

# IN THE HOURS OF SILENCE

The Mission Of Peace - Sri Santi Ashram

## IN THE HOURS OF SILENCE



**Sri Swami Omkar**

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*(Thoughts recorded during the stay in  
SRI KAILAS ASHRAM)*



SRI SWAMI OM KAR

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### **By the Same Author :**

written during Swamiji's FAST of Thirty & Forty days

COSMIC FLASHES COSMIC FAST

CONTROL OF MIND

GOD REALISATION, NOW AND HERE

OM JAPA

SOHAM etc., etc.

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**in memory of their daughter**  
Chavali Sarita

**who passed away on 18-09-1998. May her soul rest in Peace.**

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**ASHTAVAKRA SAYS**

My Child! You may often speak upon various scriptures or hear them.  
But you cannot be established in the Self unless you forget all.

\* \* \*

All are unhappy because they exert themselves, but none knows this. The  
blessed one attains emancipation through this very instruction.

\* \* \*

Happiness belongs to that master idler to whom, even the closing the  
opening of eyelids is an affliction, to none else.

\* \* \*

Having known yourself to be THAT in which the universe appears like  
waves on the sea, why do you run about like a miserable being?

\* \* \*

Completely give up even contemplation and hold nothing in your mind.  
You are verily the SELF and therefore free. What will you gain by thinking?



**AUM**

*Pranavo Dhanuh Saro-hyatma  
Brahma Thallakshye Muchyathae,  
Apramathaena Vedhavyam  
Sarvath Thanmayo Bhaveth*

The Pranava (OM) is the bow, the Atman  
Is the arrow and the Brahman is said to be  
its mark. It should to be hit by one  
who is self-collected and that  
which hits becomes like  
the arrow one with the mark i.e.  
**BRAHMAN**

--- **Mundaka Upnishad.**

## AUM

### INTRODUCTION

Heaven opened her eternal doors, from whence the SPIRIT descended on INTHE HOURS OF SILENCE, like a love. This glorious book is a gift from God, a table of celestial food divine, a tree laden with fairest fruit, a song of regained paradise to all mankind. Which SRI SWAMIJI OMKAR was spending his time in the wilderness, fasting and praying, INTHE HOURS OF SILENCE was conceived of in moments of great inspiration, in the solitudes of glorious MOUNT KAILAS. This lovely sacred book breathes the deep melody and all pervading music of the INFINITE, written during his six years of deep silence and meditations and while drinking the nectar of SILENCE and PEACE ion the stillness of MOUNT KAILAS, i.e. 1950 to 1956.

Sri Swamiji sows the seeds of devotion, joy and peace among all who, he meets in the great journey of life. No particular one is the chosen for him. All are his children. So much good and so much beneficence flows out from him, like perfume that emanates from the fragrant flower. In this age of modern living, the city dweller is almost devoid of solitude and silent moments. The hum-drum routine work in the offices, the roaring noises of the mills and factories, the deafening noises of lorries and cars -- are all major on the mother nature's silent music. Even villager is not aware of the profound silent around him. We have all become immune to the finest things in life.

Dear Blessed Reader, may this most helpful and inspiring book bring SOLACED, PEACE AND JOY unto all. For verily, it is in LOVING, not in being loved, the Heart is Blessed.

It is GIVING not in seeking gifts, we find our QUEST. The FOREWORD written by our SISTER LALITA DEVI, the president of PEACE CENTER Kotagiri – the Nilgiris is complete in itself, inspiring the Readers with added, joy, strength and peace.

It is my happy privilege to write these few words in the form of INTRODUCTION, to the inspiring Book: IN THE HOURS OF SILENCE. I am deeply thankful to Sri Swamiji for giving me this rare opportunity.

## IN THE HOURS OF SILENCE

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May all be Divinely Blessed! May peace that passed all understanding be unto all!

May peace be unto all!

**OM!OM!OM!**

Rajahmundry

**A. Vivecananda Devi**



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## FOREWORD

In the World, deafened by the clamour of many words and bewildered by many speeches proclaiming differing ideologies, Swami Omkar teaches not with spoken words, but by example the beauty and the power of silence.

Silence conserves the vital energy of life. It imposes discipline on the tongue, and a corresponding discipline in time, is imposed on the mind, thus freeing it from the conflicting thoughts of doubt and anxiety which too often disturb the harmony of life.

How much precious time is wasted in idle, useless talk, because the conventional idea is that people must speak when they meet, irrespective of the fact whether they have anything worth-while to speak about or not. In '*IN THE HOURS OF SILENCE*' you will find sublime and helpful thoughts, fragrant with the peace of the stars and the flowers, and the communion with nature, which brings the realisation of the oneness of all living things. Thus in the words of Swami Omkar, 'one feels in certain ecstatic moments, that he does not need even to meditate on the Light for he is the Light himself.'

In the Silence, the personal self is stilled and the Voice of the Spirit, the 'still small voice' is heard.

By speech, man may be drawn in to disturbing controversy, but by silence, vain argument is stilled.

Thus even for those who still struggle in the worldly life, a silent sage is a great example. For, though it is not possible for all to be silent yet this lesson at least may be taken to heart, to cease from all idle talk and gossip, and unhelpful thought, and to conserve your strength for use in worthy speech and helpful action. To each according to his capacity is the possibility of service in the world's need.

Difference of speech prevents men from understanding each other, and causes division, but in a Silence in which the heart embraces all the world in love there is unifying force and a healing power for the ills of the world.



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There is one wave length to which all hearts may tune, whether it be the hearts of men or animals, or birds or flowers, and that is the wave length of Love, sent out by souls which have attained Cosmic Consciousness, such souls are power Centres of Light, distributing the preserving power of Love.

To be in the presence of one who can wield the power of silence is to receive the blessing of the radiations of the Spirit proclaiming Universal Love and the Oneness of Life. This is the benediction of Swami Omkar to the world in his Hours of Silence.

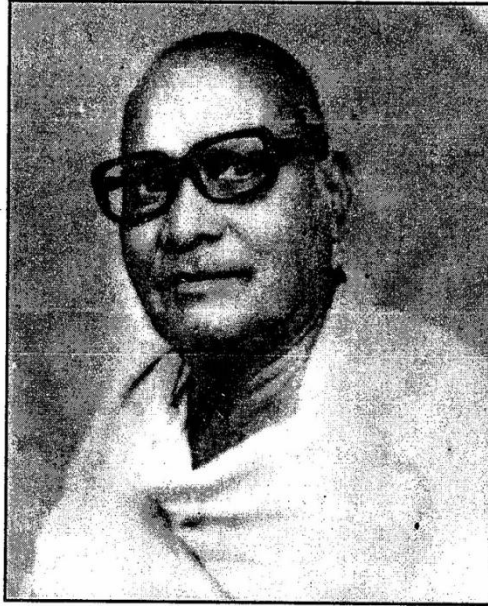
**-Sister Lalita**

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**YOUR PEACE IS MY PEACE**



**Sri Swami Omkar**

May I have the privilege of serving you, to help yourself to establish PEACE in your heart and radiate It in your home, converting it into a HEAVEN of PEACE !

May you express PEACE in thought, word and deed, thus help to vibrate IT, from heart to heart, in the community, nation and the world at large, until PEACE pervades and permeates the whole universe, through your IDEAL LIFE OF PEACE!

This is the prayer of your brother OMKAR.

**OM! OM! OM!**

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**PRAYER**  
**(FOR WORLD PEACE)**

**ADORABLE PRESENCE!**

Thou who art within and without, above and below and all round,  
Thou Who art interpenetrating the very cells of our beings,  
Thou who art the Eye of our eyes, Ear of our ears,  
Thou who art the Heart of our hearts, Mind of our minds,  
Breath of our breaths, Life of our lives and Soul of our souls,  
Bless us Dear God, to be aware of Thy Presence, NOW and HERE.  
This is all that we ask of THEE!

May all be aware of Thy Presence in the East and the West,  
in the North and South !  
May PEACE and GOODWILL abide among individuals as well as  
communities and nations !  
This is our earnest prayer!

May Peace be unto all!

**OM! OM! OM!**

- Swami Omkar

Please help us by repeating this prayer often.

## COMMENTARY

### Dear Reader !

While SRI SWAMI OMKARJI was spending his time in the wilderness, fasting and praying, this PRAYER was conceived in a moment of great inspiration, in the solitudes of Himalayas.

This prayer is a golden link, uniting the individual with the Universal and is precious and sacred to the Indwelling Presence of the heart, as it invokes blessings for all the people in East, West, North and South.

As you fervently repeat this Prayer, you begin to feel the Presence of God, in the Eye, Ear, Heart, Mind, Breath, Life and Soul. Verily, HE IS INTERPENETRATING THE VERY CELLS OF YOUR BEING.

As you come to the words: BLESS ME DEAR GOD – pause for a moment and perceive HIS OMNIPRESENCE both within and without. Pause at the words PEACE and GOODWILL and affirm Peace within and Goodwill among nations.

At the end, close your eyes, forget the outer world and merge within and thus taste the Peace that passeth all understanding in the stillness of your own purified heart.

- **Swami Omkar**

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



(1)

## ATMA BHAVA OR THE CONSCIOUSNESS OF BRAHMAN

**In** the Hours of Silence, there is only the Atma Bhava or the consciousness of Brahman. As SILENCE IS GOD, it helps one to rise above body, mind and world. The Consciousness that one is the finite body or the ever changing mind is absent in the moments of Silence.

**The** Silence of the Soul is so deep, intense and all embracing that it overwhelms or covers everything. Atma Bhava, the Soul Consciousness is a wonderful word. He who meditates on it, in Silence, gets Brahma Sthithi, God – consciousness now and here.

**Dear** Reader, as Atmabhava is One without a second and complete, it includes you, wherever you may be. Hence, join me in the Silence to be consciously aware of your Divinity, the Indwelling Light, your Divine Heritage.

OM! OM! OM!

(2)

## THOUGHTS ARE ABSENT IN THE MAN OF REALISATION

**In** the Hours of Silence, one is free from the finite thoughts of: I, you and he etc. The thought 'I' have done this in the past, or doing this now, or going to do that in the future, all such thoughts, which are bound and limited by time, are absent in the Man of Realisation for he was risen above past, present and future.

**He** is no longer in the grip of time, space or causation. He revels in a world of his own, where time is nothing and Perpetual. Light alone exists within, without, about, below and all around.

OM! OM! OM!

(3)

### LIGHT THAT NEVER GOES OUT

**I**t is in the Hours of Silence, one is aware of the Light that never goes out, the Light that never sleeps or stops shining even when one is asleep. How blessed it is to recognise that Perpetual Light, the Light which is self shining and which does not need the help of any other object for its recognition !

**T**hat LIGHT is the Soham Light which is same and ever-present from eternity. May all Homage be unto SOHAM-the Breath of the breath the Life of the life and the Soul of the soul!

OM! OM! OM!

(4)

### HE IS THE LIGHT HIMSELF

**In** the Hours of Silence, strange as it may sound, one feels in certain ecstatic moments, that he does not need even to meditate on the Light, for he is the Light himself. If he meditates on any other light or form, there is the possibility of forgetting it, for wherever there is remembrance, there is forgetfulness.

**The** Light Divine is above remembrance and forgetfulness. All that one has to do is to allow the mortal to die. How nicely this thought is expressed in the following words: THE OMNIPOTENCE IS WORKING, LET THE MORTAL RETIRE !

