



SERMONS

FROM THE

SOURCE

SWAMI OMKAR



SERMONS FROM THE SOURCE

TABLE OF CONTENTS:

CHAPTER 1 BREVITY	1
CHAPTER 2 THE LIGHT IS THERE	1
CHAPTER 3 PROBLEMS	1
CHAPTER 4 WHAT MATTERS.....	2
CHAPTER 5 BOOKING BHIKSHAS.....	2
CHAPTER 6 FALSE CHARITY	3
CHAPTER 7 EAR BORING CEREMONY	3
CHAPTER 8 HAPPINESS IN THE SUBJECT.....	4
CHAPTER 9 LOVE THY ENEMIES.....	4
CHAPTER 10 THE LIGHT OF LIGHTS	4
CHAPTER 11 THE INFINITE IN THE FINITE.....	5
CHAPTER 12 INFINITE LIGHT.....	5
CHAPTER 13 SELF-THE PRESERVING SELF	6
CHAPTER 14 A HOUSE-HOLDER DEVOTEE	6
CHAPTER 15 THIRD FORM GRADUATE.....	7
CHAPTER 16 WORSHIPPERS OF MINOR GODS.....	7
CHAPTER 17 WHO WANTS GOD?	7
CHAPTER 18 LOST OPPORTUNITIES	8
CHAPTER 19 THE TWO EXTREMES.....	8
CHAPTER 20 ANGRY WITH THE OCEAN.....	9
CHAPTER 21 SUBJECT	9
CHAPTER 22 MEN ARE LIKE CHILDREN.....	10
CHAPTER 23 LIGHTNING	10
CHAPTER 24 IS IT POSSIBLE TO THINK OF GOD ALWAYS?	10
CHAPTER 25 RENUNCIATION	11
CHAPTER 26 THE MAN OF WISDOM	11
CHAPTER 27 DOING NOTHING	11
CHAPTER 28 TALKING MACHINE.....	12
CHAPTER 29 DO YOU WANT GOD OR TYPE.....	12
CHAPTER 30 HE WHO ADMITS IS BEATEN.....	13
CHAPTER 31 GOD SHAVES HIS DEVOTEES CLEAN	13
CHAPTER 32 ANNIVERSARY OF A CHOULTRY IN ELLORE	13
CHAPTER 33 EACH FOR HIMSELF	14
CHAPTER 34 IT IS THERE.....	14
CHAPTER 35 THE LOVE OF A LITTLE SISTER.....	15
CHAPTER 36 DELUSIVE DELUSION	15
CHAPTER 37 MY MIND IS SAD	15
CHAPTER 38 THINKING IS CREATING.....	16

CHAPTER 39 OUTER GLORY	16
CHAPTER 40 THREE-FOLD MISERY	17
CHAPTER 41 OPEN DECEIT	17
CHAPTER 42 MY SOUL CANNOT BE HURT	17
CHAPTER 43 HOW TO LOVE A SELFISH PERSON?	18
CHAPTER 44 NOTHING IS LOST	18
CHAPTER 45 PEACE FOUNDATION.....	19
CHAPTER 46 GOD IS BLOWING IN BREEZE	19
CHAPTER 47 BREATH OF THE BREATH.....	20
CHAPTER 48 YOU ARE THE INTELLIGENCE.....	20
CHAPTER 49 VYASA PUJA.....	20
CHAPTER 50 BE GOOD AND DO GOOD	21
CHAPTER 51 NO PEACE IN EXERTION.....	21
CHAPTER 52 (LOST)THE POUND OF FLESH.....	22
CHAPTER 53 THE CHEAP RETURN FARE.....	22
CHAPTER 54 THE JEWEL IS LOST	22
CHAPTER 55 DESERVE, NO NEED OF DESIRING	23
CHAPTER 56 WALKING CORPSES.....	23
CHAPTER 57 THE FAITHFUL DOG	23
CHAPTER 58 THE MISERABLE BEGGAR.....	24
CHAPTER 59 FROGS IN THE WELL.....	24
CHAPTER 60 BLOWING ONE'S OWN HORN.....	24
CHAPTER 61 MOMENTS OF DESPAIR.....	25
CHAPTER 62 SUNDAY.....	25
CHAPTER 63 FRIENDLY ENEMIES	26
CHAPTER 64 UNBROKEN FLOW.....	26
CHAPTER 65 TWO THINGS AT A TIME	26
CHAPTER 66 STREET DOGS.....	27
CHAPTER 67 BLOOD BANK.....	27
CHAPTER 68 UNIVERSAL BLOOD	28
CHAPTER 69 HOW GOOD IS GOD!	28
CHAPTER 70 MISUSING HOSPITALITY	28
CHAPTER 71 GOD--THE DIVINE POTTER.....	29
CHAPTER 72 MY MOTHER CLOTHES ME.....	29
CHAPTER 73 A CORPSE	30
CHAPTER 74 SUN--THE REAL GURU.....	30
CHAPTER 75 THE HIGH BORN ARE HUMBLE.....	31
CHAPTER 76 (LOST)SERVING WITHOUT EXPECTATION.....	31
CHAPTER 77 SUN OF SUNS	31
CHAPTER 78 CREATIVE ENERGY	32
CHAPTER 79 SEPARATION.....	32
CHAPTER 80 FIRE BURNS.....	33

CHAPTER 81 THE SADHU MAHATMA	33
CHAPTER 82 ALL IS BRAHMAN.....	33
CHAPTER 83 GOD PROTECTS HIS OWN	34
CHAPTER 84 GOD'S PET CHILD.....	34
CHAPTER 85 MAKING A WAY TO GOD.....	35
CHAPTER 86 MEMORABLE MOMENT	35
CHAPTER 87 THE SHRIVELED LEMON.....	36
CHAPTER 88 STUMBLING BLOCKS	36
CHAPTER 89 DEAD FOOD	37
CHAPTER 90 LIVING FOOD.....	37
CHAPTER 91 SORROWS OF OVER EATING.....	38
CHAPTER 92 THE BUFFALO	38
CHAPTER 93 BLISS IS INHERENT.....	38
CHAPTER 94 ONE MAN'S FOLLY.....	39
CHAPTER 95 SRI KAILAS ASHRAM.....	39
CHAPTER 96 THE TRUE POWER.....	40
CHAPTER 97 LOOK UP AND NOT DOWN	40
CHAPTER 98 CEASELESS AWARENESS.....	40
CHAPTER 99 BREATH—THE CREATOR.....	41
CHAPTER 100 MODERN CANNIBALS.....	41
CHAPTER 101 RELYING ON OFFICIALS.....	41
CHAPTER 102 WHO IS THE GAINER.....	42
CHAPTER 103 DAY LIGHT ROBBERS	42
CHAPTER 104 HABITS	43
CHAPTER 105 ETERNAL NOW	43
CHAPTER 106 OUR JEWEL IS NO MORE.....	44
CHAPTER 107 MAN WANTS TO DO BIG THINGS	44
CHAPTER 108 HA! RAM! HA! RAM!.....	44
CHAPTER 109 THE BANANA AND PIECE OF BREAD.....	45
CHAPTER 110 DO IT QUICK.....	45
CHAPTER 111 A BOGUS DEVOTEE.....	46
CHAPTER 112 THE INEVITABLE DEATH.....	46
CHAPTER 113 HE WHO CONTROLS HIMSELF	46
CHAPTER 114 OUR PRANA—THE GURU	47
CHAPTER 115 THE LITTLE GIRL.....	47
CHAPTER 116 SAD AND DEPRESSED.....	48
CHAPTER 117 LET TODAY BE THE FRIEND OF MAN	48
CHAPTER 118 GROSS SELFISHNESS	49
CHAPTER 119 THE FATAL EFFECTS OF WRONG IMAGINATION.....	49
CHAPTER 120 SLIDING DOWN	49
CHAPTER 121 WHERE IS THE BELOVED.....	50
CHAPTER 122 BEGGING	50

CHAPTER 123 SELF-RELIANCE.....	51
CHAPTER 124 THE GURU AND THE CHELA.....	51
CHAPTER 125 TWO FAMILIES OF HOUSE-HOLDERS.....	52
CHAPTER 126 EQUANIMITY IN DISAPPOINTMENTS.....	52
CHAPTER 127 WORRYING OVER SPILT MILK.....	53
CHAPTER 128 INADVERTENCE IS DEATH.....	53

SERMONS FROM THE SOURCE

BY SRI SWAMI OMKARJI

Chapter 1 BREVITY

This morning I am longing to begin to write short messages in as few words as possible. Some one said **Brevity is the soul of wit**. One can show one's nose directly with the hand or show the same, turning the hand from left to right around the head. Too many words are needed where there is no Truth. Truth does not need any words at all. Beginners take long time to express anything but as one gets experience, he can express all that he has to say in one word only.

Anyway as TIME is precious one should not play with words but be **BRIEF** and **DIRECT**. Once a Guru taught his disciple to convey every message musically--in the form of a song. It so happened during the absence of the Guru, his house was on fire and his wife rushed to the disciple to acquaint the Guru with the accident of the fire. The disciple started the message first turning the words into a song but he did not deliver the message fully. He began to sing only the first words- "*O! My beloved and revered Guru!*" and stopped the words and went into the scales of music. The Guru was anxious, but the disciple was singing one word after another. In the meantime the house of the Guru was burnt away.

In the war time also, a moment's delay means a loss of millions of lives and vast territories. Blessed is the one who has known the value of time and the soul of brevity.

The Path of Truth is direct, those who are direct and brief are centered in Truth. The man of surface life plays with words--where as the man of Truth is centered in Silence. May we learn to be brief and direct and ever centered in Truth!

Moral: As brevity is the soul of wit, be brief and direct.

MAY PEACE BE UNTO ALL!

Chapter 2 THE LIGHT IS THERE

Often we hear the words being repeated **LET THERE BE LIGHT**. Is there not Light already? From where does the Light come, if it is not already there, ever existing? It is better to say the Light is there and it is there always, from eternity to eternity. It is ever present, the Light is never absent. Amidst the darkness of night and the ignorance of the life, the Light is always there, all that it needs is only our recognition and awareness.

What a great consolation it is just to feel that the Light for which we have been seeking here and there is never absent or hidden but it is always there, from beginning to end! Let us only recognize it NOW in the stillness of our hearts, as well as in the bustle and hustle of the outer life. Let us meditate on that LIGHT which is the Life of our existence and Soul of the world. As we recognize the Light, it will dispel all clouds of ignorance, duality, separation, weakness and sin. All these exist only where the Light is hidden or ignored.

As the LIGHT is our Birthright and as It is ever present both within and without, let us abide by this LIGHT for ever, identifying ourselves with the Light. May the Indivisible Light express Itself in all our thoughts, words and deeds! May Glory be unto the Light which is Omnipresent! Verily, the Light is always there. Behold!

Moral: instead of saying LET THERE BE LIGHT, recognize the Omnipresent Light and say that THE LIGHT IS ALWAYS THERE.

OM! OM! OM!

Chapter 3 PROBLEMS

The world is full of problems, life itself is a problem. Who is there that has not some problem or the other, to face and solve? All problems are in the life of the world but not in Truth or God. Problems exist wherever there is duality but not in Unity. In darkness there are problems but what problems can you find in the Light? Light dispels all problems--however deep and dark they may be. How can clouds stand before the Light?

Let all the problems be entrusted or surrendered to LIGHT--the only Reality--the Soul and Goal of our Existence! Man becomes sad and depressed when he begins to start to solve his own problems on his own finite strength or responsibility. The moment he surrenders his problems to God within, that very moment he becomes free and happy like a fish in the Ocean. The fish that are on dry land have many problems to face, they are lifeless. But the fish in the Ocean have solved all their problems, they are contented and full of life and energy.

Let no one solve his problems denying and ignoring the Light, disconnecting himself with the Universal Soul-current, the Life-breath. Where are the problems in the Light of Lights? Where is darkness in the burning sun? Let the Sun of our life--the Indwelling Light solve all our problems and lead us towards the Highest, where there are not more clouds or problems.

Moral: Problems exist in duality and never in unity. All clouds of problems are dispelled before the dawn of God-consciousness.

MAY ALL GLORY BE UNTO THE LIGHT OF LIGHTS!
OM! OM! OM!

Chapter 4 WHAT MATTERS

In the early hours of dawn I was meditating on the hill side awaiting the rising sun from the horizon of the Ocean. The Sun, the light of the world came out and I was still basking in its light unwilling to stir from there. But the thought came that it was getting late and that letters are to be written and they should be sent to be posted in time. The Inner Voice said, *"What matters if the letters are not written! What matters if the post is missed?"*

Is not Truth everything? Is not Light all in all, is not the PERSONAL EXPERIENCE of the Light within and without more important than all the letters and post offices in the world? Let the post office be closed, nay, let the world be closed, what is that to you, the Image of God, the Light of the world? We make something out of nothing. Man creates something out of his own desires and binds himself to that life. What really matters is only Soul-consciousness, God consciousness. So long as you are centered in THAT, blessed with the awareness of THAT, both within and without, let the world pass by. Even the loss of the Emperorship of the world does not matter.

Nothing else matters for those who are privileged to be fixed or centered in God. Thus I sat on the rock basking in the warmth of the sun, listening to the sweet music of the rolling waves, forgetting all time. It matters everything if one forgets God, denies Truth. Let nothing come, not even the whole world, between God and yourself. Then nothing matters.

Moral: Nothing matters so long as we feel God's Presence within and without, absorbed in His cosmic Light.

OM! OM! OM!

Chapter 5 BOOKING BHIKSHAS

Did you ever hear of Booking Bhikshas? We have heard of booking furniture orders, booking orders for Tamarind or Paper or any other goods of the world. According to the vocation or business, the man works and books orders for the progress of his line of work.

Now, about booking Bhikshas, I never heard of it before and it was a strange and shocking news to me. When the work in the Totapalli Ashram was too heavy, I wrote to a Sannyasin brother of mine, to come and help me in the work for a few days. He has replied to me that he has already booked six Bhikshas and that he should not be disturbed and made a loser now.

There is some meaning and sense when business people book orders in their business, but what sense is there in a Sannyasin renouncing the world, keeping a diary only for booking Bhikshas, arranging every day a new Bhiksha? These Bhikshas are not simple and natural meals, they consist of a number of puddings, payasams, sweet preparations, curries and chutneys etc.

If the people who are going to give Bhikshas are the disciples of the Guru, the Gurujī gives special instructions of what to cook also. Then there is the worship of the feet--the Pada Puja. The holy feet are washed and the sacred water is sipped as Teertham and sprinkled over the heads. How people sell their souls to respect a blind and ignorant custom! Above all, it is sad to see the learned Sannyasins deceiving the poor, ignorant house-holder disciples with promises of Salvation and Heaven in the next birth, though not now. Where is Self-reliance, man's Birthright, in these days of progress and civilization?

Often the Sannyasin comes unexpectedly not alone, but with a number of his Chelas also, to the home of the poor house holder disciples and they not only trouble them for unbooked Bhikshas but give orders for the Kshura-karma ceremony. Just to get a hair-cut or shave an elaborate ceremony is

to be performed--new clothes to be bought, oil bath is to be fixed and the whole house-hold is to rub and scrub the Swamiji, for the Peace and Salvation of their souls. What a helpless and soulless plight both for the Guru and disciples! This continues day after day for the Guru Swami is busy in booking new Bhikshas every day, in advance, all his life. May the Almighty bless both the Gurus and Chelas with RIGHT VISION OF SELF-CONTROL, SELF-RELIANCE AND SELF-REALIZATION!

Moral: Do not fool with God. Be busy to book the highest Bhiksha with God Himself, namely God-Realization.

OM! OM! Om!

Chapter 6 FALSE CHARITY

In starting our Kailas Ashram we had a lot of trouble from the friendly enemies, especially from the so-called devotees of Babas. Outwardly they offer their help ^{and} inwardly they dig holes and stab in the back. What do you think of a friend who offers to put his two fingers in your eyes, requesting you to put your finger in his mouth. You will lose both of your eyes and even your fingers! Often we face such offers of help in the work of our Ashram.

Now some devotees are offering their contribution towards the Kailas Ashram and at the same time they want the iron fencing which is around it for themselves, for selling and making money. They wish to take away the glasses around the light which are the protection for the flame within, but they offer to pour a little oil of charity on the dying flame in the name of service.

Think of depriving the life of a man while he was dying of thirst, later on offering to pour a few drops of water in his parched throat. This is charity or black-mailing with sweet and honeyed words of devotion. God Himself marvels at the cunningness and the scheming nature of the man of the world, who is trying to dupe even the Almighty and His children who are engaged in doing welfare work among the sick and poor.

May God help us to be free from the clutches of the Pharisees of the outer charities, who are verily the worshippers of name and fame, in other words, of Mammon. The Babas also are worshipped not for God Realization, but only with the desire that they and their family and children will be blessed with health in body, success in business and above all with long-lives to enjoy the goods of the world.

Moral: God, the Indwelling Presence can never be deceived even by the most cunning and scheming nature of the man of the world.

MAY PEACE BE UNTO ALL!

OM! OM! Om!

Chapter 7 EAR BORING CEREMONY

Maya is such a thick and deep delusion that it makes the unreal to look like real and the real to look unreal. It makes a man to love poison and hate nectar and it creates attachment to the transitory, to the passing, and detachment to the permanent and ever lasting.

A Doctor friend of the Ashram has been writing to me expressing his desire to spend a few days in our Abode of Peace, since the last fifteen years. He has been so busy that always something or the other has been coming in his way. Everything has been important and indispensable except the Peace of his Soul. On account of a stroke of good luck, our doctor's great grandchild happened to reside with her parents somewhere near the Ashram. The doctor of course is always busy yet the great ceremony of the Ear Boring for the grandchild is drawing near, how can the doctor avoid attending the ceremony, however busy he may be now!

At last he wrote us that he was getting the opportunity of his life and that he was coming here, as he must attend the ear-boring ceremony for his grand child and he would surely spend a number of days with us coming even in advance, before the day of the ceremony. Everything was made ready for the doctor's stay in the ashram but alas, the appointed day passed away and even the day of the ceremony passed away, but still no visit from the doctor! At last the doctor turned up suddenly one afternoon and we were happy that he could stay with us now as per his longing since the last fifteen years. But alas, he was in a hurry, for his granddaughter and all his dear and near ones were waiting for him. Thus departed the doctor promising to come again, this time with his great grand daughter, perhaps to show us the ear-boring that was done in the ceremony! What a life!

Moral: Man becomes a slave of form and name worshipping the non-essentials, forgetting the essential Truth, the soul and goal of his life.

OM! OM! OM!

Chapter 8 HAPPINESS IN THE SUBJECT

All are seeking Happiness, who does not want happiness? Verily, happiness is the life, soul and goal of our very existence. But alas, we seek happiness in the wrong places where it exists not, like the old woman who lost the needle in her house and searched for it in the street because she did not have a light in her house. The helpless state and the cruel end of the musk deer also gives us a heart-rending example of the futility of searching for happiness outside in the outer world of form and name. Yet, man is ceaselessly searching for the happiness only in the finite objects. He is always running after shadows forgetting the substance within.

Happiness is Infinite. How can you expect to find it in finite things? Then, why do you seek it in the passing objects of form and name and thus get sad and disappointed again and again? Happiness is never in any object, however great, grand, bewitching and alluring that object may appear to be. Happiness is never outside, it is always within. It is the SUBJECT, YOURSELF.

Make a retreat from the object to the Subject, from the outer to the inner, from the unreal to the real, from Pravritti to Nivritti. Verily, happiness is within the stillness of ones own purified heart in the Subject, the Witness of all phenomena!

Moral: Do not run after the shadows for the Fountain of Happiness. It is ever within, in your self, the Subject and Witness of all the Manifested world.

MAY ALL GLORY BE UNTO THE SUBJECT!

Chapter 9 LOVE THY ENEMIES

Everyone loves his friends, it is easy to love those who praise and worship you. But rare and blessed are the people who love and worship their foes, the so-called enemies. Only a Christ can repeat the memorable words: *"Father forgive them for they know not what they do"*, even when crucified on the Cross. What infinite strength and compassion one must possess to love his enemies!

Who is an enemy? He who does wrong consciously, anyone who hurts you willfully you consider as an enemy. Suppose your own child does something wrong, hurts you consciously or unconsciously, do you consider him as an enemy? Do you not forgive him, do you not love him? All are the children of God--the Images of the one Indivisible Presence. By forgetfulness of one's birthright, by denying the God within, the outcome will be ignorance but it can be eradicated by the recognition of God's Presence within and without.

In vain I search for my enemies all over the world, both nearby and far off, just to see whether I have any enemies or not. When all is Atma, the SELF, how can there be any enemy anywhere? Everyone is a living manifestation of God, whether ignorant or learned, weak or strong, sinner or saint. Loving the enemy is possible where there is one ATMA BHAVAM--God consciousness. When all is God both within and without, how can there be anything else other than God in anyone or anywhere?

It is impossible to love enemies for those who are steeped in ignorance with resentment, self-will, jealousy etc., but it is so easy and natural for those who are centered in Truth for Love, Charity and Peace to flow from them ceaselessly towards one and all. Verily, one has to love his enemies even for the Peace of his very soul. Blessed are the enemy-lovers!

Moral: The Peace of thy soul lies only in loving thy enemy if any, for all are the images of the one Indivisible God. Verily, Divine Love excludes none but includes all.

OM! OM! OM!

Chapter 10 THE LIGHT OF LIGHTS

28-4-1947

The LIGHT, the Infinite Light, the Eternal Light, the Universal Light, nay the Indivisible Light is there. Where? Everywhere! It is there in the past, present and future. It is eternally present nay, omnipresent too. Is there ever a moment's time when the Light exists not? There is not a moment when the Light is absent, nay or even aloof or far away from us.

The Light is inseparably One with us and eternally One with us. What is the relationship between the LIGHT and the BREATH within? What part does the Breath play in the Light? Shall we

say breath is the wick of the Light? With the flow of the Breath, the Light shines and with the cessation of the breath, the Light becomes dim too. Breath and Light are closely connected with each other, you cannot light an ordinary lamp without the wick within. The wick, the breath is to be kept alive and asserted as it is indispensable to keep the flame burning.

If we could only follow the Breath it would lead us to the Light within, and the Light within would lead us to the Light without, where it all becomes one Light. Adorations be unto that Infinite and Eternal Light which is both within and without, nay in everyone and everywhere. Why beg for a little light, being the Light of Lights? This is the soul-awakening and life-giving Truth.

Let us ever abide with the Light, let us recognize the Light for it is there always, within, without, above, below and all around and everywhere.

Moral: The Light and Breath are inseparable. Follow the Breath which will lead you to the Light of lights.

MAY GLORY BE UNTO THE LIGHT!
OM! OM! OM!

Chapter 11 THE INFINITE IN THE FINITE

1-5-1947

The Infinite is in the finite and the finite is in the Infinite like an acorn in the oak and the oak in the acorn. God is in man and man is in God, only the awareness of this Truth is required from personal experience. The ocean is in the bubble and the bubble is in the ocean. How can the bubble contain the wide ocean, yet the contents of the bubble are of the ocean. Both of them are made of the same elements.

Blessed are they who can see the ONE in the many! Blessed are they who can recognize the Infinite, the Eternal and the Invisible in the finite! Blessed are they who can behold the Formless and Nameless in all the forms and names! As God is within, man has infinite potentialities within himself. As the tree is in the seed so also a saviour is in the embryo. What we need now is only to express the hidden or latent Truth which is ever within in every man and woman.

Sat-Chit-Ananda, the Existence, Knowledge and Bliss is man's Divine Heritage. Yet, how sad to see man expressing quite the opposite traits, darkness, ignorance and sorrow! He is after poison instead of asserting his birthright, the Immortality, ever present Nectar.

May we all assert, express and manifest in thought, word and deed the Highest Sat, the Existence Absolute; Chit, the Knowledge Absolute and Ananda, Bliss Absolute, for the Peace of our Souls as well as for the Peace of the world!

Moral: Saviours are latent in the human forms, for all are the manifestations of the One Infinite God.

OM! OM! OM!

