

PRAYERS AND MEDITATIONS – 1

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PART -I

1. Prayer for strength and patience

O Lord! Thou wert crucified and yet Thou wert calm. Then why should we grumble now for passing clouds of ours? Let us bear all the petty things calmly without a murmur or complaint. It is our lack of faith in Thee that makes us disturbed from our revilers and to defend ourselves from their insults.

O Lord, wast Thou not insulted a million times more than we? Did they not spit on Thy Holy Face? Did they not beat Thy holy body? Did they not crown Thee with thorns? Did they not nail Thee to the Cross? O Lord, what are our little grievances when compared to what Thou hast borne silently at the hands of the deluded?

O Lord, give us more strength and patience endurance to bear all insults and hurts ungrudgingly, with joy and forbearance for Thy holy name's sake. While nailed to the cross, Thy sweet lips prayed for the salvation of those who crucified Thee. Wilt Thou not bless now Thy own children who are trying to walk in Thy holy path with fortitude like thine?

Dear Lord, the deep rooted ignorance of self-defence makes a wreck of spiritual life, bringing disgrace unto Thy holy name. Let the benighted blame us; let them say what they please; but let us not try to defend ourselves; let us calmly resign ourselves unto Thy holy will.

O Redeemer! Bless us with the power not only to silently bear all the afflictions and troubles, but to pray in Thy own memorable words for the salvation of our beloved friends, who are trying to harm Thy holy cause: "Father forgive them, for they know not what they do, bless them with peace." Amen.

(Peace May and June 1934)

2. PRAYER TO FEEL HIS PRESENCE

(Prayer unites the Individual with the Universal, *jiva* with *paramatman*, for the individual and universal have never been two but one)

Indwelling presence of our hearts, how blessed it is to feel Thy presence within, without, nay above below and all around! What can I pray for, facing Thee on every side and everywhere, except repeating Glory! Glory! Glory!

May all praise and homage be unto Thee on every side, at all times. Like the rushing rivers flowing towards the ocean, may our minds also ceaselessly flow towards Thee O! Satchidananda, the ocean of existence, knowledge and bliss absolute now and always! This is all that we pray of Thee.

May Peace be unto all

OM OM OM

(Peace April 1961)

3. PRAYER BY LIVING AND NON-LIVING

When I see the smoke of the incense rising higher and higher going up in curls, filling the whole room with sweet fragrance I feel the incense is offering its prayer to the world of humanity. When I see the sweet smelling flower, giving out its sweet fragrance, I feel the little flower is offering its prayer to the Almighty.

When I see the balmy rays of the sun, penetrating into the world, dispelling all gloom, I feel the Sun is sending forth, not one prayer but many prayers into the world. Every ray is an offering to God. When I see again the raising waves in the limitless ocean I feel every wave is a prayer to God.

As I see the birds singing so joyously, I feel their care free songs are prayers to God. What about the rising thought in man or woman the images of God! Every thought is a prayer to God!

Dear God, as Thou art accepting the prayers of Incense, the Flower, the Sun, the Ocean, and the Bird and of many, many of Thy children, be pleased also to accept my humble prayer in the form of Love Universal that excludes none but includes all.

May peace be unto all
OM TAT SAT OM

(Peace June & July 1961)

4. PRAYER FOR ESTABLISHING PEACE

(In the heart of the individual which leads to universal peace)

Oh! Thou the interpenetrating and effulgent Light adorations be unto Thee.

In the past I am one with Thee;

In the present I am one with Thee;

In the future I am bound to be one with Thee;

There is never a moment of time when I am separate from Thee even as the wave is never separate from the ocean. As the ray is one with the sun, so am I eternally one with Thee.

Oh, Dear Lord of Light and Love! All that I ask of Thee is only to bless me with the strength to express Thee in all my thoughts, words, and deeds! Nay, with each and every heartbeat and breath of mine, to wish the welfare of Thy children in East, West, North and South.

May Thy children everywhere feel Thy interpenetrating presence within themselves as well as in others, in both friends and foes, in these trying days of world crisis.

May Thy indivisible presence abide in all hearts and May peace reign on the face of mother earth is my ardent prayer.

OM TAT SAT OM

(Peace Jan 1991)

5. PRAYER FOR THE WELFARE OF OTHERS

Dear God, as Thou art knowing, what is the need of my prayers to Thee! Thou knowest what I need. Thou givest to me what I deserve but not want I what. Anyway, as Thou art the bestower of all boons, here is a prayer to Thee from my sick bed.

Dear God, never listen to my prayers if I ask anything for myself. But pray, listen to my prayers, if I ask anything for the welfare of others. Above all, dear God, make the ungrateful, enter into the hearts of selfish people and make them selfless, make the bitter people into sweet people and bless the sick with health and make the ungodly Godly, with love for all and grant us the Love Universal that excludes none, but includes all!

Above all, bless us all to feel Thy Presence ceaselessly!

May peace be unto all

OM OM OM

(Peace Jan 1992)

6. PRAYER FOR NIRVANA

Through life's wending way
As we ramble day by day,
Let our hearts be full of song,
And our thoughts around him throng,
May his presence light our path,
Guide us from delusion's wrath,
God, who leads the pilgrim soul,
Ever nearer to the goal,
Lead us in our upward climb,
To heights peaceful and sublime,
May we enter one by one,

His great heart, Nirvana won.

May Peace be unto all

OM OM OM

(Peace Jan 1993)

7. PRAYER – SAGAR SANGEET

Voiceless are the great heaven:

There is stillness every where

Evening shade on all Thy body

A vast peace and an infinite quietness.

A shoreless sea.

Wordless art Thou today.

A sea of peace and purity.

Thy silent anthem in this peaceful evening

Keeps living and glowing in Thy soul,

Its light and its ecstasy:

And all Thy body in that bliss dwells,

And all the littleness of joy and grief sinks within.

Death and time have paused, arrested at Thy feet:

Deep unbreathing, with eyes fixed motionless

A yogi has indeed formed his mystic seat within thy breast.

I have seized only a glimpse but I could not reach;

With folded hands I wait.

Make me one with Thee

“The Ocean is Praying. Why don’t you pray, O man.”

Every wave is a prayer

OM OM OM

(Peace June 1995)

PART II

1. MEDITATION AT THE FEET OF BUDDHA

It was the time of cherry blossoms, in the land of the rising Sun, Japan. I was visiting kamakura, the famous shrine of Buddha, with two of my devoted friends.

We could not help but be awe stricken, at the wonderful sight before us. The gigantic figure of Buddha, the Lord of love, mercy and compassion, was there seated, in his lotus (Padma) posture, meditating in all His sweet placidity.

We sat there before Him, on a rustic bench in the beautiful park which was filled with ornamental shrubs and trees of an exotic kind. Facing the vast conception of the incarnation of mercy and love, surrounded as we were with nature's beauty and sublimity, we dissolved ourselves in the sacred and serene vibrations of Buddha.

We are told by men of realisation that contemplation on the saviours of humanity, is one of the easiest forms of meditation. Hence dear friends, wherever your physical forms may be, let us draw nearer towards this heart of compassion, the great incarnation of love and blessedness.

Dear Readers of Peace Magazine, shall we close our eyes now, and feel that we are in the land of cherry blossoms inhaling their sweet fragrance, and thus enter deep into *nirvana* the holy state of peace and perfection.

OM OM OM
OM MANI PADME HUM

(Peace Jan 1932)

2. MEDITATION FOR ALL SEEKERS OF TRUTH

As we enter into the meditation room, let us burn an incense stick and watch its smoke as it ascends.