OM! OM! OM!

(5)

**THE WORLD IS MERE FROTH**

**The** world is mere froth, the tiniest particle of bubble in the Ocean of SAT CHIT ANANDA, the Existence Absolute, Knowledge Absolute and a Bliss Absolute. It is only when one realizes one's Blissful Nature, all attraction for the froth ceases and one becomes free of all activity both within and without, where one is blessed with the awareness of Brahman in the moments of Silence.

OM! OM! OM!

(6)

## THE EGO IS THE CAUSE AND SOURCE OF THE WORLD

**In** the Hours of Silence, the ego disappears and with the disappearance of the ego, the world with all its big dimensions also disappears. Again with the rising of the ego, the world slowly assumes its manifold forms and names with all its bustle, hustle and restlessness.

**Thus,** the ego is the cause and source of the world. The ego disappears only at the dawn of wisdom – the Light O Sun of suns. What a havoc the little ego makes of the Divine Life of Infinite Bliss! May Silence burn away root and branch, the very consciousness of the ego!

OM! OM! OM!

(7)

## PASSING CLOUDS OF DEPRESSION

**Strange** that there should be passing clouds of depression even in the Hours of Silence! Does not the brilliant Sun have its passing clouds, in spite of its self-effulgence? The cause of the depression is only the momentary inadvertence, the forgetfulness of the Light within. So the remedy lies only in the awareness of the ineffable LIGHT eternally.

**Body**-consciousness is to be replaced by God-consciousness. One should be ceaselessly shining with *Brahma* Consciousness. It is the Cosmic Glory that dispels all clouds, may all Homage be unto the cosmic Light which is Infinite and Eternal !

OM! OM! OM!

(8)

## MARRIAGE OF THE CHILDREN – BLIND LEADING THE BLIND

A passing thought comes whenever I get all the marriage invitations, in these days. Even the learned people are not concerned with the Soul culture of their precious children. They are more worried and concerned with the education and marriage of their children, rather than the assimilation of God – consciousness, the goal of the precious human birth. The main reason of the indifference over the Soul – culture is that some of the parents themselves, are disinterested, because they have forgotten the goal of the rare human birth, how can the blind lead the blind? Even for the sake of our innocent children, we must open our eyes and show them the way.

The *Maya* is so deep and thick, that it makes the Real unreal and the unreal Real, even to the learned and wise. As Scriptures teach - only he who encourages and guides his children to attain Self-realisation is the real father. May God help all His children!

OM! OM! OM!



(9)

## NISSABDO BRAHMA – SILENCE IS GOD

**Brahman** and Shakti are the two beautiful and inspiring words that have helped me in my onward march of Spiritual Life, both in the hours of deep Silence and in the hours of intense activity. When I am silent, it is Brahman - Nissabdo Brahma –Silence is God. When I am active, it is - Sabda-Brahma. As I am writing now, it is Shakti. As I think also, it is the Shakti alone. When I do not move, think or even breathe, then it is the Complete or Avyakta Brahman.

**Hence**, one should worship both the manifested – the Shakti and the unmanifested – the Brahman, the seen and the Unseen and visible and Invisible.

May all Homage be unto the Brahman and Shakti.

OM! OM! OM!

(10)

### WHY DO I WRITE, INSTEAD OF BEING SILENT?

**In** the Hours of Silence, why do I write, instead of being silent? Why do I write, these finite thoughts? I write, because they come in the Hours of Silence. I write, because they give me joy and inspiration as I write and express them. Often and often, I write my messages, only with the thought, that they may give the same joy and strength to some aspiring soul, somewhere, sometime or other, the same joy and inspiration that these beautiful thoughts give to me.

**THOUGHTS** ARE THINGS. May these thoughts of peace or Light from silence go to all the seekers of peace in the East and the West and be their strength and happiness. This is my prayer!

OM! OM! OM!

(11)

## OCEAN AND THE SUN ARE THE LIVING GURUS

**Here** is another silent thought, from the Hours of Silence. As a wave is never separate from the ocean, as the ray is never separate from the Light of lights, the only Reality, which is the Basis and the Source of all the manifested and unmanifested worlds. All that one needs, is only ceaseless AWARENESS of this indivisible Unity. My joy, strength and life lie only in this inseparable and eternal Oneness!

**May** all Homage be unto the Ocean and the Sun, the living Gurus of all seekers of the Highest Truth!

OM! OM! OM!

(12)

**I AM WEARY OF ALL GURUS AND CHELAS**

**I**N the Hours of Silence the thought comes thus : I am weary of all Gurus, Disciples, of all words and thoughts, so let me forget all forms and names, both outside and inside and thus rest in my own Pristine Glory, the Splendour of Sun of suns, the Light of lights, the one Indivisible Reality, the Divinity or God !

Weariness or disgust is possible only in duality. When one is shining with the full glory of the Sun of suns, where is weariness? In the splendour of millions of suns no cloud of weariness or sadness dares to appear.

OM! OM! OM!

(13)

**NO ONE CAN UNDERSTAND YOU**

**How** precious and blessed are the Hours of Silence, that bring the Highest Truths face to face! No one can understand YOU. There is only one, the only one, who can understand YOU thoroughly, through and through. Who is that one? That one is YOURSELF – the Intelligence within.

**Thou** art the *Pragna, Pragnanam Brahma*. Intelligence Light understands Light. The sooner you realise this truth, the better it is for you. O blessed one! Know Thyself. Be Silent recognising Thyself, within and without!

OM! OM! OM!

(14)

## CONVERSATION WITH THE LIGHT

**In** the Hours of Silence, in the night, the light on my table holds the following conversation with me.

**THE LIGHT :** Is your Light as brilliant as mine?

**MYSELF :** How can you compare your finite light with my Infinite Light? When the day comes you are put out, whereas, my Light is ever-shining.

**THE LIGHT :** Is not your Light also put out, with the cessation of life in the body, what you call death ?

**MYSELF :** No, my Light, the Light within me Eternal. Death cannot touch it. Even if the world dissolves, my Light never ceases to exist, for it is the Light of the Sun of suns. It is because of that indivisible Light, the Sun, Moon, Stars and everything shine.

OM! OM! OM!

(15)

## MY PUJA – THE WORSHIP OF THE ALMIGHTY

**In** the Hours of Silence, every little thing I do, I deem it my *PUJA* – the worship of the Almighty. If I am seeing, it is my Puja for I see Him only. If I am listening it is my puja, for I hear Him in every sound. If I am moving, as I walk in Him, it is my Puja. As I am writing now, I feel I am doing my puja, for this is my offering to Him.

**Every** thought of mine is an offering to Him, the All-knowing God. My very breath is an offering and endless puja to Him, the Indweller of my heart. Above all, my SILENCE is the highest form of worship of God, who is ALL SILENCE.

OM! OM! OM!

(16)

## SOHAM HAS TWO ASPECTS

**In** the Hours of Silence, when one meditates on the Universal Energy of Central Power, merged in *SOHAM*, one feels that the very Soham has two aspects – the finite and the Infinite, the visible and the invisible, the manifested and the unmanifested. All Sadhakas – the worshippers of Nirguna the formless aspect, can easily feel the visible Soham, but it is given only to one in a million, to feel and recognise the invisible, the Unmanifested.

**But** the great consolation is, that as one meditates on the visible, the finite Soham breath concentratedly, in an unceasing flow of one pointedness, like a ceaseless current, the finite Soham leads one to its Source, the Infinite Energy the very basis of all manifestations. The finite bubble merges in the Ocean, to find itself as *One Akhanda Sat Chit Anandam*.

OM! OM! OM!



(17)

**I HAVE OFFERED TO HIM PRANA, THE BREATH**

**I**t was in one of the blessed Hours of Silence long, long ago, that I wanted to offer to God. Something precious and most sacred and which is nearest and dearest to me. What else is more Precious and sacred than the *PRANA* the Breath, hence I have offered it to Him, my very breath. Since then, my Breath as one ceaseless Soham, flows only towards Him, whether I am awake or asleep. It does not make any difference whether I am alone or in a crowd. The breath, the Soham keeps on recognising HIM both day and night, the Indwelling Presence of my heart, the Sun of suns.

OM! OM! OM!

(18)

## ROOT OUT THE LATENT DESIRE

**Do** you wish to be perpetually happy? Then, give up seeking and expectation whatever it may be, has its root in subtle DESIRE. Hence, root out the latent desire from its very source. Destroy it from its very roots. Burn it completely in the fire of God –consciousness, the Splendour of Millions of Suns, your true Heritage. As Sun of suns you have nothing to beg, seek or expect from anyone. On the contrary you can afford to give and give, to share and pour out Life, Light and Love, ceaselessly on one and all. Verily, it is the Giver who is ever happy, not the recipient.

OM! OM! OM!

(19)

**WHAT DO YOU GAIN BY THINKING ALWAYS?**

**Why** are you engaged in thinking always? What do you gain by thinking? Even the wise man is not free of some thought or other. Does thinking add anything to your ever complete SELF the ATMAN? You do not gain anything by thinking, neither do you lose anything by not-thinking!

**That** which you have within, the REALITY is above thinking and non-thinking. Hence, rise above the plane of thinking and be established in that Peace Profound, which passeth all understanding. Verily, you are ever established in THAT, for you are THAT.

OM! OM! OM!

(20)

### SAME IN SILENCE OR IN CROWDS

**T**here are many people who feel miserable and even get mad, if they are left alone in SILENCE. There are some people again who feel miserable and get nervous if they are left in crowds, where there is bustle hustle and too much talking.

**T**here are also a few rare people, for whom is the same whether they are left in Silence or in crowds, for they derive their happiness, not from without, from the solitude or noise but from within, where abides the perennial springs of Joy Infinite, Eternal and Inexpressible.

May all homage be unto such!

OM! OM! OM!

(21)

**THE BEES AFTER MY THOUSAND – PETALLED LOTUS**

**I**t was the early hour of dawn in Kailas. I was going for a walk towards the peaks. Many bees followed me. They were buzzing and hovering around my head.

**I** tried to drive them away with my towel, but they would not leave me, and kept on hovering over my head, singing their harmonious. When the bees continued buzzing over my head, following me, in spite of remonstrance, I felt suddenly as if the bees were saying to me. “There is the Thousand – petalled Lotus blooming over your head. Can we not sip its sweet honey, of the blessed Peace? Why do you chase us?” Listening to them felt ashamed of myself – the Immortal Nectar of Peace.

OM! OM! OM!

(22)

**ETERNALLY PURE, FREE, HAPPY AND  
SELF EFFULGENT**

**T**here is something in all, which is eternally PURE, in spite of the blemishes or impurities outside. There is something in all, which is eternally FREE, in spite of the fetters and bonds of the world outside. There is something in all, in even one, which is eternally HAPPY, in spite of the tests and trails of the finite life in the World.

**T**here is something in all, which is SELF-EFFULGENT, in spite of the passing clouds of thickest darkness or delusion. Let us meditate now on that Pure, Free, Happy and Self-effulgent Light of lights for the Individual Peace as well as for the Peace Universal.

OM! OM! OM!

