

# *Dawn of Divine Life*



*Swami Omkarananda*

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Dedicated  
To My Master  
Sri Swami Sivanandaji Maharaj,  
the fountain-source of  
Light, Power and Wisdom.

## PUBLISHERS' NOTE

It is with great joy that we place in the hands of spiritual aspirants all over the world, this inspiring book which is at once awakening and enlightening. This is the first independent spiritual treatise by a disciple of H.H. Sri Swami Sivanandaji Maharaj to be published by the University, the only other non-biographical volumes from the pen of the Sage's disciple being Sri Swami Krishnananda's commentaries on "Mundakopanishad" and "Moksha Gita of Sri Swami Sivananda".

It is significant that both these spiritual luminaries are bodily young—a fact that should inspire India's and world's youth to great spiritual adventure. Both of them, Bala-Jnanis, have through their profound wisdom and depth of insight, no less than through their purity of heart and breadth of vision, conquered many men many times their senior in age and erudition. Ours is a two-fold prayer: to the Almighty to bless the Swamis with robust health and a long fruitful life; and to aspirants all over the world to profit themselves by the powerful writings of these two saintly personages who are the aspirants' friends, guides and inspirers, and by their personal example of renunciation, dispassion and wisdom.

Ananda Kutir. }  
8th December, 1951. }

The Publishers.

THE AUTHOR



Sri Swami Omkaranandaji

## SWAMI OMKARANANDA

Sri Swami Omkarananda is an inspired poet,  
orator and Bala-Jnani. Swami Sivananada.

A young man enters a restaurant at 10 p.m., sips a cup of coffee over a period of more than an hour—even that is mechanical, for he is all-absorbed in a book which he devours through his eyes. A quiet corner in the restaurant is his safe retreat where he could have some time to study a few pages of Sri Swami Sivananda's "Spiritual Lessons"! The hotel does not interest him; its noise does not disturb him either. He is lost in the Spiritual Lessons. He is oblivious of his surroundings. He is conscious only that the eyes of his class-mates and relations are not prying suspiciously into his book, that no one is about who would rebuke this and say that he was wasting over an other-worldly-text precious time he could devote to his school-text. That young man is Hari Krishna, who even as a boy hailed the dawn of divine life.

In his attitude towards life, Sri Krishna was very different from his parents and forefathers. They were pious Grihasthas; the boy was an unyielding

had come "back to his home." He felt as happy as would a Bhakta be if he suddenly found himself in Vaikuntha, Kailasa or Param-Dhama. Surcharged with the teachings of Sri Swamiji Maharaj he could not be at ease with himself till he fell prostrate at the feet of Sri Swamiji at Ananda Kutir; as though by a miracle, he at once regained his mental composure.

To understand Omkaranandaji's attitude towards Gurudev, one has to bear in mind that Jnaneswari was one of the first books that had the greatest attraction for him; the ideal of Guru-Bhakti that Saint Jnaneswar places before the Sadhaka, Swami Omkaranandaji adopted as his own. Anything even remotely connected with Gurudev is sacred to him; "to be grass under his feet, to be a door-mat in his kutir," to be in any position where he could be of any service to Gurudev, was to him the highest Sadhana. On arrival at the Ashram the "little boy-Sadhak" was promptly put to the dish-washing service, by the Ashram-authorities. When he was transferred to Sri Swamiji's Kutir on the same duty, Hari Krishna felt that he had actually attained the Supreme.

Sri Swamiji soon discovered the genius in Hari Krishna and with his characteristic tact, love and insight, took him into the office. Hari Krishna minded neither this nor that. To be at the feet of Gurudev and to serve him in any capacity was his sole aim and ambition. Wherever he worked, he wore himself out in service. When he was entrusted with preparing the press manuscripts of Sri



Swamiji's writings he converted night into day and worked not less than twenty hours a day.

Hari Krishna was initiated into the Holy Order of Sanyas on the 12th Sept. 1947. during the Sashti-purti celebrations of Sri Swami Sivanandaji Maharaj, with the Yoga-Patta, Swami Omkarananda Saraswati, and this only brought the Guru and his dynamic disciple closer together. Swami Omkaranandaji now became the right-hand of Sri Swamiji Maharaj. When anything had to be done "in a minute", Swamiji would call "Omkar Swami." If some particularly heavy work had to be rushed through, Omkar Swamiji was always ready at hand. Omkaranandaji was one of the members of the Sivananda Yatra Mandali during Swami's all-India Tour, and rendered yeoman service to the divine cause.

What he is today is what he aspired to become, ten years ago—a first-class Sadhak to whom none exists in the world except the Guru, to whom there is no Dharma except Guru-Seva, to whom there is no scripture except Guru-Vakya, to whom there is no Moksha except to perpetually live in union at heart with the Guru.

ध्यानमूलं गुरोर्मूर्तिः पूजामूलं गुरोः पदम्  
मन्त्रमूलं गुरोर्वक्त्रं मोक्षमूलं गुरोर्कृपा ।

May the Almighty endow Sri Swami Omkaranandaji with robust health, long life, peace, and Atma-Jnana !


**Swami Venkatesananda**



**THREE ESSAYS ON**

Sri Swami Sivananda

( *Sri Swami Omkarananda* )



## THE SUN OF DIVINE LIFE

This sage Swami Sivananda appears to me, beyond doubt, to be the very embodiment and the clearest possible expression of the inherent but hidden spiritual consciousness of man in all its integrity, especially to those enmeshed in the veils of the delusion of temporal existence, to cast upon them the divine spell of spiritual awareness, at least in a limited measure, and to awaken them to their real exalted Essence in which one realises the Glorious Reality. To my knowledge,—and this is confirmed by the heaps of epistles received by this unique anchorite—he has been sowing spiritual seeds in the hearts of myriads of beings in every nook and corner of the world, even to the extent of being called indiscriminate as to whether the field is fertile or barren. The diary of my personal experience leads me to the conclusion that he has been and is teaching to innumerable individuals, fed on the bread of materialism, breathing the air of scepticism and groping in the darkness of delusion, that they are not born merely to die but to lead an eternal life, and live everlastingly in the Transcendent Divinity here. This divine personage has come to the rescue of numberless persons, caught in the quagmire of mundane

THE SUN OF DIVINE LIFE  
AND A RAY OF HIS DIVINE LIGHT



H H. Sri Swami Sivanandaji Maharaj with the author,  
Swami Omkarānanda



existence and purified them with the holy water of the love of the Lord Supreme. Today he is a mighty ship anchored in the spiritual harbour to take the individuals lost in their own ignorance across the sea of earthly life, to the Being of Consciousness-Bliss, from where there is no return. He is a Spiritual Magnet of love and wisdom attracting towards it with irresistible force every class of human personality; this they that have eyes to see will certainly behold. It may be that people of more penetrative intelligence, wider understanding and greater expanded consciousness will evaluate the entire picture of the Sage's life in a more catholic and impartial way. But the difference will be only one of the points of view of appraisal and will not extend to the essentials of the estimates.

This cosmic spiritual consciousness of his pulsates in the veins of one and all, since his inner being is identical with all. Every thought of his is charged with holiness, and is saturated with a sacred joy and a perennial peace and pervades the whole universe, rousing the spiritual instincts in man as they did in my case at the age of sixteen. These will continue to vibrate thus for aeons to come, and to transform the life of future generations. His blessings are inundating his admirers, in every pore of their beings. His material form which is but a symbol of his essential Form is enshrined in the temple of the heart of his devotees, both Eastern and Western. His pen is a sharp arrow that rends asunder

all the veils of illusion that screen the ultimate source of creation from the individual soul. His divinely inspired writings give a fatal blow to the ego-centric personalities of the phenomenal world as is evident from the experience of aspirants as intimated to the Divine Life Society. His works illuminate all paths of Yoga.

A short sojourn in the 'Abode of Delight' of this glorious sage is sure to assuage the grief, revolutionise the mind and transform the lower nature of the individual self; and the visitor returns charged with a high spiritual force and a right sense of values. Even a mere superficial glance at the Swami is enough to bring home to you the Divine Presence in him; and the on-looker feels himself raised into a state of supreme joy. He is a revealer of hidden Realities, besides which nothing is and nothing can be. He is the restorer of Purity, the essential nature of the Soul; the expresser of love, which is one of the aspects of Truth itself; the showerer of Grace, which is the hall-mark of all divinised persons; the awakener of man, which is the joyous work of all liberated souls; and the infallible Guide of all. This is the manner in which my spiritual being has apprehended him, who is a portrait in miniature, as it were, of the Plenum or the Bhuma.

Swami Sivananda is a perfect Advaitin, the Sankara of his age, before whose synthesising power the diversifying propensities of phenomenal nature seem to vanish like dew before the Sun. With my physical eyes I gaze



at him, and, to my utter amazement and bewilderment, I seem to behold before me a beautiful and inspiring statue—a statue, not lifeless like a marble image but full of throbbing consciousness. There have been times, indeed, when I have been in a haze as to the nature of the embodiment of the Spirit: even as to whether it represents the paternal or the maternal force. Perhaps this is to be accounted for by the fact that it is the objective reflection of the Beauty of his inner self which transcends all ideas of sex. The very fibre of his body is made entirely of the stuff of spiritual-Delight.

