

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE SOUL OF OMKAR

Sri Swami Omkar

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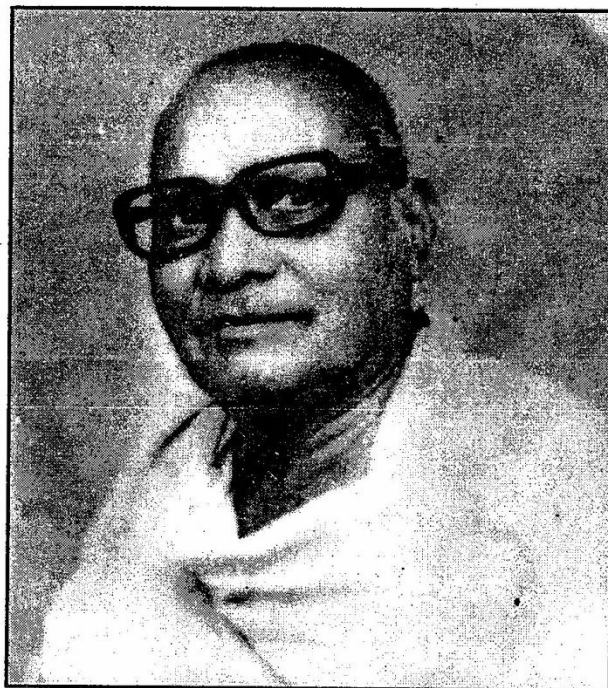
**And**

**Late Srimati Laveti Ammanna**

**We Pray for the Eternal Peace of his Parents**

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The Mission Of Peace - Sri Santi Ashram

## CONTENTS

|                                              |    |
|----------------------------------------------|----|
| Foreword.....                                | 1  |
| Preface .....                                | 4  |
| Introduction .....                           | 5  |
| Prayer for World Peace.....                  | 6  |
| Service .....                                | 7  |
| A Commentary on the Peace Prayer .....       | 8  |
| My Legacy To You .....                       | 9  |
| Our Ideal .....                              | 11 |
| Peace Centres .....                          | 14 |
| How Shall I Worship Thee .....               | 16 |
| The Message of Peace .....                   | 18 |
| The Present Moment.....                      | 20 |
| Reforming Myself .....                       | 21 |
| Wonderful! .....                             | 23 |
| The Richest Man .....                        | 25 |
| The Healthiest Man .....                     | 28 |
| The Happiest Man.....                        | 32 |
| The One World .....                          | 37 |
| The Message of the Niagara Falls .....       | 40 |
| My Religion .....                            | 43 |
| Truth Alone Triumphs.....                    | 49 |
| Birthday Message-80 <sup>th</sup> Year ..... | 53 |
| Birthday Message-81 <sup>st</sup> Year ..... | 57 |
| Birthday Message-84 <sup>th</sup> Year ..... | 59 |
| A Personal Letter .....                      | 61 |
| Sri Santhi Ashram, The Universal Home .....  | 63 |

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## FOREWORD

### *Soul Of Omkar*

IT IS INDEED a privilege to write the Foreword to the selections from the spontaneous writings and inspired utterances of the Sage of Shanti Ashram, published as his 71st Birthday Souvenir; but it is a heavy responsibility too, if not a childish audacity. How can a layman like this humble writer evaluate in feeble expression the perennial springs of the Spirit? How can a seasoned sinner dive into the depths of the soul of Omkar? But that is what I am commanded to do.

To commune with Swamiji even in cold print, one feels exalted; even as one feels elevated in his warming presence. Thus the letter and the spirit get merged as one message manifested in the life of the Master.

*The Soul of Omkar* is a spiritual sputnik floating in space, ceaselessly transmitting "cosmic flashes" from the starry skies - ageless gospels and endless verities. It is for the receivers to tune in their sets to celestial spheres, lest they miss the sweet melodies, more so because they are unheard.

This publication is a choice collection, mostly from the writings of the modern messenger of Peace-productions of his "Hours of Silence". It appropriately opens with a prayer which has now become famous throughout the world as a remarkable supplication for Peace. It is profitably analysed in the next elucidation by a reputed scholar, and ably assisted by two sisters.

Swamiji's messages begin with the "legacy" in general he has bequeathed to generations yet unborn. Before sorting the gems, the splendid wares are affectionately advertised by an exemplary disciple who has reverentially stored them, and made out of chosen ones an attractive necklace for herself.

Kumari Jnaneswari, the heir of his heart and the successor of his soul, has arranged the precious stones in such an artistic fashion, which is

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

truly fascinating. When a devoted disciple has borne witness to the benefits she has derived from Omkar's teachings it is for others to follow his "Jeevan veda", dedicated to humanity at large. As one after another the valuable ones are turned, as beads in a rosary of variegated hues, one stands awestruck, when, in no time, the revolving colours reveal the one shining White.

Peace, the central theme recurring in these pages, and its inward realisation through constant communion with his Maker, are the primary concern of man, before he tries to spread it far and wide. It is indeed, in the poet's words, "the one increasing purpose running through the ages".

"Man belongs to man; man is entitled to man". If only this dying call of Albert Schweitzer is heard by humanity, the much longed for, Kingdom of God

will be established on this planet. Swamiji asks us all to do a simple thing, to "shift your Peace Centre from without to within. What you desire the entire world to do, practise it yourself". This is a duty that can be trifled with only at your own peril. Self-reformation is his prescription for the woe-begotten man.

"Our Peace must be based on the understanding of God". This is the keynote struck by Omkar, for lasting world peace. In proclaiming that the "highest worship of God is the service of man", which makes the world "an abode of Peace", he is recalling to us the abiding message of his ancestors of the Upanishadic era. He warns us not to delay action but to do the good deed in the "eternal present", here and now.

Prostrating before the One without a second, he feels His ineffable Presence as "wonderful". Next he proceeds to present his readers with a bunch of flowers gathered on the Kotagiri Hills. Nature fills him with ecstasy and he jumps with the joy of a new discovery that he is the "richest" man in the world. In his own original way he defines the richest man as one who is desireless and selfless.

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# THE SOUL OF OMKAR

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He gives us a cue to becoming rich: "Give while you live, for, give you must". That indeed is the reverberating message in his musings. Akin to this is his assertion that he is the "healthiest" man too. Despite his bodily ailments, he shares with his readers the secret of his health, in an autobiographical touch when he says: "He is interpenetrating the very cells of my being".

"Health is your birthright but not sickness," he says, and cheers us in this outright way. He himself has been writing messages from his sick bed, and not writhing in anguish. That is possible only for a spiritual being like Omkar.

He further follows it up with the most enviable declaration that he is the "happiest" man. Is it not a natural corollary? With his extraordinary wealth and health, can he be otherwise than being supremely happy?

"Happiness is in union with God" is his re-discovery for us, the poor, ailing; miserable folk. For being happy his simple recipe is "think of others. There are no 'others' than the living images of your own Self, the One indivisible God. Love all these". Swamiji has presented this tri-coloured bouquet for the new year. In simplicity, how sublime! Indeed he lives in a world of his own "Where everything is God", as Swami Ramananda Thirthaji, a peer of his, bears testimony.

Sister Sushila Devi has rendered a signal service by making available to us the marvellous "Niagara Falls", seen by the readers through the mystic vision of Swami Omkar.

"Pour out, pour out all that you have, for you cannot keep it." How resounding and thrilling is this poetic commandment, the be-all and end-all of religion!

Rescued from oblivion, the courtesy of Sri Jagdish has donated to the readers a rare speech, delivered by Swamiji forty years ago in the United States of America. It is as fresh and valid today as it was decades ago, for its prophetic presentation of eternal values.

## THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

He boldly defines his religion as Universal Love. It has captivated my heart as it is sure to grip many others too. In fact it is the undercurrent of his outpourings.

"I have no religion of my own which is separate from myself', is at once a subjective and objective statement. This is the glory of Omkar. This nondenominational universal love is the foundation of the one world of which our leaders glibly talk. "Under heaven, one family" - this is the essence as also the climax of Swamiji's clarion call. "It is good to be born in a Church, but it is better to die outside it", is an aphorism not without significance.

As a fitting finale to Swamiji's exhortations for Peace is his latest message of topical interest - *Satyameva Jayathi* - his anguished call for the outright outlawry of war from this trembling world. He asks India "to cling to the never-failing Divine Protector". In a moving peroration, filled with pathos, this standing sentinel from the hill-top cries hoarse, to the so-called civilised world.

"In order to stop this carnage and death, we must recognise God, the living Truth, and thus bring peace and goodwill to the individuals as well as nations. Let us cling to Truth more than ever in these troubled times and the great crisis of the nation."

Tranquility amidst turmoil - that is the picture of Swami Omkar. "Restore leadership to God" is his appeal.

In conveying simple truths with homely illustrations, like Vemana of old, Omkarji is peerless. His is not a Pose, but a poise; not an intellectual precept but a perpetual practice of the Presence of God.

What is his philosophy? It is a common question asked by people when an uncommon man echoes truths heard from the corridors of time. This pilgrim's philosophy and religion mingle in one ceaseless quest of the ultimate source, seeking the One in the many. Vedic in vision, Islamic in concept, Biblical in exposition, Buddhistic in application,

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

*The Soul of Omkar* in its range clasps earth and heaven in one embrace. Surrender to the Creator and service to His creatures - bird, beast and man - nay, to the inanimate objects too, through flaming love, is Omkar's universal dogma. "So many ways, that 'wind and wind' to the simple creed of being kind".

Let us in humility pray that Swami Omkar be spared for many more years to strive for the Peace of man and glory of God, through his meditations in "waveless Silence".

May peace and Goodwill reign on earth!

- Sri Tharakam

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## PREFACE

---

IT IS A PRIVILEGE to write the Preface to our Pujya Sri Swami Omkarji's *The Soul of Omkar*, being the essence of all his messages and 'writings. It is our Swamiji's wish to see that this inspiring and helpful book be read by all the devotees of Sri Santi Ashram and by the devotees and friends of *Peace* and *Santi* journals of the Mission of Peace, and thus spread peace near and far in the East and West, amongst all religions and nations.

We are grateful to our President, Sri Tenneti Viswanandhamji, for his learned Introduction, and to Sri Tharakam, editor of *Dharma Sadhani* for his "Foreword". We are deeply grateful to our Param Pujya Sri Swami Chidanandaji and Pujya Sri Swami Sahajanandaji for giving the opportunity of sharing these inspiring messages with all the devotees of India and abroad by publishing this book as a Second Edition. To make *The Soul of Omkar* more helpful and complete we are adding the inspiring messages of the 80<sup>th</sup> and 81<sup>st</sup> birthdays, that were already printed by Sri Santi Ashram at its printing works. We are including also the 84<sup>th</sup> Birthday Message and concluding the book with our Revered Swamiji's latest message: *A Personal Letter*, which contains the essence of all religions.

Also thanks to Sri L Appalaswmy for bringing this book as a third Edition with his generous donation.

With Love,

Yours,

Jnaneswari

On behalf of Sri Santi Ashram

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

*Aum*

## INTRODUCTION

*The Soul of Omkar* is a small compedium of some of Sri Swami Qmkar's writings and musings for over a period of half a century. A small book like this may not be completely representative of the mind and Soul's expression of Sri Swamiji, for his writings extend over many volumes.

However, this book will take the reader straight into the thought-pool of Sri Swamiji. It is a precious birthday gift which a seeker of Truth can present to those whom he wishes to successfully cross the whirlpool of life. One can also see that one need not run away from life to achieve this great and noble objective.

I hope and trust that the inspiring writings in this book, which are a poem of Peace couched in simple words and full of practical instructions, will prove beneficial to both young and old to realise Peace in the midst of turmoil, and love in the midst of hatred.

May Peace be unto all!

Om! Om! Om!

*Sri Tenneti Viswanadham,  
President of Sri Santi Ashram,  
The Mission of Peace*

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## PRAYER FOR WORLD PEACE

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### Adorable Presence!

Thou Who art within and without, above and below, and all around,

Thou Who art interpenetrating the very cells of our beings,

Thou Who art the Eye of our eyes, the Ear of our ears, the Heart of our hearts, the Mind of our minds, the Breath of our breaths, the Life of our lives, and the 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 the 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 Shanti! Shanti! Shanti!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## SERVICE

Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## **PRAYER FOR WORLD PEACE**

### *A Short Commentary*

*THIS PRAYER*, which came as an inspiration to Sri Swami Omkarji, and which has been reduced by him to writing is really a beautiful Mantra, which by its inner meaning properly understood and pronounced from the deeper recesses of one's being in a calm manner, will induce one to reach Samadhi Yoga. The dew drop will feel the great sea of which it is a part and parcel. Not only that, it will feel its affinity with other dew drops of this wonderful creation. This Mantra is the sum total of all religions, scriptures and sciences. It is the quintessence of Para Vidhya, which is the basis of all knowledge. It is the essence of Sat Chit Ananda. Those who have tasted the beatitude of this Mantra want nothing else.

It starts with the words, *Adorable Presence* of God, Who is everywhere, within and without. There is not a blade of grass in which God is not. The universe is full of It. It is full - fuller than the fullest. Take anything away from It, It is still full - this Great God in which we move and have our being.