As we watch it, the smoke ascends higher and higher until it disappears into nothingness. The smoke is no longer visible, but the fragrance is present in the worship room. Identifying ourselves with the incense, let us light it with the lamp of our faith or devotion. As the smoke, in the form of our thoughts, ascends let us remain as silent witnesses.

Our thoughts are taking wings and rising and rising in the form of ethereal vibrations and filling the whole universe with their sweet fragrance.

Let us meditate now on this great thought that we are the sacred incense and that we are continuously wafting and giving out fragrance in the form of Peace, Poise, Bliss, Life, Light and Love.

May peace be unto all beings and creatures in North, South, East and West.

HARI OM TAT SAT
OM OM OM

(Peace Nov & Dec 1933)

3. MEDITATION TO FEEL HIS PRESENCE

Although God is Omnipresent, we are taught by men of realisation and by sacred books that the Almighty can be realised consciously by meditating on the following three centres of consciousness.

1. Blessed are the pure in heart for they shall see Him. By meditating on the heart centre, you will be able to control the feelings and emotions that are obstructing your vision of truth. Your restless mind will be made restful, by listening to the still small voice of the Almighty, in the stillness of your heart.
2. Those that find it hard to fix their minds on the heart centre will find it more easy to meditate on the Light of the eyes. Even children can be made to feel His presence by meditating on the Almighty who is sparkling in the eyes.
3. The meditation on the Sun is for advanced, people. The Sun being the Light of the universe, will be the Light of our beings by meditation upon him. He should be meditated not only externally but also internally, feeling the Sun's seat on the top of one's head. It is the highest centre of consciousness, *sahasrara* as the yogis say, the thousand petalled lotus. This highest form of meditation leads one to the splendour of the Light of lights.

May we meditate now on the indweller of our hearts! As we feel His presence in the heart centre let us rise, to the seer of our sight and from there let us lift ourselves to the full glory of the Sun of suns in the highest centre, *sahasrara*.

May peace be unto all
Om Santi Santi Santih

(Peace Jan 1934)

4. MEDITATION ON OUR LIFE'S IDEAL

Patanjali is considered as the father of yoga philosophy. In his masterly treatise on yoga, he gives out various methods, to control the modifications of mind and thus to reach the goal of yoga viz. the conscious at-one-ment with the reality or the interpenetrating presence.

One of the easiest methods expounded by him, is to meditate in the heart on the one who is dearest, nearest and most precious to us. Our mind generally wanders towards the object or person whom we love. When our meditation is on the object of our love itself, how can the mind ever wander?

We hear of a shepherd that received an initiation from a great teacher. After a time when the teacher examined him, he complained that it was impossible for him to control his mind, for it wanders towards a sheep which is associated with his life from dawn to dusk. Thun the wise teacher asked him to meditate in future in the heart on his dearest sheep alone, knowing that the Lord is abiding in it. Lo! In a short period the shepherd's mind was made steady and he was initiated again into the higher mysteries.

Now, I do not mean to ask my friends to meditate on sheep, but only to suggest the great help that one derives by meditating on his ideal, the person whom he loves. Let us close our eyes and meditate in the sacred sanctuary of our hearts on the silent friend, who is our life's ideal. Let us identify ourselves with our ideal, be it Christ, Krishna, Buddha or our Father, Mother, Sister, Teacher, Friend, or the Beloved whom we love. As we continue to meditate in the stillness of our heart the little self is forgotten and only our ideal remains shining in the full glory of the living presence.

May silent adorations be unto our ideals who are the ideals of humanity.

OM TAT SAT

(Peace Feb & Mar 1934)

5. MEDITATION FOR PERSONAL EXPERIENCE

Meditation on forms, names and symbols is never as helpful as meditation on the moments of our personal experience of our at-one-ment with the nameless and formless truth. It is the highest form of meditation wherein one forgets all forms and names including the little "I", ego.

Dear readers of Peace magazine! Were you ever blessed even with a glimpse of the ecstatic joy of that personal touch or contact with the in dweller of your heart, where the fleeting world of changing phenomena exits not and where exits only the infinite bliss of the incomprehensible absolute?

If so, join me now in a deep and silent communion meditating on those precious and rare moments of our personal experience or super-consciousness with the interpenetrating presence, leaving aside all that we have studied and learnt from the outer. Let us enter now into the very heart of the soul, where we are face to face, nay indivisibly one with the highest truth.

As these sacred moments are the treasures of imperishable wealth let us arduously strive to accumulate them in our lives. Indeed the souls that are blessed with personal experience for the wealthiest persons in the whole world.

Meditating ever on the personal experience of the reality may we be the divine inheritors of immortality and cosmic glory.

This is the prayer of your own brother.

(Peace May & June 1934)

6. MEDITATION FOR DIFFUSING GOOD

The story of the holy shadow given in this issue of Peace Magazine, from the parables of Swami Rama is very inspiring.

What an enlightened state it is to shun all powers and to be satisfied with the presence of God.

The saint did not care for the powers to heal the sick, to convert guilty ones nor to be a model of patience attracting men towards him. He is satisfied with the grace of God, and in having His grace he feels he has everything.

When the angels said that a miracle would be forced upon him, he asked to be allowed to do good, without even knowing of it. What a selfless and beautiful wish.

Let us meditate now on the life and spirit of this holy saint and repeat with him, "that I may do a great deal of good without even knowing it." Then we too will be holy shadows, making a rid paths green, causing withered plants to bloom, giving clear water to dry up brooks, fresh colour to pale children and joy to unhappy mothers.

Let us go through our daily lives "diffusing virtue as the star diffuses light and the flower perfume, without being aware of it."

May every loving reader of Peace Magazine be a holy shadow, diffusing good spontaneously towards the whole of humanity is my prayer.

HARI OM TAT SAT

(Peace July 1934)

7. MEDITATION ON THE LIGHT WITHIN

Let us now meditate on the undying flame of the Light Divine, which is perpetually shining in the sacred sanctuary of our hearts, knowing that the same light which is shining in us, is shining in the heart of all the children of Light.

Let us meditate on the Light which is shining in our very eyes, as well as in the least of God's creatures and in all mankind and which is no other than this Light of the Universe.

Let us now, consciously feel the presence of this Light, filling and pervading our whole beings, from the soles of our feet to the tops of our heads. It is the Light in each and every cell of our beings.

Silent adorations be unto this Infinite Light. All homage be unto this Infinite Light. All homage be unto this interpenetrating Light. It is Light within, without and all around. May we express nothing but Light in all our thoughts, words, and deeds.

May Light abide with all of us.

OM OM OM

(Peace Oct 1934)

8. MEDITATION TO MERGE WITHIN

As all the students of yoga and the Eastern religions are aware there are several centres in the body or within oneself, where one can meditate to merge within, fixing the mind at that particular centre. Of all the centres, there is a centre which is called *sahasrara*, the thousand petalled lotus centre, the highest centre of super-consciousness where manifests one's divinity in full splendour.

This sacred centre alone is called the secret place of the most high, for it is the last and final centre of consciousness, to realize the cosmic glory. It is here, by meditating on the Light of lights, Sun of suns, the finite becomes infinite, the mortal immortal, and the individual the universal.

Dear friends, my loving readers of Peace Magazine, wherever you are near or far in East and West, pray, join me now in meditating on this holy centre, the secret place of the most high, to realize the heights of blessedness and peace.

It is Light within and without. It is infinite light in the manifested, and the unmanifested. It is boundless and eternal Light everywhere and all around.

Silent adorations be unto this inexpressible, incomprehensible and inconceivable Light.