Chapter 12 INFINITE LIGHT

3-5-1947

If Light Infinite, Eternal and Indivisible is the only Reality and nothing else exists besides it, whatever form you see in it is self-created or super-imposed like mother of pearl in the oyster or water in the mirage. It is wonderful to deny the dual aspect of life and to persist in beholding only the One "Sat-Chit-Ananda, the Existence Knowledge and Bliss Absolute.

Within or without, the Light alone exists. In silence or activity the Light alone abides. Either in the past, present or future, Light alone is the only Reality. Hence, Light is to be worshipped or meditated upon at all times. Nay, one should identify with the Light, the only Reality, instead of with the Body, the unreal entity that which is a super-imposed.

Recognition of Light Infinite in each and every moment of life, with each and every heart beat and breath is needed. Practice, constant practice, ceaseless practice of the assertion of Light in thought, word and deed is essential for the realization of Light of lights.

How blessed it is to be aware of that LIGHT, NOW AND ALWAYS! It is the light which is writing now and which is reading in you, my reader, for nothing else exists besides the Light. Verily, it is with the help of the Light that we move, breath and work.

We are all the manifestations of that Infinite Light. Hence, may we be ever AWARE of our inseparable Oneness with the Light, for it is the only Reality! May all be eternally aware of the light, THE INFINITE LIGHT, THE ETERNAL LIGHT, THE INDIVISIBLE LIGHT!

Moral: May our minds, hearts and souls be ever focused and centered on the Effulgent, Eternal and Infinite Light, which is the only Changeless Reality in the ever-changing world.

OM! OM! OM!

Chapter 13 SELF-THE PRESERVING SELF

Where preservation and self-protection come, the self is there occupying the first place, sacrificing everything. In the life of a selfish man, self, the little self comes first, middle and last. He lives as self for himself. All else is a sacrifice for the self, even including his food, sleep and everything.

As an illustration, now the days being summer there is water scarcity in the villages. Most of the wells are dry and hence the fisher-woman come at one or two o'clock in the early morning hours, sacrificing their sleep and rest for a pot of water. They are afraid that they will not get water if they come late.

Again we find our fisher people fishing with their nets often standing in the neck-deep water in the winter time, even in the middle of the night if it is the hour and season to catch fish. It does not make any difference whether it is night or dark or cold, what they want is only a catch of the great fish. When it comes to self-interest or self-preservation, food or no food, sleep or no sleep, work or no work, all is sacrificed for the sake of self.

If it is to help someone, the very same fisher man who is fishing in the cold and the fisher woman who is engaged in drawing water from the well at an odd hour, will fight and quarrel if you wake them up to lend you a helping hand. For self-interest, for the sake of themselves, they do anything but very rare are they who go out of their way to help and serve those who seek their assistance when in trouble. Then the question comes, *"What can I get from this service?"*. Such is the deep delusion, the dark maya of the self-seeking and selfish self!

Moral: Selfish man sacrifices everything for himself and not for others.

OM! OM! OM!

Chapter 14 A HOUSE-HOLDER DEVOTEE

One devotee was sent by a friend, a well-wisher of the Ashram who is also a house-holder, to help me in the work of the Ashram in Waltair. As I am alone and as the work has been too much I rejoiced at the moment of his coming. He too felt happy at the very sight of the Ashram, the singing ocean and the beautiful hills etc. He said that all along he has been pining only to remain in a holy and lonely place like this, dedicating his life to the Cause of Service and that his one desire is only God-Realization.

How happy it made me to hear such words of renunciation! I praised God for sending to me such a devotee just in my great need. On the same day of the visit our new friend springed on me a sad surprise, saying that he had to go once to his native place to attend the nuptial ceremony of his brother. In these ration days, he is also worried whether his father will be able to get rice etc., in time or not. So he wants to go and adjust everything, even the nuptial ceremony and promises to return again soon.

Why did he not adjust the ceremonies and rations before coming here? Why waste so much money needlessly on train fare coming from such a long distance? Will we ever see him again? God alone knows! Such is the thick maya, the deep delusion. It wants the Highest but is not willing to pay the least price. It is captured by beauty but longs to go back into the mire of the world. Alas, how difficult it is to control the old vasanas, the past impressions. Peace belongs only to the Masters of vasanas, impressions, but never to slaves!

Moral: The impressions of the worldly minded are so deep and ingrained that they are drawn towards the world, even though they are physically in the Ashram.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 15 THIRD FORM GRADUATE

A certain boy has come to serve the Ashram in the capacity of a third form graduate. He has not even completed third form but he prides himself that he is highly educated. ***The greater the learning the humbler they are, the less the learning, the more arrogant and ignorant they are.*** As soon as he reached the Ashram he was chumming with one of the school teachers and was anxious to know how much salary he was going to get here every month. He was thinking of his salary and his food and not of his work.

On the same day of his arrival he said that his father wanted him to speak with me about something personal. When I gave him the time for the personal interview he said that his father wanted to know how much salary the Ashram is going to pay for his third form services. Then I said, "If you are selflessly serving others, thinking of the progress of the Ashram, the Mission will pay you according to your labors of service. You may write this to your father."

We asked him to begin with teaching the children in the Ashram. Instead of teaching them, he was sending them to bring fire or matches for smoking cigarettes etc. In the night time he wanted to go to a cinema. Next day, he came to me with tears in his eyes. When I asked him what was wrong, chokingly he replied that he was home-sick and that he was longing to see his mother and father and that he could not live away from them.

Thus ended the services of the third form graduate. Alas, he is only a baby with wrong training, wrong education and false pride. How true are the words that a little learning is dangerous and makes a man arrogant!

Moral: The ignorant and inexperienced are always proud; whereas the wise and experienced are always humble.

OM! OM! OM!

Chapter 16 WORSHIPPERS OF MINOR GODS

We have a school teacher in our fisheries school who is an ardent devotee of Christ. He supports the church and even takes joy in sending contributions to his church neglecting the poor and sick who are before his eyes. His love is confined only to one deity and his service to his own church. His vision does not go beyond the deity or his church. He lives in a finite, self-created tiny circle. May God bless him even for this devotion and sacrifice in his own humble way!

We have another school teacher, the head-master, an enlightened soul of wide experience whose life is a sacrifice to a big Baba and for the construction of a temple for the Baba on a hill. He works, lives and breathes for that one ideal. Even unconsciously he is always talking of Baba, his devotees and the construction of the temple etc., etc., at all times, to one and all.

The former thinks that this teacher is an idol worshipper while the latter thinks that the former is a blind worshipper of ignorance. Who is right? God alone knows! But, how blessed and rare are they who are not selling their souls for a special Church or Baba and whose vision include all Babas and Churches and excludes none!

Where are the souls who are not the worshippers of a particular faith or an individual person? We need souls who have Universal Hearts with Universal aspirations, for the Universal Peace. Blessed are the devoted hearts of our school teachers! But how much more blessed it is to come out of their little finite wells, into the broad and wide ocean of Universality, wherein Christs, Krishnas and all the Babas of past and present are included! May all homage be unto the worshippers of the one Indivisible God!

Moral: Peace belongs to those who worship the one in the many and strife belongs to the worshippers of the minor God's.

OM! OM! OM!

Chapter 17 WHO WANTS GOD?

Do you need God my friend? Tell me the Truth, the honest Truth! Do you want him with heart and soul, do you want him with every heart-beat and with every breath? No! You do not want Him, you want something else other than God. Merge within and look at your own desires and cravings, examine your own thoughts and see how your mind is restlessly wandering!

Being an Image of God having the privilege of a human birth, it is a sad thing not to long for God with heart and soul. Do not add hurt to injury by telling a lie or by lying unconsciously to the God within, to your inner Self, saying that you want only God and that you are living for Him when your mind, heart and soul are elsewhere.

Generally not one in a million wants God. He wants something else, he wants some name or form. He is running after his own shadow, forgetting the substance. The worship of Mammon occupies a bigger place in his heart than the worship of God. Somehow non-essentials, the passing clouds are given more prominence than the essential Truth, the living Presence of God, the only Changeless Reality.

What is wrong with the man of the world? How is it that man does not want God with heart and soul? Why is he not living for him, why does he say one thing with lips and do another thing with mind? Why is he going astray unconsciously towards the mundane things of life, in spite of his big resolutions? At least let him know where he is and his present helpless and hopeless state of delusion.

How adamant are the shackles of maya, the delusion! But alas, only one in a million is struggling to come out of the net of delusion. All others are contented to gradually perish in the net of ignorance. Their doom is sealed: it is only a matter of time, maybe minutes, hours or days. Who can tell that hour, the Call from the Unknown beyond! So let us be ready wanting God with heart and soul more than anything else.

Moral: He alone is blessed and happy who is having his being in God ever moving, working and breathing in Him and no one else.

OM! OM! Om!

Chapter 18 LOST OPPORTUNITIES

Many a man and woman in the world of delusion or duality regret over many a lost opportunity. "Why did I not do it, then and there in the right time?", is a regretful thought, often repeated. Yet, worrying over spilt milk does not help. Worrying over the past does not help it, rather wastes the present living moment. Sometimes I get a beautiful experience from a common incident. I take joy in weaving that small incident into a web of life, getting some practical lesson from the very little so-called incident. But alas, I neglect sometimes to put that experience on paper and thus postpone it to some other convenient time.

When all the work is ended and when I am alone I try to recollect all the beautiful thoughts that I had but alas, it is too late. In some cases even the name of the subject is forgotten. Such is the fate of the lost opportunities. "Now or never should be the ideal of any man or woman who wants to make something of his or her life. It does not help to shed tears over the lost opportunities.

Let us be careful of the present opportunities. Let us make best use of the living opportunities of the present vital moment! Blessed are they who are living in the present living moment, burying the dead past and ignoring the uncertain future. May all homage be to the present precious living moment!

Moral: Many a man wrecks his life, bemoaning over the lost opportunities instead of reaching the Heights by making the best use of the invaluable present moment.

OM! OM! OM!

Chapter 19 THE TWO EXTREMES

One day two Subbaraos happened to be in the Ashram. One came a day earlier from Rajahmundry and the other one came from Yoga Ashram. Both were sitting in the office room while I was doing work. I asked the Subbarao of Yoga Ashram about his diet and told him to take even coconut water instead of fasting. Then he said because of the train journey and all the smoke of the dirty cigars, cigarettes, beedies etc., his stomach was so upset and that he would not take even tender coconut water and that fasting was good for him under such conditions.

Listening to these words, the Subbarao of Rajahmundry was getting uncomfortable and upset and was looking at me pitifully for some consolation. The Subbarao of Yoga Ashram continued saying how tobacco contains a certain kind of nicotine, deadly poison and how it slowly and silently deadens the nerves and tissues and kills the man in the long run through the slow process of putrefying the very system.

I felt sorry for the Subbarao of Rajahmundry for he was telling to our Head master of the school only on the previous day, how he could not have even a movement of bowels for he could not get the opportunity of smoking in the Ashram. One does not get his bowels cleared or have a natural daily movement unless his system is pumped with the deadly poison of smoking cigars, beedies etc. He brought his system to such a putrefied, shameless and helpless state. Then there is the other one to whom the smell of the tobacco, the very smoke of the beedi hurts his refined system and purified nerves. What a contrast!

Both the extremes are cultivated only by self-will and self-exertion, one is diverted wrongly and the other in the right way. What one sows he must reap, be it good or bad. May we be natural, leading natural lives!

Moral: It is the habit that makes one a sinner or saint, slave or master.

OM! OM! OM!

Chapter 20 ANGRY WITH THE OCEAN

I have been always fond of the ocean looking at it for hours and hours, often bathing even three times a day. Since the disappearance of Swami Kaivalyanandaji I took a vow not to touch even the water of the ocean, at least for a month. Whenever I happened to go to the Beach, I was looking at the sea reproachfully, unconsciously repeating, "Why have you taken away our innocent Swami Kaivalyanandaji? What harm has he done to you?"

On the day of his disappearance, there was a corpse washed towards the beach a little away from the Ashram. Many people identified that it was the body of Swami Kaivalyanandaji, for they said that the corpse had the Sadhu's coloured cloth tied in the fashion of Sadhus and that the body was tall with a bent nose and without front teeth, etc. What doubt is there? Each time I heard about Swamiji's mishap and his good qualities, I began to look at the sea reproachfully, accusing it for its heartless deed. I gave up even strolling by the side of the ocean, lest I touch the waters of the waves when they roll towards me.

Suddenly, I received a letter from Madura, the missing Swami Kaivalyanandaji himself wrote asking me to forgive him for leaving the Ashram without telling us. Imagine my shocking surprise! Of course, I was happy but what about my reproach and false accusation against the ocean? I approach the ocean now, with repentance and begging its forgiveness. I feel ashamed of myself for harbouring such thoughts of resentfulness against the innocent ocean.

What should I do now to get the forgiveness of the ocean? It is so big that it forgives man's finite frailties. May all Glory be unto the Ocean of Sat Chit Ananda!

Moral: Be angry with yourself, with your ignorance and self-delusion but never with the elements of nature.

OM! OM! OM!

Chapter 21 SUBJECT

You can see anything but not the Subject. You can hear anything but not the Subject. You can touch anything but not the Subject.

Question: Why?

Answer: Because it is the Subject that sees, hears, touches, feels and thinks in you. Without the help of the Subject, you cannot do anything. The world exists because of the Subject.

Let us consider as an illustration taking the world as a bubble and the Ocean as the Subject. How can the bubble exist without the basis of the Ocean? The bubble is there because of the Ocean, even the Breath with its ceaseless inhalation and exhalation is not the Subject, but it is the nearest thing to the Subject. As a wave is nearer to the Ocean, so is the breath nearer to the Subject or the Witness.

Breath can be felt, it can be listened to, too. One can almost hear it, in the still moments of one's life, but not so with the Subject. Meditation on breath leads one easily and directly into the very heart of the Subject. This is something to be realized with persisting, ceaseless practice. The Subject is the basis, foundation, at the very Origin of the Breath. As we follow the breath, the breath which is flowing in us ceaselessly day and night, it will naturally take us to the Source without the least struggle or effort.

Now let us meditate on Breath and let it lead us to the Source into the Soul of the Subject, the Sat Chit Ananda, the Existence Absolute, Knowledge Absolute and Bliss Absolute.

Moral: The Happiness that knows no change, lies only in the subject and never in the object.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 22 MEN ARE LIKE CHILDREN

A child plants a seed in the ground and it may take a number of days, even weeks and months for the seed to germinate and sprout but the child wish to see it germinated then and there immediately. We often see children digging a hole and planting a seed and covering it with earth and within a minute they come again to see whether the seed is germinated. Our unnatural haste and needless worry does not help to the germination of the seed, rather it retards the growth and is harmful for the seed by digging again and again in our childish curiosity.

You have planted the seed and your work is finished. Let the rest be with God, according to the Law of Nature. Similarly, the undertakings of the world let us not be like mere children, expecting reward for every little thing we do then and there. Let our concern be only with the sowing of the seed but not worrying over the harvest, let the fruit of our labours be with God. Self-resignation is a wonderful quality and it comes of complete trust in God, the living Truth.

MAY THY WILL BE DONE represents complete self-surrender and self-resignation. Happiness lies in leaving the results to God, trusting Him but doing our part to the best of our ability. Let us not behave like mere children in our undertakings, expecting to see then and there the germination of the seeds of our labour. All will be rewarded in the long run according to their labours. No one will be a loser, only let us trust in God, rising above childish curiosity. Blessed are they who find their happiness in sowing the seeds leaving the honest results to God!

Moral: Unnatural haste is a hindrance to the natural progress. Hence, do your part and leave the rest to God.

OM! OM! OM!

Chapter 23 LIGHTNING

Did you ever see the Lightning in the sky? Every one must have seen it especially when it is cloudy and raining. Lightning follows the thunder. How the electricity spreads itself into a flash in the twinkling of an eye from cloud to cloud? But what's all this to us? It is everything to us, for we have similar electric Lightning within us. Our breath itself is the Lightning. As we inhale and exhale the Light, the Lightning occurs at the point where the Inhalation and Exhalation meets.

This is something not merely to be read or listened to but meditated upon, in the still moments of one's life, following the breath. We are also familiar with the map of the human body wherein all the arteries and nerves are shown with the receptive Nerve Centers. How the whole body from the very tow to the top of the head is filled with endless currents of life, light and love reminding us of the intricate roots of a tree!

Let us meditate now to understand this Divine Electricity which is flowing in us from the toes to the head, in all the arteries and nerves! What power, peace and illumination results from such a meditation! Feeling this electric current from the toes to the head in all the arteries, let us follow the breath ceaselessly which is leading us most naturally and unfailingly to the Divine Electric Lightning, within!

May all homage be unto the Lightning of the Light of lights!

OM! OM! OM!

Chapter 24 IS IT POSSIBLE TO THINK OF GOD ALWAYS?

Is it possible to think of God always, not only when we are in a church or temple engaged in prayer and meditation, but also in each and every moment of our lives? Is it possible to express Him with every breath and is it practical and possible to proclaim Him with every heart beat? Above all, can we express Him in all our thoughts, words and deeds, especially when tried in the fire of crucifixion, with all the trials and tests of the world?

The answer to the vital question depends upon the conception of God. If your God is in the far-away sky or heaven, you are apt to forget Him even during your sleep. Even if He is within your heart as a separate entity, it is natural to forget Him when you are too busy, for there is forgetfulness in duality. Awareness is possible only where there is only ONE and never two. When God is the only Reality, when He is all in All, when nothing else exists besides Him, how can we forget Him?

In this Holy State of realization there is neither forgetfulness nor awareness. All that we can say is HE EXISTS. Even this we cannot say for Truth or God is beyond words. Often and often the query springs within, is it possible to allow the Light to shine ceaselessly? Yes! Yes! Why not, it is more than possible. It is the only possible Truth. Does the ocean ever forget its waves or coolness? Does the earth forget its stability? Then why doubt and forget the Truth or God, who is the only Self-existing Reality?

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 25 RENUNCIATION

Man is miserable, restless and unhappy because he is running after his own shadow, forgetting the Substance within. He is always after something or other. His own desire is to accumulate more and more, the perishable goods of the world. Man is unhappy in accumulation. Is he contented and happy after the accumulation of what he wanted? A thousand times **NO!** For he wants to accumulate and possess more and more, more than ever.

There is no contentment in ignorance, it is only in wisdom. For the ignorant man, the more he possess the more he is miserable. He is unhappy while accumulating, then he is unhappy while possessing all that he wanted, though he longs to be happy. In vain he searches for the happiness that knows no change but he does not find it in the goods of the world, for Happiness is never outside. It is never in form and name, it is within himself in the Nameless and Formless Truth.

What should he do now with all his possessions that are the cause of his worry and restlessness? He should now find the ways and means of getting rid of all his possession in some way or other, for there is no happiness so long as he hold to some object or other. There is misery in getting, there is misery in keeping and there is misery in parting.

Now, with added experience man, the aspiring soul finds his joy only in Renunciation. At first he was unhappy because he did not have enough. When he has enough he is unhappy because has too much to manage or look after. Now when parting he is unhappy because he has too much to manage or look after, because he can't renounce. Where is happiness then? Only in forgetting everything and in RENUNCIATION !

Moral: Everything in this world is fraught with fear except Renunciation.

Om, Om, Om !

Chapter 26 THE MAN OF WISDOM

All are unhappy in the world of delusion or changes - except the Man of Wisdom. Wisdom is the safest raft that carries the aspirant after Truth over turbulent waves of life, to the other side of the ocean. The Man of wisdom is never miserable but he is always happy, for he beholds HIMSELF - the Highest Self - the Universal Self in one and all.

Verily, there is but one reality or Truth and nothing else exist besides it. When all this is Truth - the Divinity - the One Presence, why should any one see anything other than Truth anywhere? It is lack of Wisdom that makes one to see something else, other than Truth. It is the forgetfulness of God, that makes one to see the snake in the rope. So long as man sees a snake in a rope how can he be happy? Happiness is only in ascertaining the Truth and in standing by it. The man of Wisdom is never miserable because for him everything is God - the whole world is filled with God. When he faces God within, without, above, below and all around, how can he be miserable?

Misery exists only in duality but never in Unity and in Truth. Happiness is there, where one sees not another, hears not of another, thinks not of another and where all is God - the One Supreme Self, the Soul of the Creation. May homage be unto the Man of Wisdom !

Moral: The man of wisdom, sitting on the throne of God-consciousness, reigns Peace.

Om, Om, Om !

Chapter 27 DOING NOTHING

It is not so easy to remain without doing anything. Perfection lies in not doing anything either physically or mentally, it just lies only in remaining as witness. But alas, how hard it is, how nearly impossible it is, not to do anything, without or within, for man is always busy in doing something or the other even in a dream. Doing Nothing - but within and without is it Highest State.

Watch the man, any man, and see how restless he is. Even if he is sitting at one place without doing any work, we often see him either moving his legs or moving his hands or scratching his body or head. Let us imagine that he is steady physically. We can make him not to stir from his posture and not to move his feet or hands. We can even make him to sit in the posture of a Buddha but what about his mental faculties - the endless wanderings of the restless mind. Can we make his mind one - pointed or concentrated? Alas ! how hard it is!

Even the heart is beating fast or slow according to the intensity of his desires. Watch his breath, how it is flowing in and out as per his intensive thoughts. There is volition within and without. There is motion everywhere in the body, mind, heart and breath. Peace or Perfection belongs only when one is free from the volition or motion of kind.

Do not do anything either with the body or mind. Just remain as a witness - the witness of your very heart and breath. Verily, you are in the finished kingdom of God. Everything is poornam - Complete always. Behold the full glory and be silent.

Moral: Fools are always restless doing something or the other. But sages are silent, for they remain as the Witness.

Om, Om, Om !

Chapter 28 TALKING MACHINE

Sages and saints give us wonderful illustrations from their own personal experiences. We can never understand those practical illustrations unless we personally experience them also in our lives.

It was Sri Ramakrishna who said : *"The mind of the man of the world is like the throat of the fowl that had eaten seeds of paddy or some other grains. If you touch the throat with your hand, you can feel the seeds in its throat."* Similarly, a worldly man's desires, ambitions and thoughts can almost be felt and seen, when we happen to be in close touch with him. We have a man at present in the Ashram who has come to collect subscriptions for the Ashram. He is a big family man, hence naturally he speaks always, even unconsciously,

about his wife, children, daughters, sons etc. He takes joy in speaking about his daughter that already got married and the daughters that are going to get married soon, and also about the education of the boys etc. Naturally, he is always thinking of his food and other creature comforts. He has told me with some self-pride and importance that people have said that they are giving the subscriptions not because of the Ashram but because of him.

I pondered a little and came to this following conclusion: our friend the man with the big family who is a real talking machine, does not have mercy on anyone. When once he begins to talk he continues to talk for hours even in the street in the standing posture itself. Naturally the people get so tired and even bored with his empty words and endless talk, that they would rather sacrifice a rupee or two instead of mercilessly getting killed by the dreary words of our friend.

May God save us from the talking machines that waste our precious life and time which are more dangerous than the war machines.

Moral: Do not kill people with empty words, thus wasting their precious time and life.

OM! OM! OM!

Chapter 29 DO YOU WANT GOD OR TYPE

The type writing machine was a brand new one. What is more, it was a parting gift from Sister Sushila Devi. It used to be very near and dear to her heart for she was carrying it wherever she used to go, even on short distances. Out of the fullness of her heart, almost in the last moment of her departure to America, I was surprised with this most precious and rich gift. I just wanted only to keep this machine sacred in her memory.

She was still on the ocean and not yet reached America. I had not yet used the machine and took it out only to get it cleaned and oiled. Lo and behold, the type machine was lost! Of all the things in the Ashram only Sister Sushila Devi's parting gift, the new type machine was stolen; not even the other type writer which was in the same room. Would it not make anyone sad or depressed? Yet depression and sorrow do not help the matters. Then what should one do? We must leave it to God--the Unknown Something, the Living Presence without whose will not even a blade of grass moves. Omnipotence is working, let the mortal retire.

Yet, in the still moments of my life there is still struggle within, a discontentment, a cloud of sadness. Then I ask the following question within myself: *Dear Friend, do you want type machine or God?* The answer always comes spontaneously without the least hesitation or consideration. Not a million type machines but God comes first, middle and last. Sister Sushila Devi also would rather see me absorbed in God rather than be anxious and sad over a missing type machine even though it was her parting gift. May God be our All in All always, especially in all the tests and trials of life!