The Blessed Christ said, "I and my Father are One". So has Sri Krishna uttered that in whatever way you come to Him in that way He meets you, for He and you and ourselves are all one. The Buddhist and Muslim speak of the great Nirvana, which is unplumbable, and of Allah, who is the source and support of all things. This Adorable Presence is invoked here and now, in this beautiful *Prayer*. There is no yesterday, today and tomorrow for one who is immersed in this Samadhi, in the oneness of union with God.

Again, this *Adorable Presence* is everywhere, without beginning or end. There can be no quarrel or any sense of separateness, since God permeates all. That is why there is the invocation for Peace and Goodwill amongst individuals as well as communities and nations. Brotherhood is a fact of Nature and not mere aspiration!

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The Mission Of Peace - Sri Santi Ashram

What a wonderful *Prayer* it is! For this we are indebted to Sri Swami Omkar and the Santi Ashram. May this *Prayer* fill the world, rising from every human heart, so that the world may be full of this great spiritual aspiration which can change its entire face!

Then will wars and hatred cease, and humanity become super-humanity - an ideal to be ceaselessly striven for. Let each of us understand the deeper meaning of this *Peace Prayer* and invoke it in the morning at sunrise, at noon and at sunset, if not always, and make this earth the haven of Peace that it should be.

May Peace be unto all!

Sri R.A. Narayan, M.A., B.L.,

Sister Lalitha, Kotagiri,

Sister Vera Slattery, England

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## MY LEGACY TO YOU

HOW WONDERFUL it is to have something which is not the monopoly of an individual or a nation, but which belongs to all the children of God in the East and the West, nay, all over the world! To whom does the effulgent sun belong? Does he not belong to one and all, to those who have eyes to see and senses to feel his presence and light? To whom does the moon belong? To whom do the stars belong? To whom does the air belong? To whom does the sky belong? Do they not all belong to one and all?

I hesitate to include the earth and the ocean, for the earth is divided by selfish man with the boundaries of "mine" and "thine". As for the ocean, also, there are some people who claim that the Indian Ocean belongs only to the Indians and the Atlantic Ocean belongs only to Americans, etc. Man - the ignorant man - takes joy in possession and in the monopoly of the goods of the world. To whom does the world belong? Does it belong to man or to God? Verily, God and man are one. We will leave these intricate problems to the philosophers to solve with their mighty intellects.

My loving friends, whoever you may be, wherever you may be, even if you are a theist or an atheist, a believer or a nonbeliever, here is the Abode of Peace, which belongs to you equally as much as to any of us, the founders, members or workers, for it is the common property of all the seekers of Peace on the face of the earth. Does it not give you joy to think that you have an Abode of Peace on earth, where you can go to rest, relax, retire or spend your life temporarily or permanently, for it belongs to you?

The Peace which is your birthright and the common heritage of every man, which cannot be bought for any amount of wealth in the market, you can have here free, provided you are pining for Peace. Do you wish to have Peace? Is your soul longing for Peace? Is your cry for Peace deep and intense? What is life without Peace? My offering to the world of humanity is this Abode of Peace. A hearty welcome awaits you

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

here, and also to each and every aspiring devotee of all religions and nations. I am in ecstasy, for I have something that I can share with you. I am grateful to the Almighty for using me as an instrument to create this Abode of Peace, for your benefit and for the common good of all.

My loving reader, this is *my legacy* to you. It does not make any difference whether you have known me or not physically. It is enough that we are all the children of the one God, coming from the one source, living in the one Presence and bound to go back or dissolve into the same Truth - the indivisible Light. As it is individual Peace which paves the way towards the universal Peace, my friend, please help me now by establishing Peace in your devoted heart. The Peace in your heart is felt in your home; the Peace of your home spreads to your community: the Peace of the community radiates to the nation; and the Peace of the nation radiates to the whole world, to all the nations. Peace does not need many words at all. Here is *my legacy*, my offering to you, this Abode of Peace. Pray, come and join it now, to ever abide in the infinite Peace, the eternal Peace, and thus be a blessing to the whole world! This is the prayer of your brother, Omkar.

May Peace be unto all!

Om! Om! Om!

My Religion is not confined to the human kingdom alone.

-Omkar

# THE SOUL OF OMKAR

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## OUR IDEAL

IT IS THE individual Peace that paves the way towards universal Peace, so establish it first in your own heart, then spread it in your home, radiate it to your community, and thus let it vibrate from heart to heart, till it pervades and permeates the whole universe, through your pure and ideal life of Peace.

### WHAT I LEARNT FROM SWAMIJI

1. *I learnt from Swamiji* that God is love and love is God and where love is, there God is.
2. *I learnt from Swamiji* that religion and life are not two but one. Hence God is equally present when my eyes are closed in my meditation as when my eyes are open while typing a message or doing any other work.
3. *I learnt from Swamiji* that work is worship. Everything I do is an offering to God.
4. *I learnt from Swamiji* the preciousness of time - that every moment is precious, and he who wastes moments wastes all his life. Anything lost can be regained but not invaluable and precious time.
5. *I learnt from Swamiji* that laziness is a dangerous disease and a lazy man harms himself and others. Indeed, he who is lazy and does not work for his living, has no right to eat.
6. *I learnt from Swamiji* that cleanliness is Godliness. He who is clean within and without is a true child of God.
7. *I learnt from Swamiji* that purity is the very foundation and basis of spiritual life. Blessed are they who are pure in thought, word and deed.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

8. *I learnt from Swamiji* to inhale and exhale Peace with each and every breath. This is the simple and natural Pranayama, the breathing exercise that purifies all the Nadis (the nerves within), which alone helps in the long run to awaken the Kundalini or the latent Shakti, which makes one God-conscious without the need of any secret, mystical exercises that are complicated and may also be dangerous and harmful, especially without proper guidance.

9. *I learnt from Swamiji* the simple way of Lord Christ - to love thy neighbour as thyself; the direct way of Blessed Krishna - to face Him in everyone, considering all the world as Brahman; the compassionate way of Buddha - to respect all life and to be kind and merciful.

10. *I learnt from Swamiji* the universality of all religions, to respect and adore all the Saviours, Avatars and Prophets of every religion, to assimilate all that is good from every source and never to compare the different religions or their Prophets and Saviours.

11. *I learnt from Swamiji* that I should not be a little frog in the well of ignorance but should be broad-minded and wise, considering the wide world as my home and all people in it as my sisters and brothers. How blessed it is to love and serve all, without expecting a reward in any form. This is my highest religion.

12. *I learnt from Swamiji* that the practice of feeling the Presence of God, not now and then, but in each and every moment of one's life is the secret of success and God-realization.

13. *I learnt from Swamiji* about the glory of self-reliance: to rely no more on outside props, on the big forms and names, but to rely on the Light within.

14. *I learnt from Swamiji* that speech is silver and silence is gold. *Mownam* - silence - is the ornament, nay, the crown of spiritual life. Too much talking leads to misunderstanding and trouble. Silence leads to perfect Peace and creates souls.

15. *I learnt from Swamiji* that troubles are God's rain on earth, and never to trouble the trouble until the trouble troubles us.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

16. *I learnt from Swamiji that forgetfulness of God is death, and perpetual awareness of His Presence is life eternal.*

17. *I learnt from Swamiji that I should be kind and forbearing in all the tests and trials of the world, as they are mere passing clouds. Verily, tests and trials are always for the brave, and life in the world is not a bed of roses. The world is not like a sweet rice pudding.*

18. *I learnt from Swamiji that when wealth is lost, nothing is lost; when health is lost, something is lost; but when character is lost, all is lost. Verily character is the heart and soul of God-life.*

19. *I learnt from Swamiji that the Atman, the Soul within, is ever complete, that there is nothing to learn from out-side, and that one should unlearn and forget all that one has learnt. Real Peace does not belong to the bookworms but only to those kind rare souls who have risen above duality of every kind. In the highest stage, sages consider books as fire-brands, although they are helpful for the beginners.*

20. *I learnt from Swamiji that we need a boat to cross the river of life. When once we cross it, why cling anymore to the boat of the body? The ocean is God, the river is life, and the body is the boat.*

21. *I learnt from Swamiji that I should never be satisfied by chewing dry bones - the empty words of others - nor be contented by counting the cows in all the world. It is better to have a small cow of our own that gives us even a few ounces of fresh milk. It is personal experience that counts and helps in the long run.*

Those who are blessed with personal experience are the salt of the earth. They are the beacon lights of the world, leading us from the unreal to the Real, from death to Life, and from mortality to Immortality.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

May our homage be unto all such great souls of God-consciousness in all the world!

May Peace be unto all!

Om! Om! Om!

— Kumari Jnaneswari

Real happiness can never be found in finite things of names and forms.

-  
Omkar

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE PEACE CENTRES

IN THESE DAYS of silence there is a great longing more than ever to start Peace Centres both in the East and the West, all over the world, not on land, but in each and every individual heart. It is so easy to start Peace Centres within, provided one is willing to pay the price of complete self-surrender for establishing it within, from where alone Peace flows ceaselessly towards all the children of God in the world, irrespective of the difference in caste, creed, colour and nationality.

What are the indispensable requisites to start a Peace Centre within?

I. To begin with, knowing the preciousness of human birth, one must wish, pine and intensely aspire with all the strength of his mind, heart and soul, to seek and realize God before the call in the form of death approaches.

Regular study of your scriptures, be it the Gita or Bible or any of your religious books, even for fifteen minutes everyday, will be helpful in your spiritual progress.

II. One must memorize and repeat the simple Peace prayer at least twice, when one wakes up at dawn and also when he retires in the night to sleep. The more one repeats the Peace Prayer both during work and while at rest, the more it gives joy, inner strength and Peace.

III. The sacred scriptures say – Paropakarardham idam Sareeram - this body is given only for service. So let us serve His children by spreading Peace from heart to heart, by making them repeat the Peace Prayer, as it helps to feel God's Divine Presence while repeating it.

IV. As it is the individual Peace that paves the way towards universal Peace, by establishing Peace in our hearts and spreading it near and far, we are really contributing to, the Peace of the world.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

V. In the Peace Centre one need not struggle to learn any more from outside and from the finite teachers, for everything is within oneself inside, in the stillness of one's own purified and dedicated heart. All that a man has to do is to forget all his superficial knowledge and all that he has learnt from outside. The message of the Peace Centre within is always self-reliance - in the beginning, middle and end - and no more reliance and trust on outside props.

VI. Let the Peace thought - Peace within and without, Peace everywhere and all around us - be more prominent than the thoughts of fear, strife, bitterness and war. May all be peaceful everywhere!

\*\*\*\*\*

My dear loving readers, will you not help us by establishing Peace in your devoted heart first, then in your home, community, nation and world at large, now, in the living present moment? Let charity begin at home. Let Peace begin now alone in your aspiring heart of devotion, and thus fill your home and radiate it near and far wherever you go. Aspire to be a holy shadow spreading Peace unconsciously.

Time is too precious to be wasted in mere words, discourses and lectures. The bullets without powder are not helpful. What we need is soul-force, the Love Universal and the supreme Peace, which includes all.

Due to Maya, delusion, man is not yet ready to pay the price and start the Peace Centre within. He would rather start a branch of the Ashram or Society on land, by collecting subscriptions going from door to door so that he can be president, founder, or at least its secretary or manager. In the outer branches there is no need of paying the price of killing the ego and annihilating the little self.

Due to association with wrong people, who run after the fleeting clouds of name and fame, the ignorant man neglects the Peace within and runs after the Peace without, like a sheep forgetting the roaring lion. O man, wake up! It is high time to start a Peace Centre within yourself from where Peace alone should flow ceaselessly in torrents and rivers.

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It is very easy to start a Peace Centre within yourself. Here there is no need of paying monthly dues or yearly donations or premium. All that you have to do is to shift your centre from without to within. Now is the time and this is the place where you ought to be. Today is ours and not the uncertain tomorrow. Let us do our good deeds today only, nay, at this moment alone, by establishing Peace Centres in our hearts in the present living moment, for the Peace of our soul and for the good of humanity.

Dear friend! Fellow pilgrim on the path of Peace! We are here to help and serve you. Our prayers are with you.

Awake to your Divine Majesty where you are one with all sects and creeds.

- Omkar

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## HOW SHALL I WORSHIP THEE?

IT WAS THE early hour of dawn in the Maitreyi Ashram. The life-giving light of the world, the sun, was about to come out of the horizon and there was glimmering light over the hills. I was alone with the indwelling Light, awaiting the outer light of the sun. It was a blessed moment of ecstasy. Feeling His Presence within and without and facing Him on every side. I was unconsciously repeating, "How shall I worship Thee, O Lord? May worship thee with the lovely, fragrant flowers or with fruits also, breaking coconuts before Thee? May I worship Thee with prayers, contemplations and meditations? What is the nearest and dearest worship to Thee, O God? Thou has no need of our words or any Mantras. Words do not satisfy Thee. Even thoughts are lifeless before Thee. Then how shall I worship Thee? May I worship Thee with my mind and intellect? Verily, mental worship is considered as the highest worship of Thee."

At that hour, feeling the ecstasy within and without, above and below, | felt that | could not even repeat the helpful Peace Prayer, I tried to repeat only the two soul-awakening words - Adorable Presence. I felt from within that I could not repeat even these two simple and sacred words. In fact, God does not want to be disturbed by any words. He does not want the least movement of body or mind, for He is Perfect Stillness. He is waveless Silence.

For some time merging within, I watched the even flow of the inhalation and exhalation. Here you are not repeating any words even with the mind. The Ajapa Mantram, the unutterable Soham is going on ceaselessly from dawn to dusk, both day and night, from beginning to end, saying "I am That. Thou are That - Tat Twam Asi. Recognise the highest, the most natural and the unutterable Mantram and be silent. Knowing That, they melt in Silence.