OM TAT SAT

(Peace Nov 1934)

9. MEDITATION TO TRANSFORM INTO HIS HOLY BEING

Let us meditate in memory of this holy season, Christmas on Peace, Poise, Purity, Power and Blessedness of Christ, forgetting our little names and forms, transforming ourselves into His holy being.

Let us close our eyes and feel that He is filling and refilling the very cells of our bodies expressing through every movement visible and invisible and in all vibrations.

His hands are in our hands, His feet in ours, His heart is in our heart, His mind is in our mind. Verily, from top to toe He alone exists and nothing else exists besides Him.

How blessed it is to identify ourselves with the Lord of love, the saviour of humanity! Let us stretch our arms, His arms, and repeat His consoling words. "Come unto me, all ye that labour and are heavy laden and I will give you rest."

Taking the whole of humanity into our arms of love, let us merge in Him, as a bubble merges in the ocean of fathomless glory.

May He express through us, in every moment of our lives, in all our thoughts, words and deeds, is my prayer in this holy Christmas season. Amen.

(Peace Dec 1934)

10. THOUGHTS ON MEDITATION

Every month our Peace Magazine contains a practical exercise for meditation. These meditations are different in nature from each other although they all lead to the same goal.

As one medicine alone will not be suitable for all diseases, so also one kind of meditation will not be helpful to one and all, hence our readers are requested to select or choose the meditation that suits their temperament according to the present state of their development and thus practise it regularly, striving to make steady and regular progress.

The New Year issue of this month contains two helpful and inspiring meditations on the sacred syllable Om. Hence, instead of having any other meditation. I request my loving readers to practise only this sublime and soul awakening meditation on Om identifying themselves with the sacred syllable Om.

Meditation is a very deep and earnest state of dwelling on any subject or theme, to the extent of forgetting all else, except the object of our meditation so that, the little self is forgotten and the higher self-reveals the significance and the true essence of the object or our ideal.

The very thought that our physical bodies are the manifested words, the most sacred and mystic syllables, is ennobling and inspiring. So let us close our eyes and meditate on the sacred syllable Om, allowing Life, Light and Love to flow from every cell of our beings towards the whole of humanity.

OM OM OM

(Peace Jan 1935)

11. MEDITATION IN THE WOODS

All the matter for this issue of the journal was given in the press except my usual meditation exercise that goes in every month. I tried my best to write something, but somehow could not write anything. Feeling dull and disgusted with myself I left for a walk towards the hills.

My faithful little companions Hanu and Appanna, aged 7 and 9 years accompanied me, leading the way through the fences into the woods. We wended our way for a while trudging in a small foot path. Feeling tired I sat on a marking stone in the fields by the side of palm trees.

As I sat there in mute silence I was thrown into a mood of sweet meditation. It was the hour of sunset and a deep stillness pervaded all around. The breeze was soft and cooling. In the midst of such a simple and natural surrounding I felt His radiant presence and the very air was vibrant with His love. The hills seemed solicitous, the trees welcoming and the whole nature inspiring. I was thrown into a mood of ecstasy. My young comrades carried by my ecstasy wanted to do as I did. They moved two small stones near me and sat on them in steady posture and waited in silence. Oh, how I wished that the dear friends in the East and West were with us and shared the consciousness of His presence in such a simple and natural way.

I lifted my head to the heavens. The crescent moon and the silvery stars were already in the milky firmament. How truly "The heavens declared the glory of God, and the firmament showed His handy work" to our elated senses. Oh, where was 'I' in His omnipresence, who was 'I' in His omnipotence, and what was 'I' in His omniscience then!

With such thoughts I lost myself into that incomprehensible splendour wherein the little 'I' vanished like a bubble in the ocean. How blessed are those precious moments when the self identifies itself with the universal self. He shines the moment the 'I' is forgotten or denied in His love and service. How simple it is! Where he exists nothing else can exist. Silent adorations be unto this interpenetrating presence! May we ever express the highest in woods as well as in towns, in rest as well as in work, in solitude as well as in company, for He is ever throbbing in our very hearts permeating the very cells of our beings. Om Om

Om

When we opened our eyes a jackal was staring at us, some birds were playing and singing around us and a dove was flying over our heads which induced us unconsciously to join them in repeating the benediction: May peace and goodwill abide among all nations.

HARI OM TAT SAT

(Peace Feb & March 1935)

12. MEDITATION TO REALIZE GOD NOW AND HERE

There is a sacred subject which is always near to my heart and I am never tired of writing about it or repeating it again. It is the theme which is helpful and needful to the whole of creation. It is the sweetest canticle softly vibrating in every heart.

What is more, it is the only simple, easy and direct way of knowing and realizing God, right now and here. It is the practice of the presence of God, even as you read this.

We must learn to practise to feel His presence not here and there but everywhere for He is Omnipresent. We must learn to feel His power in an every aspect of life, from the lowest to the highest for He is Omnipotent. We must feel and recognize His universal intelligence at work in everyone and every creature for He is Omniscient.

As He is Omnipresent, Omnipotent and Omniscient we can never confine Him to temples or churches, to masters or teachers and to time or space. One can practise to feel this presence both in homes and temples and in silence as well as in activity.

As we meditate now let us bathe in His Omnipresent Love, let us be saturated in His Omnipotent Peace and let us drown ourselves in His Omniscient Silence.

My homage be unto Him who is the in dweller of our hearts, as well as the cosmic energy of the universe, within, without, on every side and in every form.

OM TAT SAT OM

(Peace Sept 1935)

13. MEDITATION FOR THE VISION UNIVERSAL

(Birthday of Christ)

As Christmas season is approaching. I was feel nothing to be more appropriate for the occasion than a meditation on Christ. How blessed it is to be reborn, with the blessed one! The past is dead and buried. We are living in the present moment. Verily this moment alone is ours, but not the dead past or the uncertain dim future.

In this sacred and precious moment let us be reborn with the Loving Christ, expressing Him in all our thoughts, words and deeds and thus ever manifest our divine

heritage. The birth of holy Christ takes place in every pure, selfless and consecrated heart. He is here, with us and within us now!

So let us meditate on the new born Christ, the light of the world, in the stillness of our hearts. May He bless us with the Vision Universal. In this new birth, behold, it is light within without above below and all around and everywhere!

May silent homage be unto this Light of lights and, may we dissolve our little egos or selves, in this effulgent light and thus truly commemorate this holy birthday, Christmas is my prayer.

May peace be unto all

OM TAT SAT

(Peace Dec 1935)

14. MEDITATION ON LIVING WATERS

What a wonderful thought it is, that our lives are just like perennial springs, or ever flowing rivers, ceaselessly gushing through, hills and dales, towards the one goal, the ocean.

In spite of the obstructions and the vicissitudes of life in the form of culverts or dams, the rivers and rushing, with all their mighty force and power, irrigating and fructifying the land as they pass by, from the high plateaus towards the level plains to finally reach and merge in the great sea.

Some of the rivers have been the rare rivers of living waters, quenching the thirst of weary travellers in the vast desert of the world. Those who are blessed to drink from the source of these living waters, will thirst no more for the life of the senses, in the mirage of the world.

Let us meditate on the beautiful thought that our lives are perennial springs of Living Waters, originating from the common source, and bound to merge again in the one common goal.

Impartial as a freely flowing river, let us, as we pass by the roadside, water both the roses and the briar-bushes of humanity, and shower streams of love, bathing the world, with the living waters of peace, blessedness and eternal life, and thus allow the little self finally to merge like a bubble in the limitless waters of the blissful ocean, to find itself as nothing but the Ocean, the One Universal Spirit.