(23)

**I CANNOT AFFORD TO FORGET GOD EVEN FOR  
THE MILLIONTH FRACTION OF A SECOND**

**H**ow life-giving and soul-awakening are the following words:-

I cannot afford to forget God, the splendour of Millions of Suns even for the millionth fraction of a second!

In spite of the thrill, ecstasy and inspiration, the repetition of the above words given, a question occurs on the deep moments of introspection thus:

**W**ho are you to forget that Divine Splendour? In the first place where are you? Do you really exist in the Splendour, One without a second?

**A**s there is nothing besides God, the least that you could do is, to give up all thoughts and be free from all imaginations, RECOGNISE HIM and be SILENT.

OM! OM! OM!

(24)

## FREEDOM IS IN DETACHMENT

**A**SHTWAKRA teaches that Freedom is in detachment.

**I**f you detach yourself from the body and rest in Knowledge Absolute, you will at once be happy, peaceful and free from bondage.

**H**ow to detach yourself from the body which is visible to the naked eye? It is not so easy to forget the body, to detach yourself from all forms and names and to be established in Supreme Intelligence. It is impossible for a tender coconut to detach itself from its shell, but it is easy and natural for a ripe coconut to detach itself. For Liberated in life Jivan Muktas, all things are possible. Whether you achieve this detachment today or tomorrow, you must do it, for your happiness or freedom lie only in that. Then alone can, you rest in the Absolute Intelligence undisturbed.

OM! OM! OM!



(25)

### CRAVING TO GET OUT OF THIS BODY

**I**n these days of SILENCE, I often get a craving to go out of this body. I am not satisfied to live always in this body, tied and confined to the cage of blood, flesh and bones. If I am the Universal Intelligence, the Existence, Knowledge and Bliss Absolute, who should I be bound to a form and name?

**M**y Soul longs to fly with the birds, twinkle with the stars, throb in the heart of every creature on earth and shine with all celestial beings. My Soul longs to be all in all, not excluding even the tiniest atom but including all. Verily, my joy is in COMPLETENESS.

May peace be unto all!

OM! OM! OM!

(26)

## I WANT NOTHING FROM MAN

**B**y His Grace and probably as a result of the good actions in the past births ('Purvajanma sukrutham'), I am almost reaching those Blessed Heights of Completeness from which I can cheerfully exclaim: I want nothing from man, be he the greatest, richest and mightiest. When one feels that he is Complete, what does he want from anyone else? In Completeness, one has nothing to teach or give to anyone, for, there is nothing beside Oneself. How blessed it is to remain always on the Heights of Completeness, where there is neither receiving nor giving, where it is ever *Full, Eternally Complete!*

May all Glory be unto that Completeness!

OM! OM! OM!

(27)

**THOUGHTS LOWER THAN THE THINKER  
OF THE THOUGHTS?**

**I**n these Hours of Silence also, whenever any thought occurs I feel anxious to preserve it, by writing it out, then and there, lest I should forget it later. That is how these chapters have come into being. Are not all thoughts, good or bad, strong or weak, high or low, lower than the THINKER of the thoughts? Is not the Highest Truth above thoughts of every kind? Then, why give prominence to these passing clouds, instead of recognising always the Sun of suns, the only Reality, the Existence, knowledge and Bliss Absolute?

**Blessed** is the one who can remain in that Blessed Transcendental State which is free of all thoughts!

OM! OM! OM!

(28)

## BLESSED COSMIC STATE IS FREE OF ALL EFFORT

**A**s a little boy, I happened to memorize a Poem that contains the essence of Vedanta, the quintessence of knowledge. Strange and interesting, how in these Days of Silence, it comes back to my memory, giving joy, strength and inspiration, even face to face. Here is the Verse in Telegu:

గీ. చెలువుగం బువులు జీరుటకంటెన్  
బొలుప్పుగం గన్గవ మూయుట కంటెన్,  
నలువగు నీ యమనస్కవదంబే  
సులభము సౌఖ్యము సూక్ష్మము వత్సా!

**T**he meaning of it is: This State of Transcendental Bliss, the Waveless State of Union is easier, more direct, and blissful than separating the petals of a flower, or closing the eyelids. How wonderful! It is so, because even in separating the petals of a flower or in closing one's eyelids, effort is needed, whereas the realisation of this Blessed Cosmic State is free of all effort. In it one is Omnipresent, omnipotent and Omniscient.

OM! OM! OM!

(29)

**BE PREPARED AND BE READY IF DEATH  
COMES SUDDENLY**

**A**s I hear of sudden deaths of so many people in the East and the West, even of the greatest Swamijis and Yogis and rich people and those of prominence, the thought comes to me that I too should be prepared and be ready if death should come suddenly. When one has risen above the plane of duality, such thoughts as “I have done this and I have to do that” are absent and one lives in the present moment. One can then easily welcome death, whether it comes naturally or abruptly.

**D**eath or change comes to one and all, both to the wise and the ignorant, but blessed is the one, who recognizes the Changeless in the change, who identifies oneself with the Immortal. Such a one can laugh at death. Death has no sting for such a one.

OM! OM! OM!

(30)

### BE FREE LIKE A DRY LEAF

Sometime one feels that more thoughts arise in one's brain than the waves on the wide ocean. One of my recent passing thought was; that if the death should come even suddenly and unexpectedly, I should be well to tell the people at the Ashram of my impending departure, instead of leaving them suddenly without notice. After further deliberation, my thoughts ran thus:

Whatever is destined to happen, will happen at its appointed time. Why give any thought to these little changes? When the fruit is ripe it falls sown. It does not let other fruit know about its time of fall. A dry leaf falling from a tree, does not cry out: I am going", to all the other leaves even to the tree from which it falls. Thus, be free or like a ripe fruit or a dry leaf. Be centered in the Infinite and Eternal and forget all else.

OM! OM! OM!

(31)

**WHERE IS THIS LITTLE 'I' THE EGO  
IN THE FIRST PLACE?**

**W**e are taught by many Schools of Philosophy and Religion, that the ego, the little 'I' is the root cause of all selfishness, ignorance, suffering and misery both amongst individuals as well as communities and nations. *Where is this little 'I' the ego in the first place?*

**T**he same Schools of Religion and Philosophy teach us, that there is One Changeless Reality, the Splendour of Millions of Suns and nothing else exists besides IT. In the Self-effulgent splendour of Millions of Suns, where is the 'I' or the ego? Everything disappears including the ego, with the dawn of knowledge, the Effulgence of the Sun of suns. May all Glory be unto the Light of lights which is One without a second, where in exists nothing but Stupendous Light within, without, above, below and all around!

OM! OM! OM!

(32)

## BASKING IN THE WARM RAYS OF THE SUN

**I**t is not easy to feel the Splendour of Millions of Suns. Many ways and methods to feel it have been devised by men of Illumination in all religions and cults. One of the easy, simple and direct ways to feel the Light of the Suns is, to begin to feel the warmth of physical sun. Try everyday to practice basking in the warm rays of the Sun in the morning and evening feeling all the while the presence of the Sun of suns.

**A**s you feel the Sun's rays penetrating into the very cells of your being, you will find it was to commune with the Light within and without the Light of the Sun of suns. The Light within is the same as the Light without. What you can feel within, you will feel without – for verily there is One Light and that Light is One without a second.

**M**ay the Light of the visible Sun lead you to the Infinite Light of the Invisible Sun of suns!

OM! OM! OM!



(33)

**WHERE DO YOU WANT TO GO?**

**I** want to go,

Q. - Where do you want to go?  
A. - I want to go to the place from whence I have come.

Q. - Where is that place?  
A. - It is in the Infinite and the Eternal

Q. - If it is the Infinite and Eternal, is it not here and now?  
A. - Yes, it is HERE AND NOW. But it has to be realised that this place is the place of infinity and this moment is the moment of Eternity.

**T**hen I need not go anywhere, for I abide now in the ETERNAL. The finite longs to be the Infinite for it is the Infinite. When one, it realizes that all along it has been the Infinite, then it neither longs to go nor stay. It is contented to be what it is, from beginning to end, namely SATCHIDANANDA. Existence Absolute, Knowledge Absolute and Bliss Absolute.

OM! OM! OM!

(34)

### HOW CAN I FORGET THEE?

**H**ow can I forget Thee? Is it possible to forget Thee? How I can forget Thee, when Thou art sparkling in my eyes, thinking in my mind, throbbing in my heart and flowing in my every breath? Forgetfulness is possible only in duality. Duality is Ignorance. It is only due to ignorance and duality does one think, that God is separate or far away. Forgetfulness is not only possible but it is also inevitable in duality.

**W**hat makes me move, is Thou. What makes me silent waveless, is Thou. How impossible it is to forget Thee!

Glory! Glory! Glory!

OM! OM! OM!

(35)

**ALL THOUGHT IS POSSIBLE ONLY IN DUALITY**

**I**n the Hours of Silence – Waveless Silence, one is free even from the thought: that he or she is ENJOYING FREEDOM. Existence Absolute is One without a second. When there is only One, what is there to be free from? All thought is possible only in duality. When one sees another or feels that there is something else besides him, then only does he begin to think. When one is all-in-all, how can one think of bondage or freedom? The Transcendental State is above Freedom and Bondage.

**I**t a Blessed State that cannot be comprehended by words or thoughts but can only be understood by rising above all words and thoughts in the sacred moments of Waveless Silence.

OM! OM! OM!

(36)

### MAN'S LIFE IS LIKE THAT OF A MUSK DEER

**M**an's life on earth is like that of a MUSK DEER. We should say it is far worse.

Q : - Why is a man's life worse than that of a Musk Deer?

A : - The Musk Deer realises at least before dying that the musk is within itself. Whereas a man does not realise even when dying that God is within. At the time of death, he is likely to be further away from God, as his mind would be filled with feelings of pain, misery and disappointment due to unfulfilled desires.

**M**an has God within, like the Musk Deer, having musk within its body. But alas ! Like the Musk Deer, many a devotee is searching for God everywhere outside, in temples and churches, in teachers and scriptures, in sky and heaven, except in the stillness of one's own heart.

OM! OM! OM!

(37)

### DID YOU KNOW WHERE I LEFT MY BODY

**I**n this world people often mislay something or other and search for the missing article until it is found. Many a time I cannot find my pen or pencil and search for it here and there, near and far. Once I mislaid my spectacles and searched for them everywhere, except where I kept them. I wonder when it would be that I would mislay my body and go on searching for it asking people. Did you know where I left my body?

**B**lessed is the one who can forget his body and rise above it, feeling centred in the God head. Alas! Man in his ignorance misses the substance and clings to the shadow, the passing body.

OM! OM! OM!

(38)

**O HAPPINESS! WHERE ART THOU?**

**O** Happiness where art Thou? Thou art there, where one sees not of another, hears not of another, thinks not of another, where it is all One without a second. Happiness is never to be found in duality, in the experience of things finite. It is only in the comprehension of Unity, one can find the Infinite. Happiness is within, in our very breath, in Soham. Verily, the finite breath is no other than the Universal Breath of God, the Infinite. God is nearer to us than our hands and feet, closer than our very breath.

**N**ay, verily He is the Breath of the breath, the Mind of Happiness and the Source of all Bliss.

**H**appiness is Brahman. May we seek the Changelss and the Eternal, in the stillness of our own purified hearts!

OM! OM! OM!