He is an apostle of Philosophy, of Devotion, of Service and of all other ways of reaching the ultimate Destiny. Those who have an earnest longing to have an idea of a living Sage, a living Christ, a living Janaka, a living Vyasa, a living Buddha, can appease their yearning by a personal observation of his ideal way of life. His love to Humanity at large is so over-flowing, indeed, that, as born-initiator, he pays but scant attention even to the scriptural injunctions as to the fitness of aspirants and tries to bring within the fold of his all embracing love every one who shows the slightest inclination to partake of his Life Divine.

## THE PROMETHEAN FIRE

The consummate wisdom of man is sageliness and the sages reflect the transcendent Divinity in Its essential nature. They are those who have crucified their selves, purified their natures and enshrined the Light of Divinity Absolute in their heart. In the lives of all saints and sages we see the universal Truth manifested. Their living is holy; their hearts are inexhaustible springs of Wisdom and Love; their words are godly; their presence is a spiritual healer; their beings are the embodiments of perfected Consciousness. They are the ocean of Power and Peace. They are the true representatives of the supreme Lord. Such a one is Swami Sivananda, the Blessed Peace of Bliss! Much has been said of the Swamiji in many volumes and much is being said and will be said but only to express the inadequacy of language and the unfathomable nature of this unique spiritual personality whose ways are incomprehensible and workings 'inexorable'; true, it is, no mortal genius can explore the Kingdom of the Heart of saint or a sage.

Swami Sivananda has found the Eternal Truth and entering into the labyrinths of illusions and the consequent limitations, and so, he, like other prophets,

saints, sages and incarnations of every age and race, has begun to preach the living Gospel of his own life and experiences on the Godward Path of perfection and Beatitude! His writings,—sprung from his heart, which has an intimate knowledge of the Divine Existence and which experienced heart is the store-house of Knowledge,—are simple and know no tricks; for Truth is simple. Every word of his is the symbolized manifestation of the Truth impersonal; hence, is universal and shall appeal to every one throughout the globe and through all ages to come. Everywhere and by all persons who have come in contact with his works, this truth that his writings are purely divine is recognised. Let us just peep into one of the many individuals which mirrors this truth in its heart: "Your writings" say Mrs. Grace Taylor of New York, "express the Truth Divine in the language of simple beauty."

The words of a sage endure from eternity to eternity and his simple utterances are the immortal laws: Truth localises itself in his words, and his words live through aeons and triumph over time; for they are written with the ink of immortality and have their roots in the Divine Consciousness. "Swami Sivananda's books", writes His Holiness Sri Swami Rajeswarananda, "are really sacred, solid and solemn. They breathe the spirit of ancient wisdom. They are immortal and monumental works. We are sure that any one coming in contact with his bright and brilliant publications, containing the infinite treasures of Eternal Wisdom, cannot but be awakened to his or her Holy Majesty of the Secondless Selfhood."

By reading the books of Swami Sivananda, who dwells in the Pure Delight of his heart as an effect of the long years of strenuous discipline, spiritual practices and profound meditation, some have lost their fears, some have found solace to their sorrowing hearts, some have found the key to their ills in life, some have discovered the panacea for their ills in life, some have opened their eyes and are numbered among the *Children of Immortality*, some have devoted their lives to the service of mankind, some have consecrated their heart and soul to God and are at perfect rest, some have found peace of mind, some are made purer and nobler in their living. In short, his writings that possess the life-giving qualities are the *Promethean Fire*.

## THE VERSATILE GENIUS

It is well known that the uniqueness of Swami Sivananda lies in his faculty for synthesis. That explains in a measure how, though all the time rapt in the Divine, he is able to look after human interests and settle human problems; how, in short, he is able to blend beautifully modern realism with ancient idealism. His analytic brain, his synthetic heart, his serving hand and his variegated personality are fast becoming household words. His spiritual eminence, his intellectual acuteness and his untiring diligence in work call for admiration, and, to that extent possible, for emulation.

The myriad-minded Swamiji's illuminating insight has penetrated and illumined every recess of human nature, of the triune man—body, mind and soul. The science of sweeping is as important and familiar to him as the Science of the Self; he rejects nothing: he accepts everything and views them in a higher light and gives an entirely new and yet old technique for the integration of the entire personality of man. Whenever one tries to seek in his encyclopaedic works for a solution of a puzzling problem or problems, one is never disappointed. In him we find *a rare genius* who touches every point of life with equal

clarity and facility and who gives a touch of gracefulness to the commonest thing he does.

That this versatile saint's, this spiritual luminary's presence is a solace and a benediction, his touch a healing, his speech a sermon, his life a panacea for all ills and evils of existence, has been the richest experience of tens of thousands of his admirers devotees and disciples.



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DAWN OF DIVINE LIFE





## AUTHOR'S PREFACE

If man were Caesar alone, Plato would belie it; if he were Aristotle alone, Christ would disprove it. What is he, this arrogant soul that looks askance at Alexanders and Beethovens, Kants and Shakespears and finds no interest worth or excellence in the unequalled geniuses of this good earth! The reason for this attitude of his, is apparently occult.

Deeply-rooted in the Power of Powers that animates all the universes, nurtured in the Nature's amphitheatre, man alone, of all creatures great and small, enshrines a deathless flame of yearning in his challenging bosom, to be infinite in all dimensions of his being; and so he disdains all partial geniuses cribbed, cabined and confined in regional development and in sordid weaknesses and limitations of mortal existence. Nothing is so marvellous, so mysterious as the soul of man that aspires to be at once ten Buddhas and Krishnas rolled in one, to be as perfect as its Father in Heaven and more.

The genius of life in every son of Adam, with its active energy is ever striving to rise above all limitations, crush and conquer all opposing forces, solve the riddles of the Sphinx of the inner Self, pervade through and through everything

and assert its suzerainty over all earthly kingdoms and solar spheres. (When such irresistible predisposition of the soul is monstrously perverted in men bereft of superior conscience and spiritual vision we have Hitlers and the like). It is in this innate dynamic tendency of life to unfold infinite gifts, faculties and powers, to lengthen, deepen, broaden itself, *to know* and *Be* itself, that the supreme value of life lies.

How to stimulate and aid this deepest urge of the soul, unearth the rich treasures of the spirit, quicken the finer forces in the breast of man and bend them to the service of mankind is the problem and duty of philosophy and religion. Intellectual learning, and moral obedience are by themselves inadequate instruments to effect such a noble mission. So, not by mere Socratic dialogue, nor by Zoroastrian philanthropy, nor yet by Christian morality alone can we understand the splendour and glory of inner Nature and move on earth like Christ and Shankara, illuminating, chastening and transforming the minds and hearts of men, distributing peace and joy, disseminating knowledge and wisdom. Brilliancy of intellect, moral life, scholarship, service and sacrifice need to be supplemented by spiritual vision, by surrender to the Hand of Heaven, by religious discipline and passionate love of God: only then will we be able to release the God-like Wisdom and the God-like Beauty buried in the inner recess of our heart.

Lack of full understanding of the inner constitution of men and inattention to the deeper parts of his being are

the two fundamental defects whose noxious consequences are too manifest in our domestic, social, economic, political and international fields of life, to need any mention. No system of thought, no code of life that does not take into its consideration the inner-most depths of man, will ever lend wings to mankind in its flight towards permanent peace, prosperity and happiness. This book, a collection of articles written a few years ago, is calculated to throw great emphasis on the spiritual values of life.

In so far as this book brings a bit of enlightenment to those of its readers who are completely in the dark about matter of spirituality, about life in God, in Truth, it will, I hope, herald the "Dawn of Divine Life" in their customary modes of living. And to those of its readers who are familiar with the literature on Divine life, this will in a measure help them in their sacred and adventurous endeavours at making themselves the most beautiful blossoms of this wondrous creation, with the hue of enlightened birds and with the aroma of divine life.

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## THE LAST RESOURCE

There are strange moments in life when we are rudely awakened to the serious issues of the mundane existence, when our ratiocinative faculty is exercised to its utmost depths over these. It is in these moods of incisive discrimination or of intense mental searching that you come to see that life presents to you from moment to moment a series of difficult dilemmas and that it constantly places you in a net-work of monstrous perversions and a maze of bewildering fatuities. It is at such moments that seized by despair, you question yourself, 'who am I?', 'what are all these seemingly solid phenomena around me?' It is at such crucial moments that *science and philosophy are found incapable of solving the subtle problems* born from the deepest consciousness within yourself and that *religion comes to your rescue* by solving your problems, bracing your heart, promising you the Eternal Good and showing the way to it.