Moral: The Creator is infinitely greater than all the created things.

OM! OM! OM!

Chapter 30 HE WHO ADMITS IS BEATEN

In spite of all the tests and trials in life, calamities and tribulations in the world, how can we ever admit DEFEAT being children of God, His living Image? Let friends come and go, let friendly enemies dupe and deceive, often stabbing us in the back. What is that to the Soul, the child of God? He who admits defeat is a weakling, a man without a backbone or basis. He who is centered in God is never defeated. Even in the depths, his vision is always on the Heights.

The following lines express the iron will of a man of power:

Out of the night that covers me,
black as the hit from pole to pole,
I thank whatever gods there may be, for my unconquerable soul.

While there is life let us not admit defeat or get discouraged. Let us look to the sunny side of life, let us remember that every cloud has its silver lining. As images of God, let not defeat be our life's goal. What powerful words are these of Lincoln's!

*Out of the depths fresh Strength
Out of the dark new light
Even in the gloom we are on the way*

Defeat is only for the cowards and not for heroes, the man who admits defeat is a dead person, so let us ever be filled with fresh strength in our depths, facing new Light even in dark and always knowing that we are on the way.

Moral: Remember that there is no defeat for you because you are the unconquerable soul.

OM! OM! OM!

Chapter 31 GOD SHAVES HIS DEVOTEES CLEAN

It has been said that all tests and trials are only for the devotees of God. Honest and sincere people are often tested in the fire of crucifixion itself. It seems also that God loves His devotees so dearly that He will not allow anything or anyone to come between Himself and His devotees. He shaves his devotees clean and keeps them for HIMSELF.

If an earthly form or object stands in the way of God-realization, He will see that he will lose it. Lands, houses or any other properties will be taken away from the devotees when they come between God and the devotees. Even when a devotee loves his friend or some other near one in his house more than God, he will be taken away.

The Inexorable Law is Trust in God and in no one else. ***I am the Lord, thy God. Love me with all the strength of your heart and soul.*** This is a jealous command! All goes well so long as one loves God with undivided attention. The moment God is denied or neglected and something else is worshipped more than God, down goes the bottom. All this will result in a mess. Whom God loves He takes them unto Himself, and He will not allow anything or anyone to come between Himself and the devotee. So let us love the Lord our God with all the strength of our minds, hearts and souls and thus merge in Him forever!

Moral: God created man for Himself. Hence he does not allow any thing to come between Himself and his devotees.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 32 ANNIVERSARY OF A CHOULTRY IN ELLORE

A friend came all the way from Ellore to invite me to preside over the anniversary Ceremony of a big Choultry in Ellore. I said that I was not in a mood to wander or even to stir out, much less than to go out of the ashram. He said that I said the same thing when he came three years ago and requested me to follow him to Ellore. I replied, "Time is too precious to be wasted in mere words, why do you want to drag me there? I do not need anything from your people, neither do they need anything from me."

Still he was arguing and requesting me to go to Ellore at least this year, without fail, and he went even so far as to say that he would not leave the Ashram unless I promised to come to Ellore for the Anniversary. I was in a dilemma and did not know what to do. Yet, my very soul was unwilling to go anywhere.

As I began to ponder over my predicament, I remembered the life of a beggar in the street, going from house to house with a number of monkeys, each tied to a string to amuse the crowds. Then I said again, "Look my friend! Did you ever see the beggar, the man who wants to attract the

attention of the public going through the streets with a number of monkeys? Now you wish to tie a rope around my neck and drag me to Ellore to exhibit me there so that the crowds may be drawn to greet the monkey. The bigger monkey, the greater are the crowds." When I spoke thus to the friend, he saw my point and realized the Truth of the situation, how people are not really pinning for God but it is all for show, Thamasha, to satisfy curiosity and formality. The friend departed thoughtfully, leaving me alone in PEACE.

Moral: A rolling stone gathers no moss. Similarly people who run restlessly from place to place are devoid of Truth.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 33 EACH FOR HIMSELF

As days pass by I realize with added experience how each man is for himself. I had a sprained foot as I slipped in a deep hole. I was unable to walk and needed hot water for fomentation of the foot. I gave instructions for the hot water at 7 PM and I was waiting for it until 11 PM but in vain. There are at present more than twenty people in the Ashram and each one is busy with his selfish interests, either chit-chatting, eating or sleeping. I attempted to crawl with the help of the cane to ring the bell, to draw their attention.

After the bell was rung the sleeping people woke up, the hot water was brought and the sprained foot was fomented in the middle of the night. This incident made me to ponder with the following questions: *"Why am I working here? For whom am I working day and night? Who are all these people surrounding me and living in the Ashram? Are they devotees or friendly enemies? Are they here to serve God or only to eat and sleep just to make the two ends meet?"*

This state reminds me of the life of a robber who was making his living and supporting his big family by way-laying the travelers and robbing their property and by hurting and beating them. When the robber tried to rob a saint the saint said, *"For whom are you committing these heinous crimes?"* The robber said that he has a big family who loves and adores him. The saint said, *"Do they really love you?"* He replied that they were all his own blood and flesh and part and parcel of himself and that they would actually die if needed for him.

Then the saint said, *"Let us test their love and devotion using strategy. You pretend as if you are dead and I will do the rest".* The robber was taken home on a stretcher and all his kith and kin began to weep, beating their chests and heads. But the saint said, *"Weeping will not make the man alive. Only if one of you would sacrifice your life, he will live."* The old people were afraid to die. The young people yearned to live. Even his wife was unwilling to give her life to save her husband.

The robber then opened his eyes and realized his self-imposed slavery and bondage. It seems that he renounced the world and became a saint. Such is the delusion, whether it belongs to a family or an Ashram! Verily each one is for himself!

Moral: Where self-interests are concerned each one is for himself, but the god-man is for all.

OM! OM! OM!

Chapter 34 IT IS THERE

What is that which is there, which is always there? I will tell you in a little while.

For some reason or the other, since the supposed drowning and death of Swami Kaivalyanandaji in the Ocean, I gave up bathing for nearly two months in the sea. Today being Friday the day of fasting, I felt from within that I should go for a bath in the early hours of dawn.

Strange that the water was ice-cold, inspite of the summer days. After a dip I felt like swimming and wondered whether I had forgotten to swim, as I was not in water since the last two months. Anyway there is nothing like starting an experiment then and there. I was happily surprised that the knowledge of swimming is there, it had not left me.

Suddenly I cried out IT IS THERE! What is that which is there? It is the SOUL, the Atman. It is there inspite of forgetfulness, denial and gross neglect of not only years but ages, awaiting to be recognized any moment. It is always there, how can it be otherwise? It is always there, from Eternity to Eternity. When once you have known the art of swimming the knowledge and experience is there, even though if you do not have a chance to swim for years. All that you have to do is practice. Similarly, when once you have tasted God's Love or Presence within, it is there, inspite of a world of tests and trials outside. How can the SOUL decrease or disappear? It is always there.

Musing thus while swimming, I gazed towards the horizon. It was full of clouds, but there was glimmering light, behind the clouds. Any moment the sun will burst out for it is there always.

What joy and what strength it gives to recognize and feel, nay, to actually experience the Presence of the Soul, here there and everywhere! It is there always, this is an experience not to be described but understood by souls of Realization. Verily, it is there Eternally.

Moral: God is EVER PRESENT, nay, OMNIPRESENT, inspite of our denial and forgetfulness a million times.

BEHOLD! THE LIGHT!
OM! OM! OM!

Chapter 35 THE LOVE OF A LITTLE SISTER

The girl is only aged ten years, and her brother is aged seven years. They are visiting the Ashram with their parents in these summer days. The boy is very fond of the Ocean. He wishes to play and frolic in the water always. Often he runs away even without telling any one, to play by the sea - side. But the loving sister follows him like the shadow of a person or the wheel of a running cart.

Sometimes they both go with all the other children of the Ashram to play in the sand. The little sister instead of playing, is always there watching her little brother. Perhaps she is afraid that her little brother might be drowned. It is touching to see her following him calling, "Brother, brother, brother". This incident brings into my mind another beautiful illustration of a little loving Sister and her fat brother. It seems a certain young girl was carrying her brother in her arms. The sister was very slender and weak and the brother was fat and quite heavy. Hence, it attracted the attention of the people that were passing by their side. Someone remarked to the little sister: "*How could you carry such a heavy boy?*" She replied promptly and innocently: "*He is only my little brother!*" : How touching! The fat little thing, although heavy, is not at all a weight to the weak sister, because he is her little brother.

Such is the glory of unselfish Love. Where love is, everything is light and right. Where love is absent, everything is heavy and wrong. Love lightens the burdens! Love makes things smooth! Love leads us all towards LIGHT. May LOVE Universal, our Birthright, be our life's Soul and Goal!

Moral: In the vision of Selfless Love, all is smooth and perfect.
Om, Om, Om !

Chapter 36 DELUSIVE DELUSION

Once I was cleaning my ears with a little cotton while attending to some work. As my attention was not given fully to the cleaning of the ears, I did not see whether the piece of cotton came out of the ear or not. Although this incident happened nearly a month ago, I often wonder whether the cotton is still in my ear. Several times I tried to get it out imagining that it was inside the ear, but nothing came out.

Because I did not see with my own eyes the coming out of the cotton from the ear, often and often I wonder whether it is still inside my ear. What a delusive delusion! What should I do next to be free of this haunting persisting delusion? I must get my ears washed and examined by a doctor.

Such is the deep delusion of the senses. What you do not see you cannot believe. The doubt crops up there unconsciously. It is the Personal Experience that counts, whether it is in the plane of senses or in the plane beyond the senses. All doubts are dispelled only when we see the Light, when we are face to face with Light, nay, when we are LIGHT itself, for Light alone is free from all clouds of delusive delusions.

**Moral: Delusions are cleared and dispelled through personal experience-
-be they physical, mental or spiritual.**

MAY ALL GLORY BE UNTO THE LIGHT OF LIGHTS!
OM! OM! OM!

Chapter 37 MY MIND IS SAD

My mind is sad because I was robbed of a purse of money. Who robs whom when all is Atman, the One Indivisible Self? While feeling depressed I happened to pass by the motto that reads thus: WHY DON'T YOU LAUGH WHEN TROUBLES COME? I tried to smile. Alas! It is so hard to laugh in troubles.

Shame on me even to forget the Presence even for a moment! What is the loss of a little money before the glory of God? Let anything be lost, let everything be stolen but let me never give myself to the weakness of delusion. The seeming loss is a gain if one could keep the Center within. Nothing can be lost in Truth. Truth is the same in loss and gain, nay, it is above loss and gain. It neither increases with the possession of all the wealth in the world nor decreases with the loss of all the riches of the world.

Let the mind be sad only when Truth, God is denied, forgotten and neglected in the name of the seeming important big things of the world. Let money be stolen, let Ashram be stolen, let

everything that has a form and name be stolen! What is that for Truth or God, which is the same at all times and under all conditions? Only let not the SOUL be stolen, let not the Substance be ignored, let not the Light be hidden. Let us say that the Mind is Happy because of the Awareness of the Soul. Now my mind is HAPPY!

Moral: One is sad in forgetfulness and ignorance and one is happy in the recognition and the awareness of Truth.

OM! OM! OM!

Chapter 38 THINKING IS CREATING

How true are the words that THOUGHTS ARE THINGS and as we think so we become. THOUGHT is another name for FATE, what we are is the result of our thinking. What we will be in the future will be determined by our present thought. It has been said that thinking is some kind of irritation. There is irritation in an oyster and the result is a pearl. There is irritation in the mind, the result is the creation. If there is no irritation in the mind there is no creation. World is the result of irritation or thinking.

With the cessation of thinking the world, the creation ceases. We create everything beginning from the daily food we eat to the God whom we worship. The food that we eat is first created in the mind within and then it is prepared outside. A message that one is writing was first conceived or created inside and then projected or written on paper. Outside image is the reflection of the inside thing or inner thought.

Creation is duality. Whenever there is duality there is suffering in some form or the other. To be free of all sufferings one must be free of all duality. Duality is overcome only when one stops all creation and becomes a master of thinking instead of its slave. The world is full of slaves: slaves of their fancies, imaginations and thinking of every kind. Where are the Masters of their minds, the minds that are the source of all thinking?

Are not THOUGHT and BREATH also closely associated? Where is thinking when breath is absent? the flow of breath creates thinking. Cessation of breath is the cessation of all thinking. Similarly when the mind is controlled the breath is controlled and when the breath is controlled the mind is controlled. In fact, mind and breath are not two but One. They are different names of the One Substance. Let the mind merge in the breath and the breath in the SOUL or Source for final PEACE or NIRVANA.

Moral: Peace that passeth all understanding belongs to those who are free from all thinking and creating.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 39 OUTER GLORY

All Glory is like the flower or a blade of grass. The grass withers and the flower fades, similarly the outer glory of name and fame is like the lightning which is only for the time being. The illumination of fire-works is stupendous but it is only momentary. There is GLORY, a Divine Splendour that does not decrease or increase. It does not wither or fade, it is the Glory of the Soul. All else is evanescent, ephemeral, though alluring and tempting for the time being.

There used to be a humble Sadhu once. He had renounced the world and sacrificed his life for the sake of Truth, to realize God, the Goal of human birth. With the passing of time and with the wrong kind of associations he became a slave of name and fame. He began to live and breathe for name and fame, worshipping the outer glory. He had worked so hard in writing book after book for saving lost souls and he also prepared medicine after medicine for curing the diseases of people in their ill of life. After some time the Sadhu's name became a household word. He is now worshipped everywhere. His name is flashed in all the newspapers from one end of the world to the other. But is the Sadhu satisfied even now with all this outer glory? A million times NO! For, there is not satisfaction in the outer glory.

All satisfaction is only within, in the inner Glory, the Light of existence. Hence the Sadhu Mahatma is still working hard both day and night with foodless days and sleepless nights, to achieve a little more name and fame. If our Sadhu conquers all the world of outer glory, he still wants to climb towards the sun, moon and other planets. Where does it all lead? To self-delusion, to greater depths of darkness, for all the grandeur and glory of the world is only a drop in the ocean, a mere twinkle in the splendour of God, the Inner Light.

Let the Sadhu's example be an eye-opener to us, to teach us to stretch our minds no longer without, externally, but within, internally. We should no longer be slaves of name and fame, the passing clouds of outer glory, but be the worshippers of Inner Light, the splendour of Millions of Suns.

Moral: All is vanity because everything will pass away in the world except the Glory of God.

OM! OM! Om!

Chapter 40 THREE-FOLD MISERY

There is misery in the beginning because of ignorance, there is misery in the middle because of desire and there is misery in the end because of duality and darkness. In the finite life of the world there is misery in the past, there is misery in the present and there is misery in the future. As an illustration, suppose one wants to beg for a thousand rupees by going from door to door. How hard must one work to get the amount! How he should worry both day and night and suffer to amass or accumulate such a big amount!

Suppose he succeeds in getting that amount. Then will he be happy? A thousand times NO! He would keep it in a safe and protected place where it cannot be stolen. If people know about the possession of such an amount then there will be many demands. They would want money for a loan or for a charity. Where the money is hoarded the mind hovers around it. It runs after money, it is always planning and scheming how best to keep the principle amount safe without losing or squandering. Thus there is misery even in keeping it safe either in one's house or in a bank.

Then, when it comes to parting with the hard-earned or ill-gotten CASH, it breaks one's very heart. One would rather part with life itself than the hard cash. One is worried to death at the very thought of it, thus there is misery in acquiring the money, there is misery in keeping it and then there is misery in parting with it again. Sages have said considering the three-fold misery in the beginning, middle and end, fie upon wealth, the root cause of all sorrows and misery.

Man is miserable so long as he is not able to get or count certain things. He will not be happy again so long as he will not get rid of it. Poor and naked we came and poor and naked we leave the world, and happiness belongs only to those blessed souls who are free from the three-fold misery.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 41 OPEN DECEIT

We have heard of people that have stabbed others in the back, with cunning nature and sly motive but have you ever heard of anyone who stabs you in the front before your very face suddenly, all along pretending to be your dearest friend and greatest devotee?

There are the patriots of Motherland who speak such fine words of politics, bemoaning poverty of the oppressed and at the same time squeezing the very life-blood from the very poor to make money. I heard of a Khaddarwalla, a pukka one hundred percent Congress man, who keeps out a flag flying on his home, another on his cycle and one more on the hat he wears, who is busily engaged in making money by selling rice and kerosene at the exorbitant black-market rates, to the poor and starving. He does not have even children to maintain yet he wants every week bags of rice. What for? Only to re-sell he takes kerosene with the plea that he keeps several kerosene lights in his hours, only to sell this kerosene oil to the poor and struggling people at high rate.

When we stand in his way of making money directly or indirectly, secretly or openly, he is so ruthless that he stabs us, not in the back but right in the front. He does not care about breaking his promises or going against his word of honour. Where is honour for such cruel and hard hearted people who do not have heart at all? All that they are after is only money. How to get it, ill or well earned is their life motto. When once you stand on their way, they pierce your very heart before your very eyes. Let them stab because they can only stab the body but not the Soul!

Moral: Do not try to become rich and tall by beheading others.

OM! OM! OM!

Chapter 42 MY SOUL CANNOT BE HURT

Are there not waves in the Ocean and are there not clouds in the sky? Are there not sand storms in the desert? Similarly, are there not tests and trials in the life of the world? Narrow and rugged is the way that leads to Heaven. Every good work has its struggles and tribulations. Every good man has to carry his heavy Cross all alone.

The people of the world who live for self or for themselves take joy in criticizing and condemning the innocent ones who are walking in the foot prints of the Lord. One's nature is difficult to change: a selfish man's nature is to hurt and wound the innocent and a selfless man's nature is to bear and forbear, nay even to forgive and bless.

Yet it is so difficult to remain unmoved and unhurt when needlessly criticized and condemned. The mind, the heart and the body may be hurt but how can the Soul, the Immortal Soul, the Deathless Soul be hurt?

The Soul cannot be hurt for It is One without a second. There is nothing besides the Soul to hurt It. Often and often while passing through the fiery process of tests and trials, tribulations and crucifixions, the individual, the soul itself in agony cries out **MY SOUL CANNOT BE HURT!** Blessed are they who can identify with the Soul, rising above the body, mind and world!

The least forgetfulness of the Soul makes a man get hurt from every side but the awareness of the Soul makes a man free of all hurts. Identification with the changing body is the cause of all hurts. Identification with the Changeless Soul is the Source of all Bliss.

Moral: The Immortal, the Indestructible and the Indivisible Soul is eternally free from all hurts.

MAY ALL GLORY BE UNTO THE SOUL WHICH IS ABOVE ALL HURTS!

OM! OM! OM!

Chapter 43 HOW TO LOVE A SELFISH PERSON?

Is it possible to love a selfish person? Is it possible to love a cobra, play with fire or to drink poison? It is not possible for a man of the world but it is possible for a man of God. For such a man of God realization, nothing else exists except God. The whole Universe is pervaded and permeated by the One Substance, the Living Divinity.

It is only the one who is blessed with the Vision of God that can afford to love the selfish, crooked, the wicked and the heartless. Unto such a Divine one all are the emblems of the One God and manifestations of the one Divine Truth. All are the living Images of the One Loving God!

Selfishness, wickedness and crookedness exist only in the mind of the man of the world. What he has within he beholds without. He cannot go higher than his own standard of vision hence a selfish man thinks all are selfish and a wicked man thinks everyone is wicked like himself and a crooked man feels that all are crooked. Similarly a honest man, a selfless man, a man of God sees in everyone honesty, selflessness and God-nature at all times and under all conditions.

All sages and saints loved their enemies. They loved the selfish, the weak and the ignorant, for all are a part and parcel of their One Indivisible Self. Did not Buddha embrace his enemies? Did not Christ kiss his betrayer? Loving of selfish people is possible and natural when there is unselfish love, Universal Love, the Love that includes the selfish, the ignorant, the crooked, the wicked, the weak, nay one and all, excluding none. May all homage be unto such Divine Love!

Moral: For men of God-Realization, nothing is impossible.

OM! OM! OM!

Chapter 44 NOTHING IS LOST

In spite of tests, trials, tribulations and even crucifixions itself, nothing is lost for Truth is ever full. Nothing can be taken away from Truth, neither can anything be added unto Truth. It is above decrease and increase. How blessed it is to remain always full! The clouds may come and go but the SUN is always there, it is ever present and never absent in spite of a million clouds.

Similar is the case with Truth or God. Truth is always there in spite of a million cataclysms and the rain of a million atom bombs. The forms may be changed but the formless Truth can never be changed. Such is the glory of Truth. Wealth, friends, health and all that is near and dear to the heart may be lost, but the Truth can never be lost. It is the only ever-abiding eternal Reality. It is the foundation of the very world.

May all homage be unto that Truth which is the same in the beginning, middle and end and which is the Goal and Soul of bird, beast and man, and above all which is ever COMPLETE. Our happiness is only in that Completeness. Nothing can ever be taken away from THAT, for it is ever FULL. How happy it is to realize that nothing is lost in spite of ages of deep darkness and gross forgetfulness! We are always on the WAY and we are the Truth, the full and Complete Truth.

Moral: The Infinite and Eternal Truth is ever filled to the brim and nothing can be added or taken away from it.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 45 PEACE FOUNDATION

What is life without Peace? What is existence without Peace? What is world without Peace, except a mass of confusion and chaos. Peace is the strength of the individual, the life of the family, the soul of community and the foundation of a nation. Verily it is the Goal of humanity!

Think of man running around without Peace, the very life of his existence. Think of the families that do not have Peace as their basis, are they not veritable hells? A nation, however mighty it may be, if devoid of Peace it is only a seething volcano that will burst any moment. A world without Peace is a mere pandemonium.

Hence let our very thoughts be based on Peace. Let our words be saturated with Peace and let our deeds be soaked or filled with Peace. What for is the life the precious human birth, if not for the expression of Peace? So let us strive to assert and manifest Peace in all that we think, speak and act.

In this world of changes Peace is the only changeless, powerful and infinite force. You may not be able to see Peace with your physical eyes but it is there. It is always there in spite of the denial and forgetfulness by the finite mind. Do not be too busy to assert Peace. Think of the fish struggling for life on the dry land; such is the state of the man of the world. The average man has time for everything except for realizing Peace and to work for the Peace of his soul.

AWARENESS OF PEACE IS LIFE, DENIAL OF PEACE IS DEATH.

Devoid of Peace all your struggles only end in disappointment and FAILURE. With the realization of Peace you are on the way, nay you are the WAY itself.

Peace is the Creative Energy. It is the only unfailing and ever present Divine Power. It is the only living Atmic bomb, the Para shakti, the Divine Energy of God that can save guard or destroy a million atom bombs. Where Peace exists nothing else exists. How can you expect darkness in light, clouds in the blazing sun? Behold, Peace is here, there and everywhere for it is man's Birthright, nay, every man's Birthright. With Peace we are complete; devoid of Peace we are lifeless and soul-less. Hence, let our thoughts, words and deed be blessed and filled with Peace. Let our lives and souls be centered in Peace Foundation, the only Rock of Ages.

Dear Friend, coming to the practical side of our Peace, let us close our eyes and meditate and see for ourselves where our Peace Foundation is. Are we laying it on the loose sands of glittering life of glamour or on the rocky soil of abiding Peace? Is it in the worship of Mammon running after name and fame or in the worship of God, saturated with selfless service and Universal Love? Are we laying our Peace Foundation on the surface life or on the Eternal life of everlasting LIGHT?

Moral: All monumental achievements in the world have Peace Foundation only as their base.

MAY PEACE ABIDE IN ALL HEARTS IN EAST AND WEST!

MAY PEACE BE UNTO ALL!

OM! OM! Om!

Chapter 46 GOD IS BLOWING IN BREEZE

How blessed it is to feel God's Presence not only with the first glimpses of dawn, but even as soon as we come into the waking condition from the sleeping state! Yesterday I woke up at 3 am and the dawn was still ahead. One has to wait for it long. "Why wait for dawn? Why not feel His Presence now and here? Is not the Presence always here?" I was still in bed musing thus drowsily but the cool breeze was blowing very heavily. Then I said, **HERE IS GOD BLOWING IN THE VERY BREEZE.** How close and near He is! Then the thought came: *Is God only blowing in the breeze? Is He not all around and in everything?* Indeed He is gushing in the wind very forcibly, yet that is only one aspect or expression of God's Presence.