(39)

### MISPLACED MY BODY

Once I dreamt that I misplaced my body. I was searching for it everywhere. I asked everyone, whom I met, where my body was. I went to a sweet smelling little flower and asked it “Do you know where my body is? It said with a smile: “Follow my fragrance and go where it leads you to”. Then I approached a little bird, which was singing with a sweet tone and asked it whether it had seen my body anywhere during its flights. It said “Follow my song, go where it leads you to”. Then, I went to a distant star which was twinkling in the sky, as if to beckon me and asked the same question.

The star said: “You are the twinkle in me, I am your body, pray! Enter into me and be in the sky. Why cling to the earth, the plane of sorrow, misery and change?” When I was about to enter into the star, there was a loud clap of thunder which awoke me. I sat up in my bed in Kailas feeling sorely disappointed. How ethereal are our dreams!

OM! OM! OM!

(40)

## HOW TO FEEL GOD'S PRESENCE ALWAYS?

**H**ow to feel God's presence, not now and then but always, especially while reading and writing? These days, I do very little reading. I feel it is a waste of time to read even spiritual book. Often I spend several hours a day in writing letters, messages etc., although I send out many helpful and inspiring thoughts though these writing, but every time I finish my writing work, I say to myself :“What a lot of time I have wasted”!

**T**he Highest Stage of perfection is in above reading and writing. However I try to feel His presence even while I am engaged in reading or writing,

**I**t is the Practice of feeling the Presence of God that makes one happy and contented during periods of activity as well as inactivity. When we feel God's Presence whether we are at rest or engaged in work, we live in Him, both during work as well as in Silence!

OM! OM! OM!



(41)

**WHAT IS THAT THING BY KNOWING WHICH  
EVERYTHING IS KNOWN?**

**B**lessed are they, in whose lives God-consciousness is unceasing.

**Q:-** What is that thing by knowing which, everything is known? What is that thing by realizing or possessing which everything is realised and possessed?

**A :-** It is the God-head – the Indwelling Light, the Source of all that we perceive, the very Basis of existence of the manifested world.

**S**uch men are full of love and service, for love and service flow from them, as rivers from the mountains, as fragrance from flowers or rays from the sun. Lasting service can be done only by men of God-realization and not by ungodly and worldly –wise men.

**O**ur homage to all the God-conscious souls!

OM! OM! OM!

(42)

## EVERYTHING SHOULD BE SACRIFICED FOR GOD

**E**verything should be sacrificed for God. Nothing is too big or too great a sacrifice in order to realise God. Is it a sacrifice at all to exchange the unreal for the Real? One is blessed with Light, when he eliminates darkness. Giving up darkness cannot be called a sacrifice. Whatever stands in the way of God – realization must be cast aside. If you talk of anything that keeps you away from God, close your mouth. If your eyes fail to see God in everything, close them, if your ears cannot hear God in every sound, plug them up. Nothing shall come between us and God –realization. May God help us all!

OM! OM! OM!

(43)

**OH MAN! DO NOT BE CHILDISH**

**L**ook at the bubbles on the sea! How sparkling, dazzling and alluring they are! Even the sun is reflected in them in variegated colours. When mere bubbles are so beautiful, imagine how grand the source of the bubbles, the limitless ocean would be!

**B**ut alas, the common man is satisfied with mere bubbles, the illusory transient trifles. When the bubbles of his dreams burst, he will cry like a child. Oh man, do not be childish. There is something beyond this bubble – like world. Do not be deceived by these dazzling forms and names of the passing world. Merge within. Go to the Source, ponder deeply, look beyond, and behold, the Infinite, Universal Vision which alone is Real and Enduring!

OM! OM! OM!

(44)

**BLESS IS THE MAN, WHO IS THE MASTER OF HIS TIME**

**B**lessed is the man who is the master of his time. Generally people who have to work for a living, grumble that their time is not their own. But this is a false impression. There are many people who are without work, or no need to work. Can you call them the masters of their time? On the other hand we should call them, slaves of time, for they waste their precious time in idle thoughts and wild imaginations.

**T**here is only one man, about whom we can say, his time is his own.

Q:- Who is he ?

A:- He is the master of his mind. While at work his mind is concentrated thereon, while at rest his mind is switched off to stillness. It is only the masters of their minds that can call time their own.

May all homage be unto such!

OM! OM! OM!

(45)

**SILENT SERVICE, WITHOUT EXPECTATION OF ANY PRAISE**

**T**he Manager of a big ashram was a hardworking and conscientious person. His mind was occupied always with the improvement of the Ashram, so that he had little or no time for looking to the comfort or care of his subordinates.

**O**ne day the Manager borrowed a battery torch from one of the workers. He used it, so long that the battery was exhausted, and then returned it to the worker. The poor man never complained about it but suffered in silence, as he did not have the money to buy a refill. His house was far away and he had to walk back home every day in the evening in darkness. Seeing his difficult position one of the members of the Ashram, gave the worker a new refill, telling him that the Manager bought it. This is a noble example of silent service without expectation of any praise or reward.

My homage to such noble souls!

OM! OM! OM!

(46)

### AVOID SPICES OF EVERY KIND

**T**hey say that 'variety is the spice of the life.' But spices are not good for the health. They may be nice and tasty but eating them is harmful in the long run. Hence, one should shun and avoid spices of every kind, for they excite and stimulate the senses.

One, who runs after various worldly temptations, loses the essence of life.

**T**he wise man is he, who sees unity in variety and not the one that looks for variety. Peace and Health belong to the one who sees the One in the many, in spite of all the variety of life. May the lives of all those, who by the grace of God can clearly recognize only HIM, the ONE, notwithstanding the bewitching multifariousness of this world, be blessed!

OM! OM! OM!

(47)

### **BODY IS THE TEMPLE FOR THE SOUL**

**T**he book on which I write belongs to me, but I am not the book. The pen with which I am writing is mine, but I am not the pen. The hand which is holding the pen belongs to me, but I am not the hand. The body which energises the hand is mine, but I am not the body.

**H**ence, both our Scriptures and Sages have taught us, that the Body is the Temple of the Soul, the Indwelling Light. But alas, both the educated and the uneducated forget the Atman, the Soul, and live only as if they were the physical bodies, the nests of bones, blood and flesh. This leads them to suffering and agony. O man, wake up! It is high time for you to identify yourself with the Eternal Light within and not with the outer sheath.

OM! OM! OM!

(48)

### THE BREATH CAN NEVER BE BURIED

**A**s one draws oneself within from all the outer activities of the senses, the mind and the intellect, the body becomes inert except, for the slow, steady, even flow of Breath in the form of Inhalation and Exhalation – SOHAM.

**O**ne feels that he is almost Breath, but he is Breath of the breath, the Source of it. As he concentrates on the Breath faithfully and ceaselessly, the Breath alone, will lead him to the consciousness of his Oneness with the Highest.

**W**e can bury all forms and names in the world, but can we ever bury the very Breath under the ground? It can never be buried by all the weight in the world, for it is the SOUL of Man and the Goal of Humanity, which is no other than SOHAM or GOD.

OM! OM! OM!



(49)

## MAN OF ILLUMINATION DETACHES HIMSELF FROM THE BODY

**A**s repeated often In the Hours of Silence one's salvation lies only in one's DETACHMENT from the BODY. One can detach himself from father, mother, wife and children, from all his dearest and nearest ones, but how to detach himself from the very body in which he is living? One can run away into the solitudes of the Himalayas from all the kith and kin, renouncing all forms and names, but how to run away from one's own body.

**I**t is possible only for the man of illumination to detach himself from the body, to be aloof from the body and to be a Witness of the body. Adorations be unto such Souls who have attained Freedom, who are no longer bound either to body or to the world!

OM! OM! OM!

(50)

### INFINITE WORKS TROUGH THE FINITE

**I**NFINITE WORKS TROUGH THE FINITE! What a beautiful and sublime thought! It is not only a sublime and beautiful thought but it is also a true fact. It is the Infinite which writes in me. It is the infinite which looks through me. It is the Infinite that thinks in my mind. It is the Infinite that throbs in my heart. It is the infinite alone, which is flowing in my very breath as SOHAM. It is the same Infinite and Eternal Light which is reading in my loving readers now.

**G**lory to the Infinite, within, without, above, below and all around! May we be aware of the Infinite in each and every moment of our lives, in thought, word, and deed, for we are not only filled, led and surrounded but also pervaded and permeated by Infinities from Eternity to Eternity !

OM! OM! OM!

(51)

**ARE YOU A WORSHIPPER OF THE DEAD HEROES?**

**D**ear Friend! Are you a Worshipper of the dead heroes of the past ages? It is so easy to worship the departed souls following the crowd. It is hard and difficult to be still, looking within, and to be worshipping the Living Light Within one self.

**R**are are they who worship the Living Light within themselves ignoring all the dead and departed souls however great they might have been. Only one in a million who has full Self-reliance, can stand on the firm rock of Self – realization now and here. All others merely worship forms and names, forgetting their oneness with the Light of lights.

OM! OM! OM!

(52)

### LIFE IS FULL OF PAIN AND SORROW

**L**ife is full of pain and sorrow. There is pain at the time of birth. There is pain and sorrow at the time of death. All through life, there is some kind of sorrow, pain or disappointment. What else can one expect from the ephemeral world, which is a mass of changes from the beginning to the end? Sorrow is inevitable in change.

**I**f one wants to be happy, one should seek it not in the ever-changing world, but in the changeless, not in the finite life that has a beginning and an end but in the Infinite which is without beginning or end and which is beyond the bubble – like world. In the finite world all life is indeed sorrow. But in the infinite, the One without a second, all is Bliss.

OM! OM! OM!

(53)

## ATTACHMENT AND DETACHMENT

**I**t has been said that treading the path of Truth, is more difficult than walking on the sharp edge of a sword. But, through proper practice the very difficult path becomes very easy. ATTACHMENT to the world is the root of all bondage and DETACHMENT is the source of perfect freedom. See how your breath is detached from the body though flowing through it. At the time of birth it has entered the body. At the time of death it will leave the body.

**S**o let the wise man, meditate upon his own breath. It is the easiest method by which one can attain detachment and Peace,

OM! OM! OM!

(54)

## WONDERS OF MEMORY ARE MARVELLOUS

**T**he wonders of memory are marvellous and interesting! It was more than thirty-five years ago as a little boy, that I have memorized a short stanza from *Ashtavakra Gita*. It is strange how a part of that verse comes to my mind today rising up, from the latent layers of memory! Here is the translation of the first line.

**I** am not the body. I do not have any body. I am not able to recall the whole stanza now. But is not this one sentence enough to lead one to Self-realization? Who am I? I am the Universal Soul – One without a second. I fill the whole universe. The entire universe is my body.

OM! OM! OM!

(55)

### **SOME PEOPLE ARE ALWAYS LATE IN DOING THINGS**

**S**ome people are always late in everything they do with the result that all their hard work becomes useless. When they are to catch a train, they start late and run to the station only to see the train gone. If they have to attend a meeting they go after the meeting has progressed half way. If they have to treat a patient they arrive at the bed –side, after the patient has died. They may be very anxious to do a bit of service to humanity, but they manage to do it only a little too later. They put off offering prayers and meditations to the Almighty until it is too late, until the *H A M S A* – the Breath has flown out of the body! How unfortunate are such people! May God help them with good discrimination!

OM! OM! OM!