In such fateful crises of your destiny, religion alone gives you a new vision to find your way through the

impasse of human nature, a new understanding to realise the nature, if not the non-existence, of your perplexing enigmas, a new heart with which to feel the consciousness of the absolute Truth, a new life to be lived in the Perfect Beauty of the universal Here and the everlasting Now. Without religion, life is an unaccountable shadow, an unmeaning dream, and a knotty riddle; with religion we are Gods, moving with unlimited power and breathing perpetual peace. This is so, as religion enables us, as nothing else can, to see the ultimate purpose behind all our activities, the spiritual meaning and the need of all the tragi-comedies of human existence. In other words, what has to be achieved is the perception of the vital harmony underlying all apparent discord, the unity behind the seeming diversity, the One in all and all in the One.

Religion does not consist in mere going to the temples and the churches; not is it made up of unreasoning dogmas and ill-understood rituals. On the other hand, it is a movement of the individual towards the Temple of God in the hearts of all, a worship in the Divine Spirit. It is real piety in practice, the manifestation of the divinity in man, the understanding of God in Man and Man in God, the attunement of the individual to the Infinite.

The sincere and intelligent practice of what is good, an earnest and steady liberation from all that is base and vile, the fearless quest for integral perfection, and ultimate



discovery of Truth, constitute the main stages of religious life.\*

Religion gives solace to the sorrowing individual; it explains life's mystery to him, heals his wounds and fulfils his deepest longings. Unless the truths of religion are emphasised by the way of our life, we have little chance of succeeding in extricating the tormented world from its present crisis; for religion is *the last resource*, the final repository of the hopes of all mankind. This being increasingly realised and admitted, religion is the only power that has sufficient strength to save the fear-and-insecurity-complex-ridden humanity and what is more, that there is no alternative to it. In one form or the other, it does not matter what, religion is the only saviour of mankind, religion that expands our heart and elevates our entire being. This alone can bring to mankind permanent peace and harmony and enable it to realise the fact that we are all children of the same Father; and the inspiration for this must flow from the spirit of the universality of all the religions and must, with its power and light, so transform the individuals that a recognition of the divinity that lies concealed in all men would follow automatically. If lives of individuals are so transformed, society can take care of itself as it is the individuals that make the society.

Awake, therefore, O spiritual aspirants; do Sadhana. Let your lives exemplify the spiritual verities and demonstrate universal moral values. Through living a life of real

religion, kindle the spark of spiritual consciousness throughout the world. The world today places its faith in you: it is in your hands to justify it by radiating peace and happiness to millions. Arise, then and do your part well.

## SPIRITUAL SADHANA

Spiritual Sadhana is an effort for God-realization. It is a movement against the current of Maya or Illusion. It is rending asunder the knots of delusion and infatuation. Sadhana is a complete giving up of the lower egoistic individuality for the sake of the higher joy of the spiritual Realm.

Sadhana should be practised in every day life; nay, every act of man has to be turned into spiritual exertion. There should be no need to demarcate things and acts as spiritual and material. Spiritualise all that you see or hear. Everything in the world has got a spiritual message to convey.

The ordinary life of the man of the world becomes a step in the passage to the Infinite, the moment the conceit of the ego is given up and universal life is embraced! Life on earth is the time taken by the Self of man to prepare for the Divine Existence. Let the petty self be disintegrated or surrendered and negated, and at once it is invaded by the Great Being, the Supreme Lord! The boundary of the human being is broken and there is an automatic entrance into the All.

It is possible for one and all to become like this, but there should be sincerity and large-heartedness. The

Divine is not attained by him who is crooked at heart and cunning in nature, who plays tricks. Confess guilt and fraud. Serve the enemy. Bow down to the wicked. Feed the poor. Love all creatures; for, they are but God and God alone. Bear pain and suffering. Lead the ideal life. Discipline yourself strenuously. Discover the Divine in the universe. Dedicate yourself to Eternal Being. Think of Him and rest in Him. You will be protected. You will be in want of nothing. You will become Immortal. You will enjoy perennial Peace, Infinite Bliss and everlasting Joy!

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## STRIVE FOR DIVINE LIFE

The perfection of being is Divine life. The consummation of existence is Divine Life. Divine Life is a life of love, wisdom and light. Let the undying melodious music of your heart's Love be heard by all! Let the perfect Love of your heart enthrone imperishable joy in the empire of all hearts, even of the forlorn.

Life is Love and Love is Divine. Wear the diadem of wisdom, which is the fruition of Divine Life. Quaff the nectar of Love, which is the sign of exalted purity. Make your heart a stage of purity so that the Lord of Joy may sport on it. Dwell in the Divine. Live and move in It. To think of Him is to live in His Divinity. To feel Him is to have Him. Have a second spiritual birth. Live anew the immortal life and cut the thread of death. Live an altruistic life and live in all through love. Live a scientific and universal life in a scientific and universal being.

The Dawn of a New Life awaits you! The time is come! The Truth is nigh. Fear not. Be bold. Naught shall shake you! Infinite courage and immortal joy lie in striving for and realising the Blessed Light, the Light of God that surrounds you from every side. March on. march on—on

Divine is not attained by him who is crooked at heart and cunning in nature, who plays tricks. Confess guilt and fraud. Serve the enemy. Bow down to the wicked. Feed the poor. Love all creatures; for, they are but God and God alone. Bear pain and suffering. Lead the ideal life. Discipline yourself strenuously. Discover the Divine in the universe. Dedicate yourself to Eternal Being. Think of Him and rest in Him. You will be protected. You will be in want of nothing. You will become Immortal. You will enjoy perennial Peace, Infinite Bliss and everlasting Joy !

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the brilliant path of Japa, Sankirtan, Service, Love and Meditation—this is the pathway to Divine Life! Go forward and inward, to the root of your heart! Remove the cobwebs from the neglected chambers of your heart! Now, behold the Light of Truth therein. All is bright as midday. The destiny of the soul will be reached soon! Glorified are you all!

The demon of the lower self—the brutal nature in us—is the monster foe of divine life, of truth and light. Let this devil of the animal self be burnt and reduced to ashes. Let it suffer utter extinction. Let the Truth reign supreme. Break down the Citadel of the egoistic self, the fort of evil propensities, by the mighty war-tanks of meditation on the Lord. Verily, to negate this sordid self and to assert the Divine Presence of God is the Ideal; to annihilate the ego and empty the heart of all dross is the supreme Aim. So negate your lower self, empty your heart. When this is done you will find yourself shining as a god, a purified Man. Therefore lead a divine life and achieve this glorious end, and radiate light from your looks to all those with whom you come in contact, and above all attain indescribable peace and immortal joy.

## THE TRANSCENDENCE OF MAN

Man is a spiritual Being. God is the Substance with which he is made of. We live and move in His light. The highest Spiritual Consciousness is latent in all. It is the Law of the Lord that rounds the dew-drop; it is His Life that is pulsating in the tiniest plant, in the meanest creature, in the smallest cell; it is His Power that enables the bud to blossom and the dry-leaf on the road to rustle. Lack of this knowledge of God is the root of all sorrows in life and misery in the world. The true happiness, the real blessedness of life consists in possessing the wisdom of God and governing our day-to-day activities in His Light.

The Self in man is the Lord, God. Nothing is wrong with man, though ignorance and darkness have penetrated into the very texture of his soul and life. He may be a fool, but he is a god playing at it; he may be wretched, but it may merely be a disguise of divinity; he may be a walking shrine of darkness; yet he has a lamp of deathless beauty ever-shining within him; he may be a denizen of a semi-hell in this world, but he has faint recollections of his citizenship in the heaven, in the Kingdom of God within him. Though reeling headlong in sensuality, he has a sense for the God-like.



The tragedy of all tragedies does not lie in what man is, but in *not knowing* what he is and *what he is essentially*. His deepest folly and ruinous error is in not investigating himself. Essentially he is Truth; and Truth is neither an inference of logic, a metaphysical idea, not a moral principle nor an inscrutable mystery nor yet a problem for solution. Truth is the deepest consciousness in us, a reality to be experienced, a becoming, a Being. As one Principle of Life man animates the entire existence, pulsates in every vein of every creature; as the Source of Light he makes the sun and the moon what they are; as unfathomable and all-pervading spirit he envelops the infinite skies. He is Everywhere and Forever.

Then, what blinds man to the fact about himself, what binds his Immortal Spirit to his frail body, what barricades his road to the limitless light and supreme Truth? Nothing but the invisible and apparently delicate threads, the web of Maya. Only in certain strange moods, in moments of meditation, in the hours of self-analysis and self-introspection, does man observe the play of two worlds—the spiritual and the temporal—on the stage of his heart, and perceive the veils that overshadow his universal spirit, the slender chords that bind his Infinite Self.

