

Priceless Legacy of Swami Omkar



The Mission of peace

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FOREWORD

The one hundred sayings collected in this brochure constitute the quintessence of the precious legacy of Sri Swami Omkarji.

Omkarji is one of those very few sincere Swamis who believe they had experienced the oneness of the spiritual reality, interpenetrating the world, called, according to them, by various names and described in different ways, all of which are complementary. So, such persons are able to consider all beings on the analogy of gems strung together on a string (Gita-VII-7; saying II). For them humanity constitutes a single brotherhood and religious unity. From that it follows that the overwhelming duty of man is to love all beings as one loves oneself.

The important thing for man is to know and remember his real nature and the tragedy for him is ignorance and forgetfulness of it (saying 43). But, forgetfulness becomes impossible if there is a deep conviction of the Divine as the inner and witnessing Self of all beings (saying 100).

How can one develop a deep conviction of that kind? Swamiji's sayings contain a brief answer to this question. His teaching expressed in simple and straight language is an echo of the eternal saying truth. Let us hearken to it, meditate on it, first become ethical and then gradually spiritual.

17.11.1993

—K. Satchidananda Murthy

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Our Heart Felt Thanks

Kum.Kajal Prem Raj, South Africa donated for the printing of this book. May God bless her and her family members and also parama Pujya Swami Omkar Maharaj and Pujya Jnaneshwari Mathaji shower thier blessings on them. -Ashram Managing committee

1. God alone exists, nothing else is outside or apart from Him.
2. Give up all struggles. Surrender yourself to the Infinite and abide in silence.
3. When the mind stands still, undisturbed and calm, it is saturated with truth.
4. The Soul searches for happiness everywhere, forgetting that all happiness lies in itself.
5. Body consciousness is the root of all misery. It is bondage.
6. That which is beyond thought, that which is the source of all things, is the Real.
7. It is He, that is the author of all action, that is the master of all works (*karmadyaksha*).
8. Without Him, the breeze stirs not, the fire crackles not nor does the Sun shine.
9. Abandon yourself utterly to Him, '*Ekam saranam vraja*'.
10. Let your salvation be for the welfare of all, let your *Samadhi* be for the good of all.

11. The individual is a bead. Countless are the beads.
But the string that ties them up into a garland is
one. Engross not yourself with the beads,
remember the string which sustains them all.
12. Does the rock lose its rockiness if it toils not?
Does the rose forego its sweet beauty if it works
not? Nothing can be added or subtracted from
perfection by our exertion.
13. The ego is the root of all troubles. From it comes
lust, passion, greed and anger.
14. Only when the ego is annihilated from root, stalk
and branch can there be peace.
15. How to destroy this ego? Identify yourself with
the infinite, the Divine.
16. With every breath you take in, the every breath
you exhale, concentrate on the truth of this
'Soham' or 'That I am.'
17. When you cognize the changeless in change you
will be blessed with Peace and Cosmic Joy.
18. Even a thousand mile Journey Starts with the
first step.

19. Whatever we need, will be vouchsafed to us only at the proper time. May we learn to rely on the Divine.
20. In every beat of his heart, the wise man recognizes the cosmic throbbing, in every action and thought of his, he sees the Universal action.
21. Be conscious of This Universal witness, the indivisible Breath in every action of yours and in your inaction too.
22. In whatever we do, it is the Infinite that is expressing itself. It is that, which is fulfilling itself in, and through, this world of things.
23. So long as we are in the body, there is some trouble or other. There is no life without its tests and tribulations. Show me sky without its clouds, and the rose without its thorns.
24. Life is a process of silent, slow and steady growth towards the Goal, through struggles and sorrows.
25. Remember that no amount of obstacles can prevent you from reaching the goal. If you are determined about it, it is destined for you.

26. The ego covers up our own faults, goes on finding faults in others—if you want real peace abandon the ego.
27. All the world is God. Everything we see is part of His manifestation.
28. When all is well, everyone can be cheerful and contented. He alone is brave who stands towering amidst misery and gloom.
29. Troubles and sorrows may cast their shadows upon you, as to clouds upon the Sun—But the darkest clouds will pass, they will melt away and disappear, before the resplendent glory of the sun.
30. Be like the rose that gives out sweet fragrance, though trampled.
31. Waste not the present moment. In it consists your supreme wealth. The present is your highest moment.
32. In all tests, trials and tribulations it is He. In sleep, in wakefulness and in dream it is He. And it is He again in Samadhi.

33. The awareness of the Presence is beyond remembrance and forgetfulness. The Presence is always there.
34. If you want to be perpetually happy, there is but one way to follow. Be established in the self, be centered in the Self.
35. If you are happy and cheerful you will radiate happiness and cheerfulness around you as the sun does the light. If you are sorrowful and miserable like the noxious weed, which scatters its foul smell all around, you will spread your sorrow and misery.
36. As such, you can change all your negative thought into positive and assert only the best and the highest under all conditions.
37. Do not memory and forgetfulness come from Him? It is not possible to forget God and remember something else.
38. You need not wait for Him, for He has been eternally in quest of you.
39. Religion means coming face to face with God to express the Divine in this world of tests and trials.

