liquid for the other meal. Once in fifteen days on the eleventh day of the new moon or full moon, one has to observe complete fast and cold water or cold water with lemon juice added to it should be taken to slake thirst. At least once in a month a day should be spent in solitude and silence in some ashram if possible, without any worldly thoughts and in the study of religious books and meditation.

13. In the evenings, at sunset, it is good to take a brisk walk or some exercise for ten or fifteen minutes till the body perspires and then take a bath. People advanced in age may take their bath in tepid water. At least once in a fortnight one should take an oil bath.
14. As in the morning, in the evening also, at least, for half an hour, one has to pray and meditate on God and enjoy the experience of the Self.

15. Attending to one's routine work, one has to take a *sattwic* diet which conduces to longevity and health, and go to bed early.
16. Celibacy ensures long life. IT gives lustre to the face and also gives the experience of the self which is one without a second.
17. At the time of going to bed, one has to retrospect and examine the life he led that day, (whether he did his work remembering God or not, whether he fell a victim to any weakness) and firmly resolve not to repeat that mistake noting all his activities in a diary and going to bed remembering God.
18. One must enjoy unity within his breath which constantly says, days and nights, "Soham - Soham – I am the Atma – I am the Atma" whether one knows it or not and follow the breath as the divine effulgence of Soham which is eternal, pure permanent and perfect. Then one can live hundred years, nay, as long as one likes to live.

OM OM OM

SRI SANTI ASHRAM PUBLICATIONS IN ENGLISH

1. Auto Biography of Omkar (2 volumes)
2. Life and Teachings of Swami Omkar
3. Soham
4. Cosmic Fast
5. Meditation by Swami omkar
6. Om Japa
7. Control of Mind
8. Cosmic Flashes
9. In the Hours of Silence
10. The Soul of Omkar
11. How I Learned English
12. Reincarnation of my Little Sister
13. God-Realization Now and Here
14. Mystic Prayers and Poems
15. Petals of Peace
16. Auto Biography of Omkar (Revised)
17. The Divine voice of Omkar

AIMS AND OBJECTIVES OF SRI SANTI ASHRAM

To establish universal peace through individual peace;

To make one experience peace through inhalation and exhalation, one's birthright

To Serve humanity as service to God

To live in the divine and to help others to live in the divine

May Peace be unto all.

INTRODUCTION

Parama Pujya Swami Omkarji took sanyas at a very young age and performed penance for many years in the Himalayas. After self realization he came down to Totapalli Hills, Pattipadu Mandal, East Godavari District, Andhra Pradesh, India. In the serene, verdant and beautiful atmosphere of the forest in Totapalli Hills, inspired by God, he established the Santi Ashram in 1917.

Since then the Ashram has expanded day by day and now it is a flourishing 100 acres including several flowering and fruit bearing trees – a veritable heaven on earth. This Ashram provides shelter to many homeless people and orphaned children providing food, clothing, education and medical aid. For lovers of peace and seekers of Truth this is an abode of peace. With the blessings of SwamiOmkarji the magazines, ‘Peace’ quarterly in English and ‘Santi’ monthly in Telugu propogate spiritual instructions and messages.

Swamiji’s mission in life is to spread the message of harmony among all religions, upliftment of the helpless and miserable, selflessly loving, caring, serving and guiding visitors of the ashram to turn God-ward.

The motto of Sri Santi Ashram is to be a haven to all the spiritual seekers, irrespective of race, religion and community.

The present Ashram not only has made progress in multiple directions but has also opened branches in Waltair, Kakinada, Pithapuram (AP) and Kotagiri (Tamilnadu) to help devotees locally in their spiritual progress. Devotees who seek peace come from different countries of the world, visit the parent Ashram and its branches and experience peace. To the devotees who have not visited the Ashram earlier, Hearty welcome into the divine presence.

OM SANTI! SANTI! SANTI!