Buried in the quick-sands of ignorance and buffeted by the winds of passion and impious impulses, he impatiently holds on to a distorted and perverted view of life;

hence his tragedy, his incapacity to possess himself, study himself and pursue finer virtues and universal principles. A sane philosophy of life is the only panacea for all ills of man. Man, if he pants to recover his lost ground and regain his "Paradise", should seek for knowledge, a religious philosophy of life. He should purge his soul of all illusions, blow out the dross of his thought and disperse the fog of prejudice and ill-feeling from his heart, if he wishes to possess new eyes and new heart to perceive and feel his Resplendent Nature.

Spiritual Sadhana is a technique of extending one's life beyond the narrow limits of one's egoistic feelings and personal vanity, a process of growing into higher, loftier and diviner states of existence. A few sincere spiritual practices, a loving heart, a serving hand, a few minutes of meditation on the Lord within oneself, a clear mind, a determined will, patience and perseverance—these are the royal methods to the attainment of Self-realisation.

## THE FETTERS THAT BIND YOU

Immured in ignorance man mistakes the wrong for the right, the unreal for the real: he harbours belief in changing perishable mind-made objects. Leaving the Reality of Bliss, he clings to the false nightmare of misery, for his faculty of understanding and discrimination, without which he does not become better than an inhabitant of the bestial kingdom, is obscured by the sordid self saturated with selfish desires. This submission of man to the dark impulses of attraction for the sense-objects of the world has fettered him. Nothing has really bound man save his attention to and attraction for the dance of phenomena.

Man's will-to-live and to re-produce has ensnared him in the phantasmal play of life. He has sown the terrible seeds of craving for lurid unrealities which appear to appease the passionate hunger and thirst of the soul for the Pl-num of Truth by the bread of vanity and delusive pleasures arising from contact with finite objects.

Man's chase after the unreal things of momentary se se-pleasure of this transitory world, clutters his life and distracts the soul in its journey towards the infinite

Spirit of Light, the Centre of Power and Wisdom. His plannings and schemings, fruitless speculations and cherished hopes in life, worldly ambitions and anticipations, have landed him in the kingdom of suffering. The self-centred life of limitations is the cause for all terror and forlornness, poverty and gloom, and all other woes.

The Supreme Self is the Infinite Spirit, the Absolute Being. This Self is called God, Brahman and by various other names. The Jiva or the lower self, the individualised personality, the localised being, which man in ignorance is, is the hub with its strong supporting spokes of pride, vanity, delusion, foolish imagination, petty interests, sense-indulgences and similar other diverse evils, and these together throw him into a perpetual rotation of mundane existence. If you cling to this mean self, you will paint everything with the dark colour of error and build a purgatory for yourself.

As long as you are blinded by the dreams of the lower self, the inward vision of Truth is withheld from you, the treasure of divine life is hidden from your sight. So long as you are a victim to the nightmare of the hopeless vision of this self, you will certainly suffer from the acute pains, the inevitable difficulties, the destructive desires and the terrific blows of its lusts and passions, and roll up and down on the wheel of recurring births and deaths.

## THE DAWN OF DIVINE LIFE

Sparks of the Divine Flame !

Sparks! fly not upwards and go astray in vain, lest ye should be reduced to ashes, in a moment. Back to the Flame! Love; and by the power of love return to the Flame! Be one with the Flame and declare your Omnipotence. To turn back to the Divine Flame is the dawn of Divine Life. Fear not, little sparks! the time is come: ye shall be one with the Divine Flame.

Blessed Sparks of Divinity! The Dawn of New Life is come: lead the Life of Divine Love, for it is Life Eternal. Love, for it is the only purpose of existence. Be ye in the awareness of Love! for it is the sustaining Law of Life. Aye, ye shall love as it is ordained in the Divine Plan, for it is the Prime Principle of the Universe.

Without Love life becomes narrow, limited, and is replete with misfortunes. Without Love, life is a prey to countless evils. Without Love, life is a victim to sins and hatred. With Love, life is the extensive life of Joy. With Love nothing is impossible: everything shall be thine and all shall be well and good with thee. Live this Love in daily life.

Love is the very Nature of your essential Self; act not

against this Spiritual Law. The glorious truth about the Reality is that It exists as LOVE! Out of Love ye are born. By Love ye are sustained, and unto Love ye shall return. So, let all contemplate on Love, let all meditate on Love, let all practise this Love. For, Love is your Bread, Shelter and Strength.

May ye be all awake and keep the heart open to receive the torrent of Divine Love; for, Love is the greatest, the supreme force, above which there is nothing. May ye tread the Way of Love, which is the Way of Light!

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## A NEW YEAR OF JOY

A new year of Divine Life, of joy supreme, of eternal unity and perfect harmony, is come: let every day of this new year be filled with a new message, a message of Love, a message of Service, a message of Wisdom! Today is the most favourable day, to-day is the most auspicious day, for starting the spiritual life, for the new birth, for entering into the natural process of the soul's rightful urge towards God. Behold the Dawn of Divine Life, and be born to a new life in God.

Feel God's sustaining Grace and the Divine Presence. God is visible to the intensely yearning heart saturated with love for Him. Look within: you shall find the Lord in your own heart. Turn your gaze inwards and lead an inner life to order your self with the Love of God. Spiritual life is one of fullness and perfection. Live this spiritual life this very moment and radiate peace and bliss all around.

Fear nothing and desire nothing but for the consciousness of God in Whom you are rooted and Who is the Invisible Resource! Drink the nectar of compassion towards all beings, who are God and God alone. Give up all that bars the spiritual path. Tear the veils that hide

the face of the Lord from you. Break down the walls of ignorance. Destroy the forts of blind passions and attachments! Be sagacious with penetrating intelligence. Burn the seeds of clinging to the lower self and become saints in this very year and enjoy the joy supreme that God shall reward thee with. Come on! Wake up!! Miss not this day, this year. Focus the rays of mind and put forth your concentrated effort to experience the immensity of bliss that is beyond all sorrows.

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## THE KEY TO HAPPINESS: ONENESS OF LIVING

O, reader, thirsting for peace and happiness! That Life, call It the Divine Being, or by any other-name, which enables you to see, read, understand, which makes your existence possible on this earth, is in all, and It is the same Life in all. The sages have told you to love your neighbour as your own self, for there is in him the same Life which is in you and in every other creature of this world. Even though you do not know that one Reality which is One Existence, you will know It when you wax in wisdom and grow in purity; and when you walk in the footsteps of the great saviours and saints of the world, you will realise the the Infinite Life, the One Indivisible Homogeneous Consciousness that throbs in the hearts of all.

It is your own ignorance that has caused these differences and imprisoned you in the sorrows of diversity. It is your ignorance that has made you misunderstand yourself as separate from others and made you lead a life of isolation and separateness, replete with selfishness and making you a prey to the innumerable torments and agonies of individual living. Pity indeed!

All is but One Stupendous Whole. Nothing is except the Plenum of Being, the One Essence of Existence. This outer world is the manifestation of the all-pervading Life-Force: analyse this manifoldness of the external world, O beloved one, and you shall inevitably come to the conclusion that it is only Pure Consciousness, the Awareness Supreme alone, that is appearing, and that It is One, besides and beyond which there is nothing and can be no reality truly existing.

O Problem-vexed and puzzle-ridden aspirant, know this spiritual oneness of living through a life of profound thinking, through a purified love for all beings and by invoking the favour of the Spiritual Being, and enjoy the happiness that is beyond all human comprehension.

Mental delusions have created this extensive, manifold world. Negate the names and forms; unite the diversifying forces of the mind and focus them to experience the One Life-Principle which is the only Truth underlying all there is and which is All-in-All. Steer clear of all petty quarrels and differences, meaningless disputes and distinctions, and tenaciously cling to the One Inner Self in the myriads of beings.

Infinite bliss and perfect peace rush into the heart of him who, even though being in the world of opposition and misery, sincerely exerts himself to behold the One Omnipresent Life in all. Assert this Oneness of Living, the One Uniform Reality, this spiritual Unity of all life, and feel It intensely with all your tremendous faith, and you shall not only never be afflicted by misery or pain but be yourself the abode of all-happiness.

## TOWARDS PEACE AND JOY

Within the temple of your own heart is God, who is the Source of Life, Wisdom and Joy! To move towards God is the highest Dharma. From this hour onwards accelerate your movement towards God and let your soul stay in Him and possess Infinite Wealth and Perfect Health, Absolute Peace and Supreme Joy!

Rest in God is the destiny of your soul. Feed the lamp of Faith and walk towards the Chambers of Devotion to rest in Him and taste the fullness of Life and the wholeness of Joy. Behold the Lord sporting on the stage of every heart and see in every one the Form of the one God. Discover the Truth by loving and serving others with earnestness and sincerity and to the best of your capacity.

Feed your mind with the thoughts of Divinity, your heart with Purity, your hands with Seva; for, this is the way to destroy ignorance and the other ills of life. Conquer the lower self and put into practice the spiritual truths, for, thereby you shall be enlightened and enabled to illumine the world.

To draw inexhaustible strength and riches, to possess the key to the problems of every circumstance in your

life, to radiate happiness and peace to others, you should dwell in the Divine by means of Japa, Kirtan and meditation.