40. The mind is like a mischievous and intoxicated monkey. It is ever restless.
41. Let the mind not be restless. Let it seek its Source, Life or Prana and merge itself therein.
42. In praises and laudations it is easy to find God. But that finding is not complete unless you find God in blame and calumny, in failure and ignominy.
43. There can be only one real sorrow, one trouble for the soul. And that is, when it forgets its own nature.
44. Not a straw moves without the Lord's command.
45. All troubles and trials are there to test your fortitude and equanimity.
46. Every new experience is for your own good.
47. Anyone can be spiritual, when all is well. The acid test is on, only in the thick of troubles and miseries.
48. The Peace you long for is within you, in the stillness of your own purified heart.

49. He is the master of all motions. Let us be aware of His Presence in all motions of the mind as well as in the body in thoughts and deeds.
50. In every life there are moments of elevation and inspiration as well as moments of darkness and misery.
51. The sage looks at the phenomena of life, perched on the pedestal of his soul-poise and equanimity when misery and suffering face him he realises them as passing shadows which are not worth any attention.
52. Work kills no one, but worry kills multitudes.
53. Worry is a terrible but only an imaginary vampire. Never give in, to this terrible mental malady.
54. Man wants to adjust, rearrange and remake everything in the outside world. But he does not try to adjust himself.
55. All adjustment and arrangement must start from within.
56. If man gives up identifying himself with the body and renounces his false fears and desires, he will come into his own.

- 57. If you are rooted on a firm, deep and rocky foundation, you will withstand the onslaughts of all the passing Storms of lust, fear and ignorance.
- 58. I can forget those who love me, and those who differ with me; but certainly I cannot forget myself, the one without a second.
- 59. I am the Light, the effulgent and resplendent light. The Eternal and Infinite light.
- 60. It is the same light, as is forever. It is above space, time and causation.
- 61. God has no other body on earth except yours. He has no other hands except yours. He has no other legs or feet except yours. Verily, He is thinking in your mind. Sparkling in your eyes, listening in your ears and flowing in your breath.
- 62. Learn to love God for the sake of love and to work, breath and live for Him for He is the breath of your breath, the life of your life and soul of your soul.

63. The flower comes from the bud, and bud comes from the plant. The deed comes from the word, the word comes from the thought and the thought comes from the source, from within.
64. If you desire to be one with God, do not complain. If you do complain you cannot be one with Him.
65. Religion begins with self reliance and ends in self-realization.
66. He who relies on the Sun of suns within, need not wait for the outer sun to come out.
67. Let us not exaggerate, though it is not a crime. In all you say, be correct.
68. Success always belongs to the just, patient and the righteous.
69. Constructive thinking leads to Peace, Power and Poise. Negative thinking leads to misery agony, destruction and death.
70. Gratitude is the thing that cements and unites the hearts of trees, animals and men.

- 71. The Beloved is within, in the stillness of your own purified heart.
- 72. I cannot afford to forget God or the self effulgent Light, even for the fraction of a millionth of a second.
- 73. The man who has Cosmic Sense does not desire eternal life, for, he has it.
- 74. The Holy Breath, soham, kills egoism and destroys ignorance, and Creates Love and Laughter in the heart and peace in the soul.
- 75. Freedom belongs to those who face God, the Reality, even in the ugly and the so-called Foes.
- 76. He who sees the best in you, is your good friend; and he who brings out the Highest in you is your best friend.
- 77. The path of Truth is very trying. It is uphill work.
- 78. The truth seeker must Crucify his little self before he begins to walk in the path of the truth.

79. When you know yourself; all your wants and wishes disappear, for you are in Kailas, the Himalayas, in the U.S.A. and everywhere.
80. Even if you are the poorest man, the most insignificant man in the world, you have someone or other who loves and adores you.
81. Always remember that truth alone triumphs in the end.
82. Not a single thought will be lost in rain. Every thought will have its effect in its own time.
83. Everything is within thee. What is not within thee, can never be without thee. Be at peace.
84. When you are single minded, nothing can prevent you from leading a life of Peace.
85. Dive deep and drink the nectar of your Oneness and Divinity; knowing that Divinity is your birth right, and all else is nothing but ignorance.
86. Time is passing and verily it is a wastage for one who is conscious only of the body and the world.

- 87. If we can always identify ourselves with the truth, forgetting all names and forms which is at times very difficult, then life will be glorious.
- 88. The world can be compared to the tail of a dog always curly and you can never make it straight. So we can only do our best and leave the rest to God.
- 89. Do not multiply things of the world. Have what is needed but no more. It is this renunciation that gives joy and freedom. There is no other way.
- 90. Never feel you need to justify your actions of others.
- 91. Do not miss your quiet period each day. It trains the mind to eventually remain in the Lord.
- 92. People talk and talk for nothing. If we could only restrain ourselves from all unnecessary talk, we would be emblems of Peace, Power and Plenty.
- 93. Never admit defeat for you are the Atman. Another day not to brood but to express him.

94. There is no failure in my life; only success because success is rising each time one falls. I feel really that each failure is making me stronger and stronger and taking me to the goal.
95. Blessed is he who does not desire or grieve.
96. To be free of misery of every kind, you must rise above the tongue, the body and the mind.
97. The troubles that come from the outside are nothing when compared to those that come from inside.
98. Stagnation is death and life is progress. So let there be ceaseless progress in (my) life from moment to moment, in all actions feeling His Presence.
99. Hold on to the light-Cling to the Light, Dissolve in the light and leave the rest to God to your *prarabdha karma*.
100. When you understand God as the interpenetrating Presence the very light of your eyes, the life of your life, the soul of your soul, the silent witness of your very existence, how can you ever forget him?

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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
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