God is expressing Himself in a million ways through a million forms. Blowing in the breeze is only a tiny expression of God's Omnipresence. Let us recognize Him not in a part but in the WHOLE. Let us recognize Him not in a mere bubble but in the whole ocean. How blessed it is to recognize God in every sound, in every expression, nay, even in every movement both within and without. Who is the Source of the movement of this hand writing these words? Who is throbbing in the heart? Who is looking through these eyes? Who is flowing in the very breath except the Indweller of our hearts, the One Indivisible Presence.

Verily He is here within not only in all the various movements but in Silence itself. He is there in the very thought. He is there beyond thought too. God's presence is in the wafting breeze and although it is life-giving, it is only a very tiny and insignificant expression when compared to His multifarious manifestations within, without and all around. May we worship Him in sound and silence, in form and formlessness in the manifested and manifested!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 47 BREATH OF THE BREATH

It seems so easy to feel God's Presence in the breath, for He is the Breath of our Breaths. When once you feel Him in one breath why do you forget Him in the very next breath? How can you confine God to one Breath? Is Breath finite? Is it not endless and infinite? Are there many breaths or only one Breath? When once you feel Him in one breath why not feel Him in the very next breath and thus in all breaths, endlessly following the very breath.

It is wonderful to follow the breath making it endless, never finite but only infinite. Breath leads unto Breathlessness, into Silence, the Great Beyond, the Unknown Something. Forgetting all else just follow the breath. Follow it with concentration, ceaselessly, consciously, without allowing even one single breath to slip by. Remember now that inadvertence is death and awareness is life. Awareness of what? Awareness of God's Presence NOW and HERE in the very breath is needed.

Watch my friend, watch your own breath. Do not break it into pieces, let it be like Taila Dhara, continuous like a stream of oil poured from one vessel to another. Do not divide it even into inhalation and exhalation. In God, in the Highest there is neither inhalation nor exhalation. It is all one. There is neither taking in the breath nor leaving out the breath. There is neither within or without, it is one breath. It is all breath, it is the Universal Breath.

It is something to be felt and experienced but not to be expressed and described in words. May we follow now the single breath, the simple breath, the ceaseless breath, the Universal breath which is all in all and the only Reality.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 48 YOU ARE THE INTELLIGENCE

How blessed it is to center in the thought of chit-the Intelligence! Being Intelligence why run after this and that? One runs after this and that because he has forgotten that he is Intelligence, the Knowledge Absolute. With the fever of service or doing good to others, running after the passing clouds of fame and name, he has forgotten the Intelligence, his real Birthright, the true Heritage.

Intelligence is One, it is complete and there is nothing besides It. All is included in it, it includes all and excludes none. Intelligence has nothing to desire, for it has nothing besides itself to wish for. It has nothing else to do, for it is complete in itself.

How blessed it is to abide in Intelligence! It is wrong to say "*Let us abide in Intelligence.*" When you are the intelligence how can you abide in it? Are you separate from Intelligence? Are there two or One?

If there are two, Intelligence is one and you are the other one and then you can abide in the Intelligence. When you are the Intelligence Itself there is no need to abide anywhere. All that you have to do is to remain as Intelligence. You are nothing but the Intelligence, the living Truth, the Universal Energy, the Inherent Divinity. Your only bondage consists in thinking that there is something else besides You, the Intelligence.

Verily you are the Intelligence in which the world rises like a wave in the ocean. The ocean should not forget itself and identify with the wave. How can the wave, the finite wave contain the whole ocean? Similarly it is the height of ignorance to confine Intelligence to a finite form or name, even to a great personality or the mightiest ego. Ego is a mere bubble in the Ocean of Intelligence.

Since it is wrong to say "*Let us abide in Intelligence*" shall we say "*May all glory be unto Intelligence!*" Intelligence itself is wishing glory or offering homage unto Intelligence. How wonderful! Words are meaningless and misleading and silence is golden. Silence is Atman; Atman is Intelligence, The Supreme Silence.

PEACE, PEACE, PEACE !

OM! OM! OM!

Chapter 49 VYASA PUJA

A Sanyasin friend of mine, a Paramahansa Parivrajaka charya, desires to have fifty rupees for performing Vyasa Puja in Totapalli Ashram. He finds fault with me for not rushing to him to help him in performing Vyasa Puja, leaving my Loka Puja or Atma puja in Waltair Ashram.

I begin to analyze to see whether Vyasa Puja or Loka Puja is important. Vyasa Puja is done only for a limited days where as Loka Puja is done always, from the year beginning to the year end.

Vyasa Puja requires fifty rupees only where as the Loka Puja needs unlimited money, for one is engaged in the service of the sick and poor. Loka Puja and Atma Puja are not two but one and the same. Where there is Atma Bhava, the consciousness of the One Indivisible Presence, the Loka Puja begins, without expecting any reward in any form. Because the Atma is One, he works Himself in all the forms for the good of all.

According to the temperament and mentality the state of evolution each one is engaged in some kind of Puja, worship, or the other. The Higher the state of Evolution the higher is the condition of Puja. Think of those cannibals whose Puja is to drink human blood and eat human flesh ! think of those cruel and ignorant people whose Puja is to sacrifice the innocent lives of dumb animals before the blood-thirsty goddesses. Does the goddess wish for the blood of her innocent children, the dumb animals? What cruelty and ignorance in the name of blind custom !

With all respect to Maharshi Vyasa and to the Paramahansa Swamiji, let us not sacrifice the Atma puja for the sake of finite Pujas. Let us behold Vyasa in the poor and ignorant. Let us nourish Vyasa in the sick, feed Him in the starving and clothe him in the naked and shivering. *"Whosoever offers even a leaf or a cup of cold water in My name to any of the least of the children is verily offering it unto Me"* are the words of the Almighty God in all the religions. May all Glory be unto Loka Puja, the Highest Puja of ATMAN !

OM! OM! OM!

Chapter 50 BE GOOD AND DO GOOD

When a man is good he always does good. He cannot help but render good according to his innate nature. Similarly when a man is evil, evil alone comes out of him, consciously and unconsciously according to his nature. Nature cannot be cured, it comes out of itself like the flow of the water from the hills from a high level to low level.

Blessed is the man who has transformed his nature into all good! Such a one's life is a blessing not to a few but to one and all. He is the Holy Shadow helping and serving everyone who is privileged to come in contact with him,. He is all good seeing the same goodness within and without.

Verily how true are the words that what one has within he beholds the same without! The outer is an expression of the inner. Happiness lies only in being good and in doing good. Look at the man who does good, how happy and contented he is! Compare him with the man of evil who is always miserable. For every thought of evil one is made to suffer sooner or later, for thoughts are the seeds sown unconsciously. Every seed sprouts in its own time.

The white ants of remorse, sorrow and fear gradually eat away the heart of an evil minded person. Hence evil in any form should not be allowed to come near. Imagination is a very dangerous quality that cuts on both sides, both constructively and destructively. Blessed are they who are striving to grow God-ward to BE GOOD AND DO GOOD !

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 51 NO PEACE IN EXERTION

Scriptures teach us that Peace belongs to the Master Idlers. It does not mean to be lazy and selfish, but to those Blessed Souls of God-Realization in whom there is not the least exertion either physically, mentally or spiritually.

What work is there to be done in this world for a man of God-Realization? He is complete. He is ever full and he is free from the fever of service or doing good. Even doing good is a certain state of fever, some form of restlessness.

Peace belongs to those who do not exert. The thought sounds rather too selfish yet all exertion is possible only in duality. Duality is ignorance. Ignorance leads to bondage and bondage leads to more future births and suffering.

Peace is the goal of all, nay, it is the Soul of all. How to attain it and how to realize it? We need not go far to realize Peace for it is within. We need not even exert to realize Peace for it is ever full and interpenetrating the very cells of our beings. All that we need to do is to be aware of it. When once we recognize it consciously all our fever cease and all exertions stop.

If we analyze all our activities critically and impartially many of these are after self-gain or self-glory. Man is running after his shadow neglecting the Substance. He is exerting and exerting only to get a mess of pottage selling his very soul.

If there is not Peace in exertion then where is Peace? It is in cessation of all exertions. It is in wavelessness. But alas! how hard it is to be waveless, to be free of all the modifications of mind! Hard or easy it is the ONLY WAY, there is no other way.

It is not enough to give up all works or activities. What is needed is to give up the mental activity although engaged in a million outside activities. Gita teaches us to work but without attachment. What can do it? No one in a million, for all are after the results, the fruit of their labours. For the man of the world the more exertion the more suffering. For the man of God all is Peace, all is One, hence he is free of all exertions, enjoying Peace within and without.

MAY ALL HOMAGE BE UNTO ALL !

OM! OM! OM!

Chapter 52 (Lost) THE POUND OF FLESH

Chapter 53 THE CHEAP RETURN FARE

Once there were a family of friends staying in the Ashram. One of them wanted to go home hence a Jutka was brought. The fare to the station is only Rs. 2/- and they arranged to send the boy on it. But when they came to know that the return fare is only one rupee more, they all wanted to enjoy the trip to and fro to the station on the Jutka, all for one rupee. The distance to and fro is six miles. They all went to the station and returned and were happy that they all had such a nice ride for the cheap return fare.

What about the poor horse, the dumb animal friend that cannot speak for itself of its load? The people being heavy, the Jutka was fully loaded. What weariness for the helpless horse to climb and get down such steep hills with such a load! But no one thinks of its helplessness plight and misery, people are only concerned about the cheap fare and their selfish enjoyment.

We are also familiar with the people who start on their journeys a little late and then ask the driver to beat the train and to run the horse or bull so that they can reach the station in time, not missing the train. Man desires to reach the station, the goal of his desires at any cost, by any means and without the least consideration of the pain, hurt and suffering that he is inflicting on the dumb and helpless animals in whom also God equally exists.

Where is the Omnipresent God? Is He not abiding in the mistreated helpless animals also? Why has man become so cruel and callous? It is high time for man to remember that in hurting any one of the least of the children of God, he is hurting only God and in loving any of God's children, even in the animal world, he is loving only the One indivisible God.

Moral: One's heart should throb for the welfare of all the creation, knowing that the sufferings of others are his own.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 54 THE JEWEL IS LOST

A family of devotees of the Ashram were visiting our Peace Mission by the Rishikonda Beach to spend a few days in rest and Peace. While the children were playing by the beach one of them fell down in the water being dashed by a rolling wave. By God's blessings the child was saved, for there were other children who helped her to rise.

But a jewel, a gold jewel, a costly jewel that the child was wearing was missing since then. Did it fall into the water or sand, or on the way, or in the hands of unscrupulous people? One is so ignorant of the existing things around, searching everywhere for the missing things except where they exist. Man in ignorance suspects the ocean, sand, servants and what not. God alone knows where the jewel is.

Why should such things happen, especially in the Ashram, more so when the devotees come to spend their time in Peace and to realize God? The answer to the query is with God. He alone knows why such little things happen. Are these little things or big things? These are little things for big people and big things for little people!

Nothing happens by chance in this world of law and order. Everything is in the Divine Plan. Now the minds and hearts of the devotees and of the Ashram people are with the missing jewel. We want to forget the lost jewel but we cannot, especially so soon. But the point now is the jewel is lost, but the girl is saved. How grateful we should be to God now and always! The jewel is lost but the JEWELER, the Viswakarma, the Maker of jewels and worlds, the Creator is there. He is not lost because He is always there. The horse is lost but the Rider is safe; then why forget the rider, the Creator, the Source of everything, over a little missing jewel?

Why should there be clouds over the Effulgent sun? You and I cannot answer this question. In spite of all the clouds the Sun is there. That much we know. Let the clouds lead us to the Sun, let the missing jewel lead us to the Jeweler who is ever within awaiting to bless us with all the jewels in the world. May our minds, hearts and souls be fixed on the Jeweler now and always, at least in the memory of the missing jewel!

The Divine Jeweler knows what is best for each and everyone of us, so let us trust in Him completely and inexplicably and have the strength to say MAY THY WILL BE DONE, IN

ALL THE TESTS AND TRIALS OF LIFE, in the ever-changing world! May all homage be unto the Jeweler, the Creator of the world and may peace be unto all!

Moral: The loss of the whole world is nothing so long as one feels the presence of the Jeweler of the Jewelers within.

OM! OM! OM!

Chapter 55 DESERVE, NO NEED OF DESIRING

There is always a lot of writing work to be done by me. Often I spend several hours at a stretch without moving from the chair, attending to correspondence or writing messages. Hence a good and strong Fountain Pen is an indispensable necessity.

I was having several good and costly pens but somehow they were all stolen, damaged or given away as gifts. At present I have half a dozen steel nib pens on my writing table.

A friend has seen me writing with an ordinary pen dipping in an ink bottle and asked me astonishingly, "Swamiji, don't you have a fountain pen to use in attending to this vast correspondence? Please buy a pen, a costly pen which will give you good service. Whatever may be the cost, let me offer it to you". I was deeply touched at his voluntary suggestion, on his own accord without my mentioning directly or indirectly about the need of a good pen.

Somehow I feel God's Invisible Presence, His loving touch in little common incidents like these. He watches His children with a million eyes. He knows our needs and knows also whether we deserve or not. Hence, let us only DESERVE without the need of DESIRING. God's Law operates automatically and naturally. The Sun shines, the waves roll, the wind blows, the fire burns, the water reaches or gushes to the low level, similarly the LAW takes care of the deserving fulfilling the needs. So let us only remain full and complete, deserving and never worrying over our endless needs or wants.

Moral: Everything is added to the one who deserves without the need of suffering restlessly, filled with the fever of desire.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 56 WALKING CORPSES

Did you ever hear of corpses, dead people, walking? We have heard of Somnambulists, people walking in their sleep and we have also heard of spirits taking possession of dead bodies and making them move only for a time. But here we are concerned with the living dead, Jivan mrutas, the people who are already dead even though they are alive, restlessly walking.

Look at all those imbecile people who are walking, rushed and worried with long faces. Do you mean to say that they are alive to God within, to the Life of Cosmic Joy? Far from it! They are only mere machines, the soul is missing. Like automatic machines their lives are driven without a propeller.

One who denies God is a corpse even though he is alive to the outer life of bustle and hustle. Such a one is a mere burden to Mother Earth., he cannot even be called a human being. It is a living disgrace to the Omnipresent God, to the Indweller of one's very heart, to deny and forget Him and to live like a Mummy without aspiration or Soul-fire. God has created man in His Image to express and manifest all that is highest and thus proclaim God's Invisible Glory and Presence in all his thoughts, words and deeds. Let us no longer be living corpses but living God's!

Moral: However mighty, learned and rich one may be, he who denies God is a living corpse.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 57 THE FAITHFUL DOG

Often the dog in the Ashram follows me wherever I go. As I sit in meditation by the beach side even in the early hours of dawn, it is there looking at me and patiently waiting for my return so that it can get something to eat in the Ashram. Often when I tarry too long by the beach I can see the restless look in the face of the dog as if to say, "*Why are you fooling here instead of enjoying a nice breakfast?*"

When I climb the hill to commune with nature and to be alone with God, the dog is there. When I sit there too long the dog becomes restless and even tries to pull me down as if saying, "*Do not be a dreamer wasting precious time in idle dreaming!*" A hunk of meat or a piece of bread is the only

reality for the dog. It does not or cannot think beyond its food but at least it is faithful. Whereas MAN, the man of limited vision, the man of self-centered life, not only criticizes and condemns the man of VISION but he is faithless too, unlike the faithful dog.

What the man has within he beholds without. He cannot jump out of his finite mentality, the dog mentality. May the Almighty bless both the man and beast with the right VISION!

Moral: The vision lower or higher, limited or unlimited, finite or infinite, varies according to the stage of the evolution of the man.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 58 THE MISERABLE BEGGAR

The miserable beggar is the one who identifies ever with the physical sheath, the nest of flesh, bones and blood; and is always trying to buy or steal to accumulate the goods of the world. Where is happiness for a beggar except ceaseless misery? The beggars mind is projected externally, always running outwards after some form or the other.

The beggar is a slave of his senses and passions. He is a bond slave of his restless mind and insatiable desires. He does not have a will of his own. In the infinite ocean of the eternal life he is tossed here and there drifted far and near by the winds of his inordinate cravings.

The man who possesses all the wealth in the world may be a miserable beggar because of his multifarious wants, endless needs and growing desires, whereas a man in the street with contented heart and a happy smile may be the richest man in the world because of his unity in the dwelling light and the assertion of Truth. Truth makes one a master and untruth makes one a beggar and slave.

Control of mind is a myth to the common man. His happiness consists only in dissipation and in being a slave of his capricious mind. How sad and pitiable it is being an Image of God, to be devoid of the right vision of Truth, honest, self control and self realization! So long as Truth is hidden and God ignored and man clings to the body, one cannot help but be a miserable beggar, a slave of endless begging. Happiness belongs not to the slaves of begging but to the masters of Self control, the men of VISION.

Moral: Begging is a chronic disease which can be cured only at the dawn of Truth, which is man's real heritage.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 59 FROGS IN THE WELL

Some frogs in the well are upset, worried and even angry because we have taken the valuable Military buildings near by our Ashram on the top of the hill, extending our work in Kailas Ashram, which is open to all seekers of Peace. What a great utility and a blessing to offer the Kailas Ashram to all the devotees of all religions and nations, instead of allowing the costly buildings to be demolished!

The frogs in the well never have any higher vision for they are always in the well. Their outlook is only the limited well. The little well is their all in all. When we see some of the frogs, the highly learned people, criticizing and condemning and also putting obstacles on the way, one almost feels that they are not even the harmless frogs but the dangerous parasites, the contagious bacillus that are a menace to the well being of the society as well as to the nation. The man that has the frog vision cannot bear to see any flourishing work in any time. Nay, he even takes joy in demolishing the valuable properties for his personal gratification and selfish interest.

There are so many visions in the world: the frog vision, the dog vision, the parasite vision, the bacillus vision, etc. One cannot jump out of himself, hence we cannot blame them. Let it be our privilege to pray for their Universal vision where one lives not for himself but for others, considering the wide world as his HOME.

Moral: Blessed is the one whose vision is infinite, eternal, unlimited and constructive but never finite, limited and destructive.

OM! OM! OM!

Chapter 60 BLOWING ONE'S OWN HORN

Pitiable is the state of man who has to blow his own horn. In some form or the other no one is free from this weakness. So long as one has body consciousness and the ego, one cannot help but blow his horn consciously or unconsciously. Think of the poets, writers and authors who write poems

and essays, how they long to read them to others, publish their thoughts in all the newspapers and broad cast them all over the world.

I too find myself a slave of this weakness, blowing my horn to some extent, for whenever I write these messages I long to read them to others, the friends and visitors who come to the Ashram. What is the object of writing these messages? What is the object, underlying object of reading these messages to others? Is it to get their sympathy and appreciation?

Blowing one's own horn is a lifeless and soul less task, self praise is dangerous trait. One indulges in it because he is a slave to name and fame. The vessels that are full are ever complete and do not make any noise or sound. It is blessed to be complete. If anything is to be blown it should be the Horn of Universal Love, the Horn of Eternal Peace and the Horn of Supreme Silence.

Moral: Latent desire in some form or the other for name and fame is the cause of blowing one's own horn.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 61 MOMENTS OF DESPAIR

There will be moments in every man's life, however small or great he may be, when he feels depressed, oppressed and crushed by circumstances and beaten by fate, so long as one lives in the changing world, tied to the changing body and ever changing mind. It is the mind that makes one both sad and happy, weak and strong, restless and concentrated. As the mind wishes and wills, all else follows. Blessed are they who are the masters of their minds, but never its slaves!

Inspite of the brilliant Light of the effulgent Sun, are there not clouds in the sky? Can we ever hope to find all sunshine and no darkness? Is not every day succeeded by a nights of darkness and darkness again by a day of sunshine? Sometimes a tiny cloud hides the very effulgent sun but the cloud is evanescent, passing, and will be there only for a moment whereas the sun is always there, inspite of the clouds. Sun is the only changeless Reality amidst even millions of passing clouds.

Similarly despair is momentary. It is only a mere passing cloud. Why pay attention to a passing cloud? Behold the Sun, the effulgent Sun behind the very cloud of despair. It is the Sun, the Light of lights, who is your Birthright but not the passing cloud of despair. However deep and dark may be the moments of despair let not the Sun of truth, the splendour of millions of suns, the ever present Witness of all existence be hidden or ignored.

Let us repeat with the Great Lincoln:

***"Out of the depths fresh strength
Out of the dark new light
Even in the gloom we are on the way."***

We are on the way inspite of the moments of despair, we are in the Light amidst the clouds of despair and even in the depths we are filled with fresh strength, for we are the LIGHT.

Moral: As stumbling blocks are converted into stepping stones, let us convert these inevitable moments of despair into the Blessed moments of aspiration and inspiration.

OM! OM! OM!

Chapter 62 SUNDAY

Today is Sunday. I am always happy on Sunday. The very name Sunday makes me to feel sun shine all around, more than on any other day, although all days are alike. Somehow on Sunday, I want the sun to vibrate in my thoughts, to express in my words and to manifest in my deeds, more than ever.

Is not Sunday, the day of sunshine? What a blessed world it would be to fill our minds, hearts and souls with sunshine and to radiate this sunshine towards the whole creation! What joy, power, poise and peace it gives us to feel in the very cells of our being the presence of the Sun! Let each cell vibrate the Light of the Sun.

There may be darkness in the sky or in the world, but there is never a speck of darkness in the effulgent Sun. He is all light. May that ceaseless Light, the eternal Light, the never absent effulgent light, be our life's soul and goal. Let us center and saturate ourselves in the Light within and without on Sunday. If we lay the foundation of the Light at least on one day in the week, all the other days also will be filled with the same Light.

If we can feel the Light on one day why can we not feel the light on all the other days? If we can feel or experience the Light, our real Birthright NOW in this present living moment, why can we not feel the same Light in the next moment and in all the moments, minutes, hours, days, weeks, months, years, centuries and ages to come? Above all, in the Effulgent Light in the Light of lights where are all these man-made distinctions of time? Verily, the great Light, the Infinite Light, the Eternal Light is above time, space and causation. May all homage be unto the Sunday, the day of Light, the Light that is same from Eternity to Eternity!

Moral: Meditation of Light dispels all clouds of ignorance and brings Light into the mind, heart and soul.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 63 FRIENDLY ENEMIES

Real enemies are not so dangerous as the friendly enemies are. Real enemies stab us in the front and the friendly enemies, in the back. Hence, they are more dangerous than the real enemies.

Anyway, it is blessed to have a few friendly enemies for they keep us always watchful and on our guard, making us to pass through juice extractors and through the fiery process of self-purification. We owe all the strength and final victory that we achieve from all our tests, trials and tribulations only to our friendly enemies.

They embrace us lovingly, trying to tie from behind a noose around our neck. If they do not get the chance of embracing us they will dig for us deep pits and rejoice when we fall in them unawares and unsuspectingly. Their one thought and ambition in life is how best can they can harm the innocent and what can they get or squeeze out from the helpless and poor.

Are not such lives to be compared to the pests that blight the tender crops and green vegetation? Verily they are the parasites of humanity who are working and living only scheming always, to hurt the helpless and to dig graves for the innocent, often taking the role of Judas to crucify the living Christ.

May our FRIENDLY ENEMIES help us to keep IN TUNE WITH THE INFINITE wherein it is all Light, the ONE EFFULGENT LIGHT within, without, above, below and all around!

Moral: God comes to us in the form of our Friendly Enemies to test us and our thus to help us to purify ourselves, burning away all the dross in the fire of God consciousness.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 64 UNBROKEN FLOW

In the life of every aspiring soul there are moments when he is forced to feel in the stillness of his heart, whether it is from the knocks and bumps from outside or from aspiration and inspiration within, that he cannot live without the ceaseless Awareness of the Indwelling Presence, the Interpenetrating Light, the Only Reality in the ever changing bubble-like world of existence.