May Peace be unto all

OM OM OM

(Peace May & June 1936)

15. MEDITATION ON THE INDWELLER OF HEARTS

The silent, still and vibrant hour of sun-set has been considered since the dim ancient days to be the most helpful and auspicious time for meditation, excelled only by the sacred hour of early dawn. Both in the Hospital and at our retreat Panchavati devotees and visitors of various temperaments came to avail themselves of the blessed opportunity of silence and a common meditation on the in dweller of Hearts.

It was an inspiring and blessed sight to see the young and old, poor and rich. Ignorant and learned one and all, Hindu, Christian and Muslim meditating eyes closed, in their particular devotional postures, trying to lose themselves in the Light of lights, the Universal Self.

With a sympathetic heart I used to watch the meditation of a very learned young man who had been connected with many a sect and creed at different times practising some kind of a mysterious yoga.

He always sat in a fixed posture, like a rigid cast iron statue, but if you could see the expression of his face it was anything but peaceful. One could see, manifest the struggle within him, and as if the man was suffering the most excruciating of pains, and also bearing within, all the worry and agony of the world. Once in a while he would change that expression into one of defeat, sadness or helplessness as if exhausted by his struggles.

As I was touched with his sincerity and also his unnatural attitude and wrong approach to meditation, once I laid my hand on his shoulder and said, Dear Child! Approach God not with sorrow and agony. Approach Him with Love, Peace, Contentment and Happiness. Do not fight so or struggle, just relax and gently, restfully feel His Love and Presence, for meditation is not wrestling with God, but utterly surrendering oneself to Him, with perfect serenity, relaxation and rest, melting as it were into His glory!

He looked at me with a grateful glance of love and understanding, and then closed his eyes again, this time his face was beaming with Joy, Peace and Contentment. Now he is no longer fighting, struggling or wrestling, but floating in the love of God, bathing in His presence with perfect self-surrender and relaxation.

As this straining seems often to be a common difficulty of many a very fervent soul, I take this opportunity to elucidate how our very struggles and forced attitudes in meditation often keeps the cup of bliss suspended, futile away from our lips, when just a little unbending, serenity and surrender brings the nectar cup close.

Dear Readers of Peace Magazine, let us now join our devoted young aspirant in his blissful meditation cantering ourselves also in serenity, resignation and relaxation.

May peace be unto all

OM TAT SAT

(Peace July & Aug 1936)

16. MEDITATION TO BE FIRM

As I sit on the open terrace of the Mandir, to engage myself in my daily evening meditation, I cannot but look both consciously and unconsciously into the soul of the Totapalli Hills that are surrounding our Ashram.

As a subject of meditation, hills or mountains are a very inspiring and beautiful one. How blessed it is to be firm like a mighty rock in our meditations! How wonderful it is to be unmoved and unshakable like the mighty towering hills!

Who does not get inspiration at the very thought of the snow-capped, sublime Himalayas with the highest of the peaks Mt. Everest! Expedition after expedition of explorers from many a foreign nation are coming to India to reach or climb Mt. Everest full of the spirit of adventure to attain the seeming unattainable. However, there is a summit of all peaks, the spiritual goal of divine ascension found in each and every one of the respective religions. This sacred height can be attained or ascended only by those rare, pure and dedicated God-imbued souls who are full of the courageous and dauntless perseverance and adamant resolution.

Let us meditate now holding the vision of the highest pure peak of the Himalayas in the spirit, let us concentratedly ascend it so as to reach the greatest sublime state the resplendent peak of God-consciousness. Like a divinely reckless mountaineer let us press on and on till we can gladly cry excelsior, the victory as we reach the wonderful and most high rock of ages, which is the soul and goal of humanity!

May peace be unto all

OM TAT SAT

(Peace Sept & Oct 1936)

17. MEDITATION OF PATIENCE AND FORBEARANCE

Blessed is the man who has patience and forbearance. These noble attributes are the highest signs of a man of realization. Peace that passeth all understanding or bliss that knows no change, belongs only to that type of soul who is centred in God, and therefore loving and pitying all things, also finds it natural to have patience and forbearance.

Such a one is also patient and forbearing under a world of tests, trials and tribulations of all kinds. To him, praise or blame, riches or poverty are a matter of little concern. He is unshaken and serene even under the open animosity of those who differ in opinions, for he has risen above the plane of the changing clouds of name, fame and personality. Action and reaction are inseparable and common to the world of duality; but on the higher planes where the spirit of the man of realization dwells, there is neither action

nor reaction. His world and outlook are different, in that they have to do with heavenly or eternal concerns. The true man of God lives, in a world of harmony and unity, life and light free from the percussions' of actions and reactions, which create misery and suffering.

Let us compare a devotee of God with a good farmer. Having a valuable piece of land as his heritage, the husbandman patiently works his land, even though the hazards of storm, drought and fire frustrate his patient efforts even year after year. A true son of the soil, keeps valiantly working and hoping as he ploughs, tills and plants the good earth. The true devotee also has his heritage, his vision, and continues to aspire, earnest in his devotional exercise, and austerities, if they are needed; even though he becomes aged without having fully realized God. The devotee is good, patient and forbearing as Mother Earth who even under stress and storm, deluges and cataclysms ever tries to restore and give; taking with a divine alchemy the foulest waste substances, and changing them to beautiful grass, tress and perfume-breathing flowers and is ever restoring and salvaging.

The devotee of God is also dispassionate as the calm earth, he bears well the outer tempests, and guards himself from the inner tempests that tear at the soul, mind and body.

Let us then meditate often on the noble attributes of patience and forbearance and attain that centred state wherein one is unmoved, patient and forbearing even during crucifixion itself. May our life's ideal ever be, like benign Mother Nature; to be good, and to do good even in the ordeals of trying conditions. May nothing but peace and love go forth from us towards one and all, and to the whole of creation.

OM TAT SAT OM

(Peace April, May, June 1941)

18. MEDITATION ON UNIVERSAL FORM

There is an inspiring meditation that has been the life and strength of our existence. It often gives us so much joy and peace that we long to share it with our patient and loving readers of peace journal.

It is a universal meditation, a meditation that includes all the saviours, sages and saints within oneself. It is a meditation that covers the spiritual, mental and physical faculties of one's being, including the subtle, astral and gross plane of life.

As this meditation is no longer to be described, but felt in one's own life and being from personal experience, let us close our eyes and meditate now!

In the waking state, one should identify oneself with the Lord of love and service, namely Christ. Man's physical body not only represents a living cross but also looks like it especially when one's hands are outstretched.

How wonderful and life-giving it is just to feel that our body is always an illuminated cross, having the blessed Christ at the centre of our being. It is the rosy or fiery cross, ever

shedding its lustre far and near, on the sick and poor the weary and burdened hearts guiding them to the kingdom of heaven.

Whenever you stretch out your arms feel that they are the outstretched arms of Jesus Christ, blessing the poor sinning and sick, repeating the soulful words: "Come unto me, all ye that are weary and heavy laden and I will give you rest."

Christ is verily blessing and ministering through your hands, for He has no other hands than ours, now on earth, and those of his other faithful children.

Now coming to the mental state, behold Lord Krishna, giver of the Gita, the Song Celestial, reposing in the seat of individuality or the eye of wisdom, directing all His mental faculties in the form of *viswarupa*, the universal form. It is Lord Krishna's thought: Let Krishna, the Lord of wisdom in you, manifest the universe and draw the same again into Himself in deep meditation.