"How shall I worship Thee? May I worship Thee in Silence, in waveless Silence?" The highest worship which is dearest and nearest to God is, to love. Love all, for all are His children, the living images. Love ye each other as I have loved ye.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

He who loves bird, beast and man is offering the highest prayer. Love of creation is love of God. Verily God is love and love is God, so let us be centred in Love Universal, which is the only real and highest worship of God.

Thus the breath within keeps on worshipping Him day and night ceaselessly, recognising Him both in sound and in silence, in motion and in motionlessness.

May this holy moment of ecstasy be rendered permanent, embracing all the creatures on earth and heaven in Love Universal. Do not love, but live as love. It has a deep and glorious message. When we live as love, all are included.

May all homage be unto love that excludes none but includes all. Verily, the right and proper name of God is love. May all homage be unto this overwhelming love, which is the only changeless Reality! Is it not blooming in the flower; singing in the bird, playing in the child, working in man, twinkling in the star, being both the manifested and the unmanifested?

Dear loving reader, it is the same Power - you may call it God or Peace or Love - which is writing in me now and which will read in you. Not a blade of grass moves without His Will and Presence. So, may we feel now the indwelling Light, the interpenetrating Presence in each and every moment of our lives, facing Him all around, everywhere and at all times, with each and every breath of our lives! Glory! Glory! Glory!

May peace be unto all!

Om! Om! Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE MESSAGE OF PEACE

### *For the Establishment of Peace on Earth*

DEAR FRIEND! I love you because God is love. My soul craves to help and serve you, for in serving you, I am serving God. Peace is needed for the establishment of the Kingdom of Heaven on earth.

What is your contribution to world Peace? If our hearts are devoid of Peace, our sermons for the Peace of the world are a mockery in the face of God.

In spite of daily sermons and prayers in churches and temples there is unrest everywhere. In many a nation there are signs of bitterness, hatred and war, instead of harmony, love and Peace.

The golden rule: "Whatsoever ye would that men should do unto ye, even so do ye unto them", is to be practised in our relationship with individuals and with sister nations of the world, and should not remain as a myth or legend.

Religion should not be a cloak used as a garb on special occasions, but lived in our daily lives, in each and every moment. We are to manifest it in all our thoughts, words and deeds, whether we are in church or at home, for religion is the realisation of God's Presence in us.

The harvest is great and the labourers are few. In the name of God, in the name of Truth or love, will you not help the world by establishing Peace in your own heart first?

Please do not fail to give your help and sympathy saying, "I am neither a statesman nor a member of the United Nations." Yes, you are a statesman in the garden of Peace. You are a member in the kingdom of God. Your birthright is Peace. Your divine heritage is Universal Love. Hence it is your bounden duty to work for Peace with an all-embracing heart of love.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Pray, come forward now with all the strength of your heart, and soul to prevent war and establish Peace on earth. "United we stand, divided we fall." Remember that unity is life and separation is death; hence I plead and beg of you, your cooperation.

Irrespective of differences in nations or religions, whether you are a president or a peasant, emperor or labourer, priest or layman, I request you now to contribute your quota, first by establishing Peace in your own heart, for it is the individual Peace that paves the way towards universal Peace.

Our Peace must be based on the understanding of God, the universal energy, the basic principle of creation, and not on mere treatises signed by politicians to serve their individual or national needs.

Where is the Peace that passeth all understanding, if it is not in unity with God, who is our all-in-all? Recognise the Presence of God within yourself. Is He not Throbbing in your heart? Lo! He is here; merge within and feel, feel, feel. By recognising God in your heart, you can behold Him in everyone, irrespective of creed, colour or nationality, for everyone is a child of God.

Beloved one! Will you not render a little service for me? If so, please feel the Presence of God - not from tomorrow or when you go home or to church, but right now in this moment, at this place, as you read this message.

Behold! He is shining in your eyes. Can you not see Him? "Having eyes, see you not?" Pray, utilise your eyes to behold Him, your ears to listen to His still small voice, your hands to serve Him, your words to glorify Him, your heart to express Him, your mind to merge in Him, and your soul to recognise Him.

This is all that I ask of you, my fellow-worker, to make the whole world, the creation of God, an abode of Peace, remembering always the great Truth that the service of man is the service of God. This is the highest worship of God.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

May floods of harmony, rivers of Peace, and oceans of love flow from you towards the whole of humanity, for the good of the world, and may the Indweller of your heart bless you with Peace, health and long-life. This is the prayer of your brother!

Om! Om! Om!

Amen!

Individual Peace alone helps to World Peace.

- Omkar

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE PRESENT MOMENT

*The Eternal Now*

I LONG TO centre my life, not in the next moment, but in the present moment, for the present moment is certain and the future moment is uncertain. Many a life has been ruined and wrecked by neglecting the present life - giving moment and relying always on the next moment which may never come in one's life. The man of procrastination is always postponing his good deed for the next moment and for the morrow.

We have the following motto in the Ashram:

Do your good deed today only, for you may never see tomorrow.

If someone comes and says: "I will give you God-realisation in the next moment, I will say: "No, no, I cannot afford to wait for it until the next moment; I want it now in the living present moment."

If I neglect the present living moment, how can I be sure of utilising the uncertain next moment? After all, am I not one with the Light of lights now as much as in the dim future? If I feel Him now, I can feel Him always. If I neglect Him now, even for the tiniest fraction of a moment, I may neglect Him in all the future time, for it is these tiny slips that make the longest gaps, leading one towards the downward path of destruction and lethargy.

I am one of those who believes in the present living moment, however trying it may be. If I feel Him now, I can feel Him always.

If I make the best use of this present moment, I am bound to make the best use of the next moment and all the future time.

How true are these words: "He who wastes moments, wastes all his life!"

O Next Moment! I bow my head unto thee, but I embrace the present living moment, for the present moment is the eternal now!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Verily, inadvertence is death, be it even for a single moment. Awareness of His Presence, of the interpenetrating Light, is life eternal. .

My loving reader, pray, take hold of the present living moment. Do not dream and tarry on the wayside any longer. You are on the way, nay, you are centred in Him, if you are making best use of the present living moment.

May the awareness of the Self-effulgent Light in the present moment lead you to that blessed height of transcendental glory, which is above body, mind and world, and also above time, space and causation! This is the prayer of your brother who loves you. May Peace be unto all!

Om! Om! Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## REFORMING MYSELF

THE WORLD is full of people trying to reform others. Everyone is anxious to reform the other one, but no one is anxious to reform himself. It was Swami Rama Tirtha who said; "Wanted: reformers, not of others but of themselves." Religion begins with self-reformation and ends in Self-realisation.

### KNOW THYSELF

It is in self-reformation that you come face to face with Thyself - the Indwelling Light. I tried and tried to reform everybody, but I failed. Now I am trying to reform myself, and I see some light. By reforming myself, I am reforming others. It is better to set an example by living an ideal life. An ideal life of selflessness is the greatest blessing and a living example, better than lectures and discourses.

*Q: Why is man anxious to teach others?*

*A: For it so easy to teach others.*

As it is very difficult to reform oneself, to teach oneself, one is not anxious to begin the difficult task of self-reformation. Time is too precious to be wasted in trying to reform others, which leads one nowhere.

If you try to reform yourself, you will be led somewhere. You will see some light within yourself.

Begin the reformation with your very diet. Take simple and natural diet, for diet plays an important part in your spiritual life. Someone said: "If you tell me what you eat, I will tell you what you are".

Avoid all exciting foods. Be simple and natural and, above all, be moderate in everything. Avoid extremes. Moderation is the key-note to any successful life. Let every day be a day of self-reformation to you. Begin the day with the helpful *Peace Prayer* or any other prayer.

Continue to spend the whole day doing your ordained tasks and feeling His Presence, for you are always in God's Omnipresence. There is never

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

a moment of time when God is absent from us. We live, work, move and breathe in Him. Thus, after our day's work, let us retire into God - with a prayer on our lips, glorifying all His blessings. How blessed and helpful it is to resolve, as we wake up at dawn every day, to see only God everywhere and in everyone, for all is God!

*Isavasyamidamsarvam!* All this world is filled and covered by Isa, Eswar - the One indwelling Presence which is both within and without. If you wish to talk, you should talk only of God and not waste your precious time in talking on useless topics. Never try to kill time with idle words or gossip.

## PRAY CEASELESSLY - MEDITATE DEEPLY

Let your joy be to commune with God. Even so, you should try to hear the Voice of God in every sound. All sound is an emanation of God. God is all silence also - waveless Silence. Verily by changing myself I am changing others; I am reforming the world by my ideal and selfless life. Indeed it is individual Peace that paves the way for universal Peace. Let us help the Peace of the world, by establishing Peace in our hearts first and then in our homes, communities, nations and the world at large.

Thus, let reformation begin from within - with myself. May every breath of my mind flow only towards Him, the Universal Light - the Light of the world! May every heartbeat throb only for the Peace of all! I may not change others, but I can change myself. I may not reform the world, but I can surely reform myself.

Blessed are they who are pure in heart. Peace belongs to the pure. It is self-purification that helps world-purification.

Dear loving readers, what is your contribution to world Peace? Let it be your self-purification. Let it be your self-reformation. Let there be less words and more silence with purity and Peace. May your ideal life of self-reformation be a source of joy to your Creator and a blessing to all His children.

May Peace be unto all!

Om! Om! Om!

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# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## WONDERFUL!

GOD'S NAME is wonderful. As you are His child, your name also ought to be wonderful. Since my heart disease last year, many devotees have asked me anxiously: "How is your health, Swamiji?"

I reply cheerfully and spontaneously: "My health is wonderful." Verily, my heart is wonderful. My blood pressure is wonderful. The pulse is normal and wonderful. My breath - *Soham* - is always wonderful. Everything is wonderful, not only within but also without. As I close my eyes, I feel His Presence from the toes to the top of the head. He is there in the very cells of my being. As such, every cell proclaims in a still, small voice: "Wonderful!"

In the world of duality, He is wonderful from the tiniest atom to the biggest planet. When the eyes are closed, He is wonderful. When they are opened, He is wonderful. He is wonderful in the fragrance of flowers, in the song of birds, in the mirth of children, in the work of man; nay, He is wonderful in the retired life of the aged. He is there in the very breeze and in the warmth of the sun. He is wonderful all around us and in the twinkle of the stars up above in the sky, also.

How blessed it is to live in a world where everything and everyone is wonderful. When you are wonderful, all are wonderful, for everyone is a living image of the wonderful God. As God is one without a second, it is so easy to recognise Him within and to face Him without - all around, in touch, sound, smell, sight and space. This seems to be the easiest, safest, most direct and simple way, for here you need not manipulate yourself and get tired with long prayers or deep contemplations and wait for God to descend from the far-away heavens.

All that you have to do is only to recognise the wonderful one, both within and without and all around, and be silent. "Be still and know that I am God". Thou art That - *Tat Twam Asi*.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

"Omnipotence is working - let the mortal retire." What a wonderful "Mantram" and helpful affirmation! How simple it is to allow the Omnipotence to work and to allow the mortal to retire.

Yet it is not very easy to make the restless mind calm, still and waveless. Whether it is easy or difficult, our salvation lies only in mastering the wandering mind. Yoga is the control of the wandering faculties of the mind - *Yoga-Chitta Vritti Nirodha*. When once the mind is controlled you have the Darshan or vision of the wonderful One. Nay, you will realise that you have been the wonderful One - the Light of lights - all along from beginning to end.

Dear loving reader, my name is wonderful. Not only my name, but your name also is wonderful. That which exists is one, and that is wonderful.

May all homage be unto the wonderful One - the Wonder **of** wonders! May Peace be unto all and may all recognise and feel the Infinite, and thus rise above selfish thoughts and finite words and merge in the Supreme Silence which is the heart, soul and goal of the Wonder of wonders-the wonderful One.

May Peace be unto all!

Om Tat Sat Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE RICHEST MAN

*Q: Who is the richest man in all the world?*

*A: The desireless man, the selfless man, is the richest man in all creation.*

As I analyse my life, the long life of seventy years of experience and feel deeply grateful for all the innumerable blessings of God and His never-failing protection, the inner voice says that I am the richest man in all the world. Often I feel that I have been His chosen pet child, more so, because I have been His lame sheep. God is looking after His lost sheep too. How He apparently neglects the rest for the time being and goes after the stray sheep to bring them into His fold! Such is God's infinite love towards His children!

When I look at the sun, the light of the world, the sky that has a million eyes and all the millions of stars and the lovely moon, I feel that all these belong to me and that I am the richest man, the rightful owner of these divine elements. What about the five life-giving elements - earth, water, air, fire, ether? All these belong to me. Either in the sky or on earth, above, below, around, there is nothing that does not belong to me. Everything belongs to me for I love them all. What about the birds, beasts and men? They too belong to me. Even the sweet-smelling flowers, the majestic Himalayas and the ever-flowing Ganges - all the rivers in the East and the West and the fathomless ocean - all belong to me.