Wherever you may be, ever bear this in mind that the all-pervasive Divinity is surrounding you on all sides, centred in your heart, filling your home and aware of everything you do.

May God's sustaining Grace descend upon you all! May you all through sincere efforts attune yourself to God and possess Peace and Joy, Harmony and Beatitude! May God bless you with a fruitful life of longevity and felicity!

## A LIFE OF BLISS IN THIS WORLD OF WOES

Verily, blessed you are all—joyously march on with the spirit of truth and rejoyce in the Lord; for, you have turned your movements towards the living of the Divine Life. Every one of you should so order your life that the maddening monotony of routine living in a world filled with ramifications of pain fades into insignificance at the very thoughts of God and inexhaustible abundance of joy fills your heart, your life.

Let practical living be your religion and your creed. Live the profound principles and spiritual verities of your faith and exemplify in your lives the most sublime and saving words—Serve, Love, Meditate, Realise; become the healers of wounds, the builders of unity, the distributors of peace and the radiators of joy to all.

O blessed ones, service without the thoughts of one's own self being the doer and enjoyer of the fruits transforms the lower nature, exalts the character and ennobles life. It crowns one with an all-round success and purity of heart, and is an indispensable necessity for the attainment of Divine Illumination.

Let the heart be replete with all-embracing love and let thy department be illumined with glow of that Love.

He that loves all is himself the Law, and who shall judge him? What shall he abhor or cling to, or what shall he lack? Love is the mother of all virtues. He that has surrendered himself to the Lord of Love and has a heart abounding in Love has known the Lord and scaled the heights of wisdom; and the Way of Love is Unity, Power and Harmony.

Through meditation, the craving of the heart for external, transient pleasures is overcome, and an eternity of Pure Bliss is arrived at. By meditation the Divine Being, the One Supreme Goal, is reached and realised. Prayer and meditation will expand your confined consciousness, will tap the source of infinite possibilities, will exalt you to the Seat of God and crown you with Peaceful Harmony and Absolute Perfection.

Know God, who is Absolute Bliss: for knowledge of God raises your life above painful existence and thrills your entire being with indescribable joy. With exhilarating charm, waxing in enthusiasm and unending vigour, work for the divine mission in order to infuse spirituality into the very cells and pores of the city-dwellers, to show the Light of God to all those who are in darkness and thus block the inlets of despair and death, blood and tears, and establish on this very earth of woe and lamentation the kingdom of heavenly bliss, peace and progress.

With earnest longing, with pure minds, with sincerity of purpose, you should open your hearts to the Divine Light, in your own way, and manifest the Divine Nature of peace and joy, plenty and harmony, in your every-day

life on this sad and unhappy world. If you centre your  
lives in the feeling of the Blissful Presence of God in you  
and all-around you, the world which is a pit of live coals,  
a vale of tears, will be a realm of peace, a kingdom of  
happiness and a heaven of all-prosperity.

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## THE PERFECT LIFE

The highest truth, the supreme reality, is that there is in you the all-pervading Pure Consciousness, the Divine Being filling you with indescribable Delight and infinite Peace. That which makes you feel at all times that you ARE is this consciousness. If the child understands that the lion in front of the palace-gate is nothing but mud and paint, it will not fear and cry; similarly, to know this Pure consciousness which is in your own self, which is behind the fleeting transient impermanences, is to triumph over every vexatious condition, imprisoning limitation, unutterable sadness, which ignorant people are experiencing in the stormy world of to day. If, without diffusing its energies, you focus your mind upon this pure Consciousness, the supreme Awareness, the spiritual Being, you shall end all your agonies, you shall quench all your despairs and enjoy the intensest joy, the widest peace, the highest victory over the forces of darkness.

You do not understand this transcendent truth that the Pure Consciousness is your own Self, because you are covered by the darkness of ignorance: you are swayed by infatuating feelings and passion, deep delusion and narrow understanding. On account of this ignorance



you are not aware of the infinite possibilities, the spiritual powers, that are hidden in your own heart, and you have no faith in the Pure Delight of Infinite Peace of your own Self. Your impure and evil mind, pursuing fancies, has created all this misleading multiplicity and has distorted the symmetry of life, has made the world irrhythmic and chaotic and has thrown you down into untold unhappiness.

The strength necessary for extricating yourself from the grip of ignorance is to be drawn through the process of introspective analysis which shatters into fragments the knot of individualised will, the fort of evil nature; and the luminous lamp of intelligence uncovered thereby brightens the corners of the heart; and there, lo, is beheld the Truth Supreme.

Discrimination between the right and the wrong, the real and the unreal, will confer upon you wisdom. Wisdom takes you beyond all bonds, tears aside all your limitations, breaks down all your weakness and gives you strength to succeed against hostile forces and all impediments in life. Wisdom dispels the darkness of ignorance and bestows upon you spiritual Light, Truth and Rest in supreme satisfaction and felicity.

One who does not yield to the wrong suggestions of the mind, who is untouched by the commotions of the world, who is pure in mind and heart, who aspires only for the divine good and peace, commands the reverence of all and enjoys unutterable peace, here and now.

The mind always wanders and is attracted by all sorts of perishable objects and, deceived thereby by outward

appearances, does not know the essence behind these objects and the universe. Therefore, O aspirant, turn your mind towards this Essence: meditate on this Essence which is the Future of Divine. Withdraw yourself from the ways of the lower nature and let your mind flow in the right channels of understanding, whereby, you will go beyond unrest into the realms of Perfect Peace.

Accelerate your spiritual movements towards this Peace, Knowledge, Illumination. If you lead a life untouched by the din of the outward, shallow, petty life, if you commune with the Divine through deep meditation, if you fasten your mind to the Spirit behind matter, you will have a delightful and harmonious life of perennial peace, undisturbed calmness and fathomless powers.

## THE WAY TO PURE DELIGHT

Glorious Spiritual Light, is the Path to Pure Delight: Be an embodiment of generosity, catholicity, tolerance, patience and perseverance. Cultivate everlasting peace in the field of your heart. Remove the weeds of lust, hatred, greed, aversion, selfishness and jealousy. develop adaptability and move amicably with all. Surrender entirely to the Lord the fruits of your actions. Do not be anxious; expect nothing; worry not. Convert all actions into the worship of the Lord and let these be your Yoga. Be perfectly balanced in pain and pleasure, sorrow and happiness. The time has arrived: you shall reach the Divine Destination of Pure Delight always to dwell in it.

Bask in the sunshine of Divine Love! Anoint yourself with the oil of Selfless Service! Wear the raiment of purity and piety! Eat the Bread of the Name of the Lord! Drink the Divine ambrosia of meditation on God! Perfume yourself with the scent of charity and abundant giving! Dive into the Divine Source and draw never exhaustible strength therefrom! This Divine Source is Bhuma, Full of Bliss, Peace and Joy! It is Perfect Harmony and Pure Delight! Be very happy! Move on merrily! Attend to every business in your life with all cheer and joy!

## REMEDY FOR ALL THE ILLS OF LIFE

O man ! why do you sit forlorn crying ? Why are you depressed and sorrowful ? A little faith in God is sufficient to reveal to you that His Hands are ready to minister to your needs. Do not despair ! God is All-compassionate, All-Loving : He is your Father of All-mercy : cast all your accumulated burden upon His shoulders, and make all greatest blessedness yours. Fear not and cry not : Be bold, for the All-Power of God is backing you. Be courageous : every cell of yours is charged with His Grace. Understand this Fact and rise superior to every weakness in life.

Repose your soul in God by way of worship in spirit and truth and meditation, and possess the key to the problems of life's turmoil. Anchor your thoughts in the Lord : thereby, you will receive His Power and all your disorders will be adjusted, all your difficulties will disappear ; you shall live a new life of peace and joy.

Understanding the final purpose of life, which is God-Realisation, consecrate yourself and contemplate on God to rise above every adversity and disturbance, to create your own atmosphere of holiness and peace, to be never affected by the irony of life.

To remember God and see Him in all things is the way

to become completely fearless and possess tremendous strength, health and happiness which no tongue can speak of. To dwell in the feeling of the Blissful Presence of the Divine is to possess the sovereign panacea for all ills of life, to radiate happiness and peace to others.

O blessed one! God's Love is enveloping you, His Power is guarding you, His Divine Care is sustaining you. His Light is guiding you, His Grace is inundating every pore of your being, know this for certain. Put all your faith in this truth and lift up your heart to receive His choicest Blessings and eagerly look to Him with extreme devotion: this will give you a solution for all sorrows in your life, for all evils in your life, and you will be supremely blessed to live in the Radiance and Glory of His Kingdom.