Now coming to the holy state of *nirvana*, meditation behold the Buddha, the Lord of compassion, seated in His lotus pose in your devoted and dedicated heart, deeply absorbed in the contemplation of the highest, enjoying peace that passeth all understanding.

You are the Christ blessing the poor and sick and needy in the physical state, you are Krishna, manifesting or creating universal form in the mental state, and you are the Buddha deeply absorbed in *maha samadhi* or *pari nirvana* in the supernatural state.

What else is there to be said!

In conclusion as you meditate on the universal, on the universal sound, the all-embracing symbol AUM, you are meditating on all the sages, saints and saviours of East and West, past, present and future, for AUM includes all and excludes none.

Let us close our eyes and meditate on this great, universal aspect of truth where Christ is still blessing the unfortunate, leading them to heaven Krishna is creating the universes, and Buddha is lost in deep contemplation and AUM is drawing the manifested word into the unmanifested.

In the beginning was the word and word was with God, and word was God!

May all glory be unto the word, peace unto individuals and harmony among the nations!

May the spirit of loving Christ, wise Krishna, compassionate Buddha and the universal word be felt by the devoted readers of peace and by one and all in their purified hearts, especially in these deplorable times of suffering and death, and let the undying and ever living invisible spirit of these immortal saviours be the guiding principle to lead the groaning world from darkness to Light, from ignorance to Wisdom and from mortality to Immortality.

May peace be unto all

OM OM OM

(Peace July Aug & Sept 1941)

19. MEDITATION ON COSMIC VISION

(At the dawn of the New Year)

As the old year is passing, I await with bated breath for the dawning of the New Year. It was an hour of enchanting stillness. I was in Kailas sitting on the terrace of my *kuteeram*, the dwelling place. It was still dark all around. The hills are standing out patiently as if waiting like me, to pay their homage to the rising sun.

Slowly there was a rosy, glimmering light. Out of stillness the life manifested. Out of darkness the light appeared. There was life all around. Flowers were blooming and the birds were warbling. The waves in the ocean are dancing with joy, offering the New Year Greeting at the dawn of the New Year. It was an hour, drawing the outgoing faculties of the mind within, towards the indwelling presence, the Sun of suns.

Now, the ball of fire, the living sun was on the horizons. Let us close our eyes and merge within, to behold the inner light, the light of the Sun of suns, in the stillness of our purified hearts!

It is light now, not only without, but within and all around. The darkness of not only the last year's, but of ages, has been dispelled by the dawning of the cosmic vision, within.

May all homage be unto the dawn of the New Year and may all adorations be unto the dawn of the cosmic light!

OM OM OM

(Peace Jan 1952)

20. MEDITATION FOR GOD-REALIZATION NOW AND HERE

1. I am in the Light.
2. The Light is in me.
3. I am the Light.
4. The past I have been the Light.
5. The present I am the Light.
6. In the future I shall be the Light.
7. There is never a moment of time when I am not the Light, either in the past, present or future.
8. Hence, I am the Light Eternal.
9. As the Light is Omnipresent, I too am a part of the Omnipresence.
10. As the Light is Omnipotent, I too am a spark of the Omnipotence.

11. As the Light is Omniscient, I too am a ray of the Omniscience.
12. Wherever I may be, whoever I may be, in whatever work I may be engaged in, having my being in the Light, ever working, breathing and moving in it.
13. As the Light is one without a second, the same Light which is within me, is in others too, pervading and permeating the whole universe, from the tiniest atom to the biggest planet.
14. What I have within is without, for that which is in the Microcosm is in the Macrocosm also.
15. As the indivisible Light is self-effulgent, interpenetrating the very cells of my being, may I ever be conscious of this Light of lights, the only changeless reality now and always!

O Adorable Light! Thou who art within, without, above, below and all around. Adoration be unto Thee: As Thou art interpenetrating the very cells of my being, as Thou art the Heart of my heart, Mind of my mind, Breath of my breath, Life of my life and Soul of my soul, bless me O Effulgent Light to be aware of Thy infinite and ineffable light now and always, is all that I ask of Thee!

OM TAT SAT OM

Dear Friends,

Greetings of peace from the Abode of Silence.

As the above meditation has been always dear and near to my heart, I am sending it to you now, with my prayers, to help and inspire you also, as it has helped and inspired me, to be Intune with the infinite. Please practise this meditation even as an experiment only for a few days. Even as you repeat it, you feel the interpenetrating presence. The very cells of your being Now and Here.

May you feel this blessed state of transcendental ecstasy not only now as you repeat this meditation, but always, in each and every moment of your devoted life. This is the prayer of your brother Omkar.

May peace be unto all

OM OM OM

(Peace June 1953)

21. MEDITATION TO IDENTIFY WITH FLOWERS

Flowers are the emblems of beauty, purity and fragrance. How they give out their sweetness at all times and under all conditions.

Blessed are they who can love flowers. More blessed are they who can enter into the lives of flowers. How infinitely blessed are they who can identify themselves with flowers?

What a great blessed privilege it is just to live like a flower cantering ourselves in the fragrance of love.

Let us meditate now, considering that our bodies are the sweet smelling flowers. As flowers of fragrance we are giving out peace, blessedness, joy and inspiration to the world, at all times.

As flowers of beauty we are flooding the universe with life, light and love.
Verily, we are the flowers of Infinite Peace, Universal Love and Supreme Silence.

OM SANTI OM

(Peace May 1954)

22. MEDITATION ON FORGETFULNESS IN DEATH

Let us meditate on the great thought, which is the living fact and truth, that forgetfulness of God is death. Each time we are forgetting God, we are in the hands of death.

Contrary to what most people think, death is not merely extinction of physical life and the burial or burning of the body. Real death is forgetfulness of the living truth, which is the only reality.

What else can be death other than to forget the Life of our lives, Breath of our breaths, Soul of our souls and the Sun of suns, who is the interpenetrating presence of every atom of the vast cosmos.

If forgetfulness is death, then awareness of God or Truth must be life, the life that never changes and which is same from eternity to eternity.

So let us meditate now on this living presence, which is throbbing in our hearts, as well as in the burning heart of great planets. Let us recognize Him now, and never forget or deny Him in the name of passing shadows of name, fame and earthly riches or glory.

May all homage and glory be unto this unseen but ever-present all-embracing presence.

HARI OM TAT SAT OM

(Peace Oct 1956)

23. MEDITATION WITH HIGH THOUGHTS

It was the silent hour of the sacred dawn. It was stillness within and without, except for the ceaseless chant of the sacred syllable OM, by the waves of the ocean. Listening to the sacred music I sat there in stillness, awaiting the sunrise from the horizon.

There is the perpetual sun-rise within all of us also, that neither rises nor departs, but which is ever present. It is the self-effulgent splendour of the Sun of suns within. How blessed are they who are aware, nay who can recognize the Glory of the Millions of Sun's Effulgence, both in work and silence.

NOW TO THE HELPFUL EXERCISE:

I see the ocean praying ceaselessly with each and every wave. Every wave is a prayer. Ocean is the Brahma. Waves are the manifested aspect of the one infinite energy or shakti. The ocean is praying out of the fullness of its heart. The ocean is praying, why you

don't also pray O Man: In the Vision Beautiful, it flashes, as I close my eyes and meditate within, that man too, however restless he may be is praying.

Behold! As every wave in the ocean is a prayer, to the almighty, every aspiring thought in man is a prayer to God, ascending high, as an offering to him. God thoughts, sweet thoughts helpful thoughts, selfless thoughts, universal thoughts, wishing the peace of the world; are not all these prayers, to the Omnipresent God. Who is the indweller of every heart, and the interpenetrating presence of the whole universe!