Life is not worth living and it cannot be called a life at all, if one denies and forgets the living Truth, the God-head, over every little thing in each and every minute. Forgetfulness is possible in duality. How can one forget when there is only ONE! What else is there besides the truth to forget?

One is never the body. The body is only an instrument, a temple to live in. Why forget the Indweller of the Temple of the Body? The one who is residing in the body is the same one as the one who is residing in all the other bodies for He is ONE without a second. He is never the Jiva, but Deva. The Universal individual alone has been the Universal soul all along. So let us worship Him never becoming slaves to duality, with ceaseless awareness and Supreme Silence.

Moral: Happiness is in the Unbroken flow, in the Ceaseless Awareness of That Infinite, Eternal and Effulgent Light of the Sun of suns.

OM! OM! OM!

Chapter 65 TWO THINGS AT A TIME

It is only thorough introspection that man knows what he is and where he is. But, alas! Man instead of going within is always going out. Instead of introspecting within, he is allowing the mind always to go outwardly. Instead of analyzing his life and desires and knowing his faults, man is always meddling needlessly with the affairs of others, picking holes into their lives.

The average man is always doing two things at a time, though unconsciously. If he is reading, the mind is thinking of something besides reading. If he is writing, the same is the case. Even when he is praying and meditating the mind is engaged in some other things. Thus, the man has become unconsciously a slave of double thinking, a slave of too many thoughts.

One thing at a time should be the ideal of all people who wish to lead successful lives. Man should merge within and introspect his life, deeds, words and thoughts. Too many thoughts dissipate one's life.

When you read, read with 100% concentration, never allowing any other thought. Often one does not know what he is reading because of other thoughts; same is the case when writing and engaged in other works.

Man who does two things at the same time is like the man who is running after two hares at a time. Naturally he misses both of them and the result is only misplaced energy. Instead of doing two things and many things at a time, let us learn to do one thing at a time, efficiently with all the strength of our mind, heart and soul!

Moral: The man or woman who is working having the sole idea of ONE THING AT A TIME, is sure to win the laurels of success in every walk of life.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 66 STREET DOGS

Some of the lives of certain people are worse than street dogs. There is some excuse if some poor people in the world behave like street dogs, but what excuse is there if Sanyasins, those who have renounced the world, who are supposed to be absorbed in God, forgetting the body, mind and world, run after the house-holders just for the sake of rich food, becoming slaves of mere tongue?

The street dogs know where they can get good food by experience alone, even from the leavings of the leaves thrown in the streets or in the he dust binds. There are certain house dogs also that are contented with the food they get in a particular house, trusting their master.

Similarly, there are certain Sanyasins who become slaves of certain rich people and become slaves of their homes. Hence, they help the house-holders with advise in their business and even fondle their children and take care of the marketing of the house so that the mothers feed the Sanyasins with dainties, taking special care of them.

I have known a wonderful Sanyasin who fell into the trap of a rich man who used to feed him always with all kinds of rich dishes, never allowing him to go out of his sight. Finally the Swami contracted diarrhea on account of heavy eating, without any exercise. The rich man admitted him into a hospital where he suffered a long time, then finally died.

Why should man, being the living Image of God, behave like a house dog or street dog, selling his Immortal Soul for a few rich and tasty dishes at the house of the rich? Peace is never for the slaves of the tongue, it is only for the masters of their tongue, senses and mind.

Let not people, especially those who are dedicated to God, run after rich food like street dogs, from house to house in search of the good food, forgetting the Nectar of Immortality which is ever within their Divine Heritage.

Moral: he who has controlled the tongue has controlled the world. All others are like street dogs running hither and thither after good food, wandering from house to house.

OM! OM! OM!

Chapter 67 BLOOD BANK

In the King George Hospital the government has opened a new section to receive blood from healthy people so as to be able to save patients in serious cases of accidents etc., when there is great loss of blood. The superintendent of the Hospital and the doctors concerned with the Blood Bank came to the Ashram, requesting our help to get the blood of our healthy fisher people.

A meeting was called and the fisher people came in large numbers. The doctors explained the great service that one can do by giving a little blood and that there was not the least loss or suffering by sharing a little blood with dying patients.

Many of the fisher people were generous enough to offer their blood, more so as each man was offered a gift of Rs. 5/-- and a ride in the Ambulance to the Hospital to and fro. The doctors wanted more people to offer their blood, but I felt some hesitation from within, to ask for the blood of the innocent fisher people. Did I give my blood? What right have I to ask others to give their blood, without giving mine? One should not ask others to do things that we ourselves hesitate to do.

For the consolation of my mind, heart and soul I went to the K.G. Hospital the next day and offered my blood. The doctors have taken only the blood test, a drop of blood for the examination and noted my name etc., and they will call for me when that particular blood is needed. Now I feel happy and satisfied. I also feel that now I have a right to tell our fisher people to help the deserving people by giving blood.

One should practice in his own life what he teaches others. Verily an example is better than all the precepts. May God bless all the patients and all the donors of blood with His richest blessings!

Moral: Blessed is the one who shares not only the goods of the world but also the blood itself for the good of all!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 68 UNIVERSAL BLOOD

It is wonderful to be blessed with Universal thoughts and Universal ideals, but how much more blessed it is also to be blessed with Universal Blood! It seems there are four kinds of blood in people: there is A-blood, B-blood, O-blood and AB-blood. A-blood is suitable only for those who have A-blood; B-blood for those who are in need of B-blood and AB-blood is not helpful in many cases.

What about the O-blood? It is called UNIVERSAL BLOOD, a medical name in the medical world itself. This blood can be used in any patient or to all patients for it is a Universal Blood belonging to all. When I gave the blood test in the K.G. Hospital, imagine my happy surprise when, after the due examination, the doctors pronounced that my blood is O-blood, the Universal Blood that can be used for any patient or all patients.

It is wonderful to be universal, not only in thoughts, words and deeds, but even in the blood itself! May all praise be unto God, the Indwelling Presence, the Creator of worlds and souls and above all, to the One who is present in the very cells of one's being, nay, in each and every corpuscles of the very blood! May all Glory be unto the Indivisible Presence!

Moral: May the Universal Blood pave the way to the Universal Peace, creating health and harmony in the patients and Peace in the world!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 69 HOW GOOD IS GOD!

Ignorant people blame God for many things in their tests and trials. They find fault with Him for not giving them more money, for not blessing them with more children or for taking away some of their dear and near ones to the grave yard. "Deserve and no need of desiring" is a great law, an unfailing and natural law that fulfills naturally and automatically the just and right demands and requirements of every man and woman in the world.

God is not to be found fault with because of our ups and downs in life. He is not to be blamed for anything, for He is only a Witness, blessing all His children with His Omnipresence. The only thing that we need are hearts of gratitude, to learn to see the light in darkness and to recognize the best even in the worst, for He is there amidst the darkest and worst conditions. Is not the Sun ever present, inspite of a million clouds?

Often I am deeply touched to tears at the infinite care, tender love and kindness of God. I had a fracture in my foot and it was not serious at all. Yet, God Himself in the form of the Superintendent of the K.G.Hospital came all the way to the Ashram bringing cotton, bandages, plaster etc., and fixed my foot. He bandaged it tenderly and lovingly, and departed leaving me in the ocean of gratitude and overwhelming LOVE--how good is God!

All that we need to do is only to love and trust Him more than ever, with all the strength of our minds, hearts and souls like innocent children, recognizing His mercy and compassion always, everywhere and to everyone, all over the world.

Moral: How good is God to those who love and trust in Him completely! unconditional Surrender works miracles the field of FAITH.

OM! OM! OM!

Chapter 70 MISUSING HOSPITALITY

Members of a Christian Church were visiting the Ashram the other day. They put me through a juice extractor, firing a volley of questions as if they were bullets. Some of the questions were: **"Do you believe in Buddha? Do you believe in Mohammed? Do you believe that other faiths will lead to God?"** I replies, **"Of course I believe in everyone. I believe that all rivers are flowing**

towards the same ocean. I believe in the Omnipresent God." But they were uneasy and not satisfied. It would make them happy if I believed only in their one particular faith and criticize and condemn all other saviours to perdition. They believe that the followers of other faiths are heathens and unbelievers, and hence they will go to Hades.

I wish and pray that people would come to our Ashram to assimilate and learn the spirit of University, instead of picking and pecking the saviours of humanity and condemn other religions. It is sad to see that the spirit of assimilation and appreciation is absent in many a heart, for it is devoid of Love that includes all and Truth that excludes none.

I appealed to our orthodox Christian friends pathetically, to leave the other religions and their saviours, to mind their own religion and be absorbed in Truth, forgetting all else. Finally when they were saying good-bye I requested them to repeat a prayer as it has been my ideal not to allow anyone go without a word of prayer. But they said, *"Your prayer is different and our prayer is different, how can we pray?"* I answered, *"Your prayer is my prayer also, for I welcome all prayers. Please pray."* At last, hesitatingly, the chief of them, an elderly man began to pray. The essence of his prayer was: to save me from my universality and to show me the right path by blessing me with the true vision: that there is only one path and all other paths are wrong. He asked that my soul should be saved before it is too late or lost. After his prayer I wanted to repeat my prayer thus: *"Dear God, bring out these little frogs from their tiny, dark and narrow wells of limited vision, to the broad and Universal Light of the Ocean!"* As did not wish to hurt their feelings, I swallowed their misuse of our hospitality, and simply said **"AMEN!"** to their prayer!

Moral: Each man judges others from his own limited vision or finite standard, denying the Infinite standard and ignoring the Universal vision. How sad and narrow is the limited vision of a fanatic or a bigot!

OM! OM! OM!

Chapter 71 GOD--THE DIVINE POTTER

God is the Divine Potter and man is a mere pot in His hands. The process of pot making is very interesting. While making pots, the potter gives support with one hand from within and with the other hand he strikes the pot outside, turning it round and round with gentle and hard strokes. With all the experience and care of the potter, some pots get broken in the process itself.

Similarly, man is tested and tried with many bumps and knocks, with all the tests and trials from outside and from inside. In the stillness of one's own heart there is the still small voice, giving the consolation and strength of God's sweet presence.

When the pots are made ready they are baked in the furnace of self-purification. Thus the pots are burnt both within and without. Similarly man's life on earth also passes through many test and tribulations, and finally gets scorched and burnt in the fire of crucifixion where the little self, the tiny ego is finally annihilated for the glory of God.

Verily, a well baked pot alone is fit for His service in serving God's children everywhere. Are you well baked my friend? Is the self in you fully burnt? If so, your life is a blessing to the divine Potter and to His world of manifestation, to all the children in all Religions and nations.

Moral: Let us be a selfless pot, as useful and helpful pot above all a well baked pot in the hands of the divine potter for the good of all!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 72 MY MOTHER CLOTHES ME

Everyday my Mother clothes me in a new dress, a fresh dress, and asks me not to get it soiled or dirty. I promise to respect her wishes and I go out to play with the other children. While engrossed in my play, I forget my mother and the dress itself. The dress gets soiled and full of dirt again and I return home sad and worried, feeling afraid to face my mother with the soiled dress.

I approach her repenting, with down cast eyes. My Mother appears as if frowning and angry, yet she takes me to her bosom and scrubs my dress and washes my body. Once again I am made clean and whole. I discard the old soiled dress for, mother gives me a new dress and thus puts me to sleep, forgetting all little things of the day.

On the morrow I wake up to the light of the world and my mother is never tired of taking care of me. Once again she dons on me another new dress. This time she gives me a severe warning not to get my dress soiled or dirty while at play, chiding me with a warning that she will never give me another dress and that I should wear the same dress all my life, if I get it soiled once again.

Again I promise my mother to keep the dress clean and unsoiled but alas! In the play, amidst my playmates I forget myself, my mother and her warning and my dress also, and I return home soiled, dirty and with repentance.

Behold! My Mother is waiting for me at the gates of my home, the portals of heaven, with open arms to welcome me, ignoring the dirt on my dress. What she wants is my pure heart and unsoiled SOUL. Now I am wrapped in her Love and her Love makes me forget all else. May Glory be unto the Mother Divine, the soul of all life and the goal of Humanity!

Moral: the kingdom of Heaven belongs to the pure and innocent children. How blessed it is to the childlike filled with purity, innocence and trusting completely in the divine Mother!

OM! OM! OM!

Chapter 73 A CORPSE

In this world one has to face life and death, joy and suffering, beauty and ugliness. We are facing life and death all around, for so many births and deaths are taking place in the world every minute. As for joy and suffering, they exist not only in the world on the whole but in every man's life. We face beauty and ugliness also in every land and clime.

Yesterday evening while I was busy typing a message in my room, I saw in front of me, by the beach side within two hundred yards, people digging a big pit in the burial ground. From the uniforms they wore, I realized that they are from the Mental Hospital. There was also a corpse near by them, tied in a mat.

As I was busy then I could not give further thought to the incident. Now in the morning hours I can see the freshly dug grave, and am hastening to pay my tribute to the unfortunate man who was buried there.

] Who was he? Where was he born and what did he do with his life, the God-given life? Why was he in the Mental Hospital, how long was he there as a lunatic? Did he suffer much? What were his last thoughts as he left the sick body?

I wish to follow the souls journey of this man as his grave is in front of me now. In my vision now, I go back and see him at the time of his birth. What great happiness he must have given to his parents! His babyhood, school days and the days of play or work as a boy. His poverty, married life of dissipation, miss-spent energy, ill-health, loss of memory, lunacy, suffering, sickness and death; all resulting in the nameless burial near the Rishikonda Beach in front of the Ashram, before my very eyes. No flowers, no drums or trumpets, no tributes or burial sermons! No one even to mourn for him in all the world of millions of people. How pathetic and heart-rending is the sad state of some of the God-given lives! Looking at the freshly buried grave, my heart's sympathy goes out to this most unfortunate man with the following word of a silent prayer:

Dear God, bless this unfortunate and lonely man, for all are Thy children! May I commend his lovely soul unto Thy ever loving care! May his soul rest in Peace and abide in THEE for ever, is my prayer!

Moral: The life of man on earth is like a withering flower. It blooms, wilts and dies and disappears. Such is life--all life!

OM! OM! OM!

Chapter 74 SUN--THE REAL GURU

Blessed is the life of man who makes the Sun his Guru! A guru is one who sets an example to others, leading a pure, spotless and selfless life. A real disciple is the one who tries to walk in the foot-steps of his Guru expressing the Guru's ideals and life in all his thoughts, words and deeds.

Everyone who calls "**MASTER, MASTER!**" cannot be called a disciple; only those who do the will of the Father, identifying with the living Presence. SUN is the Light of the world and He is the Light of our lives too. Where would the world be without the sun? Where is life without sun? Where is the motion or growth without the sun?

Anything or anyone can fail to do his part, being irregular or unreliable but not so unto the sun for he does his part in giving out the rays of his light to the whole world, coming out of the horizon every day, year after year, century after century, nay, age after age. He is so regular and punctual to the very exact moment and he also fills the hearts, lives and souls of all the people in the world, with radiance and Light.

As the sun has Light in him always, so let us have Light in our lives as well, irrespective of the conditions or changes in the world. The clouds cannot touch the Sun. Similarly, let not the dark tests and trials touch the Soul of the disciples of the sun.

The Sun's Light is the same towards one and all, irrespective of the man-made differences in castes, creeds, colour and nations. Let our LOVE be also the same like the Light of the sun, towards

one and all. As disciples of the sun may we have nothing but Lights, both within and without, expressing the same Light in all that we do, say and think. May all homage be unto the Light, the Sun of our hearts, as well as of the world!

Moral: He who has made the Sun his Guru has no more darkness or ignorance in his life, for he is filled with Light both within and without, from eternity to eternity.

OM! OM! OM!

Chapter 75 THE HIGH BORN ARE HUMBLE

I had the opportunity of meeting the Superintendent of Post Offices the other day. He is a Superintendent of two big districts, holding a very high and responsible office. How simple, humble, loving and devoted he is! I felt deeply touched at his utter humility and willingness to serve each and everyone, in his loving way. You could never take him for a Superintendent. The way he is so humble and accommodating, you would take him for an ordinary post-man. Such are the High-born!

Then, here is a contrast of a Post Master in an insignificant Post Office. He is not even a Post master but only an *Acting Branch Post Master* with no education or culture. If you see him or speak to him, he makes you to feel that he is the Post Master General of all the Post Offices in India itself. He is so rough, arrogant, so unaccommodating, haughty and loveless. What a contrast! This is the life of the low born.

The very thought of this low born, ignorant and arrogant Acting Post Master of an insignificant village, who hardly walks on earth makes me sick and repulsive. He is always in the clouds, riding over the heads of others, with the thought that he is all-knowing and that all others are ignorant fools. As we watch him, we feel that Satan is still busy on earth, taking possession of the bodies of such vain and arrogant people.

The very thought of the High Born Superintendent of the Post Offices and his saintly and ideal life of service to man and devotion to God makes me feel that God is on Earth, working through man-- His Living Image. May God bless our Superintendent with His Richest Blessings! May He bless our branch Post Master also with the right vision of service and humility!

MORAL: If you cannot serve or help your fellowman, at least remain silent but never be selfish or arrogant. Verily, the Kingdom of Heaven belongs only to the humble and meek in heart! The absence of LOVE makes one selfish, haughty, arrogant and low-born. The High-born are always simple, humble and selfless.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 76 (Lost)SERVING WITHOUT EXPECTATION

Chapter 77 SUN OF SUNS

On the earth there is light in the daytime and darkness in the night time but in the Sun there is perpetual light whether it is day or night. What about the Sun of suns, is there not Light in Him also perpetually? Blessed are they who identify with the Sun of suns! Unto such souls there is nothing but effulgent Light, both within and without, above, below and all around.

No more tests and trials, no more troubles and tribulations in that Infinite and Eternal light. All tests and trials are only in the plane of duality, in the world of name and form, but never in the Formless and Nameless Spirit. Meditation on the Sun, the Light of the world helps a great deal to lead us towards the Sun of suns. Hence one should make it a rule of life to spend every day, at least one hour gazing and meditating looking into the face of the Sun both in the morning and evening, of course not when the Sun is too hot.

One should allow the warm rays of the sun penetrate the body, mind and soul-- not only spiritually but also mentally and physically. To know the taste of the pudding one must taste it. Similarly, to realize the great benefits of Sea-bathing and meditation of Sun, one must begin to practice to meditate everyday at least an hour in the morning and another hour in the evening, along with sea baths.

Thus the outer sun helps us to know the inner Sun. As we meditate on the sun it leads us in a simple, direct and natural way towards the Sun of suns, the Goal of our Existence. May all homage be unto the Sun and may all Glory be unto the Sun of suns!

Moral: The SOURCE is ONE and it is all light. May the sun, the light of the world, lead us into the Sun of suns!

OM! OM! OM!

Chapter 78 CREATIVE ENERGY

Creative Energy is the Source of the Creation. The worlds along with suns, moons, stars and other planets are created by the Creative Energy. All that we see, hear, smell, feel and touch is the result of Creative Every. What is there that was not created by this Primal Every in the world? Even the food that we eat, the clothes that we wear, the houses that we live in, the world that we are facing, is all the outcome of the same Divine Energy. Who is writing or creating this message, if not that same Creative Every? Behold! It is the same energy which is reading in you, my friend, dear reader!

This Creative Energy alone has been the source of Atom bombs and Atomic bombs. All instruments of destruction as well as construction have been the outcome of this Energy. All inventions and discoveries have their source in this sacred Energy. The Creative Energy is something like FIRE. It both helps to build up and also burns, causing destruction. It is up to us how we use it and make best use of it, either to cook our food or burn our hands. Whenever there is Creation there is duality ; and duality naturally brings struggle and suffering, for the creation is always changing.

Where is happiness? Happiness that knows no change is only in the Changeless Truth, the Source of Creative Energy, the unmanifested state, Avyaktam. Why create and suffer? Why not cease all creation and try to be happy? Adorations be unto the Creative Energy and may it lead us no more towards manifestation, creation but towards unmanifestation, its Source where it is all Peace, the waveless Peace, the Nirvikalpa, the Transcendental state! May the creation merge in the Creator.

Moral: Man suffers because of his ignorance. What he sows in ignorance he reaps in darkness. Blessed is the one who neither sows nor reaps, who is above the flame of creation or duality.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 79 SEPARATION

We all know that separation is death. It is a lifeless state, full of agony, suffering and chaos. Yet there is separation within and without. There is separation of life and in the world everywhere. To begin with, there is the East and West and Asia and Europe, each with distinct separations in colour, creed and even in the very language. They are different in how they speak and also in their particular customs and habits.

From the very beginning of the Creation man, the ignorant man took joy in separation, in bisecting and dividing the fair face of the Mother Earth into sections of East, West, North and South. Even now the selfish and arrogant man is engaged in dividing the Mother Land into new sections of Pakistan, Dravidistan and Hindustan etc. There is also separation in castes, calling the children of the One God the high-born and low-born. There is separation with the rich and poor, the learned and ignorant. There is separation in the very vision, as everything looks separate. There is separation in the very body itself, for the right hand is different from the left hand. There are the two eyes and two ears, each of them separate , yet controlled by one Divine Power or Primal Energy at the Sources.

For all appearances, it is all separation both in the body and in the world. Yet the Source of it all is One and the same both for the rich and poor, the learned and ignorant, and all the casts and creeds. The Pakistanis and Hindustanis, the East and West have all come from the One source. Hence, Happiness belongs to those rare and blessed souls who can see the ONE IN THE MANY, recognizing the unity in the very separation, the Source in all the outer manifestations. May the outer separation lead us all to the Inner Unity, the Soul and Goal of all existence!

Moral: It seems God laughs when He sees his ignorant man dividing things, saying: "This is mine and that is yours!" is not ALL God's? Rise above separation and be happy in beholding Him everywhere.

OM! OM! OM!

Chapter 80 FIRE BURNS

Knowing that fire burns why does a man play with fire? Is it due to the lack of personal experience of the truth that the fire burns? It is not so, for I have known a man who plays with fire, who is drawn towards the fire of temptations, although he had his hands and feet burnt in the fire of carnal life many a time. We all know that certain things, especially food stuffs are not conducive to health; rather they are harmful for the health of the body, for the poise of the mind and for the Peace of the soul. Yet because of the taste for the time being and the tenacious habit of years, it makes one a slave of tamasic or rajasic food, knowing the inevitable results of indigestion or some other sickness, due to the wrong and unnatural diet.

Man, the ignorant man, has become a slave of his own desires, passions and whims. He creates and hugs his own inordinate desires and imagines that he cannot live without being a slave of those desires. One learns to drink intoxicating liquids by the force of friends, in the bad company or through some other wrong association. Gradually he becomes a slave of drink and makes himself a fool under the evil influence of intoxication. He laughs, scoffs, abuses, removes clothes and rolls in the gutter to the utter shame and humility of his friends and his respectable family. When he wakes up from this evil influence, he feels ashamed, sorry and repentant.

Alas! When the even tide comes, the hour of drink, he wends his way unwillingly and even unconsciously towards the saloon or toddy shop and gets himself dead drunk again, in spite of his repentance and good resolutions. Why? It is because of the desire to get himself intoxicated, the habit, the accumulated Samskaras, the impressions of years, maybe of births. May the fire burn the dross, the rust of ignorance, not only of the body but also of mind and soul!

Moral: Let the Fire of truth, the Splendor of Millions of suns, burn away all ignorance and weakness in body and let man rise above all weakness and degenerative habits.

OM! OM! OM!

Chapter 81 THE SADHU MAHATMA

There is a Sadhu Mahatma near by our Ashram, who is noted for feeding everyday any number of people who go to him. May God be praised! The Sadhu was a gold smith by trade and suddenly he became a Mahatma by some trick or some good luck or stroke of fortune. Some say he has learnt the method of making Gold and some others say that he prints currency notes being an ingenious gold smith. Whatever may be the source of his opulence, we rejoice over his charities and may God bless him with long life.

It seems that he has married three Kshatriya girls, pretending that he was a Kshatriya also. He smokes cigars etc., continuously and offers them also to all the smokers, the visitors who come to him: ganja, hemp, cigars, cigarettes or beedies, according to their taste. What we are concerned with is not about his life and feeding of the visitors but of his feelings and attitude towards the Ashram. Often the visitors who come to Shanti Ashram also go to visit the Sadhu Mahatma and they are never discouraged or prevented from going there. They come and tell us what they see and hear there. It is an earthly paradise for the smoker and sluggard, who does not know the aim of human birth or the preciousness of time.

