

GOD-REALIZATION NOW AND HERE

swami omkar



SRI SANTI ASHRAM
East Godavari Dt., A.P.

GOD-REALIZATION NOW AND HERE

*Through the Sevenfold Method of
practising to feel God's Presence*



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blessings on them.

-Ashram Managing committee

DEDICATED

to

All the aspiring Children of the

ONE INDIVISIBLE GOD

both in the East and the West,

who are longing to have

GOD-REALIZATION

NOW AND HERE

through Sound, Sight, Touch,

Motion, Thought, Breath & Breathlessness

amidst their very work, as

WORK IS WORSHIP

FOREWORD

This message, God-Realization Now and Here (through the sevenfold method of practising to feel God's Presence) leading one into the realms of Peace and Joy, wherein dwells the Perfected, comes again from the direct experience of this sage writer. It has a decisive and chiselled quality. The easy and natural methods are outlined like a straight and open road, clearly marked by milestones of attainment. We are led thus to the Presence of God by sound, intellectual and scientific experiments.

We are shown how to attain that realm, lit by love and wisdom through our direct observation, inductive reasoning and trustworthy testimony. Vagueness cannot be disguised in veils of verbosity and in this message we have as few words as possible to project great truths with slight redundancy to emphasize certain facts. And

thought by thought in a strain of sound reasoning does Sri Swamiji gently open the door of the Treasure House of his well-stored soul, and thus allows the sublime jewels to pour forth freely, for all who will, to take them.

The early experiences of Swamiji developing with years of steady attainment, give a note of authority, of massiveness and harmony to his themes. His mystical writings come, as from one who has climbed the Sublime Heights, and stands surveying the parths below, while already bathed in the Transcendental Light of the Lights of the Summit.

With an unfaltering voice, he can indeed bid aspiring comrades to attain that secret place of the Most High, where in the beginning dwelt The Word.

Miss St. Claire Nowald
(Sister Suhila Devi)
Peace Foundation, NewYork, America

INTRODUCTION

Dear friend, if you are pining for God, longing to reach the goal of precious human birth, NOW in this present living moment, please read this message. If not, leave it aside until some other time, when the urge for God-realization comes to you from within, or pass it on to another to whom God-realization is a matter of life and death.

Dear Loving Reader, when I speak of God, I am not speaking of the God of mythology or of a particular religion of the East or the West, but I am speaking of the God, Who is the Source of the whole universe and who is one without a second. God is the Unknown Something or the Creative Energy of the Scientists, the Oversoul of Emerson and Substance or Truth of other Philosophers, the Beloved of the Devotees, Brahman of the Hindus, the Allah of the Muslims, the Heavenly Father of the Christians and the Nirvana of the Buddhists, the Ahura Mazda of the Zoroastrians and the Soul, the Goal and the Universal Intelligence of all the

other creeds and religions all over the world. But I am now speaking of the God, Who is sparkling in your very eyes and throbbing in your heart, nay, pervading and permeating the very cells of your beings, as well as the Universe. Hence, the recognition of His Presence is Life Eternal and all else is delusion.

Dear Friend, It does not make any difference whether you are an Advocate pleading the cause of justice or a Doctor giving relief to the sick or a Scientist delving deep into the mysteries of Nature or a pastor ministering to the spiritual needs of your flock, or a Politician working for the welfare of the country. But it makes all the difference in life if you deny and ignore God's Presence within yourself and in others, for with God you are everything and without God, you are a mere nothing and a burden to mother earth, with all your wealth, health, learning, power, fame and name. God realization is not the monopoly of a few worshippers of God and other devotees of respective religions,

but its the Divine Birthright and the Sacred Heritage of each and every individual on the face of the earth. Hence, the sooner you realize it, the better it is for you, for your family and children, for your community and country and the world at large. "Verily, Forgetfulness of God is death, and Awareness of His Presence now and here is Life Eternal, May Happiness and Peace abide with you !"

May Peace be unto all !

Om ! Om ! Om !

-Swami Omkar

GOD-REALIZATION NOW AND HERE

It has been said by sages and men of enlightenment in both the East and the West that the practice of the Presence of God is the most simple, easy, direct, helpful and unfailing way to reach the goal of life Now and Here. Practice is one thing and theory is another thing. Here, we are concerned only with practice, leaving aside theory of every kind, for if we practice what we have, what we have will grow. How true are the words, that an ounce of practice is worth more than a pound of theory. Theory leads one outwardly and practice inwardly.

Theory makes a man restless and egoistic and practice restful and egoless.

Let us begin the practice of feeling God's Presence by the following Sevenfold Method.

1. GOD IN SOUND

2. GOD IN SIGHT
3. GOD IN TOUCH
4. GOD IN MOTION
5. GOD IN THOUGHT
6. GOD IN BREATH
7. GOD IN BREATHLESSNESS
1. GOD IN SOUND

Since the world is an emanation of God, whatever you hear is an off-shoot of God. All sound issues forth from Him, whether it is the sound from the roaring waves of the ocean or the song of birds or the words of your friends and dear ones, nay even the silent and steady tick of the clock without or the silent vibration of the rhythmic heart-beat within.