Like sweet fragrance of the incense, blessed are they, whose thought waves, ardent prayers are rising daily higher and higher filling the world, with peace that passeth all understanding, thus bringing peace and goodwill among individuals and nations.

Dear Friends of Peace Magazine, looking at the ceaseless prayers of the ocean outside, let us look now within and introspect our lives and behold, the ceaseless thought waves, the silent prayers within. Let every thought be an offering, a consecrated prayer to the Almighty! What a consoling thought it is, that more restless the mind is, the more prayers one can offer to the highest. Verily, as all is God, every motion and movement within or without is an offering to God, the life, soul and goal of both the manifested and the unmanifested.

The ocean is praying with its waves.

Man is praying with his thoughts.

May all homage be into the ocean, as well as to the man the living image of the One Indivisible God.

May peace be unto all

OM OM OM

(Peace Nov 1956)

24. MEDITATION ON THE INTERPENETRATING LIGHT

May we meditate now on the Self-Effulgent Splendour of Millions of Suns which is the only changeless reality either in the past, present or future. Where is time or space in that Stupendous Splendour of Millions of Suns.

It is Light within, without

It is Eternal Light all around

It is Infinite Light above and below

May we feel now, the interpenetrating light not only in the cells of our beings, but even in all the universe for He pervades from the tiniest atom to the biggest planet.

Glory be unto *satyam, sivam* and *sundaram*. May all homage be unto the Truth, the Light and the Beauty.

May peace be unto all

OM OM OM

(Peace April 1961)

25. MEDITATION ON SILENCE

In the shrine room all alone I sit in silence trying to meditate.

How shall I meditate?

On what shall I meditate?

There is the sweet fragrance of incense filling the shrine room. I try to identify myself with the sweet fragrance, forgetting the body, mind and world. I too become formless and nameless. There is a sense of freedom and deep peace. The body gets numb, more and more. Hand keeps on writing unwillingly.

What is there to write?

What is there to see or hear?

What is there to think or cognize, when all is God the self-effulgent light on every side and everywhere. I see Him throbbing, in every heartbeat, always I feel Him flowing in the breath. In every breath, it is His inhale, exhale peace with each and every breath.

Dear Friends of Peace Magazine, let us meditate now on our very breath following, it faithfully and ceaselessly, which alone leads us to the glory, which is indescribable, incomprehensible and ever complete silence. Deep Silence! Supreme Silence! Glory! Glory! Glory!

May Peace be unto all

OM OM OM

(Peace Feb, March & April 1975)

26. MEDITATION ON THE LORD WITHIN

Where is the need of words, when love has made drunken the heart?

I have wrapped the diamond in my cloak; why open it again and again?

When its load was light, the pan of the balance went up; now it is full, where is the need for weighing?

The swan has taken its flight to the lake beyond the mountains; why should it search for the pools and ditches anymore?

Your Lord dwells within you: why need your outward eyes be opened?
Kabir says: "Listen, my brother! My Lord, who ravishes my eyes, has united Himself with me."

OM TAT SAT OM

(Peace May & June 1975)

27. MEDITATION ON THE TRUTH

His feet are true and true are those
Who fall on them with bended knees,
The worship of the Lord is true,
And true too are His votaries,
The glimps of God is true, and true
Is the one who with it is blessed,
True is His name and true He is
By whom with hymns God is addressed.
Himself is true and what He makes is so,
All good is He and goodness doth bestow.
The word of God is ever true,
And true who doth expound the word,
Concentration on Him is true
And true by whom His praise is heard.
All things are true to them who understand,
For God is true and true He shall ever stand.

OM OM OM

(Peace July 1975)

28. MEDITATION ON CHRIST

I had the privilege of attending the services of wonderful speakers in the magnificent churches and cathedrals of America. Ah! Those churches the temples of God are beautiful and soul-inspiring.

I visited one well known and far famed church in Pennsylvania and I was told the paintings alone on the windows of that church cost one million dollars.

Are we to go to churches and temples to appreciate the outer beauty and grandeur or to assimilate the inner spirit and love of Christ?

I often watched the people going to the churches as a duty, because they had to go lacking fervour and the craving to realize Christ-consciousness.

In this particular church I mentioned, just behind the altar there is that beautiful and uplifting painting of Lord Christ with out-stretched arms ever repeating the most consoling words: Come unto me.

He is standing in that supplicating posture since nearly two thousand years. How many of us are going towards His sacred arms? Instead of going into His arms, we want Him to come down into the mire of our physical lives to bless us with children, to give us prosperity, to cure our cloud-like passing ailments of these transitory bodies. We plead and beg for the broken glass pieces of material goods of the world, when He is awaiting to bless us with the immortal pearls of wisdom and with the living waters of life.

Is not Christ more than a Physician and money lender? O! Let us begin to crave even now for the Highest of the highest. Let us rush into His holy arms. Let us not delay anymore. Let us not make our Lord stand any longer in that painful posture, with His open arms, without any response. It is time for us to reach Him nay to become one with Him.

Now, my blessed readers of peace let us close our eyes. Please stop here, read no more. Kindly close your eyes, only for a minute, to meditate on the holy Christ. Behold the Lord with His long out-stretched arms. Let us approach Him step by step slowly but steadily.

Now we are close to the Lord, nay we are in His blessed embrace. No more words and thoughts.

The great ecstasy of remaining always in the sweet embrace of Christ can be understood only by the devoted followers of Him and by all sincere and faithful Christians.

May the whole of humanity ever remain in the holy embrace of Christ is the constant prayer of your brother, Omkar, Amen.

OM OM OM

(Peace Dec 1978)

29. MEDITATION ON BIRDS' SWEET VOICE

On these moon lit nights it seems there is a universal rejoicing for some glorious event. Especially among the birds those sweet voice of rejoicing nature, there seems to be a sense of high and sacred festivity.

One feels that by the beautiful songs, the birds are paying their homage this month of holy visakha to Gautama Buddha, the Lord of compassion. The whole night through, they sing silvery songs, and in the early hours of the dawn, the wonderful chorus grows in volume and variety.

Dear Readers, you cannot imagine what a grand commingling of bird voice singing and singing their musical notes, is here in peace valley! They awaken one anew to nature's beauty, rapture and harmony, from deep slumbers of refreshment.

There is our Pappiha, the bird that is never tired of singing the song of piukahan, where is the beloved? Leading in its clear fluting tones all the other birds, with their respective songs.

O! Man, why do you yet sleep ignoring the universal call of the innocent birds! Why are you still deaf and dumb to nature's beauty and to the celestial music of the birds around you? Wake up in the early hours of the dawn, take up your flute, the body and tune its heart-tones to the natural music of the creation all around you chant *Om*, sing the song of *soham*, and join in the never ending praise of the universe!

As one listens to the different notes of all these birds mingling so melodiously, one realizes that there is not the least disharmony despite so many bird voices. Although no two birds sing alike, the notes are perfectly blended, and one feels the touch of Universal Symphony in this almost celestial music of the bird kingdom.

As one continues, to listen to the bending of all the different tones into one symphony and unity, one longs for that blessed day, when there will be harmony and understanding in the kingdom of man also, although each is striking a different and individualistic note, according to temperament and inclination, but all for the mutual joy and well-being of the universe.

As there is unity in the bird kingdom; let there be unity in the kingdom of man also. Let there be peace and love. Let man recognise the voice of God in all voices, the song of the beloved in all songs.