(56)

## GOD TEACHES EVERY ONE INDIVIDUALLY

**G**od teaches everyone individually according to his standard of understanding. The Editor of a Magazine published one of my articles without publishing my name. I was happy to read it, for the Swami is dead and Omkar is alive.

**R**ecently another learned Editor asked for my prayers and good wishes for his Journals and also for an article. The same were sent and were highly appreciated. At last, a copy of the Magazine arrived but without any of the highly appreciated article of my good wishes. Naturally, the human mind was anxious to see even my good wishes. The Higher Mind said, “O! Ignorant child, see yourself in all, for Swami is dead and Omkar is ever-present expressing in all. You are the ONE INDIVISIBLE SELF”.

HARI OM TAT SAT OM.

OM! OM! OM!



(57)

**HOW CAN I BE ALONE, WHEN HE IS PERVADING,  
THE VERY CELLS OF MY BEING?**

**H**ow bless is the life of one who has many devotees, who love and care for him! There is a devotee who loves me so much, that he is pained to see me living all alone in the Kailas Ashram. He constantly says, "Swamiji should not be left alone on the top of the hill. Anything may happen to him". While appreciating his great love and devotion for me, I laugh at his needless fears. How can I ever be alone, when God is throbbing in my heart, sparkling in my eyes and flowing in my very breath in the form of *Soham*? How can I be alone, when He is pervading and permeating the very cells of my body with His Omnipotence and Omniscience?

May all Glory be unto Him!

OM TAT SAT OM!

OM! OM! OM!

(58)

### BUSY DAY AND NIGHT, IN MAKING MONEY

**M**AYA or delusion is so deep and thick, that man mistakes the very hell for heaven. There is a certain person who has been suffering from innumerable ills. Physically, he has been a patient. Mentally he is beset with many family troubles and worries. He has no happiness within or without.

**B**ut, in spite of all his ill-health and worries, he is busy day and night in making money, dedicating his life to the worship of form and name. It is hard to say, what he is going to do with all the money which he has been amassing. He cannot enjoy it nor does he want to use it in the service of others! His own brothers quarrelled over some financial deal. The sad news is that his own sons are filing suits against the father, devoid of any respect or love.

**Y**et, the Maya is so thick and dense, the deluded are making more and more money by all and any means. Their lives are like that of a camel which goes on chewing thorny bunches even while its mouth is bleeding from the many thorns.

Oh God! Save us from the *Maya*

OM! OM! OM!

(59)

### MOMENTS OF BLESSEDNESS

**T**here are moments, moments of blessedness in the sacred Hours of Silence, when I feel consciousness of the Divine deep and powerful, when I perceive the only Reality – the Omnipresent God or Divinity face to face. This is one of such blessed moments, in which I am in ecstasy, happy just to be aware of THAT. There is neither longing to do anything, nor to do nothing. Whatever I do is THAT. Whatever I see is THAT. Whatever I hear is THAT and nothing else exists except THAT. I move in THAT, breathe, work and have my being in THAT, for THAT alone exists and nothing else exists besides THAT.

Glory! Glory! Glory! Om, Tat Sat Om.

OM! OM! OM!

(60)

**NO WORK TO DO, NO PLACE TO GO**

**I**n the Hours of Silence, strange are the Musings in Kailas on certain days. Today I feel that I have no work to do, for there is nothing besides me. I have no place to go to, for I fill all space, being ONE WITHOUT A SECOND. What shall I do with all my time? Time is non-existent for me! Verily, I am above time and space.

**B**lessed is the life which is ever COMPLETE. The finite life is ever incomplete with its tests and trails. But Infinite Life, Eternal Life, Universal Life is always full and complete having no place to go to or any self-imposed work to do.

Glory! Glory! Glory! Hari Om Tat Sat

OM! OM! OM!

(61)

**MY OWN COME TO ME**

**S**ome friends say that I am inaccessible to man because of my stay in Kailas Ashram, far away from the bustle and hustle, down below. Indeed, I am not within the reach of gossipers and materialists. I am not available to those who do not know the value of TIME and who have forgotten the Goal of their precious human birth.

**B**ut I am always at the disposal, both day and night, of all seekers of Truth, to those rare and precious souls who are pinning for God realisation. My own come to me, even if I stay in the sky or heaven itself. Verily, I am unapproachable to Mammon-worshippers and materialists.

May God bless all His children with Peace!

OM! OM! OM!

(62)

**SO RESTLESS, THAT THEY LOOK AT  
THEIR WRIST WATCHES**

**V**ery few people visit Kailas Ashram. Even those few people bring only their bodies here, leaving their hearts and soul, down below in the world of form and names. Even though they sit before me physically, they do not meditate or read the spiritual literature placed before them. They are so restless that they look at their wrist watches every now and then, as if anxious to get away.

**I**ndeed, our minds stay only where our interests lie. Naturally, the interests of these restless busy people lie in money-making and merry-making. Hence, their minds hover over treasures, goods and objects of pleasure though their bodies be in Kailas. But there are a few rare, blessed exceptional people who have risen above the material world and who are on the path of God realization. I love to meet such devoted souls. May God bless them!

OM! OM! OM!

(63)

## HOW TO MAKE THE DAY THE HAPPIEST DAY

**I** woke up one morning with the thought that I should make this day the happiest day in my life. How to make the day the happiest? But in the first place where, there is only one way of being happy and that lies in making others happy, for all are the same forms of ONESELF.

**I**n the Hours of Silence, in the unmanifested state one finds joy in COMPLETENESS, in the ceaseless awareness of the NON-DUAL SELF. So let me be happy by recognizing the One in the many, not only in the sight, but even in the sound. Thus alone, I can make every day a happy day in my life ---- the Life Eternal and the Life Universal!

OM! OM! OM!

(64)

## SERVICE TO MANKIND

**A**s sages say, the life of this world is but short, man's life is shorter still. Should we waste this brief span of life in crawling like worms or sucking others blood like leeches? We should make the best use of every moment in the short duration of our finite life in the contemplation of the Infinite or in Service to mankind. He who makes best use of each and every moment of his life is making the best use of his whole life. Blessed are the souls whose lives are dedicated to something worth-while, helpful and useful to themselves as well as to others.

OM! OM! OM!



(65)

**FREE IF YOU THINK FREE YOU ARE  
BOUND IF YOU THINK BOUND YOU ARE**

*Free if you think free you are, bound if you think bound you are.* What a grand but simple truth! It is very easy for a man to think that he is the body, for he is bound to the body. How can a man, fettered and imprisoned in a dark cell, think that he is free?

**I**t is only the man of illumination who has risen above the body, who is detached from form and name, who has seen the Vision Universal, that can think he is free, because there is nothing besides to bind him.

**M**ay all homage be unto such *Blessed Souls of Freedom!*

OM! OM! OM!

(66)

**A FISHERMAN IS A FISHERMAN ALWAYS,  
EVEN IN A DREAM**

**A** fisherman is a fisherman and he can never forget his calling even in a dream for, naturally he dreams only of fishing. Similarly, a dog feels that it is a dog even in the dreaming state. It barks and chases other dogs, even in its dreams.

**S**imilarly when once you realize that you are the ATMAN, NOT DOG BUT GOD, you can never forget your inherent nature of Changeless Light. Wake up O Man! Thy Divine Nature is Immortality. Assert IT Now and always, in all the waking, dreaming and sleeping states. Verily, the ATMAN is above all states and conditions of the world.

OM! OM! OM!

(67)

**THE JOY OF DOING ONE'S DUTY IS INEXPRESSIBLE**

**E**veryday I begin the day, whether I wake up at 2 AM or 3 AM or earlier with reading the Ashtavakra Goita. I read only one Sloka or verse from it daily. After that I record my prominent thoughts in my Dairy.

**T**hen, I write some messages or these chapters "In The Hours of Silence." After writing them, I attend to any urgent letters that need my attention. When someone who is near or far, known or unknown writes to me for advice, I like to reply to the letter at once. I feel sad even if I delay the letter even by a day. I feel happy after doing my part of the service. After attending to the correspondence, I sit still, staring not at the uncertain dim future, but looking into the present NOW feeling the presence within and without. The joy of doing one's duty at the right time without expecting any reward is inexpressible.

OM! OM! OM!

(68)

## YOUR MEDITATION HELPS ALL, FOR IT INCLUDES ALL

**W**henever I wish to write any of these messages or any letters, the thought comes “why do you waste your time in writing all these finite thoughts? Why don’t you meditate? A voice from within says: There is no harm in writing these messages or letters for they are beneficial to the seekers of peace.

**A**gain the Inner Voice says: Is not meditation more helpful and beneficial to all the people in the world? Your message may reach only a few people, your letter may help and inspire only one soul, but whereas your meditation helps all, for it includes all and excludes none. Thus, I give preference to meditation and silence. It is only when I come out of the meditation, that I scribble these thoughts. May all Glory be unto Him!

OM! OM! OM!

(69)

### I FEEL HAPPY WHEN MY EYES ARE CLOSED

**H**ow happy I feel when my eyes are closed! When I open them, I naturally see many different objects with different forms and names. I see on my table, books, papers, magazines, pens, pencil, photos letters etc., when my eyes are opened. When I close my eyes, all these disappear in a moment and there is Oneness and Peace.

**I**n the open air, when I am out, when I open my eyes, I see flowers, plants, trees, hills, sky, birds, animals, people etc., when one is introspecting, it would be better not to open one's eyes to the life of duality, but to keep them closed. Until the call comes, from the Great Beyond, one has to practise to see the ONE in the many. Happiness belongs only to the one, who is blessed to recognise the ONE in All, whether one's eyes are opened or closed.

OM! OM! OM!

(70)

**LIZARDS OF EVERY KIND AND SIZE AND  
THE THREE MAIN CATEGORIES**

**T**here are hundreds of lizard of every kind and size in Kailas Ashram. What a harmless species of creatures they are! They do not ask either for food or drink. Yet, the Heavenly Father, the Creator of all creatures takes care of them.

**T**hen, there are the rats which are so destructive. They steal food, soap, papers and other things. We have also mosquitoes which suck the life - blood of young and old, of one and all. Similarly, amongst humanity also, there are many species of people. They come under three main categories. We come across the people of SATWIC NATURE who are too good and harmless, people of RAJASIC NATURE who are good and ever-active and the people of TAMASIC NATURE, who hurt the innocent and are destructive with *Satanic* -- and evil temperament. How wonderful is the creation both in the world of men, as well as in the World of animals and other forms of lower life, all acting only according to their latent nature-the *gunas*!

Om Tat Sat Om!

**OM ! OM ! OM !**

(71)

### WHAT IS IT YOU WANT NOW, MY CHILD

Some of the Members of the Ashram who are struggling to keep .up its various activities alive, wish that I had some power to attract riches and all the material support necessary to take care of the Ashram without worry. I approached the indweller of my heart,, in all humanity, to know what I should do in this matter. In the blessed moments of silence when I am privileged to be *in tune with the Infinite*, I feel often as if the inner Voice, *as-was* repeating: WHAT IS IT YOU WANT NOW MY CHILD? Having the blessed privilege of coming face to face with Him, feeling His Stupendous Splendor within, without and all around! Simply murmur: DEAR GOD, BLESS ME TO BE DESIRELESS. I NEED NOTHING BUT THEE!

OM ! OM ! OM!