*Q: Am I one or two?*

*A: I have been always one.*

Since I have been one without a second, everything belongs to me. Everyone is included in my love. It is needless to say that all the wealth in the world naturally belongs to me, for all is my own. How rich I feel, having all the bank accounts in all the banks of the East and the West as my own!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Be they Dana Karnas (charitable donors) or miserly people, it makes no difference to me - for all are my own. Being the owner of all the wealth in the world, whatever I need, whenever I need, I have only to whisper a word to God and He grants my simple and selfless wishes, often before I utter them. How good God is to me! How very understanding He is! God has brought me up as a Sadhu a wanderer, to Lakshmi Vihar, Nilgiri and made me gradually a Rajah, offering a rich estate, with pear and tea gardens and a palatial building with a permanent stream. What belongs to me belongs to you all, for whatever is given to me, belongs to all His children. My riches are the common property of all.

The lovely Kotagiri is considered as the healthiest place in the world. It is called the Brighton of the East.

In my zeal and enthusiasm, I often take joy in repeating; "If you want to be healthy and happy without sickness, if you wish to live long, blooming with health, Kotagiri is the most peaceful and healthiest place for you."

Often devotees of the Ashram from near and far wish to come and spend a few days in health and Peace, but as the accommodation is limited, as we are feeling inconvenience, we resolved to construct the Prayer Hall with a library on one verandah and two rooms for the guests on the other verandah. It is estimated that it will cost only twenty thousand rupees to complete for the good of all. What is this paltry sum of Rs.20,000 before the countless wealth of God. One single devoted soul can do it. He can give the Prayer Hall with library and two guest rooms to the world of devotees, which will remain in his name or in her name permanently as a blessing for the benefit of all seekers of Peace.

It does not make any difference whether the Prayer Hall will be constructed by one man or by a thousand people. What is essential is that it must be complete at any cost. Last year, by His Grace, we were able to complete the foundations with stone and brick, and this year we are already getting all the wooden work of doors, windows, etc., completed. How good is God!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Sometimes when some stray sheep, in their enthusiasm, make generous promises and forget to fulfil them, it makes me sad. But I never give such donors any trouble by running after them, reminding them of their promise. I approach the bestower of all gifts and request Him to enter into their hearts, just to help them to remember their promise made in His Presence. As God touches their hearts, the bounty flows even from the dry and parched-up hearts. What is there that cannot be done by God! His Divine touch makes the miserly charitable and dry hearts full of love.

Once, in taking possession of this rich estate in the beginning, we were asked to pay an amount of Rs.20,000 towards valuable furniture, etc., When the time of the stipulation was nearing, God had arranged the amount of twenty thousand, as if overnight, and gave us the full possession of Lakshmi Vihar, with all the rights.

How life-giving and soul-awakening is the following poem:

## DANA - GIVING

Give, give, give,  
That which you hold will turn to dust;  
Give while you live, for, give you must;  
Else, what you hold tightly in your hands  
Will vanish through your fingers and be lost;  
Give, and there will flow a mighty fountain through the land.

What is that thing by knowing which everything is known? First seek ye His Kingdom and righteousness and all these things shall be added unto ye. By knowing God or Truth you will be the richest man in all the world. By seeking God's Kingdom first, you will be the king of all the Worlds, the richest man in all creation.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

I always feel from within that the selfish man, the ignorant man who lives for himself, is the cause of all the trouble in the country and in the world, both in the East and the West, even of the world wars in the past or present or future. By his selfishness, running after the evanescent toys of the world, being a slave of the fleeting clouds of name and fame, he is converting heaven into hell, all for his vanity.

The fame and glory of the selfish man is like that of a blade of dry grass or a withering flower. Where are the mighty and cruel war-mongers now, who were the cause of the death of millions of innocent people? The Kingdom of Heaven belongs to the childlike, to the pure and trusting. So let us cling to God more than running after the material things of the passing world. Let us aspire to reach the goal of our precious human birth before the light goes out any day. Not our will but may His Will be done for the good of all, for God alone knows what is good for each and every one of us, as well as for each nation.

Dear loving readers, my heart longs to share with you the immortal wealth, the imperishable riches that cannot be stolen by thieves or rusted by the passing of time, which will give you peace of mind, the goal of this precious human birth. It is desire that binds. Give up desire and you will be sitting on the throne of contentment in the Kingdom of Heaven here and now.

If some cynic asks, "What about these Ashramas with the hospitals, Gurukulas, printing works, homes, abodes of Peace, etc., are not all these the outcome of desires?" My reply is, "They are not desires that bind me, for they are for your use. They belong to you all! They are *my legacy* to you."

God is my *Kalpavriksha*, the Holy Tree, that grants all wishes. Sitting under His Omnipresent shade, I wish for all the little things for the good of His children. And He verily fulfills and grants the least of my childish wishes. I bow down my head in deep adoration to the bestower of all gifts, to the giver of all wealth, the richest of the rich, the highest of the high, to bless me with the strength to ever walk in His blessed footprints; above all, to be desireless like Him.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Verily, the Peace that passeth all understanding belongs to the desireless.  
God, the Infinite, is the only desireless One.

May I close my message now with the lovely poem on service, the  
goal of precious human birth?

Do all the Good you can,  
By all the ways you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as you can!

*May Peace be unto all!*

Om! Om! Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE HEALTHIEST MAN

SINCE WRITING the last message, Richest Man, it has given me such joy and strength, making me the richest man in all the world. As it has given me joy in writing, I feel the reading of the message must have given the same joy and strength to some of the readers of our *Peace*. Feeling from within that I should write a message on the *Healthiest Man* in all the world, I started to write this message, taking into consideration all my seventy years.

The richest man is the desireless man. The healthiest man is the man of health and strength. Who is the healthiest man in all the world? Without exaggeration, analysing my life, I take joy in repeating with all the strength of my mind, heart and soul that I am the healthiest man in all the world, at least one of the healthiest persons in the world.

My critics, the cynics, will jump out with the question: "What about your heart malady?" Also, it was only this week that I was having a severe toothache. Yet I take joy in repeating that I am the healthiest person. Do I allow a little heart malady to come between me and God? Do I allow a little passing toothache to come between God and myself? No, no, a thousand times not, Health is my birthright, not sickness or weakness. Sickness and weakness are only passing clouds. Radiant health is the reality and divine heritage of man. It almost looks unbelievable that even when passing through excruciating pain, never does the thought of praying for myself come. In all the days of my heart malady, would you believe me, if I write that I never offered a prayer asking God to cure my heart disease? Yet I am a believer in prayer, always praying not for myself but for others. It looks like selfishness when I pray for myself. It gives me joy when I pray for others. Thus, the health of others has been my health, and the happiness of others has been my happiness.

Even in the critical days of bone-grafting, while the blood was flowing, drenching the cast, when people who were waiting on me were sleeping through exhaustion, only the never-failing and ever-protecting

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

One, who never sleeps, was watching over me every moment, whispering: "Lo! I am always with you, my child! Be of good cheer!" There are times when I offered prayers not for relief or to remove the pain or sickness, but to give me strength to bear the pain or test patiently with a smile. I have been trying always to make all the so-called passing clouds of sickness and the stumbling blocks, into stepping stones to reach the heights of glory.

When writing of health and wealth, I love to repeat the following lovely words of wisdom:

"When wealth is lost, nothing is lost,  
When health is lost, something is lost,  
When character is lost, all is lost."

May character be the richest wealth. Next comes health, the greatest blessing of man. The man who is healthy is always wealthy, at least mentally. The man who is blessed with wealth and shares it with God's sick and poor children, is the happiest man in all the world. The giver is always blessed and not the beggar. As children of God, may we be privileged to give and share, not only our physical wealth but also our mental health with others. In spite of my doing everything contrary to the injunctions of my goodhearted doctors—taking late meals, taking long walks and talking and exerting too much—God keeps me alive, with full health and Peace, giving me the blessed privilege of serving you all!

Whatever is going to happen will certainly happen at its destined time. Can prayers change our very destiny? The law of sowing and reaping is inexorable. It operates in the lives of saints and sinners, learned and ignorant, rich and poor in an impartial way, exactly as the mathematical ratio, not exempting or sparing even the most intelligent and cunning.

Simple, natural food helps to create a healthy, happy and peaceful mind. We are what we eat. Animal food creates animal propensities.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Natural food creates natural tendencies. The cow and the elephant live on grass and leaves and are gentle, strong and healthy. But the wolf and tiger that live on flesh and blood are vicious and cruel.

Thus food plays an important part, especially in our spiritual life. Some people say that what we eat and what goes within does not matter much. It certainly tells upon our body, mind and thoughts immediately. There may be one in a million who can eat anything like a *Jivanmukta*, one liberated in life, who is above body, mind and world, who can eat anything and do anything. Lay people, the ordinary people who are slaves of the senses, should not take the exception of such souls as an example and eat everything, which is harmful to health and Peace of mind, especially flesh that excites their unruly senses. We are always safe by trying to walk in the footprints of the saints and sages who are contented to live on fruits such as oranges, bananas, nuts and other vegetables that are conducive to spiritual life. Milk, buttermilk, wheat, pounded rice and cereals of all kinds are helpful to health. Leafy vegetables and fruit juices keep the elimination clean and clear, blessing the votaries of simple, natural diet with blooming health.

Someone says: "An apple a day keeps the doctor away." A naturopath says: "If you live only on one coconut a day and nothing else, you will live more than a hundred years without sickness of any kind, radiating health." Another says that fasting at least once in a while on holy days such as *Ekadasi*, full moon etc., is also very helpful to keep up good health. A wise man says—giving a vast margin to fasting and feasting—the following words: "God-realisation is your goal; you must feel Him now and here."

If you can feel God's Presence by fasting, do it now. If you can feel His Presence by feasting, do so. At any cost, realise God—the goal of your precious human birth, by fasting or feasting—whatever helps you to reach the heights now.

Health is the greatest God-given blessing to man. It is we who misuse it with wrong diet, wrong habits and wrong life, being slaves of the senses.

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# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

It is the same with the intelligent man also, to try to reach the goal of this precious life by natural and simple diet that God created as the proper one for man.

Animals are always healthy and contented, for they follow their instinct and natural laws. Especially when they are sick, they never eat or stuff themselves, but fast and sleep in a corner in silence until they get well. "Return to Nature or go back to Nature; be natural." These are simple laws that make people restful, healthy and wise.

It was fifty years ago that I went for the first time to America, where it was the custom of all people to get their teeth examined and cleansed once in six months. They call it a check-up of teeth. My friends there took me also to a famous dental surgeon for the check-up. Imagine my surprise and joy, when the dentist, after examining my teeth said that in all his experience of examining thousands of people, he never saw such strong and perfect teeth in anyone.

When he asked me the cause of such perfect teeth, I smiled and said: "It is because my teeth never saw any dentist so far in India and it is the first time that they are having a check-up in America." All glory belongs to God.

All that I can say of my health is that God has been too good to me, in spite of my wrong use or misuse of my health. Even after the heart trouble, when I was asked not to go up the hills or have long rides in cars, once I felt that I should see the *Jiva Samadhi* of Sri Raghavendra Swamiji in Manthralayam, which is at a distance of nearly forty mile, from Adoni. *Jiva Samadhi* means getting buried in the ground when alive, never to come out again. When I expressed a wish that I should like to see and meditate for some time at the *Jiva Samadhi* of Sri. Raghavendraj, I was told that the road was in very bad condition and that even jeeps were going there with difficulty. I insisted that I should see that holy place at any cost. A good jeep was arranged. The road was so bad that the ride in it was like riding on a horse. I was sorry for my hasty venture, for my heart began to, palpitate and work like an engine inside. By God's special Grace we had a rough ride of nearly eighty miles to and fro, with the pounding or pumping of the heart within. But nothing happened and here I am healthy,

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

happy and contented, having got my wish satisfied by visiting Mantralayam, where we made new friends for our Ashram and the cause of Peace. It is a restful and peaceful place where Mahatmas spend their time in Mahasamadhi; hence, we all enjoyed our visit there in spite of the very rough ride.

Coming back to my present health, the well-known Rotarian, Dr. Venkateswaran, visited our Peace Centre the other day, and of his own accord examined my body thoroughly, including the blood pressure, and pronounced that everything was normal.

How good is God! In spite of my heart malady and the present tooth trouble, has not God been too good to me by blessing me with health and Peace? Hence I take joy in saying that I am the healthiest man in the world. At least, let me have the consolation to say that I too am one of the healthiest persons in God's creation.

Strange and unbelievable as it may sound, as I began to write this message on the *Healthiest Man*, the little pain, the troublesome toothache suddenly disappeared. There is health and peace within and without. I feel so grateful to the indwelling Light, the God of all understanding and mercy. At His infinite compassion and limitless love, my eyes often become wet with tears of gratitude.

His Presence is so real to me, for He is interpenetrating the very cells of my being. What else can I write in these finite words! Where God is, everything shines, for He is all Light! Where He is not, there is darkness, sickness and ignorance.

The sunshine, the balmy rays of the sun give health and longevity. It is helpful to sit in the sun in the morning and evening hours, allowing its life-giving rays to penetrate into the very cells of the body. Along with a natural diet, the sun, air and water are the unfailing divine doctors that help us to a long life of health and Peace.

Dear loving readers, health is your birthright, but not sickness. Verily, you are the inheritors of health. Not only myself, you too are also the healthiest persons in the world. Do not be discouraged or give heed to

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

the mere-passing clouds of sickness or weakness. Like clouds before the sun, they come and go. Pray and assert your self-effulgent splendour of millions of suns now and here, and thus be a blessing to your Creator as well as to His creation. Above all, may you feel His Presence ceaselessly. This is the prayer of your brother, Omkar.