At first, I heard only that the disciples of the Sadhu Mahatma were talking ill of the Ashram and I did not pay any attention, for what else can we expect from men of surface life having nothing else to do but to pick and peck the innocent people? Now, it makes me sad to hear that he Sadhu Mahatma also takes joy in speaking ill of the Ashram.

What one has within he beholds without. SELF PRAISE and CONDEMNATION OF OTHERS are very dangerous traits in the life of the world, but they are excusable for the men of the world. But when they come out of a Sadhu Mahatma who is supposed to be all-knowing, being a Maha rishi, leading others towards God; these harmful traits are unforgivable and incorrigible. We should remove the bean in our eyes before we show the mole in the eye of our neighbors.

Moral: There is much good in the worst of us, just as there is much bad in the best of us. Therefore it ill-behooves us speak ill of any. We have no right to see anything other than God in anyone.

OM! OM! OM!

Chapter 82 ALL IS BRAHMAN

Our sacred scriptures teach us that all is God. From Brahman down to a blade of grass, all is God. Verily, the whole world is filled, nay, pervaded and permeated by the Presence of God. This is

theory, mere words, but alas, how difficult it is to practice even one fraction of this fundamental truth, the basis of every religion, in one's own life! It is difficult and trying to see God in our friendly enemies and in those who are trying to hurt and wound us behind our back, accepting our love and hospitality and praising us before our faces.

Hence, Christ asked us to love our enemies. Loving our enemies, those who are criticizing and condemning us and those who do not hesitate even to crucify us, is the nearest and surest road to Freedom or Salvation. Blessed are they who can face Brahman not only in their enemies, the human beings, but even in the dumb animals!

We have a cat and four kittens in the Ashram and milk is very scarce nowadays. We keep rice with milk for these kittens and the mother cat and a dog is always after their food. Somehow it sneaks into the room and deprives the food of the helpless kittens.

Now, the question is: how to see Brahman in this dog? One feels like thrashing it and chasing it away, so that it will not come into the Ashram again. Yet it is Brahman, how can we hit or chase away the Brahman? Often when I see the poor kittens deprived of their milk and rice I am sorry to see only the dog eating away the food of the helpless creatures, but not the Brahman.

Yet, this is the right moment to behold Brahman in the very dog, for all are His manifestations. May God bless me with the strength to see Him in man, dog, kitten and even in a blade of grass, for all is Himself.

Moral: What one has within he beholds the same without. Everything becomes Brahman only to the one who is blessed with the Personal Experience of Brahman, in the sacred moments of selfless service or supreme Silence.

OM! OM! OM!

Chapter 83 GOD PROTECTS HIS OWN

It was the rainy season and on that day it poured in torrents. I was sitting in the bath room and looking through the window towards the sea. There was a Banana tree near the window and I saw something glistening in circles, in threads, as if the whole design was hanging from the tree. On close examination I saw that it was the beautiful web of a tiny spider. In the heavy rain with high gales, even when roads were damaged, breaches were made and many of the huts fell down; the little spider and its web in the open air in the heavy rain, was so well protected.

Who protects these so-called insignificant and helpless creatures? Who protects them day and night, feeding them inspite of the tempests and down pour of rain? Who feeds and protects the frogs amidst stones, when there is not even a drop of water? Who can comprehend the unfailing protection and love of the All-wise and compassionate God, towards His own helpless children in all the species of life?

Are not all these men, beast, bird, insect and everything created, His own? Is not each one gifted and protected in a special manner? Can any man with all his knowledge, intelligence and genius weave a web like the little spider? Look at the spider and its most intelligent and industrious work of weaving! It has a pattern of its own in its designs of the very circle. And no man with all his puffed up knowledge could ever copy or weave a web of the spider.

All Glory and Praise belongs to God! Before Him the so-called mighty man of arrogance is nothing. Man's joy, strength and consolation lies only in his identification with His Creator. When he trusts implicitly, believing and identifying in God who is all power and joy, peace will reign on earth and there will be good will among nations.

Moral: Verily, God protects His own from the lowest creature to the greatest planet, yet the only thing He needs from us is only our COMPLETE TRUST and UNCONDITIONAL SURRENDER.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 84 GOD'S PET CHILD

Strange as it may sound, I feel that I have been God's pet child, for He has been too good, kind and forgiving to me. He has always taken care of me through thick and thin, in all the tests and trials, ever protecting me with an understanding heart. He understands all my needs, desires, whims and fancies and even my weaknesses, yet He goes out of His way to satisfy the least wish of mine, just like the doting and understanding mother in a family. The mother's love goes out towards the weakest of her children, although she takes good care of all the other children.

Similarly, I feel for some unknown reason that God takes extra care of me, with unfailing protection and Universal Love, considering me as His pet child. Undeserving as I am, when I think of all that He has done for me, I feel ashamed of my unworthiness and my heart goes out towards Him who has been my life, soul, goal and my all in all, more than ever, in all humility and devotion.

When I wanted to go to America as a mere boy, He made a way for me and when fractured my hip in an accident, He sent His angels to nurse and take care of me. Whenever I forget Him or work too hard in the world of bustle and hustle, He arranges to fracture another one of my bones, so I can rest on bed undisturbed, offering my undivided mind, solely dedicating myself to Him.

Strange as it may sound, but I am happy to say that some of my best messages with the highest thoughts and experiences had their birth only when I was in bed tied to a cast or splint, enjoying the God-given rest and relaxation.

He has given me soul-enchancing and awe-inspiring Ashrams, the Abodes of Peace both in the forest and by the beach side. They are all laid out with beautiful gardens, palatial buildings, servants and devotees to help and serve His pet child in the Cause of Peace and Service. Above all, He has blessed me with a Universal Heart that includes all and excludes none. I may forget Him a thousand times, engrossed in the work of the Ashram in the world of activity but He, out of His boundless compassion and overwhelming Love remembers me a million times and takes me into His lap like a doting Mother, regardless of my soiled clothes. How good God is to me! My He bless me to be worthy of His blessings is my only prayer!

Moral: Everyone who trusts in God, with implicit faith and confidence is His pet child. God is not partial and He takes care of His child ACCORDING TO THEIR FAITH.

OM! OM! OM!

Chapter 85 MAKING A WAY TO GOD

I will find a way or make one to reach God, for He is my life, soul and goal and He comes to me first, middle and last. What is life in the body and existence in the world without Him, the Source of my very living? As an example: if I want to go out on a walk I can go, if I wish to go to Rishikonda I can go there. If I plan to go to America I can go and if I want to see a person, can see him. Even if I want to eat a certain dish or food it is prepared for me. I can go wherever I want to go, I am free to do whatever I wish to do.

Similarly, when I want to go to God, my all in all, what is there to prevent me from going to Him? What can come on my way? Who can dare to prevent me from going to Him? Who can stand between God and myself? No one, except my little self, the tiny ego which is the root cause of all suffering and misery. The sooner the ego is destroyed and annihilated, the better it is for me. Then alone I will be free to go to God, immediately, nay, I will be centered and established in Him. Indeed when the "I" is absent, God alone exists and nothing exists besides Him.

Verily, I have made the way now nay, I have found the WAY to God. It is the annihilation of the little self, the ego. The moment the self is conquered all barriers and obstruction are destroyed, all illusions and delusions are dispelled. No need of making any more paths, ways or roads, for I am centered in God, saturated in His Love, soaked in His Mercy, surrounded by His Peace and facing His Glory on every side. Words do not come, only the Peace that passeth all understanding exists here, now and always!

Moral: Weak men and ignorant people wait for opportunities, imitating views; but strong men, the men of God-Realization, create opportunities and make ways or paths for themselves to reach the Heights.

OM! OM! OM!

Chapter 86 MEMORABLE MOMENT

There are moments in every one's life, moments that are near and dear to one's heart, moments that are life-giving and soul-awakening and moments that can never be forgotten. One of these such memorable and sacred moments is when I visited the Prayer Hall recently on one night, to see whether all the boys were sleeping well there. The boys were sleeping on the floor on the mats but the dog was sleeping on the carpet at the sacred altar. It was lying very close, rubbing its body to the Holy Emblem AUM, the Deity, the Universal symbol which is being worshipped in the Ashram by the members and friends of the Ashram.

My first thought was resentment, to chase away the dog but then the Brahman in the dog began to look at me lovingly, wagging its tail as if to say "Hello Brahman! How are You?", I felt

ashamed of my thoughts of separation and resentment, for all is Brahman. I was rooted to the spot and unable to move. I don't know how long I stood there unconsciously, looking at the Brahman at the alter.

Brahman looked into the soul of Brahman. Our eyes met, differences melted and hearts became One. It was a sacred and memorable moment in my life. The memory of that sacred moment fills me even now with ecstasy. How can I ever describe my sacred experience in these lifeless words? Since then, the dog is Christened with a new name and we call it now by the sacred name BRAHMAN. It is one of the faithful members of the Ashram, worshipping at the alter of the Universal Symbol more than anyone else, for it lies there every night close to the Deity, our Symbol of Universality. May God bless the Brahman with long life and may He bless me also, to see Brahman in one and all, for all is Brahman!

Moral: In every one's life there are memorable moments that come, but those blessed moments should be made ever-lasting, by beholding God within and without.

OM! OM! OM!

Chapter 87 THE SHRIVELED LEMON

Yesterday morning I was going into the Ashram. Just on my way, to the left side, there was a lemon tree full of lemons but they were all green, not yet ripe. But I was surprised to see a small yellow ripe lemon on the tree. I went towards the tree and plucked it, but alas, it was only a small dried up and shriveled lemon. When I examined the cause of it, the branch on which the lemon was growing was broken and it was disconnected with the lemon tree, hence the fruit was ripe artificially. It is in front of me on my writing desk as I am writing this message now. It is only a lemon, in form and name but it cannot be used, for is devoid of juice and a burden to the tree, all because of its disconnection with the mother tree.

Similarly, do we not see shriveled up life-less and soul-less people all around us because of their disconnection with the Almighty God-the Universal Energy? They are only to be called human beings in form and name but actually they are a mere burden to Mother Earth. They many look to all outside appearances yellow and golden but alas! They are devoid of the juice of LOVE. They are getting artificially ripe only in age but without an iota of inner experience.

Such is man's life who has denied God and who is disconnected with the life Universal, on the tree of existence. Man's strength, joy and life lies only in his inseparable and eternal connection with the source of all creation, namely God. Let this dry and shriveled lemon be a lesson to us, to never be disconnected with Truth, the Divinity and thus be lifeless and soulless. May we be ever one with the Source, full of life, light and love!

Moral: Inseparable and Eternal connection to God the Source is life, and disconnection with the Indwelling Presence, the Light of our lives is death. Hence connection is life and disconnection is death.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 88 STUMBLING BLOCKS

Stumbling blocks can be easily converted into stepping stones by anyone, and under any conditions, provided one is prepared to change his views and pay the proper price. As a recent illustration there is a dog in the Ashram. So long as it was only a dog it was an eye-sore, always giving us trouble, disturbing the Peace and harmony of the Ashram, standing as the biggest stumbling block on the way of our God-Realization.

Since the dog has become Brahman now, the very stumbling block is turned into a helpful stepping stone. Now, when we see the dog, rather Brahman, we feel God is very close and near to us. Calling him by the sacred name of Brahman uplifts our vision and inspires our hearts. Similarly, any kind of stumbling block can be converted into a stepping stone to lead us God-ward, by spiritualizing it and by covering our so-called stumbling blocks with God's Omnipresence.

Take even the so-called enemies who cannot understand us, who take joy in wounding and hurting us, let us make them all into Brahman. See the Brahman in the foe and the enemies. What great help it would be instead of hindrance! They are the emblems of Brahman, sent to test and purify us. All homage be unto them! No need of fearing them any more, they are no longer stumbling blocks to our spiritual life but rather stepping stones, the corner stones helping us on our onward life of Peace

and God-Realization. May every experience , be it good or bad, be converted into a stepping stone bringing us nearer to God, the living truth who is inseparably One.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 89 DEAD FOOD

How man in East and West, all over the world has become a bond slave of Dead food! The habit of long years lies on even the wise, hand and foot. Man has become a mere slave, a slave of food nay, dead food which poisons his body. It is doubtful whether there is even one in a million who is a free soul and who is not a slave to food in some form or the other. How sad and pathetic it is that when knowing it is poison to eat dead food, knowing the fire burns, man runs after it by doing the same thing again and again, thus suffering the inevitable consequences. Wise men have compared the stomach to a cemetery and the teeth for tombs.

It is true that he who controls the tongue controls the world. Where are the souls who can control the tongue? How few and rare they are! Hence, no wonder the world is devoid of those who can control but only full of the slaves of dead food and the world. When it becomes a habit the worst thing looks as the best thing. If drinking of poison-as in the case of intoxicating drinks-becomes a habit, a man becomes a slave of drink, systematically and slowly poisoning his system and cannot live without the habit of drink every day.

Similarly, man runs after dead food-cooked food, lifeless food, the food that lives and creates passions and neglects the life-giving, strengthening, natural foods such as fruits, juice, vegetables, tender leaves and dozens of beautiful food stuffs. Look at the cannibals who have become slaves of human flesh. Same is the case of the civilized man who has become a slave of dead food. Dear friends, dead food kills the aspirations of the soul. Living food, natural food gives aspiration and awakens the sleeping soul. May man, the Image of God, realize that his food is not the dead food, the flesh of his neighbor, nor highly seasoned and fried dishes of every kind, but only the God-given fruits and nuts.

OM! OM! OM!

Chapter 90 LIVING FOOD

Broad and wide is the gate that leads to hell and narrow and rugged is the path that lead to Heaven. We find millions making a path towards hell. Indeed people are very few and rare who walk on the narrow and rugged path towards Heaven. Even those few lovely souls are scoffed and laughed at by the worldly wise. In populations of thousands of people in a town or village , we find only one or two aspiring souls who are struggling to be in touch with nature and to be in tune with God, by eating natural diet, such as fruits, nuts and germinated seeds.

What an uphill and difficult task it is for a lovely soul to be eating fruits and germinated seeds, when all around he sees people eating dead food, making it tempting with various condiments! The worldly wise call one *cow* or *sheep* or *goat* because he eats natural food. Not being satisfied by calling him names, they put all kinds of obstacles in his way and try to tempt him by offering mixed dishes, half and half natural and cooked food. Blessed is the one who can withstand all the temptations of the men of the world!

Man is born to thrive by eating living food, but not to degenerate himself by eating dead food. By experience one knows how life-giving and soul-awakening is the Living food. Look at a dead carcass and look at basket of juicy fruits. The very sight of dead flesh, dead food is very repulsive. But men, even Sannyasins who have renounced the world and who are supposed to be dead to the world, gloats over dead food, gladly appreciating the dishes that are made with a lot of asafetida, chillies, garlic and onions etc.

How sad it is for man, the living Image of God, to go down on the downward path of destruction, digging his own grave with dead food, instead of satisfying himself by eating the living food, such as fruits, nuts, leafy vegetables, sweet honey etc.--the natural foods of God!

May we renew our minds, hearts and souls by eating natural food, the Living food, which alone helps to lead us into the Kingdom of Health, Joy, Strength and Peace, Now and here!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 91 SORROWS OF OVER EATING

It has been said that of all the sufferings in the world, the suffering of the man who over-eats is most pitiable and indescribable. It can be understood only by a man who over-eats like himself, but not by others. Many of the sufferings in the world are man-made or self created, they do not come from outside but from man himself.

The man of over-eating is concerned only with the joy or ecstasy of the moment. He does not think of the after effects of excruciating pain and how he has to roll and roll on his bed, to get his food digested. The slave of over-eating never eats his food masticating slowly. He just bolts and swallows by mouthfuls all that he can eat and swallow, to the last mouthful. If it helps to eat a little more he drinks a little water then begins to eat some more.

We hear of gluttons at the time of the Roman Empire, how the noble used to eat all the time. When they could not eat in sitting posture they used to lie down and eat. After eating to the full, we are told that they used to vomit by taking some medicine. Then they would begin all over again, tasting dish after dish until they could eat no more, thus repeating the process of vomiting and eating a belly-full.

We are here concerned more with the sorrows or sufferings of over-eating. The man who over eats naturally becomes restless with heavy sleep. He is unfit for any kind of work for he can hardly sit. We hear of some people who eat and sleep on the chair or seat itself, overcome by drowsiness. Over eating deadens the nerves and creates an unnatural taste for strong drinks. Above all, is it not unforgivable when nearly all the world is starving and suffering for want of rice, wheat and other food grains, to see man over eating and suffering, thus depriving his neighbor, his fellow man from his lawful simple food? Sad and pitiable is the state of the man of over-eating. Strange, even his daily excruciating suffering does not teach him a lesson. Such is the tenacious attachments to the habit. How alluring and insurmountable and the shackles of Maya!

OM! OM! OM!

Chapter 92 THE BUFFALO

For all appearances the Buffalo is ugly to look at, at least it is not a beautiful creature. One is even afraid to approach or pass by it, for with its sturdy twisted horns it might gorge at us. On the other day while going through the villages in the car, I happened to see a big, black and huge buffalo. I could not have noticed it ordinarily, for we pass by so many buffaloes everyday. But this particular buffalo had one or two inches of layers of mud all over its body. Of course it was not conscious of the mud, how could it be? It must have been lying in a mud swamp, enjoying the mud bath in filth.

I felt very much interested and drawn towards the appearance of this particular buffalo. Not only did it have a heavy coat of mud all over its body, but it was also standing majestically on the road, unconcerned with the rules of cleanliness or etiquette. This buffalo reminded me of several men of the world-even some Sadhus and Pramahamsas who are supposed to be outside the world-leading the lives like buffalo, with thick and heavy coatings of Maya, delusion, all over their bodies. They look so happy and contented, in spite of the heavy sticking mud of delusion and attachment. They allow the world to pass by and they are not concerned with the opinion of others for they are so self-centered and proud.

It has been said that man without wisdom or devotion is a buffalo, a two-legged animal. But the buffalo is guileless, innocent and in a way selfless too. Whereas man-the man of the world is full of false pride, arrogance, jealousy, selfishness and what not. I would rather be an ignorant, harmless and selfless buffalo than to be a man of deep ignorance and stark selfishness, leading the life of a beast, being the Image of God. Let man know himself and his present helpless and lifeless state, and never be satisfied to live life an animal, satisfied with the mire of delusion in the world of ignorance.

Moral: There is some excuse for a dumb animal, our buffalo, if it has layers of mud; but what excuse has a man, the Image of God who is supposed to be pure and spotless, if he lives also like a buffalo with mud of ignorance both inside and outside?

OM! OM! OM!

Chapter 93 BLISS IS INHERENT

Ananda, Bliss, is man's Birthright, every man's Birthright. Yet it is a pity to see not one in a million enjoying it. Why? It is due to Maya, attachment to delusion or Karma or lack of proper association. Whatever the cause may be, we are concerned here only in proving that Happiness is inherent even in the helpless and deluded man. Yet man, the ignorant man, the selfish man, the egoistic man, even the learned man, is searching for Happiness outside of himself. He is searching for it everywhere except within himself.

Bliss is not outside in form and names and it is never in Pravritti, in the outer world of projection. Man thinks, rather imagines that he will be happy by acquiring all that he desires. Alas!, it is not so. Even if he becomes the Emperor of the whole world, he is far away from Bliss. Have not kings and emperors been most miserable? Yes! One should try to be an Emperor of himself, a king of his own inner kingdom.

Our theme now is that Bliss is inherent. It is eternally inherent in the Eternal Self. It has nothing to do with the health of the body, changing moods of the mind or even with the acquisition or destruction of the world itself. It is inherent in man as oil is inherent in the seed. Bliss is inherent in man as sweetness is inherent in sugar-cane. It is inherent in man as light is inherent in the Sun.

Regardless of the conditions or changes in the outer world of form and name, let man take a firm hold of his inherent Bliss, which is the only Reality in this world of ceaseless changes. May all homage be unto those rare and precious souls who abide within enjoying the nectar of Immortality, the Bliss of the Beyond!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 94 ONE MAN'S FOLLY

In the history of the world the ideal life of a sage or saviour has been a blessing to the nation and thus to the whole world. Similarly, one selfish man's folly also has been the cause of death and destruction of millions of innocent lives. Now, look at the deplorable and heart-breaking condition of Mother India. Think of the lakhs and lakhs of innocent people killed and stabbed in the name of communal frenzy. It makes one's blood curdle at the very remembrance of thousands of chaste and innocent women and girls kidnapped to be raped and insulted! Where is God, where is justice? Where is Order or truth in the world?

When half the population is starving with poverty for want of food, think of the destruction of millions worth of valuable properties, libraries, food-stuffs, all in flames. Houses destroyed, men killed, women kidnapped, children murdered, before one's very eyes! Is this war or murder in cold blood? You cannot call anything your own, not even you own kith and kin, your property or your houses or lands, and not even your own physical body, for any moment anything might happen in this cruel world of misrule by misguided miscreants, all in the name of false and wicked surface outer religion.

Cutting the throat of you neighbor, setting fire to his house, raping his wife or sister, killing his children, stabbing everyone who does not profess your religion, booting the properties of those who do not belong to your fold—are these the tenets of religion? May such religions perish from the face of the earth! Hitler also had his day of selfish triumph but where is he now? Such has been the fate of men, all mighty men, who drenched the world in cold blood from time to time. So are the present day insensate people having their day of triumph now, while Mother India is bleeding. How can they sleep in Peace in their palatial buildings? How can they eat in contentment, while millions are dying, shivering and starving in the neglected and forsaken India? Even Satan selects or chooses his instruments for the corruption of individuals and the destruction of the nations, when the end of the world comes. Our only consolation is that this orgy, however terrible it may be, will have its own end. May God bless the Bleeding Mother India soon!

OM! OM! OM!

Chapter 95 SRI KAILAS ASHRAM

Good deeds are beset with innumerable obstacles. The greater the work, the greater are the tests and trials in it. It took ten long months to take possession of the new Kailas Ashram because of friendly enemies duping and deceiving, having a selfish motive to demolish the buildings and to construct their private houses with the materials collected from the military buildings.

God's ways are mysterious and incomprehensible. The clouds may be thick, the trials may be severe but when the sun comes out where are the clouds and where are the tests in the Sun of suns? One appreciates more the value of a thing when one gets it after many a test and trial.

Verily, Kailas Ashram is an abode of God's. I had the privilege of spending three nights there enjoying its supreme silence and deep stillness, surrounded by the grandeur of the sea and the glory of the stars in the sky. If there is Heaven of earth, the Heaven of Peace and silence, it is here in Sri Kailas Ashram.

One can taste the Peace that passeth all understanding, the true heritage of man, so easily without he least effort in the Abode of Peace and Silence, Sri Kailas Ashram—for Peace reigns within, without, above, below and all around.

Sri Kailas Ashram is calling you! Harken to its message of Peace. Pray, accept its invitation and try to assimilate its message of Peace.

Blessed are they who are longing for Kaivalyam, the Peace of their soul, the freedom of their existence and the goal of their lives. May Kailas Ashram bless all with Kaivalyam,—emancipation!
OM! OM! OM!

Chapter 96 THE TRUE POWER

Where is your real strength, the True Power, my child? Is it in your physical body, in your form and name? Does it exist in your mighty wealth and vast possessions? Is it in any of the senses that are so powerful, leading you into big messes? Where is that Power, that sustains and keeps you alive? Is it in the mind or intellect? What is that which makes you to work, more and run? What is that which helps you even to think, as far as the visible senses are taken into consideration?

It is your BREATH, the inherent breath, the ongoing breath, the individual breath. Even though it appears as tiny and insignificant, as you follow and meditate on it, the little breath within you alone will lead you to the Universal Breath, to the very Goal of human existence. It is because of this breath that you are able to see, hear, taste, smell and feel. If it is absent everything is absent, you would be dead. Even your mind with all its power and strength is lifeless and powerless without the presence of the BREATH. It functions only because of the breath. Mind exists because of the breath. Nay, even the world exists because of the breath, for it is the life of bird, beast and man, nay, even every tree and creature on the face of the earth.