(72)

## I AM HAPPY PLAYING WITH THE LORD IN SILENCE

**H**ow impossible it is to satisfy everybody in the world! Many people find fault with me for my Silence and for living alone in Kailas, instead of mixing with them. Some of them ask, "Why should not Swamiji come down and spend his time with us in preaching and enlightening us?"

**A** little child who wants to play with marbles finds fault with the father for not joining him in the play. Every activity has its own time in its own day. There was a time when I felt happy in playing with words. *Now I am happy playing with the .Lord in Silence.* Whether I live or close my eyes, my LEGACY to the world is only PEACE, the Soul of Silence. It has been said that THOUGHTS ARE THINGS. A selfless thought pervades and permeates the whole universe and lives eternally. Let my one 'thought of Legacy to the world be Peace, Now and always, Peace for one and all!

May Peace be unto all!

**OM! OM! OM!**



(73)

## BEARING THE CONSEQUENCES

**S**o long as a man lives in the physical world whether as a Sanyasin or a house-holder, he has to face so many problems in his daily life. A pair of crows have been coming to Kailas regularly and we have been feeding them with whatever we could share with them,,. But not satisfied with feeding themselves, they began to bring all their kith and kin from far and near, to be fed. It was a problem to feed all of them. They were also spoiling the place and spoiling the water. Then we had to stop feeding them. But the old friends, the two crows kept on coming and cawing for food. If we give them food, they will bring more of their kind and dirty the place and spoil our clothes, water etc. Is this not a problem? Yet, how can I take my food without sharing it with those creatures that come to me! Whether it is a wise or unwise step, I decided to-feed them as before and be prepared to bear the consequences.

**OM! OM! OM!**

(74)

## CONVERTING THE STUMBLING BLOCKS INTO STEPPING STONES

**T**he following simple illustration from the Hours of Silence in Kailas, serves the Seekers of Truth as an object lesson in turning the stumbling blocks into stepping stones. I was fast asleep. It was past midnight. I was awakened by a painful bite on the knee. I put my hand out to feel whether the knee was bleeding, but I found that it was not. It was a rat that gave me a nasty bite with its teeth.

**W**hen I saw the clock, I found it was time for me to get up and work or meditate, so I felt the rat did the useful work of waking me up. Instead of wasting any more time in sleep and lethargy. I woke up and made the best use of the remaining precious early hours of the morning. Even after the lapse of nearly twenty days, I still feel the pain on the knee where the rat scratched, I said to myself :-

**Y**ou are still feeling the pain so that you can remember God and make your Stumbling blocks into stepping stones always, and be IN TUNE with the INFINITE". How blessed it is to convert all the stumbling blocks in our lives, into stepping stones to success!

**OM! OM! OM!**

(75)

## THE BIG PYTHON

**M**an's life on earth is one continuous state of fear, from something or other until he reaches the blessed heights of God-consciousness. Kailas being a hilly place, it is natural to find so many scorpions, centipedes and other poisonous creatures. I felt anxious when I began to see them both day and night not only outside, in the shrubs and plants but also even in the rooms. Then small snakes began to appear and even sleep among my papers. I used to feel some uneasiness whenever I put my hand in the papers, expecting to touch a slimy little snake. With the advent of these small snakes, the fear of scorpions disappeared.

**L**ater on, I saw several big cobras of two yards or more in length. With their advent, the fear of small snakes naturally disappeared. For some time during my walks in the Kailas grounds, I was expecting to face only big cobras. Strange as it may sound, even this fear disappeared through another small experience. One day, some fisher women who were cutting wood, and gathering fuel on the hill, suddenly cried out, " Swamiji, HERE IS A BIG SNAKE,I rushed out and asked them how big it was. They said; IT IS VERY BIG, AS BIG AS THE PILLAR". Of course, out of their fear they were exaggerating the size of the snake. It was a PYTHON that could devour even goats and sheep .Thus before the big python, the fear of cobras suddenly vanished by His Grace.

**OM! OM! OM!**

(76)

## O ADORABLE LIGHT

**O** ADORABLE LIGHT, nought exists but Thou! Where is the "I" or the ego in Thee - the Splendor of Millions of Suns? Two things can never exist at the same time. Either YOU or I should exist, Art THOU real or the ego real? The ego is like a mirage in the desert. How the ego suffered untold agonies, living in its imaginary airy castles in the sky!

**A**dorations to 'the Vision Universal, to the Vision Indivisible, to the Vision Ineffable, where Thou alone art existing, shining in the Self-effulgent Splendor of Millions of Suns, How can there be ever, anything besides THEE, O ADORABLE LIGHT !

**OM! OM! OM!**

(77)

## MARRIAGE PREPARATIONS

**H**ow ridiculous are all the busy marriage preparations that have been going on both day and night since long to get the son of the barren woman married!

**W**hy all this worry and fear of the snake that never existed and which has always been a rope? For whose benefit are all these prayers and supplications made, when there is only the ONE with a second?

**I**n the first place, where is the one to pray and meditate? Is it not high time for you to wake up from your deep delusion? Wake up and behold within, without, above, below and all around the Glory of the Splendor of the Sun of suns! RECOGNIZE ONE AND BE HAPPY AND SILENT.

OM! OM! OM!

(78)

### TRANSCEDENTAL GLORY

**I**n the Hours of Silence, I get up from sleep at all odd hours. Sometimes I wish to know the exact hour of the day or night. Then the Inner Voice says?

**W**hen you are not the body, when the body does not exist for you, why do you want to know what time it is?

**T**hen I close my eyes and try to pass beyond time, where neither month nor year exist. In that Blessed State of Transcendental Glory even death and birth do not exist. It is only when one cognizes the body, there is birth and death, there are then years, month, weeks, days, hours, minutes and seconds etc. Freedom belongs to those who rise above time.

**OM! OM! OM!**

(79)

**ONENESS WITH THE STARS, BIRDS ETC.**

**I**n the Hours of silence one feels oneness with the stars in the sky, with the birds in the air, with the flowers on the ground and with all children in the world. He is one with the hills, with the plants in the vegetable kingdom, with the beasts in the animal kingdom, and with all the people in the human kingdom.

**T**here is nothing that SILENCE does not cover. It embraces all, the near and the far, the known and the unknown. In fact the manifested world of sound is an emanation of that Infinite Void --- the Waveless Silence.

Glory! Glory! Glory!

**OM! OM! OM!**

(80)

## THE MAN OF ASSIMILATION

**T**he man of assimilation is always learning something or other from every source. If there is some good anywhere, even in a child or an animal, he does not hesitate to learn it. There is a devoted Gardner in the Ashram by name Jagga Saheb. When I see him working hard in the garden so efficiently and thoroughly, the thought: comes to me, "I wish I could also work like him."

**F**rom the life of Jagga Saheb the following three points are to be appreciated by one and all.

1. HIS **UNIVERSALITY**. Although a Muslim he repeats Hare Ram, Allah, Christ etc.
2. HIS **LOVE OF LABOUR**. Although a skilled driver of the VAN, he does all kinds of the so-called odd jobs of sweeping, cleaning, digging, drawing and carrying of water.
3. His **EFFICIENCY**. He does everything with efficiency of one hundred percent, for he does his work lovingly. His efficiency is the outcome of selflessness.

May God bless Sri Jagga Saheb with Peace and Long-life!

**OM! OM! OM!**



(81)

## DAY OF NIRVANA

**T**oday I woke up with the thought of Nirvana, for I had planned to visit Nirvana Ashram. During the early hours of the morning I wrote in the dairy "Let this day be a Day of Nirvana for me." The descent from Kailas Ashram on the Nirvana Ashram side is very steep. By His Blessings we reached the beach, which is down the hill. It was very warm even though it was only 7Aam.

**A**s I began to walk in the sand, I got tired and there was palpitation of the heart. I could almost hear and feel it. I could even see the rising and falling of the heart muscle. Yet, I was repeating at every step, "I AM IN GOD AND GOD IS IN ME." How frail is life! If the heart stops suddenly, what becomes of this life! What difference does it make, so long as I am in God and God is in me, whether the heart stops or keeps on beating! The heart may stop, the life may change, but there is something that never changes. It is the Soul Eternal, the One Changeless Reality.

OM! OM! OM!

(82)

### THE HEART IS LIKE A CLOCK

**T**he thought of the heart brings many ideas to the mind. The heart is like a clock. The clock needs winding every day or every week, whereas, this human clock, is wound only once at the time of birth. Strange how it keeps on going, working both day and night, year after year, until the CALL comes from the Great Beyond.

**M**an can wind all the clocks in the world. He can do anything and everything, except winding the clock of his heart or prolonging his life. When the hour comes, he has to bid adieu to the world of forms and names and meet his Creator. Who winds a man's heart before he comes to the earth? Who else can, except the Creator who has created all the manifested worlds? Blessed are hearts that throb only for the Creator!

**OM! OM! OM!**

(83)

### A DRUNKEN MAN

**I** was returning late from Nirvana Ashram. I had a dip in the ocean and had to reach Kailas before it got dark. I was accosted by a drunken man. He was so heavily drunk that he was not able to walk steadily or talk properly. He had to be supported by others. Even in such an inebriated state he recognised me and said "Babu, I want your grace." I asked him to repeat the name of God and go home. He did not want to leave me but I finally cajoled him to go.

**W**hen a drunken man, is able to recognize me, why should I not be able to recognize God, the Omnipresent God, in all creation in so many forms? Although, this experience is so trivial, it has enabled me to become firm in recognising Him in the mineral, vegetable, animal and human kingdoms of life, from the tiny atom to the biggest planet for all is He.

**OM! OM! OM!**

(84)

## THE VISION UNIVERSAL

**T**he Vision Universal is not only beautiful, but it is everlasting. This is the Vision that exists from eternity to eternity, which has neither beginning nor end. Anything which is induced by effort or as the outcome of prayer or meditation can never be permanent, for it comes, and goes. That which neither comes nor goes, is always there, whether your eyes are closed or opened. It is there in the sleeping state. It is there even in the so-called death, the change of body. There is not a moment when IT does not exist.

**H**ow wonderful is this God Vision which is same and ever there, whether you pray or not, whether you can meditate or not, nay whether you cognize IT or not. Indeed, the Vision Universal is above prayers and meditations. It is above forgetfulness and awareness. Nay, it is above death and life. Beholding IT, one becomes silent with ecstasy.

**OM! OM! OM!**

(85)

## THE SACRED MOMENTS

**T**here are moments, blessed moments memorable moments, sacred moments in the lives of God-loving souls, that are life-giving and soul-awakening. One of such happy and precious moments was, when I was taking a bath recently, I was absorbed in God, while practicing to feel His interpenetrating Presence. One of the Ashram children was pouring water on my head, while I was taking bath, and rubbing the body. Suddenly the child exclaimed "What is this Swamiji, you are rubbing the same hand for such a long time?" It is clear that I was quite unconscious of my outer activity.

**B**lessed are the sacred moments when one can forget the little self or ego! How blessed it would be to make such precious moments permanent and everlasting.

May all Homage be to the Holy Moments of Divine Communion!

**OM! OM! OM!**

(86)

### WHERE DOST THOU SEEK ME?

**O**ur Manager in the Ashram is a very hard working person. When there is too much work to be done for the Ashram, he comes to Kailas, so that both of us could work together and complete it soon, with ease. In spite of the work being heavy, he never forgets to spend some time in meditation especially in Kailas to draw up some spiritual inspiration.