Om! Om! Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE HAPPIEST MAN

One of my recent messages was the *Richest Man*. Then came the *Healthiest Man*, and now comes the final, last message, the *Happiest Man*. Sometimes I feel that even to write these messages is a waste of time. Yet, following the urge within, I am forced to express myself, hoping that these messages will do some good to someone, somewhere, sometime or other. Verily, the richest man is not the one who owns all the wealth in the world, but he who makes best use of his riches in the service of God's children. The poorest man is the one who lives for himself, ignoring others, in spite of all his wealth in the world. Was not Christ the richest man in all the world in the past, present and future, although he did not have a place of his own where he could rest His holy head?

Thus the real wealth is the spiritual wealth, the wealth of love and compassion that includes all and excludes none. Health is verily the outcome of this imperishable wealth of spirituality. When there is health, there is happiness and peace.

One of the spiritual poets of India sang an immortal song that begins with the lines: *Santamuleka Sowkhyamuledhu*. It means that without Peace there is no happiness, even for a recluse or Rajah, the wealthiest man. Thus in Peace there is happiness.

*Q: Where is Peace?*

*A: Peace is there where desire is absent.*

Peace is the birthright, the soul and goal of every individual on the face of the earth. In a sense Peace and happiness are not two but one and the same, the obverse and reverse of the same coin of life. Where there is Peace there is happiness, and where there is happiness, there is Peace.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

*Q: Who is the happiest man in all the world?*

*A: The most contented, the desireless man, is the happiest man in creation.*

It is desire that binds and fetters a man or woman. Peace or happiness belongs to the desireless. Often and often, in the moments of silence, when I am alone with God, the thought comes from within thus:

*Q: O happiness, where art thou?*

*A: Happiness is in union with God.*

*Q: Where is God?*

*A: God is within, in the stillness of your own purified heart.*

God-realisation now and here, is the message of the day. It has been the essence of my life's aspiration. If you cannot feel His Presence here and now, how can you feel Him in the uncertain, dim future? If you can feel God's Presence now, you can feel His Presence always and forever. Verily He is ever with you, within you and around you. Being omnipresent, He is pervading and permeating the very cells of your being as well as the universe, now and always, nay, eternally. Indeed happiness is in union with God and God is all-in-all. So our happiness is in oneness with the manifested world. Whether we like it or not, for realising happiness or peace we *must* feel our oneness with each and every one, the known and the unknown, with those who love us and even with those who criticise and condemn us.

Love is universal. It is one without a second. Call it God, Peace, happiness or Soul or Substance or Divine Energy. Names mean nothing, for that which exists is One, as often repeated, and It is called by various names by sages in different climes. What is most essential is our identification with the Real, the Highest. The awareness of that Presence now and here, consciously and from personal experience is the soul and goal of precious human birth.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

If you are aware of His Presence, the indwelling Presence, the interpenetrating Presence, now and here, you are the happiest man in all the world. Happiness is never in selfishness. Selfishness and happiness are poles apart. There is as much distance and difference as from the north pole to south pole, and between light and darkness. The happiest man is never selfish. He never lives for himself. He always lives for the happiness of others. Hence he is ever happy. There is a favourite saying of mine that I often repeat:

If you want to be miserable think of yourself;

If you want to be happy think of others.

"Others" are no other than the living images of the one indivisible God—your own various forms of the One in the many. Love of these is real love of God.

There is a small inspiring story that depicts the glory of selfless service in simple words.

It seems that once a Guru initiated his disciple into a great Mantra (sacred affirmation), but warned him to keep it a secret and never to reveal it to anyone under any circumstance. The Guru went so far as to warn his Chela, "If you tell this Mantra to anyone, your head will be broken into a thousand pieces."

The Chela faithfully repeated the holy Mantra and found it very efficacious. He thought: "How can I enjoy all this infinite bliss when thousands, nay, millions of people are steeped in darkness and ignorance?" So the next day he invited all the people, and climbing a mountain-top, he disclosed the Mantra to them and requested all to repeat it and thus realise God then and there.

When the Guru heard of this, the disciple was sent for and asked why he disobeyed and disrespected the ardent wishes of the Guru, his Master.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

The disciple with bowed head said: "O Master, my loving Guru! How can I alone enjoy the rich spiritual food, the nectar of immortality, when millions are starving and dying in ignorance? Let their happiness be my happiness. Let the Peace of others be my Peace. When millions are being saved, what if one single soul like myself goes to destruction?"

The Guru felt pleased with the utter selflessness of his Chela and blessed him with the happiness and Peace that passeth all understanding.

Thus we see, my friends, my loving readers that our real happiness is only in sharing what we have with others, the children of God, irrespective of the differences of caste, creed, colour and nationality. Hence Santi Ashram extends to you all a hearty welcome. It is the common property of all the children of God in the East and the West. It is *my legacy* to all the aspiring souls who are seeking Peace. The Peace and happiness that cannot be bought for any amount of wealth, you can have it free in your own Abode of Peace.

Man, in the deep delusion of Maya, seeks happiness everywhere outside, where it is not. It is within himself in the stillness of his own purified heart. Man's ignorant search in the outer world reminds one of the unfortunate and sad state of the musk deer that searches for the musk on hills and dales instead of within itself, and finally perishes in pain and sorrow, getting its heart pierced by the sharp branch of a tree. O man! It is high time that you sought happiness which is within yourself now and here, instead of running after Swamis, Yogis, Babas and all the exterior Mahatmas. Time is too precious to be wasted on the futile search, running after the shadows by forgetting the substance within.

Recently, one of the oldest devotees of the Ashram, Mrs U. Narayanarao Manoram of Bangalore, during her visit to the Peace Centre, was singing her favourite song of Nam Dev, which gave me great happiness.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Here is the essence of the song:

Whether this body goes or remains,  
I will be staunch in my faith to you,  
O Panduranga!  
I shall never forsake Thy Feet,  
I take this vow before you;  
I shall always repeat Thy sacred Name  
And keep Thy love firm in my heart,  
Says Nam to Keshavaraja.  
Dear God, it is left to you to see  
That I keep my above promise.

As a boy I memorised from *Ashtavakra Gita*, a similar helpful verse that says: "Let this body remain a thousand years or let it go now, what is that to me, the immortal Atman, which is self-effulgent, ever shining, without decay or growth".

The following verse from the sacred scriptures has also given me immense joy:

"I suffered much because of the delusion of duality or separation. Now I have seen the Light, I have known what is to be known, I am centred in the Lights of lights, the one, indivisible God; for nothing else exists besides Him. He is the source of all joy and happiness".

What else is there to be said? O happiness! Where art thou? Thou art in utter selflessness. Thou art there where the little self is completely annihilated, where all desires are burnt up in the fire of God-consciousness. Happiness is there where one thinks not of another, where

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

one sees not another, where one hears not of another—for all is the One. One sees Him in all, hears Him in all—for all is Brahman, the One without a second.

These days it makes me sad to see people, be they Sadhus or Yogis, recluses or mendicants, wasting their precious time running after the mirages in the world of delusion, forgetting and neglecting the indwelling Light, instead of facing It all around now and here. Instead of facing God who is all around, near and far, why close your eyes and painfully strangulate yourself, expecting Him to come from the imaginary heavens in the dim future. The future is not ours; the present moment alone is ours. Let us realise Him here and now. Let our happiness be in facing Him now, all around us. Face Him not only in the dearest and nearest, but also in those who are far away at a distance in unknown lands. In God there is no distance. He is above time, space and causation. Let our happiness be centred in recognising His Omnipresence, Omnipotence and Omniscience now, in the present living moment. Here alone abides the holy mind of eternal happiness. Happiness is to be sought in the Changeless and never in the fleeting clouds of the ever-changing world.

God is the only changeless One. Hence the changeless happiness is to be found only in God, the Eternal, the Infinite and the Immortal. In my childishness and in my childish way, I find myself unconsciously conversing with God.

I whisper sometimes: "Where art Thou, my God?"

In His still, small voice, He replies, "Lo! I am beside you, my child."

Sometimes I spend precious time in the company of people, talking too much. After I return from them and when alone with God in silence, I say unconsciously, "Have I forgotten Thee, my God? Did I neglect Thee amidst the confusion of company with too much talk, even though all was done in Thy Name? Verily, Thou art Silence."

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

God seems to whisper to me again in the following words: "I am both in silence and in sound, I am the manifest and the unmanifest. I come to thee in the form of devotees. In loving them you are loving Me. In serving them you are serving Me."

Silently I merge in Him, repeating:

Let the wealth of others be my wealth!

Let the health of others be my health!

Let the happiness of others be my happiness!

Let the Peace of others be my Peace!

May Peace be unto all!

Om ! Om ! Om !

Oh! Speak to me, God, of a sane and holy world.

-Mildred Hayward

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## ONE WORLD

IS THERE ONE world or are there two? There is only one world but ignorant man through his endless desires makes the one world into two, nay, into many worlds, according to his wishes and aspirations. Vedanta, which means "the end of knowledge", also recognises only one world of Truth or God-consciousness. It teaches that the rope alone exists and never the snake. Man in his ignorance, forgets the rope, and in the darkness mistakes it and imagines that it is a snake, and thus suffers endless worry, agony and pain with fear and weakness.

How blessed it is to live in a world of God consciousness, where all is God within and without! This vital thought has come into prominence now, because of a wise and loving remark made by our Pujya Ramananda Tirthaji, who stayed for nearly a fortnight in the Lakshmi Vihar and the Peace Centre at Kotagiri in the Nilgiris. The Peace Centre was blessed to have him with his silent and ideal life of love and Peace. We had long conversations every day, not with words, but in silence. Sometimes I listened when Swamiji spoke about our favourite pet scheme—the *Sri Rama Tirtha College of Peace* and its great future. How blessed it is to have the special blessing of the living saint, Sri Vinobaji, on the glorious future of the *Sri Rama Tirtha College of Peace*.

When I see Sri Ramananda Tirthaji, I see in him his revered Guru, Sri Narayana Swamiji as well as Sri Swami Rama Tirthaji, the great Apostle of God-consciousness. Thus it gives me joy to see Swami Narayana and Swami Rama Tirtha working now through the vehicle of our Pujya Swami Ramananda Tirthaji.

Once during our recent spiritual communions, I felt deeply touched and happy when Swamiji remarked thus, "Swamiji, you live in a world of your own".

"Indeed, how blessed it is to live in a world where everything is God and everyone is a living image of God. To justify Swamiji's words of appreciation and love I often go within myself to see whether everything is

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

God to me, from the toes to the top of the head, inside. How wonderful it is to feel His Presence, the Infinite Light in the very cells of one's being. Again, I open my eyes to see whether everything is God, whether I am seeing Him outside—in the flower, bird, beast and man.

Verily, to the God-man, the man of God-realisation, nothing exists but God. In the very cool breeze, in the warm sunshine, it is the Presence of God. Indeed, as the scriptures teach us, it is because of Him that the sun shines, the breeze blows, the flower blooms, the bird sings, the child plays, the man works and the saint meditates. Glory, glory, glory!

We are to feel God's Presence not only in meditation in the unmanifest, but also in the manifest, for all the world is an emanation of God. The world, like a bubble in the ocean, comes from God, stays in God, and finally merges in God. Blessed are they who do not recognise the evanescent bubble but only the real and permanent ocean of Satchidananda—which is Existence, Knowledge and Bliss Absolute.

Yes, as Swamiji says, I live in a world of my own. It is He who writes in me. It is He who reads in you, my loving readers. In this one world of God, all are living manifestations of Him. Nothing else exists except *God—Ekamevadviteeyam Brahma*. Brahman or God is One without a second. He is all Silence too, waveless Silence and Supreme Silence. May we bow our heads in deep adoration to Him who is all Silence!

Now coming to the practical side of my message, as it is all the one world of Satchidananda, I am trying to feel His Presence both in pain and in pleasure. Where is pain or joy in the world of God-consciousness? Going a step further, I am trying to express Him, to be aware of His Presence, not only in the waking state but even in the sleep state. Verily, there is One who never sleeps. He is God or the indwelling Light, which is no other than the one, indivisible Soham-Light, which is one without a second.

Going still deeper, I long to feel His Presence not only in pain and in sleep but even in death.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

*Q: Is it possible to feel God in death?*

*A. It is more than possible if you live in the one world of God, where nothing else exists except God, the only changeless Reality, the eternal Truth, from eternity to eternity.*

After all, where is there pain in God? Where is there sleep in God? Where is there death in God? It is all so easy, simple, plain, direct and face to face to the man of God-realisation, who is blessed with personal experience.

But for the man of dry intellect all these truths are mystical and mysterious, incomprehensible and unbelievable too. We are concerned now with the one world of Cosmic Light or God-consciousness. Coming down from the sublime heights of Cosmic Glory into the daily life of common things, let us try to practise and feel His Presence in little things as well as in big things. For it has been said that the practice of the Presence of God now and always is the secret of all happiness. So let us practise now to feel His Presence within and without, even in the least movement of the hand, as I write now. And you, my loving readers, try to feel His Presence as you read.

Verily, He is sparkling in our eyes, thinking in our mind, throbbing in our heart and flowing in our very breath as *Soham*, the one Universal Energy. May we now follow this simple, visible *Soham* faithfully and ceaselessly, as it naturally leads us into the invisible *Soham*, the Soul and goal of the one world of Cosmic Light or God-consciousness.

May the good Lord bless all His children with Cosmic Light, which is our divine birthright, which is the same in pain and in joy, in sleep and when awake, nay, even in death and in life!