Hence, let us practise listening to His sound, in all His manifestations in and around and in every expression.

When your dear friends or your dear ones at

home are talking with you, try to practice the feeling of the presence of God in their loving words, for all is of God. Here is a test, worth trying for you, to practise the feeling of God's Presence, especially when someone misjudges and begins to criticize and condemn you. Even then, strive only to feel God's presence in your assailant, refusing to recognize anything but God's sound in both friend and foe. As I am writing this message, a kitten comes purring and rubbing its furry body on my feet. What a happy experience it is, to feel and recognise His Presence even in the Kitten's touch and its contented purr !

Let your ears and attention get attuned to the vibrations of God's most melodious music and enchanting sounds, in both His audible and inaudible Silent Voice heard at all times.

Practise, practise, practise both day and night unceasingly, beginning with the early hours of

dawn, until you sleep in sweet oblivion in the night.

2. GOD IN SIGHT

What is it, which is sparkling in your eyes ?
What is it, which is glowing in the eyes of others?
What is it, which is sparkling in the tiny eyes of an insect, of a tender bird or of a wild beast ? Is not all this the vision, the expression of the One Truth and the same Divinity ? As the same God manifests both within and without, what you experience within, either in meditation or even in dreaming or sleeping states, is all an expression of God. As you open your eyes and look around, what is it that shines in the dew drops, which blooms in the flowers, grows in the plants, sings in the birds, roars in the beasts, nay that which rolls in the rising waves in the ocean and that which frolics in animals and all that assumes the form of play in children even as it speaks through the tongue of man? Is it not the loving expression and living token of the One Omnipresent Truth ? How true are the words

which proclaim:- He prayeth well who loveth best
- bird, beast, and man ! So let us practise the
beholding of God in the Sight and through the Sight
recognizing Him everywhere in one and all,
wherever our eyes wander or rest.

3. GOD IN TOUCH

When the cool breeze is blowing on you, what is it, except God's life-giving breeze ? Practise always to feel God's Presence in the breeze that blows on you, touching your body. When the sun glides from the horizon, as its warm rays bathe and penetrate your very being, it is the right time for you to feel God's Presence in those very vital rays. Look at the tall and majestic trees and see how they are bending their heads at the touch of the gushing breeze ! Is it not God's Presence in all these which you hear, see, touch and feel ? Behold Him on every side, recognize Him in every form, face Him in the ocean, touch Him in the earth and

feel Him in the fire, nay, gaze at Him and also beyond space in the sky and feel His presence in the very space.

4. GOD IN MOTION

As you move around and round what is it that moves in you, except God's Divine Power? As you take a walk, it is His stirring energy which is at once the source and also the strength, nay, it is He Himself who walks, works and winds each and every activity in you. As you bathe, when you eat, while you play and during the time of your prayer, in each and every moment of your being, persists His Presence. What is the origin of all this motion, either in you or in me or in others, except God's manifestation ? Verily, that which is reading now in you, is nothing but His Divine Intelligence, the one expression of God.

If you feel His presence only within, in you alone and not outside as well as in others, you become egoistic and selfish. Sometimes by forgetfulness, even if you fail to feel God's Presence within yourself, never fail to recognize Him in

others. In each and every moment whether in you or in others, practise only recognizing God's Omnipresence. As you see the least motion anywhere in the plant, bird, beast or man, persist in recognizing God alone in all. How true and inspiring are the words that "God sleeps in stone, grows in moss, moves in animals and speaks in man!"

5. GOD IN THOUGHT

Here is good news, the happiest news for all those who are struggling hard to control their restless minds. They need not struggle to control their wandering minds any more. Since thought is an emanation of God, let them simply follow their thought-trend themselves remaining mere witnesses of their very thoughts. If the thought is leading them towards Rishi Konda Beach, let them simply follow it. If it is leading them towards America, let them follow it. If the thought is leading towards the sun, let them follow it. If it is leading towards the end of the earth, let them follow it, cheerfully knowing that all the universe is filled

with God. Think of your dear ones, near ones. Think of those who are far away or even of those who misuse your love and hospitality or even of those who are trying to wound and hurt you. Cover them all with the Presence of God who is One and Indivisible. Misery and agony lie only in your seeing or feeling anything other than God in anyone.

Peace and happiness are the inevitable results of recognizing God within and without, for nothing else, exists besides Him. The Triune Deity - the Creator, the Preserver, and the Destroyer - are all within you. Whatever you are creating now or going to create in future is the outcome of your own thought.

“Creation begins with thought and ceases with the cessation of thought”.