Dear Friends of Peace Magazine, in the sweet memory of visakha the sacred day of Lord Buddha's enlightenment, let us hearken to the celestial music in the different notes of the various birds, taking this as an object lesson for the world's peace, especially in these sad days of world pain and agony. Let us strive to listen to the exalting song of the soul, not only in the kingdoms of bird, beast and man, but also in each and every sound, and thus help in our humble way to the establishment of peace on earth and good will among nations.

May this meditation on the manifested sound, which is in the form of the song of birds, lead us rewards the voice of silence in the stillness of our purified hearts as well as in the field of the world of active life.

May harmony, music and peace abide within, as well as without, both in East and West.

May peace be unto all

OM OM OM

(Peace March 1990)

30. MEDITATION ON THE SMALLEST ATOM

Various are the ways that lead to the one goal different are the methods that lead only to the one source if followed earnestly and concentratedly. Sometimes, I meditate on the biggest of the big and sometimes I meditate also on the smallest of the small and strange as

it may sound I find the same peace or blessedness through the one as I find through the other.

An atom is considered a small particle. An atom again is composed of many electronics. Scientists have latterly found out that there are even smaller things than electrons.

For my purpose let it be only the smallest of the small, the most inconceivable atom or electron inconceivable not only to the eye but even to the comprehension. Whatever it is, I try to meditate on that and as I do so, my mind loses its hold, its form, name and dimensions and becomes the smallest of the small with the result it resolves itself at once into waveless peace and inexpressible blessedness.

How true are the words of the scriptures that God is in the smallest as He is in the biggest! Hence, one can meditate either on the incomprehensible infinite universe or on the inconceivable and smallest particle as the way to the same peace or freedom.

Whether our object of meditation is big or small, let our goal be always to recognize and realize the subject who is in and beyond both the manifested and unmanifested big and small.

So, dear loving readers! Join with me now in a deep meditation on the truth which is throbbing in the planets as well as in the electrons and which is the only source and solace of all our lives and thus let us melt our minds in its supreme silence, here and now, transcending all ideas of small and big.

May peace be unto all

OM TAT SAT OM

(Peace Aug 1991)

31. MEDITATION OF THE SELF-EFFULGENT LIGHT

Let my meditation be on the self-effulgent light which is one without a second. As the light is infinite, eternal and all pervading, as I meditate on the light, it includes all and excludes none. As the one indivisible light covers all the world, from the tiniest atom to the biggest planet, dear friends of peace. Everywhere in the East West North and South, please join me in a deep meditation, where it is all light, within, without, above, below and all around. Glory be unto the Light of lights, which is everywhere as it is Omnipresent, Omnipotent and Omniscient.

OM TAT SAT OM

(Peace Jan 1992)

32. MEDITATION ON THE STREAM OF WISDOM

At the foot of Lakshmi Villa Peace Centre flows a small rivulet making the ceaseless sound of the sacred syllable *Aum* vibrations, where we are having now Wisdom Park, *jnana tapovanam*. I often go down the newly made steps to meditate there under the cool shade of a pear tree. I take joy in calling the tiny rivulet by the sacred name; Lakshmi Ganga. As it flows ceaselessly, I try to follow it unceasingly. Alas it outstrips me in my gaze but mentally, it can never overtake me, for the mind covers to origin, middle and the end of the stream.

What makes me happy is the thought, whether it is Lakshmi Ganga in Kotagiri or Kasi Ganga in Benares or Kasi or the Ganga in Totapalli Hills in the form of Mallikarjuna Spring, it is all one and the same Ganga water coming from the hills and dales meandering in the plains serving the children of God and finally merging in the limitless waters of the Ocean. May we meditate now on Ganga of gangas the perennial flow of the stream of wisdom, God-consciousness to merge and dissolve in *sat chit anandam*, the existence absolute, the bliss absolute and the knowledge absolute!

May Wisdom Park in the *jnana tapovan*, be a blessing to all the seekers of truth the aspiring children of God, leading them from the unreal to the Real, from the finite to the Infinite above all from mortality unto Immortality.

May peace be unto all

OM TAT SAT OM

(Peace July 1992)

33. MEDITATION ON ETERNITY

How glorious and helpful it is to forget the dead past, the past of all the years and all the impressions of one's lives with the dawn of the first day the New Year!

The past, whatever it might have been, is dead and buried, and the future is uncertain. Ours is only the present moment. But how sad it is to see people wasting their precious lives, neglecting the present moment, living and brooding over the dead past or imagining all kinds of negative things which may happen in the uncertain future.

Not only with the beginning of the New Year but with the dawn of every new day, let us bury the past and try to live in the glorious now, identifying ourselves with the indwelling presence and extending the present moment of eternity.

How wonderful it is to live from day to day, like the care free birds that sing songs of freedom on the topmost swaying branches, relying on the present moment, all unafraid of heights above the common earth, because of their wings! O! That we may attain and rest so

fearlessly on summits, the wings of spirit ever ready to bear us as we soar from moment to moment.

Let us meditate now on eternity, which is centred in the present living moment, now, which starts not only at the beginning of each year, but every month, every day, every hour and every minute! Let every sacred moment be a moment of God-consciousness, not only through the years of our life on earth but all through the long eternity.

OM OM OM

(Peace Jan 1993)

34. MEDITATION ON PERSONAL EXPERIENCE

Dear Readers and Friends of Peace Journal, were you ever blessed even with a glimpse of the ecstatic joy of that personal touch or contact with the indweller of your heart, where the fleeting world of changing phenomena does not exist, where exists only the infinite bliss of the incomprehensible absolute?

If so, join me now in a deep and silent communion, meditating on those precious and rare moments of our personal experience of the interpenetrating presence, leaving aside all that we have studied and learnt from the outer. Let us now enter into the very heart of our soul, where we are face to face, nay, indivisibly one, with the highest truth.

As these sacred moments are the treasures of imperishable wealth, let us arduously strive to accumulate them in our lives. Indeed the souls that are blessed with personal experience of the truth are the wealthiest persons in the whole world.

Meditating ever on the personal experience of the reality, may we be the divine inheritors of immortality and cosmic glory!

OM OM OM

(Peace Feb 1993)

35. MEDITATION ON SOHAM –THE BREATH

Of all the meditations, the meditation on the breath, the *soham* is the most helpful. It leads one in the most easy, simple and direct way into the transcendental state of the splendour of millions of suns. Concentration of meditation on *soham* through the breath leads one to identify with that light which is the one reality, the one light within, without and all around. Having recognised light within, one feels the presence of that in the very cells of his being everything exists and shines because of that self-effulgent light. One can feel it even in the beginning with the very first breath, for it is there always repeating soham that I am, divinity I am, light I am.

In fact, the light and the soham breath are not two but one. They are inseparable, eternally and indivisibly connected. The one who is meditating on the breath is meditating on the light. To understand and assimilate the process of soham-breath, meditation, let us take the followingscared statements:

I am in the breath,
The breath is in me,
I am the breath.
In the past, I have been the breath,
In the present, I am the breath,
In the future, I am bound to be the breath.

Where is the moment of time, when I am separate from this breath, whether in the past, present or future? I am eternally one with the breath, nay, I am the breath, the *soham*. (Here breath means *prana*, the primal energy, the source of all)

To come to more practical *sadhana* or practice, let us close our eyes, try to rise above these words and feel the breath which is ever within. You can actually feel the breath, for it is there always, even in your sleep, repeating *soham, soham*, I am that, I am that, both day and night. Now, try to shift your consciousness from physical to the spiritual, from the flesh and blood to the mind and breathe, from body-consciousness to God-consciousness. As stated already, since breath and light are not two but one, as you follow the breath, ceaselessly, it will lead you right into the Light of lights, for light is the Breath of the breaths. All that is wanted is to follow the soham breath within, in all stillness, with all the strength of the mind, heart and soul, to reach the goal of our precious human birth and thus, be established in the highest state of samadhi, the transcendental state where one is so absorbed within that he is completely unaware to all sound without. Let us recognize that divinity, the Light of lights, both in its ebb and flow, in the inhalation and exhalation. Verily, you are in the breath; the breath is in you; you are the breath-the soham. The Light of lights.