Indeed the world of God-consciousness is free from all change and duality of every kind. If ever there is going to be established Peace in the world, goodwill among communities and harmony among nations, it must be established only on the firm and rocky foundation of the one world of God or Truth. It is the one world of God that destroys ignorance,

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

annihilates the ego, dispels pride and bitterness and establishes Peace in the hearts of individuals as well as in different nations of the world in the East and the West.

May all homage be unto the one world of Cosmic Light!

May Peace be unto all!

Om! Om! Om!

*(A humble offering to Pujya Sri Ramananda Tirthaji with prayers for his long life of service and Peace.)*

Man wakes to learn at last that All life is One!

- Omkar

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE MESSAGE OF NIAGARA FALLS

The Lord is in His Holy Temple,  
Let all the earth keep silence before Him

HERE THE LORD is in His outer temple. Hence let the whole world behold Him in activity. Glory be unto the majesty of Niagara Falls! Adorations be unto its self-shining and unceasing flow of splendour!

Where am I now! I am in the Divine Presence, so my speech is dumb, the senses are withdrawn inwardly, the mind is dissolving and the body is becoming numb. I am forcing myself to write something of the glory of these Falls. I gaze at the Falls in deep silence, with tears of ecstasy in my eyes. Let me listen to its message.

### THE FALLS SAYS

"Dear child of God, my message to you is to pour out, to pour out all that you have in a continuous and never-ending flow of service, never seeking any kind of reward. Pour out, not now and then, but always. Pour out your love, not unconsciously but consciously. The more you give, the more you will have. The simple way to have more is to give what you have.

As an image of God you can afford to give infinite love and eternal Peace. Peace and love are your own birthright. Do not withhold these precious gifts like a miser. Share all your perishable and imperishable riches with the whole of humanity.

Bathe the world in peace and joy,

Drench humanity in health and glory.

A giver is always respected and a beggar is always shunned. So be a giver. Look at me!

I give without seeking reward and without motive.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

I give because I cannot keep. Behold how the whole world gazes at me in awe and admiration.

How beautiful is the giver!

So, my sweet brother, be a giver of peace, love, harmony, bliss and glory.

Recognise only your true glory, your real splendour and shine on as the Sun of suns, bathing the wide world with your simple love which is contented to live as love.

Pour out, for you cannot keep. Give out, for you can afford to give. Give unceasingly, pour out unconsciously, for our joy is in giving, never in holding. Accumulation is misery; sharing or giving is joy. So, one who gives is a living God, and one who keeps is dead.

If you have nothing else to give, offer your last drop of blood and bit of flesh, and thus be an ideal of living sacrifice and a giver of joy and blessedness.

For it is said that it is more blessed to give than to receive. Hence the happiness of both the receiver and the giver is yours.

Verily, you are the receiver and the giver in the highest aspect.

So, my child, go forth now into the wide world with my message of giving unceasingly, unconsciously. This is my unspoken message to you, the message of service in the outpouring of love."

I sat still in assimilation, feeling peace within and without. I felt the stillness in the very roaring sound of the Falls.

The message was overwhelming to me. I was filled with a new spirit. I wanted to give and give—not words and thoughts alone, but my very life and soul.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

All that I have physically, mentally, or spiritually, belongs to the whole of humanity. O children of God! Here is my flesh, • blood and bones. Here is my mind and intellect. Here is my heart and soul.

Pray do come to share my infinite love.

Please render me the favour of accepting my love. Do not spare me—for every atom and cell in this being belongs to you.

I keep life in this form only for the purpose of sharing all that I have with you.

My creed can be summed up in one word—give. And this is the message of sacred Niagara Falls.

O beloved Niagara, how I love you! Glory be unto you for the living message you are giving to the whole world!

I moved on, retracing my way with unwilling steps, but carrying the true spirit of sharing in my heart. No longer were my feet on earth; I was walking on air!

I embraced the hills and rocks, caressed the plants and trees, whispered with the cool breeze, breathed with the life-giving sun.

I smiled with children, and exchanged my heart with sisters and brothers in loving oneness, as they passed by me.

I am giving and giving whenever I am singing and chanting the sacred word, *Aum*, not to a few but to the whole of creation.

I am a new being now. Niagara has given me a new birth or a re-birth whence I can pour out floods of light, streams of glory, rivers of peace, and oceans of life. Glory! Glory!! Glory!!!

All glory be unto Niagara Falls. I am the child of the Niagara, the giver of life, light and love.

*May Peace be unto all!*

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

*(Note:—This message was written by Sri Swami Omkar when visiting wonderful Niagara Falls in America several years ago, where the thundering grandeur brought on a state of God-consciousness and sacred ecstasy. Written in the form of a message, his thoughts of inspiration at that time had been widely appreciated both in the East and the West, and many reprints have been in demand.*

Miss Elisabeth Achelis, known as the New World Calender Lady, had this message printed in the form of a large scroll—taking it to be a document worthy of preservation, and has given it to the various churches and Peace Endeavour Groups in and around Buffalo, where it has been received as a truly cosmic message from a universal soul. Our hearty thanks go forth to Sister Elisabeth Achelis for thus sowing seeds of Peace.

– Sister Sushila Devi

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## MY RELIGION

MY DEAR blessed images of God! I bow to you in deep adoration for the privilege given to me of expressing to you my inner thoughts on religion.

I greet you not as a philosopher or lecturer, not even as a Swami; I do not greet you either as an Easterner coming from far-away India or as a Hindu belonging to this religion or that creed. I love to greet you as one of your own flesh and blood, having the common heritage of God as our only Father and Creator. As we are the children of the same Almighty Father, I greet you as your own brother.

Our present subject is "My Religion". This is needed by one and all, especially in these days of civilisation, when the world is filled with numberless sects, creeds, organisations, societies, lodges, centres, etc., in the name of God and religion.

Indeed it has become a fad or fashion for everyone to connect himself or herself with some sect or society.

When once they enroll as members of some church or organisation, then peace reigns to an extent both in themselves and among the circle of people with whom they are connected. Otherwise, some people, making long faces, will remark, "My, look at her, even though she is sixty years of age, she is not attending church!" or others will say, "Her son is as big as an ass and she never sends him to Sunday School!"

Thus we see that when one visits a church or temple, the care of his soul is handed over to the priest or master who is in charge. One promises to pay his dues regularly. If the dues are not paid, his name will be struck off and the doors of salvation closed. Can we be religious by enrolling our names in all the sects and societies of the world? Can we be religious even by visiting all the churches and temples of the world? Can we be religious even though we read all the holy books of the whole world? Can we be religious by contacting or becoming monks and popes

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

of the whole world? Can any outside thing make us religious? Can we get religion even from grand masters and great popes? Can religion be imparted? Is it outside of us? Is it not eternally one with us? Now let me dwell on some of these vital questions.

My dear friends, at the very outset let me confess to you that I have no religion of my own which is separate from me. But do not take me for a heathen or atheist. My religion has been eternally one with me. In fact religion to me is a part and parcel of my own Self.

My religion is the religion of Universal Love, which is seeing everything with these tender eyes. It is the same which is manifesting itself in the eyes of

all of you. My religion is the religion of the inner heart, which throbs with feelings of love and oneness, radiating the same to the whole of humanity.

Do not think that I am confining my religion to this body or to another form or name. Religion, the highest expression of God, can never be confined to any form or name, nor even to any creed or time.

My religion is the religion that flutters in the leaves. It is the religion that sings in the birds. My religion is the religion that hovers in the winds. My religion is the religion that shines in the sun. My religion is the religion that pervades all things and beings, from the tiniest atom to the mightiest planet.

My religion is not confined to the human kingdom alone. It is my religion alone that is throbbing in all the kingdoms of life. Strange as it may seem, my religion is connected even with the mineral kingdom. It is my religion that is shining in the mineral, vegetable, animal and human kingdoms, for it can never be separate even from the tiniest molecule or the lowest vermin. It is the religion of all, beginning from the greatest saint to the lowest type of sinner! It is the religion of humanity. My religion is the religion of All-in-All.

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# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

My religion makes me feel my individual oneness with Mohammedanism, Buddhism, Zoroastrianism, Confucianism or with any other "Ism".

Thus, beloved ones, the glory of my religion lies in my oneness with all of you. I keep life in this body by feeling my oneness with all of you! I exalt myself in my own Divinity by calling you all as my own. My joy lies in embracing you all, sharing your joys and woes as mine. Can there be any greater privilege than embracing the whole of humanity or creation in the arms of Universal Love?

This is my religion. Call it mine or yours. To me, religion is this great indivisible love and indescribable oneness. This ought to be the real religion of every earnest soul. This must be the practical religion of all seekers of Truth. Whether we ignore it or admit it, this is the religion of all seekers of Truth; it remains always as the changeless Truth.

In short, religion is the realisation of one's Divinity or Godhead. Religion is to reign in the glory of contentment and self-satisfaction sitting on the throne of Universal Love!

Indeed, in the name of religion, robberies have been committed, murders have been done and slaughter of innocent souls has taken place. Even suicides and homicides have been perpetrated; every heinous crime known to the world has been committed in the name of religion.

Our blessed Lord Jesus was mercilessly crucified in the name of religion. Indeed, it is in the name of religion that saints in every age have had to drink their hemlock and thus stand as martyrs of religions.

Are we really to blame religion for all these crimes? Indeed, it is the so-called religion which is the root cause of all sins and crimes, both in the past and the present, all over the world, but never is it the real religion of Universal Love. It is the religion of love 'that made Christ offer his body as a willing sacrifice and utter the great prayer, "Father, forgive them, for they know not what they do." It is the religion of compassion and truth that made the great Buddha offer his life to save a simple dove in a cruel sacrifice.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

In true religion there is no space for any strife or difference, nor for duality in any form. Here one cannot even raise a finger against another, or allow the mouth to utter a harsh word, Verily, in this religion of love, one cannot have ill-feeling or hatred even in one's mind. When a man feels that his religion is the religion of the universe, that everything and everyone belongs to him, he cannot help loving all, irrespective of caste, creed, colour and nationality.

So long as man believes in a religion that is separate from him; however, sublime it may be, he cannot help but become a dupe to ignorance and weakness in some form or another. It is only when man believes in the religion which is never separate from him and is eternally inseparable from him, that he will not only be free from all strife and weakness, but will also shine as an emblem of God or religion.

I desire to define both God and religion. In the highest sense they are both one and the same. Many define religion as the path leading to God! God is the source of all life, both manifest and unmanifest. So religion binds one to the source, namely, God. One who understands religion, is realising God. Verily, One who understands religion practically has understood God also. He is not in any way separate from God. He is eternally one with Him. Such a one will exclaim in the words of Christ, "I and my Father are one!"

"What is your religion?" is the question asked daily everywhere and by everyone. "To what denomination do you belong?" If I answer in India that I am a Christian, they will take me for a lunatic. If I say in America that I am a Hindu, then most of the church people will not fail to pity me, considering me a heathen. If I say to the Buddhists that I am not a follower of Buddha, they will think I am groping in darkness. A Muslim, seeing that I am not a follower of Islam, will call me a "Kaffir" or unbeliever. If I say to some other class of people that I believe in no religion, they will not fail to stamp me as an atheist. Thus, we see people everywhere clinging to their own particular creed and personality, crucifying the living Truth, the real religion. Unless they rise above all personalities and other beliefs, they will not give up saying, "Our religion alone is the best and all the rest are the worst."

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

I often become perplexed and confused when asked as to what denomination or religion I belong. In the first place, am I merely a heap of flesh to "belong" to a creed or religion? In Universal Love, how can I belong to any of these forms or names? Certain things belong to certain individuals. Am I a thing or article to belong to a church or temple? Ignorant man is satisfied by attending his church on Sundays and allowing his priest to pray for him. Religion troubles him no further. But the real religionist will never be happy until he dives deep into the fathomless depths of religion and thus becomes one with all, embracing the whole world.

Recently, when I was spending a Sunday in the woods of Chester County, away from Philadelphia, communing with the religion of natural life, to my astonishment and joy I met there a clergyman. He was kind enough to give me a leaflet advocating Christianity. Because of my brown skin and regarding me a heathen, he began to teach me the religion of Christianity. With all respect and glory to Lord Christ, let me say he began to teach me "churchianity" rather than Christianity.

If one really drinks deep of the nectar of true religion, he fails not to embrace it, whether one is a saint or a sinner, a Mohammedan or Buddhist! In fact the real religion of Christ is nothing but Universal Love! "Churchianity" is all differences and Christianity is all love. Hinduism is also nothing but Universal Love.

On the surface of the ocean there is strife and confusion, one wave succeeding another, each clashing in its own turn and resulting in foam and great splashes of water. But if you go deep to the bottom of the sea, there it is free from all kinds of waves and clashes. It is free from struggle of every kind. It is all peace and calmness there.

So whether a man is in this religion or that religion, he should not be satisfied with mere belief and blind attachment to forms and names, but should dive deep into his own religion until he tastes and realises the truth of Universal Love, which is the basis of all great religions. Thus alone will he be a blessing to his own religion and unto humanity.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

No religion need boast of its superiority over another. Comparing of sects and creeds is nothing but ignorance. Each religion possesses its own sublime truths. If a man is true to his own religion, he can be true to all other religions; he will not find a black spot upon which to lay his hand, either in his own religion or in the religions of the world. It is said that one who can feel God within his own heart, can feel God in the hearts of all. The same is also the case with religion.