**L**ast night, he sat by me and began to meditate in the Lotus Posture, keeping the neck and spine erect. All meditations are only to realize God in stillness. I felt that he was struggling hard to make his mind steady and one-pointed.

**A**s I watched him meditating with closed eyes with the inner struggle, I recalled unconsciously, the following wise words of Saint Kabir, “ O Servant, where does thou seek Me?”

**“L**o, I am beside thee!” As God is Omnipresent, He is equally present always, both within and without. Let us therefore remember this always and learn to be still, recognizing His Self-effulgent Splendour in all Glory everywhere.

**OM! OM! OM!**

(87)

### FLYING IN THE AIR

**O**ften, we get very interesting dreams. Some of them are helpful and some are meaningless and at times ludicrous too. Yesterday was the sacred day of Vijaya Dasami, a day, sacred to all Hindus as they worship the Shakti aspect of God on that day. I too had a long and deep communion with God, feeling His Shakti-the Divine Energy within and without.

**I** do not know whether I was asleep or meditating, but I felt free and detached from the body. I felt as if I was flying in the air and roaming about with all freedom. The very recollection of it gives me a thrill of ecstasy even now. I could not have been asleep then, for it happened in the day time. Even it was a dream it was a wonderful experience.

**H**ow blessed it is whether it is in waking, dreaming or sleeping states, to rise above body, mind, and world! Peace that passeth all understanding belongs only to the unfettered and the disembodied souls of freedom. May their sublime lives be ever of practical guidance to all aspirants in the world!

OM! OM! OM!

(88)

**MAY THY WILL BE DONE**

**I**n this world, things do not always happen as you want them. The sooner man learns to rely on God and say: MAY THY WILL BE DONE, it is better for him - for the peace of his SOUL. Let God's WILL be done and not ours. Hearing that some Ashram child was struggling with pain, I sent some medicine with an urgent letter through a person who was considered reliable. He went to the Ashram at once but instead of delivering the medicine or letter he went to bed and slept. He delivered the medicine and letter after he woke up, but alas! it was too late. One may be doing everything with the best of intention, but the results always rest with God. Dear God! May Thy WILL be done in heaven and on earth now, always.

OM! OM! OM!



(89)

**HE SEARCHES FOR GOD EVERYWHERE**

**Y**esterday, I received a letter from one of the members of the Ashram. Among other things it was written that other details could be seen in the letter by another member. I searched for that letter everywhere on the table among my papers but could not find it. I searched for it in the fruit basket and even in the tiffin basket that was sent to Kailas, but the letter could not be found.

**L**ater on, in the evening when I took out the big envelope in which the letters received by post are usually sent from the Ashram, I found the missing letter there, to my great surprise. I was ashamed of searching for it everywhere except where it was, all the while keeping it very near within reach of my hand. Such is the average man's life on earth, especially - in his endless Search for God. He searches for God everywhere all over the world restlessly, both day and night, except in the stillness, in the sacred sanctuary of his own heart within.

**OM! OM! OM!**

(90)

**THE FINITE KNOWLEDGE OF MAN**

**H**ow finite and limited is the intelligence of man when compared with the Universal Intelligence and power which is the Source of all the worlds! The learned man thinks that he knows all, what he ought to know, for he has studied all books on earth, in the name of religion and science. But alas, with the knowledge of all the books of the world, how infinitesimal is the knowledge of man, before the knowledge of the Infinite?

**I**t was a cloudy day. Two of the Ashram children were expected in Kailas in the evening. Suddenly it began to thunder and rain. It became dark. In the rain, I went out, along distance to receive the children with the help of a battery light. I flashed the light far and near. I waited for a long time, and as my clothes became wet and myself drenched in the rain, I returned with disappointment to Kailas and was getting myself dry. Suddenly, I heard some sound, there were the children. They were soaked and drenched in the rain and reached Kailas grouping in darkness. They did not have even a battery light in that dark, cool, breezy, raining night. Why did I not stay only a few minutes more? Alas! Man is so finite with all his wisdom! But he has learnt to repeat big statements holy Mantrams etc. like a parrot, but he does not know what is going to happen in the very next moment. Such is the finite knowledge of man!

OM! OM! OM!

(91)

**IDENTIFYING ONESELF WITH THE ATMAN**

**W**hen one identifies oneself with the Atman -the One without a second, there is nothing one cannot achieve. In the first place, what is there for him to do? Being one with the ONE, there is nothing for him to do. He is full of Bliss and Peace and has not need to do anything. Even if such a person does something, he knows that he is not the doer, but only a witness of the actions. He does nothing, even though he appears to do everything. The man who identifies himself with flesh and blood, can do nothing substantial. Nothing is impossible for the wise, who knows their oneness with the Infinite.

May all Homage be unto such souls!

**OM! OM! OM!**

(92)

## BRAHMAN AND SHAKTI

**I**n the language of Vedanta - the end of Knowledge, there are two powerful and divine words, the very repetition of which have been an inspiration to me. They are BRAHMAN and SHAKTI. These days, times out of number I repeat them mentally and ponder over their deep significance.

**B**rahman and Shakti are not two but one. They are the unmanifested and manifested states of God, the One Reality. How can we differentiate between the Ocean and its waves? How can the Sun and its rays be different? It is all one! There are many who are aware of the manifested aspect of the Shakti. But how rare are they, who are conscious of Brahman in His Waveless State of Unmanifestation! Blessed is the One in whom Shakti of the world merges like a bubble in the Ocean of Brahman.

May Peace be unto all!

**OM! OM! OM!**

(93)

### MAN IS A BUNDLE OF THOUGHTS

**M**an is a bundle of thoughts and thoughts have immense power. They give freedom as well as bondage to the subjects. Man becomes what he thinks, imagines and meditates on, always. Free if you think free you are, bound if you think bound you are. Someone said man is a thinking animal. Blessed is the one in whom all thinking ceases, be it about himself or of others.

**T**hinking is possible in duality but not in the Transcendental State of Oneness. The Highest State is above thought. The man of realization does not think either that he is free or bound, for he is free of all thought, The ATMAN is above thought. It is realized by only the One who has risen above thought of every kind, be it good or bad.

May all Glory be unto the Transcendental!

**OM! OM! OM!**

(94)

INTONING OM

**I**t has been said that the sacred Syllable AUM can be chanted in so many ways. But the medium of chanting for all these different methods is only the voice. What about the *Mounies* - the men of Silence who have given up talking of every kind, or the use of the voice itself? Unto such advanced souls, there is a higher method of chanting OM. It is intoning OM, mentally from within, in all silence and with lips closed. It should flow from the soles of the feet to the top of the head. One thereby feels the Holy Vibrations in the very cells of one's being and in the process, the KUNDALINI is awakened in the natural course and one gets filled with the Splendour of Millions of Suns-centered in SAHASRARA - - the thousand-petalled lotus, the highest centre of the Ineffable State of Indivisible Glory.

May all homage be unto such!

OM! OM! OM!

(95)

## HAPPINESS BELONGS TO THE MASTER IDLER

*Ashtavakra* tells us that HAPPINESS belongs to the master IDLER to whom even the opening or closing of the eye-lids is work, requiring effort. When such is the case, what about the happiness or fate of the people who are engaged in all kinds of restless pursuits with selfish desires, as mere slaves of their alluring senses?

Indeed, the happiness of such people is full of delusion and imagination, as of the happiness of drinking water in a mirage. There are moments In the Hours of Silence, when one feels even the flow of breathing, the Inhalation and Exhalation the visible SOHAM becomes tiresome. The mysteries of the Soul flights or Soul-Culture can be understood only by the Illumined. How precious and rare are such Souls!

OM! OM! OM!

(96)

**BEST THOUGHTS BECOME STALE OR OLD  
WITH THE PASSING OF TIME**

**O**ften, as I meditate in the Hours of Silence, I feel such a blessed state of deep joy when some nice thoughts come from within. I would like to clasp and preserve them for ever. So I record them in writing for the good of someone who may read it and benefit thereby. How true it is, that those who are walking in the lonely path of God-life are like little children! When children find a pebble or shell by the beachside, they are in ecstasy over their find. They wish to hide it, from the idle and curious gaze of others. Yet, after a few days, the charm is lost. They throw away the thing carelessly somewhere or other.

**S**imilarly, although I admire and extol some of these thoughts now, with the passing of time the best thoughts are become stale or old, for thoughts and Truth-the Highest Truth is above thought.

**OM! OM! OM!**



(97)

## CHANGELESS HAPPINESS IS IN CHANGELESS ATMAN

**T**here are blessed and happy moments of ecstasy in the life of every one, when one feels absolutely contented and happy as if one were flying in the very heavens. But, why does not the ecstasy, the happiness last for ever? Why is it not permanent and ever-lasting? Because this happiness is only superficial, it is not deep. If it is the Happiness of the ATMAN, the Indivisible, the One without a second, it is bound to last forever, since it is the source of all strength and of one's very existence. The CHANGELESS HAPPINESS is only in the CHANGELESS ATMAN, in the Infinite Light, in the Eternal Peace - the Ineffable Splendour.

**M**ay we merge and dissolve in THAT, and taste the Nectar of Immortality, the Bliss which is Changeless and Eternal!

**OM! OM! OM!**

(98)

## A STRANGE SADHU

A strange Sadhu visited Kailas the other day. He does not offer greeting to anyone, neither does he expect any greetings or respect from anyone. He has a strange habit of searching all the papers, magazines, books etc., wherever he goes. One takes him for a police agent or for a mad man. After going through all the papers and books in Kailas, he wrote the following on a slip of paper and gave the slip to me.

MY SWEET CHILD, WHY ARE YOU SILENT?

I wrote- in reply, "I am silent because, I feel that I can serve mankind better by living closer to God, Who is all Silence." He appeared quite pleased. When I enquired if I could do anything for him, he replied, "What do I want? I have everything with me". When I asked him to stay in Kailas with me, he shed tears of joy, laying his hands on my head!

God visits us in strange forms and in unknown way & May Glory be unto Him in all forms!

OM! OM! OM!

(99)

## MOSQUITOES ARE BLOOD-SUCKING CREATURES

**M**osquitoes are blood-sucking creatures. I wonder whether their main food is only human blood and the blood of poor dumb animals! They not only annoy and hurt us while they bite, but also keep us awake due to their humming about. I had the following conversation with the mosquitoes.

**MYSELF** - When I am not coming in your way, when I am innocent, minding my own business, why do you keep on worrying me?

**THE MOSQUITOES** - We are trying to teach you, not to forget God, your real Self even in pain. You are always repeating that you are not the body and you do not have any body at all. We will keep on stinging you, sucking your blood, until you realize from your own personal experience, that all bodies, all forms are your own. Verily, the very sting in us is yourself.

**I**ndeed, the sooner we realize, that the one who sucks the blood and the one who offers the blood are one and the same, the better it is for us.

**OM! OM! OM!**

(100)

**AN UNDERSTANDING WITH A RAT**

**T**here is a rat in Kailas which used to eat up food, soap, papers etc. But I have since come to an understanding with the rat that I would leave sufficient food for it daily and that it would not touch the papers, soap etc. The rat feels satisfied with the bread or fruit I give it every night, it stopped spoiling my papers etc.