## ABOVE THE VEXING VICISSITUDES OF LIFE

In the very stress of life, in the very turmoil of living, withdraw yourself, now and then, for a short time, from distracting activities and try to turn your gaze inwards. Yoga is pure understanding: it is a mental movement towards Divine Existence, towards the the living of the life divine free from gloom and sadness, repression and melancholy. Constantly reflect over what you read in the books of wisdom of saints and mystics, philosophers and poets, and be as calm of mind as possible, even though you may jump and dance, laugh and shout outwardly. Lead a double life: a peaceful, internal life and the outward life of the man of the world. From a distance enjoy the hollow and pompous show of the world without attachment to its fleeting fortunes or deceptive objects: go on with your day to day activities without cherishing even a mustard of faith in the world. Be quiet and feel not sorrow even under the waves of depression; never be jubilant over even the intensest of mundane pleasures: practise equanimity and always rest in the joy of the thought of the Divine, which is Eternal Bliss. Sit at

a place, calm the mind, rest in the centre of your consciousness, and just feel the Divine Presence of God all around you: thereby, by thus living wisely, you shall rise above the vexing vicissitudes of life.

Think only good, do good, be good; and you shall reap Eternal Goodness. All is Goodness. Contemplate on goodness and nothing else. In the long run you shall be crowned with the Final Beatitude, which is Perfect and Everlasting Goodness. By understanding the root of things and by sincere prayer, destroy the animal tendencies and human propensities and, then, all divine virtues will be thine. You shall be free from all worries and live an unperturbed tumultless life in the Immortal.

Pour out your self in doing good to humanity, in working for the needy and the helpless, without expecting any reward or remuneration or even a kind word: thus wear out your lower self, and God shall crown you with the Supreme State of Awareness-Delight. Have an adamantine faith in the Being of God. Let your soul sing of His glory with all its intensity of faith. This, indeed, is the Key to solve all your problems and to unlock the mysteries of life. Do so, from time to time and even in the ordinary day-to-day affairs, and you shall see your life being moulded by the unseen Divine Hands.

Never be attached to or have faith in the flux of living, but understand the Truth of Existence, the One Homogeneous Life, by profound meditation on the philosophical and metaphysical truths you have learnt from authentic sources. Be a mere witness of the ebbs and flows of life;

## DELIVERANCE FROM DISEASE AND WRETCHEDNESS

Poorly developed, emaciated, pale young men are increasing in number. They are assailed by diseases which plunge them under the dark waves of depression and wretchedness leading to bitter harvests of regrets and woes, and they cry out for deliverance from this havoc-working disease and misery. A harmonious living, a joyful life of perfect happiness, is possible only by the maintenance of good health and right thinking; abundance of joy can be radiated to others, and strength can be added to the Nation.

To be virile and cheerful, to be free from disease, to laugh at illness, to enjoy the fullness of life and to build a healthy Nation of joyous and prosperous citizens, the public should be educated as to the nature, consequences and treatment of diseases. Every avenue of dissemination of this type of knowledge should be fully utilized. Knowledge of diseases, their nature and their cure should be imparted through public lectures by medical men of rich practical experience but in a simple and non-technical way. Movies can also help very much in this direction. Good public health laws should be actively administered.

You should know the importance of Brahmacharya, chastity, self-restraint and your responsibilities towards Society. Your moral being should be awakened; your



nature should be transformed and your living should be improved. You should learn how to harmonise your thoughts, how to hate none and love all, how to avoid brooding over things and be always cheerful and how to let nothing shake your inner peace. This kind of training will enable you to know the the Lord of Bliss in your own heart and thereby to see all the outward disorders physical and mental disappearing like mist before the sun.

Above all, if you truly desire your well-being, happiness and prosperity, you should enter into tune with the workings of the laws of nature and direct your thoughts towards God who is All-health and All-strength. Daily concentrate your forces of mind upon God who is Existence Itself, who is the One Homogeneous Life of Perfect Harmony. Hold out your arms towards the Divine Healer, the Physician of physicians, and He will deliver you from every sort of disease and lift you up into the realms of Radiant Health.

Even a small modicum of faith in the Divine Being is quite enough to have your afflicted body soothed, to have your bruised soul healed and to save yourself from all kinds of ailings and sufferings. Know this for certain that the Divine Care is surrounding you on all sides and that It is guarding you from all ills, evils and sins. Surrender yourself to It and lead a care-free life of longevity and felicity. Live on the lines of this short exhortation, and you shall have deliverance from disease and wretchedness; and a diseaseless and deathless world of the Plenum of Pleasure shall be revealed to you in this very world.

## PRAYER—THE KEY TO BLESSEDNESS

Prayer is supplication or the admission of human weakness and limitations and an earnest yearning of the heart for God. Prayer denotes confession of man's inferiority and powerlessness before the transcendent Divinity and a desire for attuning himself to It. It is reliance upon the Divinity and an offering of the heart to God. Prayer is the expression of the aspiration of the human being to become pure, perfect and God-like. Exposing the heart to the sunny rays of the Lord is prayer. To stop the mind from roaming, to silence the turbulent senses and to focus the feelings on God is prayer.

The blind, deaf, lame, armless, puny, ignorant, debased, the lowliest and the forlorn, all can pray to God, for prayer belongs to the heart and its feeling, and not to the body. To think of God always is the best prayer, which crowns the human being in the Kingdom of God.

Prayer is a universal necessity; one day or other you will be made to pray, for, thereby you obtain the Key to Blessedness. Just as food is necessary for the body, so also the Bread of Prayer is necessary for the Soul. Prayer is help to the helpless, strength to the weak and eyes to the blind!

Prayer grinds the flint of egoism, breaks the walls of pride and consumes the fire of selfishness. It opens the third eye or the eye of wisdom, the real eye—intuition. Develop this “eye of intuition” through prayer and see the Majestic Lord sporting in every being and pulsating in every vein of the contents of the universe. Wherever you turn this “eye”, you see nothing but God—the transcendent Divinity! By prayer you dwell in the Lord who is all-happiness and sweeter than the sweetest.

Prayer elevates the soul and attunes it to the Lord, the Supreme King of kings. It awakens you to the awareness of God in the heart. It dispels ignorance and dries up the ocean of Samsara (or straying away from the Truth). It raises the human consciousness to the Divine consciousness by shattering the limits of human nature. It cleanses the mind and removes all snares. It is an antidote for all diseases, a panacea for all maladies and a cure for all ills.

Blessed Children of God! therefore, come, open your heart by the key of faith and devotion, so that the Infinite God may enter in and shine there! Renounce your petty things of the world which have captured all your attention, those evanescent things to which you cling blindly; for God shall give you all, the Whole, and make you the king of kings, the supreme One, above whom there is nothing.

Through prayer empty your heart, and God shall fill it with His Consciousness-Delight, and you shall be all-full. Be steadfast in your prayer. God listens to and answers all your prayers. Would you not like to make your life, a life of prayer and be supremely blessed? Then, arise now, and pray.

## H A L L O W E D   B E   H I S   N A M E .

The easiest method to attain God-Consciousness is Sankirtan or the singing of God's Name. Through Sankirtan many a saint of this land attained the Glorious State of the Consciousness of God. Outstanding examples are Tukaram and Gauranga. Where Sankirtan is held, there you shall find a greatly spiritualised atmosphere, and there Sages and the Silent Ones abide. Sankirtan is food for the soul, nay, it is food for the mind and the body, too. Life can be sustained on Sankirtan: make your home a seat of Sankirtan, and it shall be a centre for the elevation of the mind, the transformation of the heart and a change in the vision of life.

The love for Sankirtan springs in a desireless heart. Therefore, empty your heart of all else and fill it with the melody of Sankirtan, for you shall, thereby, attain the Supreme Lord. While repeating the Name of the Lord, feel with all your heart that the Infinite God is seated in the temple of your heart and that He is within you. Also feel that the Lord is purifying your heart and that the Divine Grace is descending upon you.

Sankirtan breaks the knot of ignorance and makes the mind one-pointed. It is a great healer of the ills of life.

Be not worried and do not be anxious; you shall taste Infinite Joy and unceasing Peace. Destroy the thought of your own self by taking the Name of the Lord. Walk in the Way of God and move with Him. This is the Path of the Supreme Attainment, the easy path to God-consciousness.

Hold aloft the Banner of Sankirran; thus shall you establish the Kingdom of God upon this earth. Even amidst the pressure of the most busy lives sing the name of the Lord, cultivate an unceasing awareness of the august Divine Presence, and remember the supreme Aim and Goal of life. Human birth and the aspiration to live a divine life are spiritual opportunities which are rare privileges that are given to man by God, and should be utilised for the glorious purpose of attaining the Ideal for which they are given.

Blessed Children of God! Let the ego collapse. Let the lower nature be reduced to the dust and let your being be filled with the Consciousness of God. All passes away. Nothing remains. That which is Real and Permanent is God or Truth alone. All is vanity on this earth. Plunge deep into the ocean of Sankirtan. Shut all the doors and windows and rest in the Inner Peace. Unite your soul with the Lord and draw from Him whatever you need, for He is the Storehouse of all that there is.