As you meditate on the breath, you will realize that the breath within is the same as the breath without. There is only one eternal breath, the *soham*breath that makes you feel one with all the people of the world, nay, with all life, manifested and unmanifested.

As you merge deeper in this meditation, you will realize that you have been the *soham*, breath not only from the beginning of the body but from the beginning of the creation itself, for *soham*is eternal and it is existing without beginning and end. Because of this soham, all the worlds exist. They are in you and you are in them. In the soham meditation the world merges like a bubble in the ocean of light. The finite becomes the infinite breath, nay, it recognizes that it has never been the finite, but ever the infinite and eternal *soham* breath. The individual itself has been the universal, *jivodevahsanatanah*. Thus the individual worship of the breath leads us to universal worship of *soham*, the full, the absolute, the incomprehensible whole.

OM OM OM

(Peace May & June 1993)

36. MEDITATION ALL IN OM

From the silence, place of bliss, I whisper: "Great Universe"
Blue firmament, vast oceans, land, bright day and dreamy night,
I feel you close as my right arm is near!
O moons, and passing months and years,
O kith and kin of every land!
I feel my cosmic unity with you,
He is in us, the Lord, and we in Him,
He is the Om, the alpha and omega, love, the all
We cannot know His vastness till we melt in vastness, selfless love,
Om is the life, the light, the way supreme,
Om is our real self!
Om is all wholeness, wisdom and eternity!
O, sing this sacred, cosmic word, my comrades
Dear, Till all the earthly woe dissolves in peace and joy
O let the flame of loving Om, burn high
Igniting all the world in light of Om!
Om, Om, Om, O, chant His holy name
Till all of *maya*, passing dream, dissolves in nameless glory!
In Om the undefined, let us dissolve, complete and perfect;
Om, Father, Mother, God! Om, All in All

(Peace May & June 1994)

37. MEDITATION ON THE LORD

We trust in the Lord.
His word is our Staff.
His spirit is our light.
His temple is the pure heart.
His voice is meditative silence.
His consciousness is bliss.
His threshold is self-surrender.
His peace is over us now.

His love encompasseth us.

His light fills our hearts and minds.

We strive perpetually to remember God.

In Him is all wisdom, life, light and joy.

Let us merge entirely in His everlasting glory.

OM SANTI OM

(Peace July 1994)

38. MEDITATION FOR CONFIDENCE

Let us be filled with spirit and light, dispelling all confusion, anxiety, fear and doubt.

May joy, peace and confidence fill our hearts and beings!

Relying on God, our prop and stay, we shall see the way.

All limitations will vanish in the light of higher revelation.

Infinite spirit will illumine, guide and strengthen us.

Walking by His guidance, all things will work together for good.

OM OM OM

(Peace Sept 1994)

39. MEDITATION IS BEYOND OUR COMPREHENSION

What is meditation? Every little expression of devotion is considered as meditation.

Real meditation is ever beyond our comprehension. Just to close one's eyes and think of everything can never be called meditation.

Meditation has nothing to do with the physical condition or attitude of the body. It is completely centred on the condition of the mind.

We can understand meditation by the illustration of a river flowing ceaselessly from its source towards the ocean.

Real meditation happens, when the consciousness that you are meditating, is absent. In real meditation the little ego is completely destroyed.

Only the truth, the in-living presence is shining in its full splendour which is in us and in others.

Meditation is an inseparable and incomprehensible state.

It is a higher consciousness that cannot be described but can be understood only by souls of realisation.

That we may all be blessed with those precious moments of cosmic.

Glory is my prayer.

OM OM OM

(Peace June 1996)

40. MEDITATION TO BE HAPPY

May we detach ourselves from all the bewitching names and forms in the mirage of the world! Let our attachment be only for the indwelling light, the Adorable Presence, which is the only changeless reality, the soul and goal of our lives as well as the basis of all the worlds.

However attractive and dazzling and alluring our self-created sand castles and prayer halls in the Ashram's may be give us the strength to detach ourselves from all forms and names and only to attach ourselves to the formless, nameless Light of lights, the glory of millions of Suns splendour.

Let our happiness, the happiness that knows no change ever be within, in the stillness of our own purified hearts. Verily, happiness is in union with the Adorable Presence. May our happiness be the happiness of all!

May this meditation bless us all with peace that passeth all understanding.

HARI OM TAT SAT

OM OM OM

(Peace July & Aug 1996)

41. MEDITATION – ASCENSION FOR ASCENDING THE HEIGHTS

Of all the portraits of Lord Christ, I love that one in which he is shown to ascend from the plane of earth into the heaven of peace.

Dear Readers of Peace Magazine, did you ever see and watch that picture of Christ's Ascension? He is transfigured and surrounded by a halo of light. He is no longer physical but an ethereal being, ascending into the realms of incomprehensible splendour.

Now let us close our eyes and meditate on that loving picture of living Christ, feeling that we too are ascending. We are no longer bound to earthly plane of forms and names but ascending into the unknown regions of light. As we meditate let us consciously feel now that the light is gushing out from every cell of our beings. It is light within, without, above, below and all around. In the glory of this blessed transfiguration, rays of light are going out from us towards the whole world.

May we realise this living truth of the effulgent light in the stillness of our meditations, so that we can express and radiate the same light as we engage ourselves in the duties of our daily lives.

This is the prayer and meditation of the brother who loves you all wishing your perfection, the illumination of Sun of suns.

(Peace Dec 1996)

42. MEDITATION ON NATURAL MASTERS

The Incense on my table is meditating, giving out its fragrance all around, and filling the room with its sweet aroma silently.

The Flowers in the peace centre of lovely Kotagiri, Nilagiri Hills, are meditating, giving out sweetness to all the devoted blessed souls who have the privilege of visiting this lovely abode of inspiration.

The tiny Birds are singing their care free songs of freedom, asking us all to join them in their care free life of freedom and peace.

Let the simple Incense be our *guru*, teaching us its illuminating lesson to make our life full of fragrance to all around us.

Let the tiny sweet fragrant Flowers be our silent teachers, teaching us the great lesson of service; what is the need of finite words?

Let innocent care free birds be our Masters teaching us the glory of the care free life, the life of freedom, above all the great joy of self-reliance.

HARI OM TAT SAT OM

OM OM OM

(Peace June & July 1999)

43. MEDITATION ON THE UNIVERSAL BREATH

It was the sacred hour of sunset. I was sitting on the long bench at the foot of the Sivalayam watching the millions of stars above in the sky. It was a holy moment of ecstasy, nay a sacred moment of communion with the divine, which is never absent, but ever present within and without pervading and permeating the very cells of my being.

Unconsciously, closed my eyes and felt that all the millions of stars that I saw outside, were within me. Every cell in my being is a self-shining star. It is the infinite in every finite cell.

The stars are within me

The words are within me

Lo and behold! The finite breath within me is leading me to the infinite, the universal breath which is both within and without as one without a second, for it is all pervading being Omnipresent, Omnipotent and Omniscient. Supreme silence, waveless peace, unutterable silence and incomprehensible glory!

HARI OM TAT SAT OM

(Peace April 2000)