**O**ne day, however, I noticed that two holes were cut into one of my cloths. I at once, suspected the rat and charged it with breach of promise. But the rat said, "Please do not accuse me. I have been strictly keeping to my contract. It was not I that made the holes in your cloth. It must be some other rat that has made them:"

**L**ater on when I made inquiries from the Ashramites, I was told that the cloth was damaged by rats before it was sent to me. Then I offered my apology to the rat for having blamed it unjustly. How life is full of strange experiences!

**OM! OM! OM!**

(101)

**IN THE VISION UNIVERSAL,  
ALL DIFFERENCES DISAPPEAR**

**I** am in ecstasy, for I am blessed with the Vision Universal. Vision Universal is the Common Heritage and Divine Birth right of each and every man on the face of the earth. VISION UNIVERSAL being Eternal is same always. The changes in one's body or life or even in the whole world can never mar, or lessen the Bliss of the Vision Universal. In the Vision Universal, all differences of castes, creeds, colours and nationalities disappear just as dewdrops, at the advent of the sun.

**H**ow can any passing clouds of weakness or darkness of duality, dare to raise their heads, before the Splendour of Millions of Suns, in the Vision of Universal?

May we all abide in this Vision, ever centred in Universal Love!

**OM! OM! OM!**

(102)

## FORGETFULNESS IS A MENTAL ILLUSION

**F**orgetfulness is a mental illusion. If we realise that there is only ONE TRUTH or REALITY, how can forgetfulness be possible in the One without a second? Forgetfulness is possible in duality, when something is cognized besides the ONE INDIVISIBLE TRUTH. Man can forget others. He can forget even the dearest and the nearest. But he can never forget HIMSELF, the Light, which is ever shining in his very eyes. He can never forget Himself which is ever awake even in deep sleep. He can never forget his REAL SELF, which does not die even at the dissolution of the body or the disintegration of the world.

**W**hen once, one realizes this Truth, IT can never be forgotten, even in the midst of busy work and multifarious activities. The passing cloud does not make any difference to the Sun.

**OM! OM! OM!**

(103)

**ALLOW THE INFINITY TO WALK AND  
WORK THROUGH YOU**

**T**here are blessed moments In the Hours of Silence, when one feels happy, merely in being alive. This is one of such happy moments, because I feel that it is the Infinite which is thinking and writing through me now. How blessed it is to allow the Infinite to work, breathe and move in each and every moment of one's life! Whether one is aware of it or not, it is the Infinite alone which is Manifesting, both within as well as without in the body, as well as in the world, in the- microcosm as well as the macrocosm.

**B**lessed are they, who abide in this Infinity and unto whom nothing else exists except the Infinite, for it is the only Changeless Reality.

**OM! OM! OM!**

(104)

### CHRONIC DISEASE OF FORGETFULNESS OF GOD

**W**hen will I be free – eternally free, from the chronic disease of forgetfulness of God, the Interpenetrating Light, the one Supreme Self? There is a possibility of forgetting anyone and anything, but how can one forget Himself – the One Indivisible Self? The Supreme Self is present in the walking, dreaming and sleeping states. It is resplendent with Light, Life and Love. In the Cosmic State of Super-consciousness, one is ever complete.

**W**hen there are clouds of the ego, the ATMA seems to be hidden but with the passing of the clouds, Its splendour is again evident. Yet, in spite of the thick or thin clouds of forgetfulness, O man! The *Atman*, the Over Soul is ever there, being Omnipresent.

OM! OM! OM!



(105)

**AVADHOOTA HIMSELF IS THE ABSOLUTE BLISS?**

**K**ailas was sanctified yesterday by the sudden visit of a number of cultured and educated Sadhus and Mahatmas from the North. One of them was an M.A. and was big man in his POORVASRAM (previous life) but now he is an AVADHOOT (God intoxicated soul). He asked me to tell them all, about ABSOLUTE BLISS. Who can tell or describe the Absolute Bliss! Can the Infinite Bliss ever be described by finite words?

**I**s not the AVADHOOT himself the Absolute Bliss? Being Light of lights, why beg for the tiny light of a glow worm, O man? Absolute Bliss is man's Birth right. Recognize IT and be silent rising above all questions.

OM! OM! OM!

(106)

## SUTRATMA – THE UNIVERSAL THREAD

Certain words are very powerful and Soul awakening. Now-a-days, I feel ecstatic in dwelling or thinking of the Holy Word SUTRATMA. There is only one ATMAN, the Reality, uniting all creation like the string which passes through all the flowers of a garland.

Since there is nothing besides the SUTRATMA, I too am a part and parcel of THAT. As *Sutratma*, I exist from eternity to eternity. I am the heart of the bird, beast and man. As *Sutratma* I pervade all. It includes all and excluded none, not even the sceptic or an atheist, for It is the Interpenetrating Presence of the manifested and unmanifested world.

OM! OM! OM!

(107)

## BEING FAMILIAR WITH GOD

**F**amiliarity not only breeds contempt but even creates misunderstandings. There is only One with whom we can ever be familiar. It is the ATMAN – the Indwelling Presence. No one gets disappointed by being familiar with God, the only Reality. But by being familiar with man, however dear and near he may be. One meets with disappointments and failures in life.

**H**ear of God. Think of Him, Meditate on Him both day and night. Be with Him, in thought, word and deed. Thus alone, can you avoid being sad or getting disappointed. By being familiar with God, your life will be full of joy, strength and Peace.

OM! OM! OM!

(108)

## PINNACLE OR SUMMIT OF ALL MEDITATIONS

**T**here is a Sublime Method of Meditation, which does not need any effort. It is the Highest form of meditation, the Summit or the Pinnacle of all meditations. Here, one is free from the disturbance of the restless mind and the wrangling of thoughts and the endless fight of the lower self with the Higher Self. In this Sacred mode of meditation, you do not have any mind or ego to deal with or contend against. Here from the beginning to end, you recognize the Highest, the Sun of suns, the only Reality. Strange as it may sound, for the one who meditates, the little ' I ', does not exist at all. All that exists is nothing but LIGHT, SELF EFFULGENT LIGHT, within, without, above, below and all around and at all times.

**M**ay you ever abide in IT, NOW and FOREVER! This is the prayer of your brother Omkar.

Hari Om Tat Sat! Om!

May peace be unto all!

OM! OM! OM!

(109)

## MY THREE CONTRIBUTIONS TO HUMANITY

- Sri Swami Omkar

Blessed is life having the form of a human being. More Divinely blessed is the life of anyone who has something permanent to offer for the good of the world of creation, to spread Peace among Humanity. The outer life on the plane of earth is just like that of a blade of grass, so tiny, frail and impermanent. Today is and tomorrow it is not. In this mundane, temporary life how blessed is the soul who lives in such a way as to leave something good and helpful for the benefit of his fellow sisters and brothers, not only in his own home or community but in the whole nation and the world !

Verily, the world is our home and all people in it are our sisters and brothers irrespective of man-made differences of religion and nations, has not God created all of us? Do we not have one father? Like the bubbles in the ocean, the world exists in God, who is the source and end of all existence and who is the ultimate goal of all his children, in all the world.

My loving children, now let me share my three contributions with you. Here they are:

1. **PEACE PRAYER**, which unites the individual with the Universal.
2. **PEACE MISSION**, which provides a Home of rest and prayer to all seekers of Peace in the East and the West.
3. **SILENCE**, the soul of profound Peace that draws all the people of all religions and nations towards the central Truth, the Infinite and Eternal Light, the basis of all the manifested words and worlds.

## IN THE HOURS OF SILENCE

The Mission Of Peace - Sri Santi Ashram

Now let us take them one by one to realise and understand their importance:

### 1. PEACE PRAYER

This is a simple and natural prayer, spontaneously arising within from every one of us. It is not a prayer to be offered to the far away God, who is in the sky or Heaven; but to the Indwelling Presence, only to express and assert the ever-present yet hidden power which is already within us, the Birth-right of every one. This can be repeated even by a child or by an adult advanced in philosophy and religion, whether one is a monist, a Qualified non-dualist or a Advaitist.

Dear Reader!

As the taste of pudding is in eating, kindly repeat it once, even as an experiment and see for yourself the efficiency of this Peace Prayer, in your very life. It fills your mind, heart and soul, with added strength and fresh vision of Life, Light and Love. For the Peace of your home, both morning and evening, as a common prayer for the Peace of all. Let Peace go forth from your heart as well as your home to North, South, East and West, thus filling the whole Universe with Peace which is the soul of man and goal of humanity.

### 2. PEACE MISSION

The Peace Mission is my legacy to you. It is the common property of all the seekers of peace, irrespective of any difference of religion, nation and otherwise. Whoever you may be, you are welcome here to stay temporarily or permanently, if you wish to work and live for Peace. The Peace that cannot be bought for any amount of wealth, you can have it FREE, in the Abode of Peace.

What a wonderful thing it is, nay, a real boon and blessing for the weary and tired, for the aspiring travellers in the path of different religions or of no religion, to have a home, a Universal Home! Here, children of God belonging to any temple, church, religion or denomination are welcome to partake in prayer or service, which is conducive to World Peace. The Abode of Peace extends a HEARTY WELCOME to all in the East and West.

### 3. SILENCE

Silence is the Voice of God, which exclude none but includes all, drawing the manifested world, the whole of humanity, towards the ineffable Glory, the waveless Splendour. There may be some people who will say “We do not have time to repeat your Peace Prayer or visiting the Abode of Peace”, but they can never run away or exclude themselves from SILENCE, which is the inaudible Voice of God and the Soul and the Goal of man. Thus, I take joy in repeating that SILENCE is my last, nay, the best and the highest contribution to the world of humanity, both to the known and unknown, to the learned and the ignorant, the young and the old, and to each and every one. As all of you are the children of the One indivisible God, who pervades and permeates the whole universe ever, remaining as the basis, the Witness of the manifested sounds, in the world of manifestations, you have all a place in Silence, welcome to you all, the inheritors of the IMMORTAL SILENCE! Even when we lay down our bodies for rest after the day’s work, in the arms of the blessed sleep, it is unconsciously leading us only towards the portals of Silence.

My Loving Reader!

These are the THREE CONTRIBUTIONS of my life, offered to the service of humanity. Kindly accept them and in accepting them, may I request your help and cooperation in fulfilling the following wishes:

1. Please repeat the PEACE PRAYER, even if only twice a day, at dawn as soon as you wake up and when you go to bed before you sleep. It helps you if you can repeat it more often.
2. Visit the ABODE OF PEACE at least once in your life, especially Mt. Kailas, before the CALL comes from the Great Beyond.
3. Pray join me, communing in SILENCE, whenever you have few moments to spare, for it unites you with all the Sisters and Brothers in all the world in the Common Brotherhood of Man, in the name of the Fatherhood or God, Who is our all in all, the Adviteeyam, the One without a second, Tat Twam Asi, Thou art THAT, Verily, Brahman is Silence. God is Silence!

OM! OM! OM!



## IN THE HOURS OF SILENCE

The Mission Of Peace - Sri Santi Ashram

*Inhale and Exhale Peace - Thy Birthright*



TRUTH IS ONE, MEN CALL IT VARIOUSLY

O Brother man, fold to thy heart thy brother!  
Where pity dwells, the joy of peace is there;  
To worship rightly is to love each other,  
Each smile hymn, each kindly deed prayer.

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