So, let us meditate on BREATH and follow it ceaselessly, to enter into the power house of strength and to take possession of the dynamo of Power. Verily, all Power and Strength are only in the BREATH. May we be aware of it NOW and always, expressing the same in every moment of our lives, in all that we do, speak and think.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 97 LOOK UP AND NOT DOWN

Maya is difficult to overcome: habits are tenacious, the senses run outward and mind deludes even the wise. Hence, it is no wonder that even the wise look down instead of up. Pravritti, the outgoing tendency, is sweet, tempting and alluring. Whereas Nivritti the ongoing or withdrawing tendency is rather trying, hard and difficult. Yet, happiness lies only within, in the life of Nivritti but never in Pravritti. The latter is beset with misery and suffering; and the former with Bliss and Peace.

These days as I sit on Mount Kailas, I feel ashamed that instead of looking above into the sky--where the stars are beckoning me to fly and join them in the Universal worship--the vision unconsciously runs towards the earth, watching the fishermen, their boats and the people passing by the beach side. Sitting on the Throne of Glory how sad it is to allow the mind to go downwards, instead of upwards towards the Glory of Heavens! Nature is alluring and deluding. It is always after form and name. It is difficult to fix the mind on the formless and Nameless, the Unmanifest!

How true is the common maxim that if you make a dog to sit on a throne, as soon as it sees a leaf it looks down, jumps down from the throne itself and runs towards the left over leaf. Such is man's life on earth: often he stoops down from the heights in stead of enjoying the Glory of his Birthright. So, let us all look up but never down!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 98 CEASELESS AWARENESS

The Goal of all religions is only Ceaseless Awareness. Every devotee in every religion is trying only to reach the blessed State where there is no more forgetfulness. Is it possible to be ceaselessly aware of that interpenetrating Presence? Yes! It is possible; not in duality but only in Unity, in Adwaita Bhavam, in the Vision of Allness or Universality.

So long as you feel that God is outside or far away, or even separate from you, however devoted and perfect you may be, you cannot help but forget HIM. When you are occupied with some important work you forget Him. When you are sad and worried in the life of tests and trials of the world, you deny Him. You deny and forget Him in your weaknesses and temptations, a thousand times a day. Naturally you deny and ignore Him every night in your sleep.

Then how is it possible to be ceaselessly aware of the Eternal and Infinite LIGHT or PRESENCE? As stated above already, it is possible only to feel and express the Truth or Divinity in the Vision of Oneness, in the personal experience of the Truth, that God is One without a second. When there is only One Reality or Truth that exists, there is no possibility or scope to forget, Forgetfulness is possible only when there are two or many in duality, but never in Unity, where there is ONE always!

One is always One whether it is day or night. Does the Sun ever forget his effulgent Light? Then how is it possible for the Sun of suns to forget His ever-present, OMNIPRESENT LIGHT? May all Homage be unto the Light of lights! May the Eternal and Infinite Light express Itself in ALL!

OM! OM! OM!

Chapter 99 BREATH--THE CREATOR

Usually the ordinary man thinks that it is the mind that creates, but he never gives any thought to the Breath within. Where is mind without the Breath? Where is creation itself without Breath, the life and Prana of this very existence? In a way mind and breath are very closely connected. We can almost say that they are inseparable. Man can exist without mind or even in the absence of the mind. But how can man exist in the absence of Breath? When the Breath disappears, mind disappears; and when the mind disappears the creation and everything disappears.

Hence, Breath, the life current, the vital Prana is the Creation. It creates Hades and Heaven. It creates worlds. As a spider creates its beautiful web so also the breath creates the whole Universe. Because of the Breath, we see, hear and think. When it ceases to function everything both inside oneself and outside in the world, ceases to function.

Therefore, it is most helpful to pay as much attention as possible to the Breath within, which is the life of man, helping to lead him to the soul and goal of the very existence. As one meditates on Breath, one is filled with Peace, Poise and Power. As one follows it constantly, nay, ceaselessly, the very breath leads to Breathlessness, wherein is the Glory of Millions of suns splendour and the Peace that passeth all understanding.

May we close our eyes and meditated on the Indwelling Breath and follow it with concentration, until it leads to the heights of blessedness and Inexpressible Peace!

OM! OM! OM!

Chapter 100 MODERN CANNIBALS

We hear and read of the Cannibals In the days of yore, who used to kill and devour human beings, even those who were trying to convert them teaching the Gospel of Truth. The very thought has been not only repulsive and fearful but also dreadful and shocking. The other day a doctor friend of the Mission returned from a place of communal disturbances. He told us from his personal knowledge that there are people who still believe that they will go to heaven if they kill Hindus--Kaffirs. It seems these fanatical cannibals believe that if they destroy a Hindu baby they will climb a step; if they kill a Hindu woman they reach two steps; if they kill a Hindu man they climb three steps and if they succeed in killing a Sikh, they are nearer to Paradise by four steps.

Can you imagine anything more blood curdling and shocking to hear, than these most primitive, ignorant, blood-thirsty, cruel and heartless beliefs in the twentieth century, when the League of Nations and U.N.O.'s are busy preaching the equality of man, both individually and collectively?

Where are the Founders and Saviours of the world religions and their respective followers, when Mother Earth is drenched with innocent blood of the millions of innocent children and helpless woman? Is Brotherhood of Man and Fatherhood of God a mere myth? Even the beasts of the forest are not so ruthless, cruel and heartless. If there is a God, the Creator of the world, the God of Humanity, then it is high time that He should be invoked to cease this needless and heartless massacre of the innocent, spilling of blood of the poor and helpless and destruction of monuments of civilization as well as vast properties and precious lives. Oh! Merciful God! Pray bless these modern cannibals, the ferocious beast of the modern world, with the Vision Universal, so that they will realize that in hurting, stabbing or massacring any of the least of the children in the Knowledge of God, they are only hurting and killing THEE, their own God, the One Indivisible Presence's. This is all that we pray of Thee!

OM! OM! OM!

Chapter 101 RELYING ON OFFICIALS

The valuable parts of our car, such as battery, carburetor, head lights, distributor etc., were stolen by a friendly robber. I rushed to the Superintendent of Police, a friend of the Ashram. He phoned immediately to the Inspector and directed him to take special action and to see that the properties are recovered.

I have approached the Inspector, Sub-Inspector, Head-constables, constables and everyone who is connected with the Police department, as well as with the Ashram, to do the needful help in recovering the property, more so as our welfare work has been suffering terribly for want of a conveyance.

More than twenty days have passed since the night of the robbery and nothing substantial has been done so far, by any of the Police officials. There were rumors of recovery and then they were contradicted. We were told that the stolen parts were taken outside of the town and a constable was

sent to get them back. This news also was later denied. A head-constable brought the distributor of a car for our recognition, but in spite of the recognition the man was left free.

After all, man is frail and undependable. Faith in others is always shaky and doubtful. Man often speaks sweet words to the face outwardly, but inwardly he may be thinking of something else. Now the question comes from within, almost in the eleventh hour, with remorse and shame thus:

"Why approach and rely on these lifeless and soulless persons who are frail and undependable, who are interested more in themselves, and thus be sad and disappointed? Why not approach God, the Almighty, the All-knowing, all-understanding and compassionate One?"

But how can I approach God in the name of car parts? Is it not silly and childish of me to trouble the Infinite and Eternal God about a rotten battery and carburetor? When I meet Him, I become speechless and dumb. In His Presence I become void of desires. In Him I do not need even Rolls Royce cars, neither am I conscious of body, mind or world. May He bless even the officials, His children, with the spirit of duty, service, honesty and Truth!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 102 WHO IS THE GAINER

When property is stolen who gets the real benefit? It is not the robber who steals, for he is persecuted right and left, harassed and looted by the day light robbers POLICE. It is the Police who are the gainers and who manage to get all the benefits from both the sides: from the one who lost the property and from the one who stole it.

To begin with, the man who loses the property has to bribe the Inspector, constables etc., to come and investigate the case. If they are not given something they are too busy to come immediately but when bribed, they start immediately. Then the unfortunate man who has lost the property has to provide tiffin, meals, pocket expenses, Jutka hires--not only to the Police but even to Karnam and village Munsiffs.

If the suspected person manages to bribe the Police, they turn their gaze on some other suspect after looting the first suspect, right and left.

When we lost our type machine, the robber was never found or traced but it was found in a shrub by a poor shepherd while grazing his sheep and he was kind enough in reporting the same good news. For that good act he had to pay Rs. 75/- to the karnam, munsiff and police. What a justice? How pathetic is the condition of the poor man who tried to do good by informing about the type machine!

Our fisher people are more intelligent than us. When I heard that they never report to the police when they are robbed of their little jewelry or some other valuable property, I thought they were silly and ignorant. But they have learnt their lesson from past bitter experiences. When once you report the loss of the property the Police will be after you like vultures after carrion, a dead body, only to pick, peck and extract as much as possible. I do not deny that there are good people and rare exceptions even in Police, but the usual Police man's aim is *"How much can I extract and squeeze?"* Pitiably is the future of the country that has such day light robbers to help the detection of crime and to help the poor and helpless in their unfortunate! May God help the helpless!

OM! OM! OM!

Chapter 103 DAY LIGHT ROBBERS

There are two kinds of robbers. The first are the NIGHT ROBBERS, who steal in stealth: breaking in to houses, looting the poor and rich and thus make a profession of it. The second type are the DAY LIGHT ROBBERS who cheat, dupe and deceive you before your very face. To understand these thieves, let us take a few examples from our daily life in the world.

In these days of rationing when a poor woman is starving with children at home, the depot dealer refuses to give her rice, but sells it at an exorbitant rate, to make himself rich with the ill-gotten blood money. When the rate of a seer of rice is only four annas but it is sold for a rupee a seer, because the poor woman is in great need having starving children, is it not a day light robbery?

Then there is an experienced mechanic. He is experienced not only in mechanic work but also in squeezing money even from misers. Every time our Ashram cycle needs some repair he is in good luck. Recently it needed a change of a crank wheel and some other adjustments. The mechanic took five rupees for changing the crank and for other minor repairs, and also guaranteed it for a fortnight. He even came on the cycle itself, saying that he has put a second hand B.S.A. crank because it is for the Ashram, for doing God's work. He would not hesitate to say that this B.S.A. crank was used by the emperor George VI in the beginning, if he could get a few more rupees. The cycle came only to the

Ashram, a distance of two or three furlongs and since then it is lying unused in the same old rotten condition. All that the mechanic wanted was our five rupees and to get rid of his old B.S.A. crank that was supposed to be used by George VI.

Is this not another example of day light robbery? Here is one more. We had to get our radiator repaired. There is only one man in the whole of Visakhapatnam who could do it, and he realized our helplessness. So he demanded an exorbitant sum of thirty rupees for one day's work. We offered ten rupees but he refused, as his one idea is not to take what the work requires or what he deserves to get, but only to squeeze and extract as much as possible in our helplessness. Is not he also an illustration of day light robbery? What future has a country which is infested with such cruel and heartless day light robbers, whose one aim is only to make themselves fat, selling their very souls to the worship of Mammon? May the Almighty bless all with right vision and WISDOM!

OM! OM! OM!

Chapter 104 HABITS

How trying and difficult it is to overcome and control habits, even if they are only of a few days or months! As an illustration: the year 1947 passed away nearly 20 days ago, yet when I write letters and in my diary, out of habit I make the mistake of putting "1947" instead of "1948" because for one long full year I was used to writing "1947".

Now even knowing that the old year has ended and there is a new month with a New Year, due to the old habit I unconsciously put the wrong year "1947". When a simple habit like this is so tenacious, imagine the other habits such as smoking, drinking etc.!

Similarly, if one has been a slave of over-eating, he cannot eat now sparingly, getting up with a half-filled stomach. If one has been a slave of too much talking he cannot be silent now. If one has had the habit of sleeping in the day time he cannot give it up now.

Same is the case with other dangerous habits such as thieving, adultery etc. Pride, egoism, anger and selfishness are all vicious seed-thoughts planted within, consciously and unconsciously, perhaps to the misfortune of man, and they have become now gigantic trees. How can a big, sturdy tree be bent now? It is always only the tender plant that can be bent.

The only consolation now is that in each man there is the God-seed hidden and latent even in the so-called deprived and worst people. Bad habits should be overcome with good habits and weak habits should be controlled with strong habits. Body-consciousness should be overcome with God-consciousness. The sun dispels clouds, however thick they may be and the LIGHT dispels the darkness of ages. So also let the Living God, the Indwelling Presence within be our only infallible cure or remedy for all the ills of life and habits in the world.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 105 ETERNAL NOW

Blessed is the man who lives in the present living moment NOW. But alas, due to the delusion of the world and illusion of life, man lives in the dead past or in the dim uncertain future, neglecting the living priceless present moment. Verily, he who wastes moments wastes his whole life. Our theme now is more about the potentiality of the present living moment NOW. The experiences of the whole past, be it of one life or many lives or even of ages, are concentrated or summed up in the present moment NOW. The whole of the future also can be concentrated and centered in the present moment. Thus past and future are in seed-form in the present moment.

Omnipresence, Omnipotence and Omniscience are centered in the present moment NOW. What poise, power and Peace lies in living in the present moment, identifying with the Indwelling Light, which is Infinite, Eternal and Indivisible! One who is making best use of the present moment does not care for anything in the world. He is the same whether worlds are created or destroyed. He is above all phenomena.

The same water which is in the mighty ocean is in the tiny bubble and the same radiance which is in the effulgent sun, is in the little tiny ray also. The same energy which is creating the worlds is also in the tiny atom. Look at the SUN, how he is reflected even in a tiny bubble! Look at the Deva in Jeeva, the Universal in the individual. Behold the Infinite in the finite, NOW and HERE!

One who lives in the Infinite and eternal Now is a living God. One who lives worrying over the dead past and scheming about the dim future, neglecting the living precious moment, is a mummy, a dead thing even though seemingly alive. May all homage be unto the living moment NOW and may we be centered in it now and forever!

OM! OM! OM!

Chapter 106 OUR JEWEL IS NO MORE

Our jewel, the uncrowned king of Waltair and the terror of all pious, gentle, good and honest people, is no more. When even Hitlers and Mussolinis, the world despots, had their own day of glory and death, what to speak of little Jewels? Our Jewel was the friend of the biggest officials in every department. He was making business in black-market, making lakhs of rupees on the whole-sales. Once when he was caught he had to spend nearly a lakh of rupees over one case alone, and also a year of his time, in getting the things fixed and the case dismissed.

We heard now how a body in a far away village was floating in a well, swollen beyond recognition. When the Police were informed, they came and got the swollen and rotten body buried in a village burial ground by outcastes. Such is the end of all life but alas, it is a most unfortunate to hear of such tragic ends.

Now the Police came with a pair of pants and boots that were on the dead body and we hear that they belonged to the mighty and powerful Jewel. What a sad plight! He left behind him a number of wives, several children and a number of big officers and rich friends to mourn his loss. May his soul rest in Peace, even now, is my prayer. But can it rest in Peace, the soul that lived such a reckless, cruel and God-forsaken life? Was Mr. Jewel ready when the call came? Far from it! But he has made lots of money in the black market, allowing the poor to suffer. Could he take even a single pie of all that money? He was even denied a decent burial in his own place.

What is that saying about retribution? It comes to one and all, to me and to all of you. We have to reap what we have sown. The mills of God grind slowly but they grind very fine, into powdered dust. Death and dissolution comes both to the selfish and selfless, the crooked and honest--but what a difference it makes in conscience! A good man, an honest man rejoices even in death. Whereas a selfish man, a man of corruption and lies, is miserable in life as well as in death. My heart's sympathy goes out towards the sad fate of our Jewel and those of his kind, who walk in the foot prints of Satan, neglecting God within and torturing the poor and helpless without. May we strive to live in such a way as to make our lives a blessing to others, but never a curse to humanity and a burden to Mother Earth!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 107 MAN WANTS TO DO BIG THINGS

Man wants to fly in the sky, walk on the sea, multiply fish and loaves, feed multitudes and even to rise the dead, giving life to dead people like the blessed Christ. Man wishes to have the power of giving sight to the blind, to make the lame walk and the dumb to speak and even to chase away devils from the possessed people. Is it possible for man to do all these miracles? **YES!** It is more than possible, provided he pays the price for the same. But alas! Man wants to perform miracles without paying the price. For instance, take that illustrative and wise statement **BE STILL AND KNOW THAT I AM GOD**. The world is full of people who are repeating that they are gods--those who affirm **I AM**. But where are the people that have stilled their minds with purity of hearts?

Man does not care to follow even the simple commandments. He cannot love even his neighbor as himself. He covets the goods of others. He steals, robs and does anything and everything to realize his god, in the worship of Mammon and in the name of Politics and Religion. The purity of an unborn babe and the innocence of loving children are mere myths to him. Yet, he wants to perform miracles and be a living Christ.

In life and deed man is a Judas. In wishes and aspirations he wants to be a Christ and Saviour of the world. What a helpless state and ridiculous position! How true are the words "**GOD IF YOU THINK GOD YOU ARE--DUST IF YOU THINK DUST YOU ARE.**"

All things are possible and miracles can be performed even today, but only by those who are willing to offer and sacrifice their little egos, the tiny selfish personality on the altar of Selflessness and Truth. **BE DEAD THAT YE MAY LIVE** is one of the grandest but simple truths. May we strive to die to the world of selfishness and ignorance, and be alive to the world of Truth, service and miracles.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 108 HA! RAM! HA! RAM!

"**HA! RAM! HA! RAM!**" Were the last precious words of Sri Mahatma Gandhiji while the bullets were piercing into his abdomen and heart. Was Gandhiji recognizing Ram in the very assassin who was so cruelly and heartlessly shooting him? What an earthly patience, forbearance and forgiveness, in the very face of the most gruesome and dastardly day light murder!

It is only Sri Mahatmaji--the one who loves all and feels for all, the one for whom the whole Universe is Ram or Allah or God--who could do it. Who else could recognize God in the one who raises a deadly revolver to shoot you? There was not a moment's time given to prepare or be steady. The shocking crime was committed so suddenly, in the twinkling of an eye. All were so unprepared except, perhaps, Sri Gandhiji, for he was always centered in his favorite deity Ram--the Living Presence.

Sri Mahatmaji's Peace, poise, power, humility, utter simplicity and self-surrender to God's will in the very presence of cruel death staggers anyone. All homage and worship goes to Sri Mahatmaji and to his blessed consecrated life of devotion and dedication!

People can talk religion and discuss philosophy but where are the souls who can face God in pain and death? Here is Gandhiji, the unparalleled, most illustrious and glorious Mahatma Gandhiji, whose very name will be a source of strength and inspiration not only now but for all the eternity, setting an example to the whole of humanity.

Hallowed be Sri Gandhiji's name! May Lord Sri Rama's choicest blessings ever be on Sri Gandhiji and may He give us all strength to walk in the blessed foot prints of Sri Mahatma Gandhiji!

OM! OM! OM!

Chapter 109 THE BANANA AND PIECE OF BREAD

It was the early hour of dawn and I went out for a walk with the children of the Ashram, to the foot of our Kailas Ashram where we have the new well etc., just by the beach side in Waltair. The walk was very exhilarating and full of vital life. We were happy to be seated after our walk, awaiting the effulgent sun to come over the horizon.

We thus meditated in silence for a long time. After our meditation, feeling that we deserve a little breakfast refreshment, we started eating the fruits and bread which the children brought with them. While we were partaking of our simple repast, a poor old woman with a little child passed by and looking at us, she sat with the child in the sand. I then sent a banana and a piece of bread to the woman and child and they raised their hands and lowered their heads with deep gratitude for the little thing we shared with them.

Although this incident was a mere trifling and insignificant matter, often and often I see the banana and piece of bread before me. In all that we have eaten I think with confidence that what we have shared with the poor old woman and her helpless child, is the only food stored for us in Heaven, with God. It is not what we eat or what we spend on ourselves that follows us, but it is what we give and share with others, especially with the poor and unfortunate children of God.

Friends, pray look at our banana and piece of bread! They are showing us the way towards Heaven. Do you wish to follow us? Pray, do come! Let us all follow the banana and bread, the hidden treasure, the only Imperishable wealth which is making a pathway for us towards the throne of the Almighty God, the life, soul and Goal of our very existence.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 110 DO IT QUICK

When you are thirsty you drink water without any delay. When you are hungry you eat a meal as early as possible. When you wish to do a thing you do it. As an example, if you wish to see a friend you are go to see him. If you are bent upon seeing a cinema, you go to see it. If it is your earnest wish to visit the Ashram you are sure to come here.

Thus you are doing everything you want to do except in the matter of God-Realization. In the things of the world there is not any procrastination, whereas in the things of the Spirit or God there is endless procrastination.

In many a life not only months and years but even lives are passing away without the Realization of God. The Goal of precious human birth is God-Realization. But in the practical life of the world, we see man realizing everything he wants, a house, family, children, name fame and worldly prosperity of every kind--everything except God.

NOW OR NEVER should be the ideal motto and ambition of those who want God with heart and soul. As today is ours and not tomorrow, as anything might happen, let man's ideal be to realize God NOW AND HERE.

Tomorrow may be a dark and heavy day, full of tests and trials, temptations and tribulations; so let us strive to realize God QUICK-NOW and HERE, right in this living moment!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 111 A BOGUS DEVOTEE

A house-holder devotee visits the Ashram now and then with a basket of fruits. He stays here until he finishes the fruits one by one, although he cannot help but share some of them with the other members of the Ashram.

Anyway, he is fond of good eating, for he is always thinking of food and waiting for the bell to ring for eating. Seeing his nature I wanted his stay in the Ashram to be beneficial to him, hence I asked him to observe a day of fasting with silence also. I felt happy at his earnestness and eagerness.

In the afternoon, when I sent one boy to see what he was doing, he was not in his kutir. When we searched for him, we found him sitting on the beach but alas!, not meditating or praying, but watching a number of ladies bathing at their scanty bathing suits.

Imagine a man visiting the Ashram for God-Realization, observing a FAST and also SILENCE and wasting his precious TIME in satisfying his vulgar curiosity. How delusive and thick are the pat impressions, the bewitching objects of the world that draw away even the minds of the wise, not to speak of an aspirant! How careful and watchful an aspirant must be in each and every moment of his life! What a great lesson the following simple poem gives us in simple and wise words:

A thousand years a poor man watched
Before the gates of Paradise
But when one little nap he snatched
They opened and shut. Ah! Was he wise?

When such is the fate of the poor and helpless man who was overpowered by sleep, what will be the fate of the bogus devotee? May God bestow all with right vision, right fervour and eternal Peace!

OM! OM! OM!

Chapter 112 THE INEVITABLE DEATH

The whole world is mourning the demise of Sri Mahatma Gandhiji. Every nook and corner of the world is effected by the cruel tragedy. There is sorrow in every home in India. There is sympathy and universal mourning in East and West.

Question: Why so?

Answer: Because Sri Gandhiji lived not for himself but for others, for the Peace of all and for the welfare of the world.

It is Mahatmaji's SELFLESSNESS that makes everyone's head bow down in deep adoration and homage.

Upon their demise, some people are missed by everyone in the world and in other cases, they are forgotten as soon then they are lowered into their coffins.

It may not be out of place to mention also, the demise of certain people over which the world rejoices. The world is happy in getting red of a cruel tyrant who has been the cause of loss and suffering to the poor and sick and even the cause of destruction and death to thousands of helpless men, woman and children.

Let us retrospect our lives and see for ourselves whether the world will miss our demise. Will humanity mourn or rejoice over our exist from the world? The INEVITABLE DEATH, the unavoidable call comes to one and all but before the call comes, let us live and adjust our lives so that they may be a blessing to the world and not a mere burden and curse to mankind.

Let not the world rejoice over our demise. Let it at least be silent over our exit from the stage of life. Blessed are they who are ready for the inevitable, leading selfless and dedicated lives of Love and Service!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 113 HE WHO CONTROLS HIMSELF

How true are the words that **HE WHO CONTROLS HIMSELF CONTROLS THE WHOLE WORLD**. Look at Mahatmaji's dedicated life of SELF-CONTROL. Even in death he is alive. He was a jivan muktha, liberated while living. In East and West, North and South, the whole world is paying homage to him because of his consecrated life of self-control and Universal Love.