The fact is that in every religion and creed on the face of the earth, you will find a division of two kinds, namely, the essentials and non-essentials. The non-essentials will be different in each religion, whereas the essentials will be the same in all religions. So the men who cling to the outer creeds of religions fight and quarrel with each other, but those who have risen above outer forms, doctrines and beliefs, will not fail to find the same beauties expressed everywhere in the whole world of sects and creeds.

My message to sisters and brothers of all denominational religions is to hold on and cling to their respective religions until they can rise above the outer garbs or beliefs. By merging .deep into their own religion and rising above all doctrines, they will not fail to realise the inner beauties of the Universal Love within themselves. By living the right life and rising above all barriers and boundaries, one will be brought face to face with the religion universal, which is the goal of one's life.

Religion is one's own birthright. It is within alone! Without realising the Truth which is within, no amount of changing one religion for another will help anyone!

In coming to a definite conclusion of our present subject, I have only one more important item to deal with. Everywhere we find many people complaining about the lack of time to pray or realise God. Here, if we will only take a minute to examine for ourselves a few of the ideas just given in this present subject, we will not fail to arrive at the conclusion that the complaint of lack of time is nothing but ignorance and even meaningless.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

It is nothing but ignorance which says, "I have no time for religion or God." When God is pervading and permeating in us from top to toe, how can people be deaf and blind to the glorious Truth filling their beings? The real danger, therefore, lies only in confining ourselves to the religion of outer forms separated from one's life. The beauty and salvation of individuals or creeds, lie only in their inseparable oneness with religion in life or death.

Then there are some more blind brothers and sisters whom we see daily in these days of outer civilization, who say, "Oh, we are happy without bothering our heads with religion." Perhaps they are content and happy in eating, sleeping and counting dollars, but how long can they remain happy with the finite toys of the world, disconnecting themselves from the living source of all strength and Peace? Happiness—where is it, what is it? How can one be happy eternally?

Suffice it to say, that real happiness can never be found in the finite things of names and forms. Time alone will make people grow, and experience alone will teach them to seek for real joy within themselves. The Son of God may come at any time, so we must be ever watchful, if not, the fate of many will be like the five foolish virgins in the parable of the bridegroom. Therefore, instead of wasting precious time in eating, drinking and playing, neglecting the aim of human birth, all should be ready for the bridegroom's coming, like the five wise virgins, ever keeping their oneness with the Almighty. Life is not worth living if it is not for this contact with true religion. It is not meant for contact with Mammon, however mighty or rich one may be.

When I was coming from India on the steamer *Benares*, I happened to converse with an English brother of mine. In the course of our talk, when I asked him whether he read the Holy Bible daily, he replied boldly that he had given up the practice of such bad things as reading the Bible or praying long ago! I felt shocked at this reply.

But still, he is a man of education, he is a man of culture and civilization in the eyes of the world and its outer life. It is a pity to find in the name of civilization many such souls who are engaged in doing "good"

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

things, such as smoking, drinking and other acts of lower life, forsaking and giving up, as our English brother said, "the bad things" of reading the Bible, attending church, etc. But like any of us, they too are from God though leading surface lives.

I have come to the conclusion that there are four kinds of people in the world:

1. Those who wickedly ignore the existence of God or the higher life because they are in the state of animals, ever deriving satisfaction from the contact of senses in their sensual lives.
2. Those who complain of lack of time for realising God. There is the seed of devotion in these souls—they need only to understand the Truth and their relationship with same and thus to strive further on and on.
3. Those who are satisfied with the outer forms of religion. These should rise from the non-essentials to the essentials of religion and thus strive to find the perennial spring of joy and Peace within themselves.
4. Those for whom religion is the be-all and end-all; those who are living inseparably as one—in the past, present and future, realising the Kingdom of Heaven within themselves.

If there are people who truly deserve the name "images of God" it is only such people belonging to the fourth class who are worthy. All honour and glory be unto them!

By self-examination and understanding, everyone should see for himself, if he is in the first, second, third or fourth state. The first class of people should try to reach the second, the second should try to reach the third, and the third should strive to attain the fourth, and finally reaching the highest state of realisation, which is the pinnacle of all religions. Progress, progress alone and not stagnation, is the watchword of all religions. Progress is life and stagnation is death.

Dear images of God, now is the time to manifest your holy nature and be fully worthy of being the images of God. Pray, manifest the inherent nature which is within you alone, to the glory of Truth and Divinity.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Bury no more your God-head. Sell no longer your religion of Universal Love to this church or to that organisation. Awaken to your Divine Majesty, where you are one with all sects and creeds, with all religions and nations, nay, even with the whole of humanity. This alone is your divine birthright.

May Peace be unto all!

Om! Om! Om!

*(A lecture delivered on December 2, 1925, at Sri Mariya Mission,  
Philadelphia, P.A. U.S.A.)*

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## TRUTH ALONE TRIUMPHS

Satyameva Jayathi

IN THE trials and tribulations of the inevitable finite life on the surface world, passing through excruciating pain and suffering, men and women often exclaim the consoling and comforting words (looking at the bright silver lining around the dark cloud) that truth alone wins in the long run. Certainly, truth alone triumphs. It is a divine law which cannot be altered or changed even for the sake of a theist or an atheist. All the same, wise human beings who are endowed with common sense must respect the divine law that truth alone triumphs.

But the most important and essential factor of this divine law is to turn within for introspection of one's life, and to see whether there is truth, hundred percent truth in one's life, in all the dealings with fellow neighbours, individually and collectively, and also with the sister nations around in thought, word and deed. Truth is God. God is love. Love is sympathy that excludes none but includes all!

In the great crisis of the lives of individuals and nations passing through crucial tests and tribulations, we often try to find consolations and strength by thinking of the Great Epics *Mahabharata* and *Ramayana*. We quote freely the destruction of the evil powers of Duryodhana with his hundred brothers, against the five Pandava brothers of truth and righteousness, having Krishna, the Light, on their side.

In spite of all the fiery tests of poverty, starvation, dishonour and death itself, we recall the triumph of truth in the life of King Satya Harischandra, the very personification of truth.

Yes, Harischandra had triumphed. He had set a living example of truth for the whole world, and we have to examine our lives critically and see how many of us are really walking in the footprints of Harischandra. Now let us also examine how many of us are living like Dharmaraj, the King of righteousness, and also the ideal warrior and devotee, Arjuna!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

**Truth really triumphs—if** we are really truthful in thought, word and deed, and ever walking in the blessed footprints of the sages of the East and the West.

**Truth triumphs—if** we are not Mammon worshippers inside in our lives and hearts, and preaching charity and sacrifice outside.

**Truth triumphs—if** we are not running after the shadows, neglecting the Substance, the Light of the world.

**Truth triumphs—if** we are not preaching prohibition outside and using intoxicants in our homes.

**Truth triumphs—if** we are not posing as the builders of the nation, and running after the passing clouds of fame and name, being slaves of power politics.

**Truth triumphs—if** we are not persecuting people with spite and vengeance over some imaginary suspicions.

**Truth triumphs—if** we are not engaged in black marketing inside, giving charities outside, getting our names advertised and published in the newspapers as the benefactors of the nation and humanity.

**Truth triumphs—when** you can love and take care of the orphans, the oppressed and the depressed, the poor and the sick, in their wants and sufferings, considering them as your own.

**Truth triumphs—when** you are not selfish, looking after yourself and the interests of your own family, but when you can consider all the people in the world as your own sisters and brothers and can repeat boldly and cheerfully: "The wide world is my home and all the citizens in it are my own people. To love and serve them is my religion."

**Truth triumphs—when** you have love in your heart, purity in your mind, wishing the welfare of all the children of God. For complete success, for the full triumph of truth, the love of Christ, the compassion of Buddha, the wisdom of Krishna, the submission of Mohammed, the Light of

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Zoroaster and all the virtues, holy traits and qualities of the sages and saints of the East and West are most essential. We, the individuals alone, are the source and the cause of all strife and war, destruction and death. It is with us now to bring Peace into the hearts of suffering individuals, and goodwill and harmony among distrusting nations. My heart becomes sad and heavy when I hear of the sudden bombing of the masses—dropping of bombs over towns and villages, with hatred and vengeance.

What is the remedy now to stop and prevent this cruel carnage, destruction and death of the innocent? Let us shift our centre from selfishness to selflessness. Let the Peace of the world be our goal and soul. When there is crookedness and wickedness in any nation, the other sister nations should have the strength to crush and annihilate the cruelty, be it in any nation.

The powerful and mighty nations that have stood by truth and India all along the way, may, in their great and sudden crisis now fail to stand by truth and India and disappoint us, reminding us of the great truth: "Man always disappoints, but God alone never disappoints."

May India learn to stand on its own legs instead of relying on the lip-sympathy of the outer mighty powers, and cling to God, the indwelling Light, the never failing Divine Protector. Verily, truth triumphs and success in the long run belongs only to the righteous and truthful, in spite of a world of tests, trials and tribulations. The way to *resurrection* is only through *crucifixion*.

Dear children of immortality, it is high time for us to realise that we cannot violate the divine laws of God or truth. We cannot dupe or deceive God even with all our intelligence or cunningness. Whether we are peasants tilling the land or presidents leading the destinies of nations, we are responsible for the fate of our nations and for the Peace of the world. Evil destroys itself. The man who takes up the sword will perish by the same sword. Truth alone triumphs. This is what history teaches us. In the name of God, truth or humanity, let us not be responsible for the sufferings

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

of the innocent or death of the sick and the poor. Let us not be responsible for destroying the monument of the civilisation of the ages.

Our forefathers, the builders of nations, made great sacrifices to bring the world to the present stage of progress and enlightenment. Let us not now root out and destroy what they have done by our selfish deeds or with heinous crimes resulting in complete destruction and bloodshed. Let us be the harbingers of Peace, builders of nations and saviours of humanity. In our own humble way, let us all contribute our mite by establishing Peace in our hearts first and then sending forth thoughts of harmony, understanding and Peace towards the warring elements throughout the world.

It is not only the mighty politicians and big leaders but also the humble and simple individuals who, by denying Truth or God, bring upon themselves and others death and destruction. In order to stop the carnage and death, we must recognise God, the loving Truth and thus bring Peace and goodwill to individuals as well as to nations.

Let us cling to truth more than ever, with all the strength of our minds, hearts and souls; and let truth alone triumph at any cost, in these troubled times of the great crisis of the nation.

May the *Universal Anthem* and *Peace Chant* be our only hope now in these critical days, bringing ultimate Peace to the anxious hearts of the people and nations of the world.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE UNIVERSAL ANTHEM

*One Cosmic brotherhood,  
One Universal good,  
One source, one sway,  
One law upholding us,  
One purpose moulding us,  
One life enfolding us,  
In love always.  
Anger, resentment, hate,  
Long made us desolate,  
Their reign is done,  
Race, colour, creed and caste,  
Fade in the dreamy past,  
Man wakes to learn at last.*

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## THE PEACE CHANT

May there be Peace in heaven,  
Peace in the sky!  
Peace across the waters!  
May there be Peace on earth!  
May peace flow from the herbs, plants and trees!  
May all the celestial beings radiate Peace!  
May Peace pervade all quarters!

May Peace be unto all!

Om! Om! Om!

— (Abridged by T.)

*(An offering to all the leaders in the world, invoking God's richest blessings;  
with prayers for the cessation of all conflicts and wars, for the Peace and  
harmony of all the nations in the East and the West, — Omkar)*

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## BIRTHDAY MESSAGE

### *80th Year*

HOW TRUE are the words—time *and tide wait for no man*. How time is flying! There is an inspiring motto in the Ashram: *The serpent of time is opening its mouth which is death, devouring selfish and lazy people*. For selfless and dedicated people, time is a silent friend and a great blessing too.

*May this day be the friend of man* is another inspiring motto. I am also drawn towards another uplifting motto—*You have wasted the night in sleep, will you waste the day also in words?*

You have wasted eighty years. Will you waste the remaining years also in words—talking, preaching, bustling and hustling, always busy with something or other in the name of the Ashram and service? The long expected blessed day of Mounam begins from tomorrow. Already one full day has passed in words. Words create confusion. Only silence creates souls.

Some wise man said that "words are mere stones". All these years I have been feeding you with stones.

Some of you are also satisfied with stones. Now, after the eightieth year, one of my resolutions is to feed you all, especially those who love me considering me as their all-in-all, no more with stones but with real food—the Heavenly Manna, God's Substance, His life giving and soul-awakening food of silence.

Happy birthday to all of you, at the dawn of the eightieth year. Verily, your Peace is my Peace.

May I have the privilege of serving you to help you to establish Peace in your devoted heart and radiate it in the home, converting it into a haven of Peace! May you express Peace in thought, word and deed and help us to radiate it from heart to heart, in the community, nation and the

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

world at large, until Peace pervades and permeates the whole universe through your ideal life of Peace. This is the ardent prayer of your Omkar.

In the wise words of Sage Socrates, if I have learnt anything in these eighty years of long life, I have learnt only one thing—I have learnt that I know nothing! Before His Stupendous splendour, the glory of millions of suns, what are we, the tiny specks of ignorance? Silence is the only real lesson that the wise can teach and it is the only thing that helps in the onward march towards Truth.