6. GOD IN BREATH

How life-giving and soul-awakening are the words that “God is nearer than our hands and feet and even closer than our very breath!” Hence, let

us practise to feel God's Presence in our very breath, nay in each and every breath as we inhale and exhale.

Dear Friend, kindly lay aside this message for a while and close your eyes now and concentrate on your breath within. Perceive how it is flowing within and without ! Have perfect relaxation, giving up all strain. Now, begin to inhale and exhale peace with each and every breath. Let not a single breath pass of slip by without your continuous feeling and constant awareness of God's Presence in it. "Peace is your birthright and your happiness and strength lie only in your recognition and awareness of Peace in each and every breath." In inhalation there is "I", not the individual "I am", but the great Universal "I am", the Holy Breath. Hence practise with each and every breath, the "I am", affirmation.

Here is the most effective and potential Mantram, namely, the Holy Word "Soham", wherein the sacred syllable AUM also is included. In your inhalation there is "so" in your exhalation there is "ham". All this is yourself and nothing else exists

besides YOU-the One Living Reality. There is but One Truth, One Divinity and One Godhead. Thou Art That. Tat Twam Asi. Feel, feel, feel with every breath. Verily the Nameless Wonder, the Living Divinity, which is all Life, Light and Love is here in this very breath. What else is there to be said in these finite words of that Glory-the Splendour of Millions of Suns, which is beyond all words, thoughts and volitions !

Dear fellow Pilgrim on the Path of Truth, as you contemplate on this sublime theme, Just try to imagine and feel that you are the breath within yourself and your own breath is only a bubble in the Infinite Ocean of Wavelessness or Breathlessness--- the Eternal transcendental Ecstasy. "Just follow your own breath, forgetting all else, leaving aside all other thoughts. Slowly, steadily, silently and unfailingly the breath" - the bubble merges in the Breathlessness the Ocean of Wavelessness--- the infinite, mind merges in the Infinite Mind and the soul into the Oversoul. Peace that passeth all understanding is now here in your

very breath.

Stupendous Glory !

Unutterable Bliss !

Supreme Silence !

7. GOD IN BREATHLESSNESS

Dear Loving Reader, if you have followed practising God's Presence in sound, sight, touch, motion, thought and breath so far, you do not require anything else. You have no need to read any books. You are now filled with, soaked in and saturated, nay surrounded by and immersed in the Self-Effulgent Divinity--- the interpenetrating Presence. Only follow the breath, concentratedly, with all the strength of your mind, heart and soul, without allowing even a single breath to slip by, which would deny and forget the Living Presence.

You are seated and centered now in God's Omnipresence. Omnipotence and Omniscience, even as you are engaged in reading this message. The Kingdom of God is within and all around you. What an exalted state of joy and divine assurance

it gives, just to feel that the God for whom we have been seeking and searching, in hills and dales, in temples and chruches, in Ashramas and Hermitages and in Teachers and Masters, at last is now here within ourselves, sparking in our very eyes, throbbing in our very hearts, flowing in our very breath as the Breath of our breath, in the waveless stillness of our beings!

Glory ! Glory ! Glory !

Dear Friend, all the sacred scriptures and celestial songs of the world fail to portray God's transcendental wonder and beauty. It is for you to realise and feel consciously, the Interpenetrating Presence in silence and to express the same in activity, in all your thoughts, words and deeds. This is the moment for you to take a firm hold of the *Brahmic* Cup of Peace and to taste the Nectar of Immortality and thus be a blessing to yourself, your dear and near ones and nay to the whole of humanity.

In conclusion, pray, join me in a deep meditation, practising to feel God's presence in Sound, Sight, Touch, Motion, Thought and Breath which naturally leads us into BREATHLESSNESS -- the Waveless stillness, the Goal of precious BRAHMIC BLISS, facing the Effulgent Light within, without, above, below and all around now and always. This is the prayer of your brother and well- wisher.

May Peace be unto all !

Om ! Om ! Om !

- Swami Omkar

MENTAL WORSHIP

O God, my body is Thy holy shirine,
Thou art my Self-the secret source of life,
My changeful mind is Prakriti - Thy wife,
And my five vital airs are servants Thine,
My homage to Thee are all pleasures mine,
My sleep is meditation rapt, serene
My movements all are hearty Pradakshin;
And all my utterances praise Thine,
By thus whatever I do, Thou deigh O Lord,
To be by me - Thy suppliant-adored
But Thine I am, in truth though One are We,
And Thou, not mine - a wave I, Thou the Sea,
Oh ! Lead me, Eternal Light, O boundless Love
To Thine own Bliss, from Maya dark remove.
- Sri Sankara

May Peace be unto all !

Om ! Om ! Om !

AIMS AND OBJECTIVES OF SRI SANTI ASHRAM

To establish universal peace through individual peace;

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

To Serve humanity as service to God

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

May Peace be unto all.

SRI SANTI ASHRAM PUBLICATIONS IN ENGLISH

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