## THE LIGHT THAT LIGHTETH EVERYWHERE

There is One Supreme Light which ever burns steadily and surely, and that Light Eternal is God who lighteth every soul and all that is. Cherishing universal love, dedicating yourself to selfless service of mankind, guarding your minds against all evils and sins and abiding in holy thoughts, you shall now behold the Grand Majesty of the Lord of Light and be blessed to live a life of holiness, blessedness, happiness and prosperity in this world of sin, wretchedness, misery and paucity.

Entirely neglect the past; forget it once for all; be not anxious for the future and anticipate nothing temporal in the time to come. But purify your mind now by holy and pure thoughts of an unperturbed, calm and sacred life; for, your path will be lighted up and you shall live a peaceful, successful, harmonious life of perfection among the imperfections and disorders of to-day. Character is everything: so, by adhering to the universal moral principles and by shaping your lives in accordance with the laws of the spiritual verities, possess a stainless character in order to lead an exalted and ideal life of purity and goodness, truth and light.

Let not callousness and want of feelings reign in your heart: sympathise with all; for, sympathy is a holy virtue which will reveal to you the One Light and Life existing in all men and creation. Compassion and universal love will land you in the kingdom of radiance and illumination. A life of sagacious humility and sincere prayer will crown you with Divine Grace, which in its turn will enlighten you to behold the luminous Splendour of God everywhere: thus, you shall overcome the riddles of confusing circumstances, triumph over undesirable happenings and solve all the enigmas of perplexing situations, in life.

May you all move towards the Home of eternal Light, Wisdom and Bliss and in this way fulfil the purpose of your living on earth. May God bless you all to walk in the Way of His Light. May His Grace descend upon you all most abundantly.

## CAPTURE THE SUPREME SOURCE OF SUPPLY

Blessed are they, verily, who trust and dwell in God who is the very foundation of all centres of business and societies. Thrice blessed are they, indeed, who capture the Truth, which is the Supreme Source of supply! for, they are of God and theirs is All Prosperity!

O Sons of God! stay your mind in Him, who is the Truth Divine, by offering fervent and sincere prayers daily. Expose your heart to His sunny rays. Attune yourself to Him. Come, come: NOW is the time; do not wait for tomorrow! The Dawn of Divine Life awaits you! Hurry up! Soon you shall be in possession of the Fount of all-round Success, perennial Peace, unalloyed Joy and absolute Harmony.

O Children of Light! Fix your mind on the Lotus Feet of the Lord: give the hands to the work. Why should you fear sorrows, adversities and perplexities? Is not the Lord working through you and is not His Grace flooding every pore of your being? Discard all your piled up burdens and all your difficulties; they do not exist for you who live in the Spirit in the Lord. Thrill your being with the divine thoughts of the Lord.



Think of His Omnipotence that is in you: contemplate His Omnipresence that pours infinite courage and peace into your heart. Fear not. Sorrow not. Fear and sorrow are illusory! Fear and sorrow are mere hallucinations without any substance. It is your imagination of their existence that gives them strength. Brush them aside. Intensify your faith in Him. Draw strength from Him: He is the Source of all Strength and Power. Move on replete with bliss! March forward: all is bright.

Abandon the sense of separation and pride. Cut at the root of all limiting propensities. Expand your heart. Bear insult and injury and maintain your mental poise. Do not be upset by mere words. Rise superior to sounds. Bow down to all beings, the dog and the ass; even to the inanimate stone: for, the one Life Principle pulsates in all, the one Power is in all and is all. Everything here is God alone, the Supreme Lord, this is the solid truth— all this that is is God alone! Now is the time to amend the ways of your living and abide pure. Live a blameless life and radiate peace all-around. Behold and contemplate the light of God in all! You will soon realise the ultimate Truth of existence. You will soon possess inexhaustible Abundance! Silence the turmoil of thoughts and turn the mind inward and meditate on Him to capture the Supreme Source of Supply.

## THE NEED FOR SELF-SCULPTURE

The stress and strain of human life, the intense struggle of individuals in the daily battle of life in this world of limitations, illustrates, albeit in a crude, inadequate and imperceptible manner, the intrinsic urge in man to outgrow his shortcomings, to excel his own nature, to transcend his own self, and to exist as the invincible and all-governing Supreme. Man has not learnt to seek the aid of the light of culture as a guide to this urge; hence, the comedy and the tragedy of life, its chaos and crisis.

But culture is far from being a mere reconciliation of external forces, the result of a check on outward behaviour, a superficial refinement of manners, a putting on of appearances. That kind of surface polish would never gain for us any enlightenment worth the name, any insight into the mysteries of life. Culture is a supreme art of life, the technique of self-sculpture, a way of tiding over the defects that eat the very vitals of our life, if not the beauty of our soul, a scientific living of discipline and growth: it is an integration of being, a steady evolution into our real Self; into Godhead itself; only, it enables us to do all this even while in the busy

world of work and strife, and not necessarily in the imaginary safety of the solitude of mountain caves.

Science, of which great expectations were entertained in the initial stages of its growth and development, has not come to our rescue: on the other hand, it is acting as an adverse force that wrests and distorts our innate urge for final perfection and heading us towards a wreck. We must admit that, in spite of its glorified achievements and of the much boasted progress in our civilization and culture, we are crude and coarse in reality, that we lack the radiant gladness and fullness of life, that we are steadily drifting away from the essentials, and, hence, from the universal, which is the sap of life and the essence of all-existence.

The basic reason for all the fissures in life lies in our failure to base our lives on religious culture, which gives us a proper sense of spiritual and, therefore, of fundamental values, and supplies us with a vision by which to live a full life of freedom and happiness in the vastness of the Spirit, a true life in the very heart of the universe.

We are passing through critical moments in the history of human life: the magnitude of our misery is steadily on the increase. As long as we do not aim at an internal transformation through a weeding out of the undesirable elements and effect individual regeneration through a steady development of the innate goodness latent in every heart, we cannot hope to escape the

impending dangers, the threatening perils, arising out of our ignorance.

The highest spiritual consciousness, which is the heritage of every man, abhors all isolation of his existence, assailed, as it is, by all manners of absurdities in this imperfect world. It is culture, self-sculpture, alone that can soothe and satisfy the spirit in him by helping him to dissolve his selfish interests, to transmute his ruinous passions, to conquer fear and death, to chisel his coarse personality into the typical image of the self-effulgent Beauty of the Supreme which is God, and give him the light of truth to live an inner life, the perfect life of transcendent majesty.

## ART—THE EXPRESSION OF DIVINITY

All beings however low in evolution, all actions however trivial in their nature, all things however lifeless they may appear to be, bear the stamp of the Light of the Eternal; the Principle of the Beautiful is dancing in them all; the Splendour of the Truth is shining equally in all creation—in the man toiling in the field, in the birds and the beasts of the forest, in the blossoms of the garden, in the waves of the sea. There is only One Law of Life that is pulsating in the veins of the contents of the entire universe. Glory to the Divine Being.

Everyone in this beautiful creation is a piece of art; all that we see is but the manifestation of His art. We are His Art: vivifying His Might, reflecting His Beauty and expressing His Grandeur. Every man has the eyes of the painter and the poet; every heart has a dormant feeling for Beauty and for the awareness of Perfection. Every speck of space is rich with the inexhaustible abundance of Goodness, of Godliness, of Beauty. One has to widen one's consciousness and deepen one's spirit to be able to develop the vision of all spirit shining in and through matter, all reality revealing itself in and through the unreal. To escape from this world of limitations while yet being on

earth, into the boundless world of Freedom and Beauty, Power and Brilliance, is the purpose of our existence.

For the one who has eyes to see, all is Goodness, all is Sweetness; everything is Beautiful, everything is Graceful; whatever he perceives is homogeneous and harmonious. Children of Light! Behold the brilliance of the diamond in the darkest coal mine; look at the lustre of the eyes in the ugliest face; smell the fragrance of the Lotus in the stinking pond; feel the Omnipresence of your life in the lowliest creature revelling in filth; discover the greatness of the genius in the humblest family grovelling in poverty. To one with insight whatever is met with will be seen to be the master-touch of the Divine Painter, of the master-Artist, who expresses himself in such infinite and ineffable Beauty.

Art is not for the fleeting pleasures of the human creature nor a solace to the sorrow-stricken heart nor yet for mere aesthetic enjoyment; it is more than all these—it is a systematic and scientific living in absolute beauty, in infinite harmony, in perfect peace, in eternal Joy. Art is a kingdom of intense feeling, a feeling in which one is aware of the One Undivided Divine Essence of Existence. Art is majestic and mystic, idealistic and symbolic, supernatural and transcendental, an expression of the unseen in and through the seen.

That art blossoms into Perfection, which is free from all sense desires and physical interest. In the name of art one should not fetter oneself in the prison of professionalism and sensualism. The artist should be moved by the Beauty of Truth; and his art should be progressively creative and spiritually suggestive: it should be a revelation

of his moments of inspired vision and of total self-surrender. In his creative moods the artist should soar high—high into the skies of luminous Imagination and of glorious Existence, wholly oblivious of all mundane madness. Purified in heart, one should wave the magic wand of art at whose touch everything is converted into the Beauty of the Beyond.