A man of self-control always commands respect and homage. Consider the holy life of the blessed Christ. He was a master of self-control and hence the world pays homage to him. Though

physically dead for the last two thousand years, he still lives in the hearts of millions of people now. His great life of self-control and sacrifice will ever continue to be a blessing for all the ages to come.

A man of self-control is careful of what he eats, for he is not a slave of his tongue. He is careful of every word he speaks, for he is not a chatter-box. He is even careful of what he thinks, for he does not allow his mind to wander. He is a master of his mind, heart and soul.

Verily, he who conquers himself conquers the whole world. Did not Christ conquer the world with his sacrifice? Did not Buddha win the world with his compassion and limitless Love? Similarly, Mahatmaji is enthroned in the hearts of millions of people because of his self-control, through TRUTH and NON-VIOLENCE.

A man of self-control stills the storms, makes the lame to walk, the dumb to speak and commands the dead to rise. Indeed he is the master of the world. May self-control be the foundation of our lives to Universal Peace, that paves the way towards the Peace of the Universe!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 114 OUR PRANA--THE GURU

There are some people, especially in the orthodox type of religion, who believe a Guru is essential and indispensable to lead one to the heights of God-Realization.

PRANA--THE LIFE BREATH, satisfies even their objections. PRANA is the real GURU that steadily and silently pilots you over the tempestuous waves of turbulent life, leading you towards the Kindly Light which is the Goal and Soul of the very human birth.

Only follow this living vibrant guru, the Prana, and you will know and realize the marvelous and astounding results in no time. The outer Gurus may be far away from you, separated aloof from you, but here is your real Guru who is never separate or aloof, even in your sleep or forgetfulness. He is watching you even during your sleep with all the tender care of a precious Mother. He is there with you, protecting you even in your tests and trials, ever knocking at the door of your heart. All that He needs is only a little admittance with your life, heart, mind and breath.

Time and life are too precious for wasting even with words. Let us resolve to stick to our Guru, the Life-Breath sincerely following it ceaselessly. Let us establish now the inseparable and eternal connection. Let the Breath lead us, let us only have the strength to follow it where it leads.

Outer gurus may lead us astray but here is the real Guru, the Inner Guru who leads you always inward towards the Transcendental State of Perfection, where the breath merges or dissolves in Breathlessness.

May all homage be unto this Blessed condition, where neither Guru nor Chela exists and where exists only the Splendour of Millions of Suns!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 115 THE LITTLE GIRL

In Waltair the fisher men go into the sea for fishing and the women folk towards the hill to collect wood to serve as fire for cooking their meals. It was the hour of evening and the fisher women were carrying bundles of fuel from the hill, towards their homes. The fisher people are so hard working and poor that they even make their little children carry small bundles of fuel from the hill, according to their capacity.

While we were meditating at the foot of the Kailas Hill, we saw a little girl crouching among the rocks for more than an hour, putting her load by the beach side. All the other women and girls went away carrying their respective loads. It was getting late and dark but it was a moon lit night and only the bundle of sticks was visible, for the girl was sitting among the rocks looking as one of the rocks.

As it was getting later than usual we were preparing to return but I was drawn towards the bundle of fuel. When I went there was only a little girl of seven years in rags. When I asked her the reason why she was staying out so late, she told me that she was expecting her big sister to help her to carry the load halfway.

As there were no signs of the big sister coming and as it was getting late, I helped the little girl to carry the bundle, walking by her side. After coming some distance we saw someone by the beach side waiting for the little sister. Of course, it was the big sister! Greetings were exchanged and both the sisters were happy. The little sister put down the bundle and the big sister lifted it very easily and carried it on her head.

The very first remark the big sister made to the little sister was: "*Why are you not able to carry such a light load?*" What surprised me was that I expected to see the big sister to be a lady of at least five feet tall, a big strong and robust woman that could help her little sister with the heavy load at such

a late hour. But she was only eight years old, maybe an inch taller than the little sister, almost nude except for a little rag around her loins! Necessity makes the heaviest work easy and light, and it gradually becomes one's second nature. The bundle of fuel that I was not able even to lift from the ground was being carried by little tots! Verily, God gives strength and fortitude to His helpless waifs, to bear the burdens of life.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 116 SAD AND DEPRESSED

There are moments in every one's life when one feels sad and depressed. There are rare moments again when one feels jubilant and happy. Life is a bundle of happy and sorrowful experiences and one cannot expect all sunshine, neither all darkness, for each day is succeeded by a night of darkness. But a time will come when we will join the Blessed rare souls who rest above light and darkness.

As there is medicine for every disease, an antidote of every malady and pain, so there are ways and means to overcome sadness and depression also. Thinking that a little walk by the beach side will do me good, especially to overcome depression, I started and I also took also a bag of peanuts.

After a while I happened to see a little child hungry and I gave her a handful of peanuts. She smiled at me with gratitude, offering her thanks with folded hands again and again. A sudden change came over me and there were tears of ecstasy in my eyes for I was privileged to make the child happy. Her happiness is my happiness, and thus my sadness and depression took to flight.

Man becomes sad, depressed and morose when he thinks of himself too much. On such occasions, the only way and unfailing cure is to forget himself and to help and serve someone, for as we make others happy we become happy. The more I distributed the ground nuts to the boys passing by, the more I began to be free of my sadness and depression.

The nearest and most direct way to be happy is by sharing what we have with others. By the time I returned to the Ashram, the bag was empty of the groundnuts and so was my heart, from sadness and depression. May all glory be unto the Giver of Joy and Peace!

OM! OM! OM!

Chapter 117 LET TODAY BE THE FRIEND OF MAN

Every day is a fresh beginning,
Every morn is the world made new,
Ye who are weary of sorrow and sinning,
Here is a beautiful hope for you.
A hope for me and a hope for all.

How wonderful to wipe away all the wrong calculations that we have made all throughout our life and to begin afresh now, with a new beginning by making TODAY the friend of ourselves. What a blessed and life-giving thought it is to allow the day TODAY, to be the friend of man!

Man can make the same day both a friend and foe of himself by its right or wrong use. If one is in tune with the Infinite, the day is his friend. If one is selfish and self-centered, the very day becomes his foe.

Dear friends, let us allow TODAY to be our friend, by recognizing God not only within us but in others as well, for all is God and the whole universe is filled with the One Indivisible Presence.

Let TODAY be our friend by making the best use of every tiny moment of this precious day. Let each hour be the friend of ours. Let us make every minute our friend, nay, let us make every tiny second our friend, by making best use of it in His service.

The old past is dead and buried and the future is uncertain and dim, so let us turn to the living present the precious moment NOW. As we make best use of the precious moment, we can make best use of the next moment also and thus make best use not only of each hour but of the whole day as well. Thus not only TODAY but everyday will be the friend of man.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 118 GROSS SELFISHNESS

Someone said DO NOT TRY TO GROW TALL BY BEHEADING OTHERS.

One cannot believe that there are cruel and heartless people even in these days of progress and enlightenment. Yet, where self and self interests are concerned, man is man and he takes the role of the primitive savage, not hesitating to cut the throats of his fellow beings.

To serve his selfish purpose and to achieve his own self ends, the man of gross selfishness does not hesitate in the least to walk over the heads or even the dead bodies of others, crushing the finer feelings of democracy and common principles of ethics.

In the history of the world and even in personal life there are instances, too many to be numbered, where Neros are fiddling while the Romes are burning.

On the other day an old so-called friend and devotee of the Ashram came here. He comes only whenever he needs something for himself. First comes himself and then the whole world.

He was constructing his house and he was in need of an iron instrument for trenching the floor. We gave it to him although we too are in need of it. We were badly in need of coolies also and the work was suffering.

Yet, he asked a man just to carry the iron instrument to his home, promising that the man would return in a few minutes. Leaving the work aside our head cooly was taken to the village. Imagine, we did not see our own cooly for the rest of that day, not to speak of our iron instrument. Several days have passed since then and we have not yet seen even our iron instrument, concrete hammer.

Such are the men of the world who live for themselves, devoid of hearts. They have the one cruel and merciless aim and ambition of trying to grow tall by beheading others. May God bless the selfish as well as selfless with the right vision of Truth!

OM! OM! OM!

Chapter 119 THE FATAL EFFECTS OF WRONG IMAGINATION

Imagination can be aptly compared to a ladder in the life of the world of struggle and aspiration. If one is a slave of wrong imagination, he goes down the ladder of life, into the very depths of Hades, undergoing excruciating suffering. But if an aspirant is blessed with the right kind of imagination, he climbs the steps until he reaches the very Heights of Glory where he enjoys God consciousness, man's only real Birthright.

The process of imagination is so real and scientific, like the laws of Science or Gravitation, that you are lead to the exact mark, the goal of your imagination. If your imagination is wrong it will take you to destruction and if it is right it will lead you to the constructive side of perfection.

Wrong imagination begins in such a subtle way that you may be off your guard, sometimes unconscious without your awareness. It takes over the mind itself, until it ties you hand and foot in a strong net of delusion. At first the imaginations are imperceptible like that of a thin fine silk fiber. Then it becomes a thin thread and it is made into a twine which will become a string and finally a strong rope.

The man then lands into a great and deep pot of his own digging and in his morose and helpless plight he sees only the heavy rope but not the fine fiber, which was really the root cause of his destruction. Similar is the case with the right kind of constructive imagination, which leads to the bliss of the Beyond. Blessed is the one who is aware of these first almost imperceptible and invisible unconscious thought-forms, that arose in the lake of one's vacant mind.

It is the imagination that makes one a saint or sinner, leading to Heaven or Hades. Knowing the relentless and inevitable effects of imagination let us be on our guard, never allowing wrong imaginations to rise its one-thousand and one hoods or fancies in us. Our consolation, joy and strength is that the same imagination that leads us unto the depths, taking us down the ladder of life if rightly used, will take us to the heights of Glory, which is our Birthright.

OM! OM! OM!

Chapter 120 SLIDING DOWN

There are some people who thicken that it is equally easy to slide down as to go up. It is not so: it is easy to slide down and difficult to climb up.

For instance, there is our Kailas Ashram on the top of the hill. It takes thirty minutes to climb up the hill over the steps and it takes only fifteen minutes to slide or come down. One feels out of breath when going up but one does not feel any strain while sliding down. Hence it is easy to slide down and hard to climb up.

Did you ever see children while at play, sliding from the snowy hills or from sandy dunes? Down they come in a minute but to climb the same hill takes a long time and a lot of exertion. Similar is the case on the Spiritual path, in the evolution of man's life. It is very easy to go down into the depths, into the mire of the senses, getting entangled in the world of delusion. But alas! To climb the heights needs strenuous effort and full control of the senses and mind.

Peace belongs to the Masters of minds but not to the slaves of the senses. Sliding takes one to the gates of Hades whereas climbing up (self-control) leads one to the portals of Heaven. Verily, how true are the words that ***broad and wide is the path that leads to Hell; and narrow and rugged is the path that leads to Heaven.***

As children of God. His living Images, let us resolve not to slide down even amidst the alluring temptations of outer life, but always to aspire to climb up, making the very stumbling blocks into stepping stones, until we reach the very summit of God-Realization.

MAY ALL RESPECT BE UNTO THE CLIMBERS!
OM! OM! OM!

Chapter 121 WHERE IS THE BELOVED

What a privilege to be back into the Hills of Totapalli, where the birds are searching for the Beloved. Even now as I am trying to write this message there is a sweet bird singing in all paths in a haunting note, saying "***WHERE IS THE BELOVED, WHERE IS MY BELOVED?***"

One learned Sadhu from the Himalayas stayed here for sometime and told us that the name of this bird is Pippita and it is always singing, especially in this season, seeking its Beloved. Dear friend, wherever you may be, either far or near, please come to Sri Santi Ashram once. Take pity on the ceaseless search of the bird and kindly tell it where the Beloved is. As one listens to its shrill, pathetic voice one feels so sad and sympathetic and wishes to join the bird in its search for the Beloved.

The cry is so piercing and haunting and so ceaseless that one feels that the bird will get its tiny throat dry and parched up. The way it sings unceasingly makes us to feel that it would rather die calling for the Beloved with its last breath, rather than cease its heart piercing cry for God!

Blessed are they who are pining for God! But alas, how few rare and precious are they!

Question: Where is the Beloved?

Answer: The Beloved is in the stillness of one's own purified heart.

Those are blessed souls who can feel Him within in SILENCE and express Him without in the outer world of activity or manifestation. Let Pippita be our Guru to bless us with Divine fervour, to wish and seek the Beloved, and may the Beloved, the Indwelling Presence of our hearts bless us all with the vision of aspiration and Truth!

MAY PEACE BE UNTO ALL THE BIRDS AND MAN!
OM! OM! OM!

Chapter 122 BEGGING

Begging like robbing is a weak trait in man. Being the Light of lights, the Living Image of God, why should we beg for the transitory, glittering and perishable goods of the world?

Begging comes because of weakness and ignorance. It comes because of the forgetfulness of the **EFFULGENT LIGHT** within. Even in the name of Public Work, why should man cry and beg, especially from beggars who are so tenaciously attached, hugging the unreal to their very bosoms?

If the work belongs to the public, if it is a selfless work, God alone will take care of it, without wandering and waiting at the doors of the poor and rich for the little they throw unwillingly in the begging bowl, with a sad and heavy heart.

The man of the world, the living Midas, parts with his life itself rather than with his hard earned cash. Parting from his hoard is so heart-wrenching for him that he asks you always to come again, each time you go to him; secretly hoping that you will get tired in your endless visits finally and never come to him to take his promised donation or subscription.

If you persist in visiting him for the sake of getting his subscription at any cost, some will go so far as to say "*Have I hidden with me your Grandfather's money?*" and he will ask you to remove his name from the subscription book. How easy it is to strike off and remove the name from God's Register of Service! Every time a name is struck off from the Register of Service, Satan must laugh in his sleeve and think that he has done good work for the day.

Being the Living Images of God we should give up the begging of every kind, even in the name of Ashrams. If we cannot do without begging, if it is so indispensable, then let us beg of God, but not of Mideses and Shylocks.

Why hurt and make these poor, worldly rich people helpless and miserable, making them to part with their life's hard earned cash, their all in all? **Deserve and no need of desiring and begging.** Learn to command, but not to sneak and beg. All homage be unto those precious souls who are free of begging of every kind!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 123 SELF-RELIANCE

Self-reliance has been the soul and Goal of every living Religion on the face of the earth. Yet, there is not one in a million who has full Self-reliance among the people of the world. Each one is relying on some one or the other instead of on God. Each is attached to something other than the Highest.

Even to rely on God is not the Highest state of Self-reliance. In the Heights of Self-realization God and himself are not two but ONE. Hence, in relying on himself he is only relying on God, the One Indivisible and All-pervading Truth. Verily, Self-reliance and God-Realization are one and the same.

But alas! In the practical daily life of the world how difficult it is, if not impossible, to rely on others for something or the other! We need the help of others for every little thing we want to do. So long as we live in the world we need the help and cooperation of others, especially when engaged in the service of others, welfare work.

Knowledge of God, PERSONAL EXPERIENCE of His Interpenetrating Presence, makes all the differences in the outlook of life. With the Knowledge of God one feels that he is the master of himself and the world. And with the denial of God's presence, with body-consciousness, one becomes a slave of his senses and the bewitching world.

Self-reliance makes a man all powerful and fearless. Want of self-reliance makes a man a coward and he fears and shivers at the very rustle of leaves or even at the wafting of the breeze.

A man of God-Realization alone is blessed with Self-reliance but not others, the slaves and weaklings of passions and fashions. Before the iron will of the man of Self-reliance, the world shivers and quivers. A man of Self-reliance commands and the whole world obeys his best selfless wish, for he is the monarch of all that he surveys. A man devoid of Self-reliance is lifeless and soulless and a living Mummy.

As Self-reliance is our Birthright and as it is ever within us, inseparably and eternally one with us, may we express it in all our thoughts, words and deeds and thus be a blessing to the world at large!

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 124 THE GURU AND THE CHELA

The Guru is an elderly man with long years of worldly wise experience; and the Chela is a young man aspiring after Truth and loving Silence. The Guru also loves Silence but he is caught in the strong delusive net of SERVICE. What he has sown, he has to reap: entertaining visitors and looking after the wants and needs of the members of the Ashram physically, mentally and spiritually.

The point now is that our Guru partakes of somewhat rajasic food--such as cooked vegetables etc., although he does not eat to his credit fish and flesh. Meanwhile, the disciple eats only the most natural diet such as coconut, ground nuts, oranges, bananas etc. The Guru also realizes his weakness before the practical demonstration of his ideal Chela and when he mentions this to the other devotees and disciples who cook the various kinds of vegetables etc.; the disciples gives consolation and strength to the Guru saying that Advanced Souls, men of Realization, can eat anything and everything.

But the Guru is not such a fool to believe in the loving and consoling words of his Chelas and he knows that it is not Realization that makes him eat cooked food, but it is the slavery to the tongue or appetite. Alas! How difficult it is to control the TONGUE and to be a master of all appetites of the flesh! The Guru can deceive his disciples but he can never deceive the all-knowing God, the Indwelling Presence.

The slaves of the tongue also try to take shelter under the wings of the saying that **it is not what goes in man that matters, but what comes out**. But the Truth is that it is what we eat, good or bad, that determines what comes out. The cow and elephant are mild because of what they eat; and the wolf and tiger are ferocious only from what they eat. The Law is the same for one and all, for both the Guru and his disciples. It cannot be altered or changed for the convenience of any Guru or master.

In this case the Guru is the disciple and the Chela is the real Guru. May all respect be unto the disciple who is setting such an living example to the Guru himself!

OM! OM! OM!

Chapter 125 TWO FAMILIES OF HOUSE-HOLDERS

Yesterday we were happy to have the visit of two families of house-holders with all their women and children. They came here all the way from a long distance in two big cars, were received by our Manager and were shown around the Ashram and were given every kind of care.

A special meeting was arranged, spiritual messages were read out and leaflets and booklets were distributed, all ending in Prayers and meditation, for the ideal of the Ashram is never to allow anyone to go away with an empty heart. We wish to fill the hearts and minds of the devotees who visit the Ashram with Peace, Health and Love.

The Ashram has done its part and the rest lies with God. These house-holders who have come have not even offered a fruit or a single pie for the progress and upkeep of the Ashram. They did, however, bring plenty of fruits which were all eaten away by them in the Ashram itself. What the Ashram got was only the peelings of the fruits and nothing else. In addition some of the little children spoiled the mats and the Ashram workers now have to wash them.

The point now is: when house-holders who are supposed to support and take care of Spiritual Institutions behave in such a callous manner, how can the Ashrams grow or keep alive? When people are so disinterested when in the Ashram itself-- when enjoying the Peace of the place--how can we ever expect their sympathy or support when they are thus steeped in the mire of worldly life?

What man, at least the average man, needs now is not Peace or God. He is after form and name. He is mad after the accumulation work day and night. The least parting or sharing of his hoarded wealth with others makes him miserable and unhappy. Verily, he is thinking of himself, his wife and children and no one else outside his circle counts in his life. Let these experiences in life teach us to be desireless and also to be Universal in our outlook, without any finite circles around us.

Above all, knowing that all hands are God's, let us never expect any reward in any form for what we do, give or share with house-holders or any of the least of God's children. Let it be our privilege to serve His children without expecting the least reward in any form.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 126 EQUANIMITY IN DISAPPOINTMENTS

Man wants everything in the world to happen just as he wishes, but it does not happen like that so often. Thus he becomes blue, sad, disappointed and depressed with the life, as well as disgusted with the world itself. As illustrations to understand the present theme, let us consider the following disappointments on a particular day:

To begin with, a certain man promised to give money--not his donation but what he has taken from the Ashram, but he disappointed us on the day of we came to Totapalli Ashram. The money is urgently needed to pay the gardeners etc., but the man did not show up at all. What should we do under such conditions?

As the Ashram road is bad and in repairs, we were rushing to reach Totapalli Ashram before it got dark to avoid accidents. However at one point the car refused to go and it gave us trouble for more than an hour. How could we be happy over the delay which might have resulted in danger?

On the way, as the Manager of a farm promised seeds and seedlings, in spite of want of time, for the sake of the Ashram we went out of the way to visit him, hoping that it would not take more than a few minutes. But alas, the path to the farm lead us far away from the main road and after all our trouble, the Manager was not in the farm. Since we had taken all the trouble so far, we rushed to his home which was another long distance. But he was not at home either. How to be happy and equal minded under such conditions?

Again when we were racing to the Ashram there were a family of friends, devotees of the Ashram, residing on the way. If we do not stop and visit them they will be insulted and if we visit them going off the main road, it means further delay and we would never reach our destination before dark.

Question: How to satisfy one and all and how to remain the same when things do not turn out as we wish, and in our disappointments?

Answer: Be true to your Inner Voice, trusting in God fully and leaving the results to the wind.

But alas, how hard it is to do so, to have the optimistic outlook even in failures! Verily, Peace belongs only to those blessed souls who can make their failures turning points in life; their

disappointments, the seeming stumbling blocks, into their stepping stones to Divine Recklessness--Freedom or God-Realization.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 127 WORRYING OVER SPILT MILK

As it is human to err, who is there that does not spill milk sometime or the other in his life? There are moments of forgetfulness, recklessness or carelessness when the milk is spilt both consciously and unconsciously, by anyone.

Our theme now is more about how to avoid worrying over spilt milk. One should know and realize first whether it helps to worry over spilt milk. If it helps in the least, in any way, I myself will say God-speed to those who worry day and night, ceaselessly.

But alas, instead of helping, worrying harms and hurts body, mind and soul. One helpful way to avoid worrying is to make a fresh resolution never to spill any more milk, realizing the loss of spilling milk, and the fatal effects of worrying over it.

On a day of tests and trials, when one of the Ashram workers went out of the Ashram on private work and another one on personal work of visiting his relations and others, neglecting to do his Ashram duty, I heard of Pundit Nehru's visit to Vizag.

In a moment of despair and depression, I thought *"Why struggle all alone, getting tired, miserable and exhausted, in fixing up the Ashram making all arrangements for Pundit Nehru's reception?"* Thus ended a matter of great importance. I too left for Totapalli Ashram on some pressing work.

But when I returned to Waltair on the day of the visit of Pundit Nehru I saw the whole of Vizag jubilant and decorated with arches, flags etc. When I compared the lonely Ashram, without a flag or sign or rejoicing, it made me very sad. I realized that I have done harm to the institution the Ashram itself, by not making best use of the visit of Pundit Nehru.

Now what should I do? Let me innate God Himself NOW and make best use of my TIME, every moment of it in serving His children.

MAY PEACE BE UNTO ALL!
OM! OM! OM!

Chapter 128 INADVERTENCE IS DEATH

Often and often man has been in the clutches of death, passing through the hell-fire of remorse and shame, all because of the tiny moments of inadvertence or forgetfulness of God. Even if it were but for a tiny moment when man yields to weakness denying Truth, down he goes unto the very depths of weakness, darkness and ignorance. Hence, perpetual and ceaseless awareness of the Truth within and without is needed.

Satan creeps in, entering in such a subtle manner only when one is unaware--in the tiny moments of forgetfulness of the Indwelling Presence. This tiny moment of inadvertence is prolonged to hours and days and often throughout the whole life.

As an experiment, just take a ball and allow it to roll from upstairs on a flight of steps. Suppose you allow it to bounce on the top-step. Does it ever remain there? No! Down it comes down bouncing on the steps to the very floor until it can bounce no more.

Such is the life of a man of weakness, the slave of his passions, the weakling of forgetfulness or inadvertence. Often he falls and falls down into the mire of delusion, until he can fall or degrade himself no more.

At first, in the beginning of the moments of forgetfulness there is sorrow, remorse and repentance. Gradually by habit of being a slave he becomes a hardened criminal. How to wake up from this dark night of delusion and suffering? Persistent practice is needed. One should be constantly watchful of the tiny moments of inadvertence. With persistent practice, everything can be won and mastered for the consolation of the senses.

MAY PEACE BE UNTO ALL!
OM! OM! OM!