Knowing That, they melt in Silence. He who knows does not talk. He who does not know, cannot be silent. He keeps on talking, disturbing himself and others with too many words, with the ignorant zeal of reforming all except himself. I have learnt also in all these years that everyone is superior to me in some respect or another. I have so much to learn even from a child, from a bird or from a tiny, sweet-smelling flower. The Kingdom of Heaven -belongs to the childlike, to children. Be free like a carefree singing bird. How blessed it is to be fragrant like a simple, innocent flower, to give out fragrance even though crushed under the feet!

In these days I find great joy in Nothingness. If you want to be something, there is always something to be criticised. There is also someone to find fault with you. How true are the following words of wise sages: "If you want to be free from criticism of every kind, say nothing, do nothing, be nothing. If you say something, there will be someone to find fault with your words. If you *do* something, there will be someone to criticise what you have done. If you *be* something, there will be people to find some fault or other with you." Thus the wise man finds his real and changeless happiness only in Nothingness, in rising above words to dwell in complete Supreme Silence.

Another thought that gives me great joy and comfort now-a-days is that so far I have done nothing in all these eighty years. My real life begins now at the dawn of the eightieth year. So far, how I have wasted all these years in running after the shadows, the will-of-the-wisp of the world, the

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

passing clouds of name and form! But I have the consolation and comfort, burying the dead past, that I can begin my new life, the real life of God-consciousness from this moment onwards.

You are dead when you are thinking of yourself. You are alive only when you are thinking of the welfare of others. Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make yourself so.

How real and true the wise words: "If you wish to be miserable, think of yourself; if you wish to be happy, think of others."

In memory of the eightieth happy birthday my heart longs to share with you that lovely inspiring poem composed on *Others*. Here it is, as I want you all to carry this life-giving and soul-awakening poem to be taken by you as my birthday offering to each and every one of the devotees and visitors.

## OTHERS

Lord help me live from day to day

In such a self-forgetful way

That even when I kneel to pray

My prayers will be for Others.

Help me in all the work I do

To ever be sincere and true,

And know that all I do for you

Must need be done for Others.

Let the self be crucified and slain

And buried deep and all in vain:

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

My efforts be to rise again  
Unless to live for Others.  
And when my work on earth is done  
And my new work in Heaven begun  
May I forget the crown I've won  
While thinking still of Others.  
Others! Lord! Yes, Others!  
Let this my motto be.  
Help me to live for Others  
That I may live like Thee.

Blessed are they who are always thinking of others in life and in death. Such real souls are already liberated. They are real *Jivanmuktas*. God-realisation now and here is their divine heritage.

One illuminating verse from the scriptures has been the inspiration, strength and joy of my long life of eighty years. In conclusion, may I share it with all of you, my loving devotees, visitors, friends and well-wishers of the Ashram.

*Jyatham Jyathavya Madhunah*

*Darshtam, Drahstavya Maddbhutharn*

*Chiram Srathaha Visrothosmi*

*Chinmathra Nasti Kinchana.*

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

I have known what is to be known,

I have seen what is to be seen—It is wonderful!

I have suffered enough because of duality

As nothing exists except God, the Light of lights,

I am resting now in the ocean of Akhanda Satchidananda —The Existence, Knowledge, Bliss Absolute.

As silence speaks louder than all the words in the world, may this happy birthday of silence at the dawn of the eightieth year be a happy day of rejoicing, blessing each and every one of you with health, peace and longevity, feeling His Presence within, in the very cells of our beings as well as facing Him wherever our eyes rest. This is the ardent prayer of your own Omkar. No more words—Silence, deep Silence, Supreme Silence, waveless Silence!

Glory, glory, glory!

Verily, God has no other body now on earth than yours.

## OFFERING

*A tiny and humble offering to Pujya Sri Swami Chidananda Swamiji and to all the aspiring children of God in the East and West, who are alive to the real life of Nivruthi, the splendour of millions of suns, the Supreme Silence.*

May. Peace ever abide with you all!

Om Tat Sat Om!

## FAME

The heights by great men reached and kept  
Were not attained by sudden flight,  
But they, while their companions slept,  
Were toiling upward in the night  
—H.W.L

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## BIRTHDAY MESSAGE

*81st Year*

DEAR LOVING readers of *Peace*! As every day is a happy birthday to seekers of Peace, may you all feel His Presence, the indwelling Light, not only at the dawn of 21<sup>st</sup> January, 1975, but also on every day. This is the prayer of your own Omkar. Om Om Om!

May every day be a happy birthday of God-consciousness, health and Peace to all our loving readers of *Peace* in the East and in the West.

To you, to me and to all our friends and well-wishers of Santi Ashram—the Mission of Peace —there is only one birthday, the birthday of the Cosmic Light with Love Universal that embraces all, excluding none. How blessed it is to repeat with great joy and strength and proclaim to the world of devotees the following inspiring words:

"The world is my home and all the people in it are my sisters and brothers, and to love and serve them all is my real religion."

This day, the 21<sup>st</sup> of January, 1975 is my birthday, but also all the days in the year are my birthdays. Hence I take joy in repeating that every year is my birthday, that every month is my birthday, that every day, every hour, nay, every minute is my happy birthday. Verily, every moment is my birthday.

As I close my eyes and watch the even flow of my own breath, the still, small voice whispers that with every second, with every breath we are born. How true are the words of the sages who have said that the "births of breaths are as many as the waves on the sleepless sea."

The past is dead and buried. We are born now with this breath in this precious, present moment. Someone has written that one is born as a mineral and grows into a vegetable, and then becomes an animal; and at last he becomes a human being, the living image of God.

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The Mission Of Peace - Sri Santi Ashram (Mother Ashram), Thotapalli Hills (via) Sankhavaram, East Godavari District – 533446, Andhra Pradesh, India.

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Let us chant now the inspiring verse from the *Upanishads*:

*Deho Devaiaya Prokto*

*Jeevo Deva Sanathanaha*

*Tyajeda Ajnana Nirmalayam*

*Soham Bhavena Pujayety.*

Body is the temple of God,

The individual alone is the Universal,

Jiva is the living image of God, the Paramathama,

Destroying the ignorance of duality, worship' Him

With Soham God-consciousness now and always.

If we believe in the holy words of the sacred *Vedas* that the Jiva is Deva—Jiva *Deva Sanathanaha*—that the indivisible alone is Deva, the Universal Sanathanah eternally, we are to proclaim with ecstasy that we have been the Krishna, Buddha, Christ, Guru Nanak, Mohammed, Zoroaster, Gandhiji, Ramana Maharshi, Sivanandaji—all the saints and sages of the past and present in the East and West.

Let us not hesitate to take a firm hold of our divine heritage, the true birthright of the Sun of suns, now and here in memory of this happy birthday of January 21<sup>st</sup>, 1975 of the eighty-first year.

Dear, loving readers! As there is only one real birthday, the birthday of God-consciousness and Universal Love, eternal Peace and infinite Light, it makes me happy to shout at the top of my voice—"My birthday is your birthday." It is the birthday of all the aspiring children of God in the East and the West. Pray, join me in celebrating it in a universal way with Love Universal.

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# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

Om! Om! Om!

Let us now repeat the *Peace Prayer*, the essence of the *Vedas* and scriptures, and close our birthday message finally with a Vedic prayer.

May Peace be unto all!

Om! Om! Om!

Please help us by repeating the *Peace Prayer* and *Peace Chant* often.

## PEACE CHANT

May there be Peace in Heaven,

Peace in the sky,

Peace across the waters!

May there be peace on earth!

May Peace flow from the herbs, plants and trees!

May all the celestial beings radiate Peace!

May Peace pervade all quarters!

Om Tat Sat Om!

May Peace Be Unto All!

Om! Om! Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## BIRTHDAY MESSAGE

*84th Year*

HAPPY BIRTHDAY to you, my loving readers, for my birthday is your birthday. Verily, it is the birthday of all.

Birthdays come and go but there is one birthday that neither comes nor goes. It is the birthday of the Cosmic Light. Let us cling to it—the birthday of illumination—ceaselessly, for it is the only real birthday of Light that never goes out.

**Swami is dead and Omkar is alive in all of you.**

*Q. If Swami is dead, how can he write these words now?*

*A. It is not the Swami who is writing now. It is God, the indwelling Light the all-knowing Light, the Omnipresence, which is working. It is the one Supreme Power, the Supreme Silence which is trying to express the infinite and eternal Light in these finite words.*

As Swami is now dead, let all the world be silent for a minute now in memory of the dawn of the new year. May all the movements of the body be an offering to Him. Let every step lead you towards God, the Supreme. May every word of yours unite you with Him, who is all Silence. Let every thought lead you into Silence, which is the goal of all words and thoughts.

Let every breath lead you into God who is all Silence. Verily, God is the Breath of the breath, leading us towards Breathlessness, which is motionlessness, the transcendental, incomprehensible state of glory, the splendour of millions of suns. Words do not come any more. Only silence Supreme, waveless Silence.

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# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

*I am in the Light always,  
The Light is ever within me,  
I am the Light eternally.  
Life is not smoke but fire,  
We are the Sun of suns,  
Progress is life, stagnation is death.*

Let each breath lead us towards God, who is nearer to us than our feet and hands.

*Q. Where is God?*

*A. He is within, He is the Breath of the breath. He is the Soham Breath both within and without. He is the one, indivisible Soham Breath.*

Let us follow *Soham* ceaselessly, like the Taila Dhara, without a break. *Soham* is universal, all-knowing and one without a *second—Adviteeyam*.

I need not close my eyes and meditate to see God, for He comes to me in the form of my loving visitors. Everyone is a living image of God.

As our *Peace Prayer* is the essence of all scriptures and the *Vedas*, *in* memory of the birthday and your visit to the Ashram, the Abode of Peace, let us memorise it and spread the simple *Peace Prayer* far and wide all over the world.

This is the message of the eighty-fourth year, wishing the welfare of all the devotees of Santi Ashram, the Mission of Peace, and to all those who are ready for the call of Silence.

Let us repeat now the *Peace Prayer* and *Peace Chant* for our Peace as well as for the Peace of all.

# THE SOUL OF OMKAR

**The Mission Of Peace - Sri Santi Ashram**

Om Tat Sat Om!

OFFERING

A tiny birthday offering to all those who love silence in all the world, both in the East and West.



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# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## A PERSONAL LETTER

*To One Whom I Love as My Own*

DEAR NARAYAN—my living image of God, the only Truth!

I love you because God is love. I love you because I cannot live without love.

I love you because all is God, both within and without; within when the eyes are closed, without when they are open. In the office room where I am writing this message now, on the wall facing me, there is the important, life-giving motto written in bold letters:

### **When God is within, why look outside?**

On the wall behind me, the following soul-awakening motto is also written in bold letters:

### **When God is without, why look within?**

Both of these vital, inspiring and simple mottos appear to be contradictory. Yet they contain the highest truth for our practice in our daily life.

When your eyes are open, see God in the flower, bird, plant, beast and man, in all that you see, in all forms and names. When your eyes are closed, see God within yourself, in the very cells of your being, from the toes to the top of the head.

Thus, God is both within and without. There is never a moment of time either in the past, present or future when God exists not; similarly, there is never a speck of space or even an atom where God exists not.

Thus, He is both within and without, for God is Omnipresent, Omnipotent and Omniscient. Having eyes, see you not? Recognise God now and here and be silent, never to forget Him anymore, even for the tiniest fraction of a second.

# THE SOUL OF OMKAR

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Let your eyes see Him wherever they wander outside, for God is everywhere. Let your eyes see Him when they are closed. Thus God is present both. in Pravritthi (in the outer world when your eyes are open), and in Nivritthi (in the inner world when your eyes are closed).

Face Him in the manifest world. Feel Him within in the inner world of Silence, as you merge within, as you pray and meditate. No more speculation of God's Presence within or without, for He is interpenetrating the very cells of your being, within and without, in the manifest world of form and name also.

All that you have to do is only to practice and practice, now and always, continuously, ceaselessly, without a break or forgetfulness of God, like oil poured from one vessel, into another, as Taila Dhara.

In conclusion, let us worship God with every breath, for He is the Breath of the breath. God is the Soham Breath, the Universal Breath, the one indivisible Divine Energy, the Supreme Power, the infinite and eternal Silence.

Let us have the strength to follow the simple Soham ceaselessly, patiently and continuously, without the least break—*Thou Art That*—with every breath; *Thou Art the Soham*— with every breath. Behold the glory, the splendour of millions of suns both within and without.

*Tat Twam Asi - That Thou Art.*

Dear loving image of God, let me leave you now in Silence, in Supreme Silence, in waveless Silence.

Om! Om! Om!

Hari Om Tat Sat Om!

# THE SOUL OF OMKAR

The Mission Of Peace - Sri Santi Ashram

## SRI SANTI ASHRAM THE UNIVERSAL HOM

O come to Santi Ashram,  
Abode of rest and love,  
To visit, stay or meditate.  
And find the Peace that's incarnate.  
The gates are wide.  
There's room for all.  
We welcome folks both great and small.  
Come to your gardens-full of flowers,  
And tarry in its fragrant bowers.  
High, lovely hills to soothe the eyes,  
At Sri Santi Ashram, where Peace abides.  
There wild birds fill the air with song,  
And learned Sadhus linger long:  
They'll share with you the truths so dear,  
That make mere man a saint or seer.  
Then flock to Santi Ashram,  
The Universal Home.  
Its gates are standing now ajar,  
To friends from near and far.

- Sister Sushila Devi

# THE SOUL OF OMKAR

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*Inhale and Exhale Peace  
Thy Birthright*



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