Let the drawing rooms be filled with the vibrations of the highest spiritual ideals which pour into us the power and beauty of a new life of joy and peace. Let the wielder of the brush be free from all stuff of pride and selfishness and from all that is related to the sense world, so that the Divine may fill him with His Will to paint the pictures that breathe healing power and soothing balm into all onlookers through their eyes, so that they may be relieved of their illness of mind and sickness of heart. Let your art be a lamp of deathless beauty, shining with an effulgence dispelling the darkness of the soul that sings the sorrowful songs of the world.

An art that panders to the lower appetites of men, that does not aim at discovering the meaning of life, that does not awaken the spiritual consciousness in the human heart, is soulless and, therefore, unsalutary in its effects and malefic in its influence. The test of true art is implied in its profoundest suggestions. True art should embody the best genius of the artist, the finest in him, and awe one into a subtler plane of refinement and thrill; all art that falls short of this great purpose is profane and perishable.

## R E A L W I S D O M

Man's nescience has wrought havoc; blasts of adversity and blows of fate seem to be his lot; tons of loads appear to be pressed upon his weak shoulders, and he sits forlorn and crying. The ignorant man's pangs of greed for glittering gold, for fleeting fortunes, has hidden from his sight the infinite treasures garnered in his own heart. An impassioned fostering of ignorance has made living a series of tormenting tragedies, mounting melancholies and hollow hallucinations.

A positive and emphatic affirmation of the earthly kingdom has negated the Kingdom of God in the vast expanse of one's own heart. Lack of sincerity on the individual's part has made deliverance from despondency well nigh impossible. Utter absence of love for the Divine has closed the portals of Perfection and the fullness of joy. Life's manifold mourning that clouds the heart and the bitter sobs that shake the frame make one feel that life spells discord, disintegration, disease and death, instead of his being deluged by the bliss of the thought that life springs from the Delight of Divinity, from Awareness, Unity and Immortality.

O Man! discern the objective of your existence on earth, which is a spiritual awakening, a gradual yet grand



process of the unfolding of the Consciousness of the Divine, which you are essentially. Through wisdom, master the secrets of all sciences, know the exact nature of things, tune your self to the workings of the Divine Nature of the Laws of Truth. Wisdom is the key to the Plenitude of Power and Joy. It saves one from countless sufferings and innumerable sins, cuts at the root of ignorance and confers upon you Peaceful harmony and Absolute perfection.

Man is whirled round and round in the storm of life when he clings to his ego, his lower self, his limited life. The sorrow of phenomenal life is rooted in the idea of individual living; a living of isolation and suffering, which is fed by the delusion of separative independence and permanent multiplicity of beings. To escape from such a self-made net-work of tormentations, wisdom is the only means, as that alone will lead you to a realisation of the real oneness of Being.

Wisdom is acquired through right thinking, philosophical reflection, negation of creative imagination in relation to phenomena, attainment of equanimity in pairs of opposites like pleasure and pain and direct experience of spiritual verities.

To know that whatever is found to exist forms merely part of the One Homogeneous Unity of Pure Consciousness is wisdom: it is the result of the realisation of the Divine Oneness of living around us. To be aware of the One Reality—call it whatever you like—with intensity of

## TRUTH AND ITS REALIZATION

Truth is the eternal Brahman. Truth is Silence. Truth cannot be expressed. Expression is change. Everything that changes itself is untruth. Besides Truth there is not and cannot be, anything. Truth is existing as one with All. Truth is identification with the immortal Essence. Truth is undecaying. From It all things proceed. In it all things exist. Into It all things re-enter. Truth is the Imperishable Home of all beings. Truth is the ocean of unalloyed Bliss, a small fraction of which sustains the entire universe. Truth is Life and Existence. Untruth is decay and death. Universal love is Truth. Barriers between one thing and another are untruth. The Real is the Truth of truths. That is what Exists, Triumphs and Rules.

All, right from Brahma down to the blade of grass, are seekers of the One Truth, some consciously, some unconsciously, differing only in degrees of consciousness, the extent of mental purification of subtlety of condition. Every act of life here is a step taken nearer the Truth, for Truth is the Joyous Abode of all beings. Into It all enter<sup>1</sup> and find complete Satisfaction and Supreme Peace.

The Preliminary requisites of a seeker after the Truth are embodied in the Sadhana Chatushtaya which comprises discrimination, dispassion, tranquillity, self-restraint, cessation, from earthly business, power and endurance, faith in Truth, concentration of mind and yearning for liberation. A mastery over these qualities is succeeded by practical meditation. This is done either through service and self-sacrifice (Karma Yoga), devotion and self-surrender (Bhakti Yoga) or discrimination and knowledge (Jnana Yoga). These three roads lead to the common ideal and Goal of all, the all-embracing Unity: call It God, the Truth, the Absolute, or whatever you will. Words do not matter. It is feeling that counts; and that is the same.

Robed in the sagely garment of perfect tranquillity, of contentment, of calmness of mind, of the power of endurance, of unflinching faith in the Self, the inner Being of all, of right knowledge of scriptures and profound meditation, ye shall march to the Supreme Seat of Eternal Glory and Truth-Realisation.

Blessed are they, the Truth-seekers, who have emptied their heart and rooted out their ego, the sense of separateness, the force of nescience, and have shattered the self-made limitations and boundaries; for, thereby, they shall be filled with the Bliss of Truth!

A merciless withdrawal from the sense of separateness and an affirmation of the idea of Unity constitute the central point of all Sadhana (spiritual practices)

in all religions. One who feels that he is one thing and the other is another has turned away from Truth and has opened the gates of self-imprisonment. Love all. Be one with all! See the One in all! Make no distinction. Off with all meaningless differences. Enough of barriers between man and man, between one thing and another. You are all the waves of the One Ocean of everlasting Life. Hence, you all are One — only one! Remember this. Practise this! Realise this.

## THE WAY TO LIFE EVERLASTING

This bewildered and tumultuous world, with its never-ending tale of toil and tears is in reality a majestic University of Wisdom wherein everyone gets a chance to learn from the living Book of Life, of their own as well as those of philosophers of realization, of saints and sages, of divine teachers and holy masters. They that hug their ego, however, will learn nothing in this Grand University, and all that they have shall be taken away, leaving them forlorn. The man of ego loves his own ignorance: he glories in his own foolishness and attaches great importance to his perishable body. Thereby he exposes himself to the winds of adversity, the storms of woes and strokes of fate and affliction: in short he is filled with nescience and, in his audacity, disobeys the Law of Life. Such a man shall have no admission into the portals of eternal Good and supreme felicity: He will be imprisoned in his own cocoon of misery and shall never be let out into the boundless Empyrean of Blessedness.

Looking through the warped perspective of his own ego, man makes this earth a Hell of gloom and death, tortures and frustrations. By looking through the

medium of his own illusions and a sensuous mind, he converts what could be a temple of happiness (this world) into a den of anguish and grief, terror and forlornness. Laws of darkness and death rule him, and not those of Light and Life. Staying in his own ego, man invites invasion by sin and ultimate annihilation.

Wisdom appears to him as folly, Purity as impurity, Perfection as imperfection, Humility as cowardice, Meekness as weakness, Service as attachment and passion, Compassion as hypocrisy: everything appears to be just its opposite to the man's perverted mind, intoxicated with the wine of ego.

The man of ego is ruled by vanity; he is governed by utter pride; hatred grips him, folly sways him, delusion sits in his very intelligence, evils hover round him and his steps lead him into the realms of denser ignorance and ruin. But, his understanding being clouded and his discrimination obscured by his own prejudiced preconceptions, he is unaware of his own sorry state! On the contrary he feels himself well off and all-knowing and looks upon the rest of humanity with a condescending eye as unfortunate creatures toiling foolishly far below him in the scale of evolution! Such is the self-delusion the ego produces!

Where this egoism is not present, it is all blessedness, all goodness, all glory; and there one can find God. One who has no egoism has all wisdom.

To the one devoid of ego, the whole world is a haven of rest, a realm of peace and a kingdom abounding in

all-happiness. For him there is no more distress: he is purified, exalted and illumined; he sees no sin anywhere, and no evil can come near him. Nothing is hidden from him; the Truth stands before him in all its Splendour and Radiance, all the mysteries of the universe are revealed to him and all the secret workings of Nature are an open book. He who has no ego and who has surrendered himself to God is the master of every power and force that there is: for, all powers and forces are under God, the Lord. The egoless man quickly attains Supreme Freedom and Perfection.

Very difficult indeed, is it to sacrifice the ego; but unless it is done, no Vision of Truth and no Sight of God can be had. Sell away your lower self and purchase the Supreme Self. Withdraw your mind from justifying your position: serve your enemies; love those who hate you; resist not if you wish to conquer; sacrifice all your rights if you wish to rule; seek nothing if you wish to have everything; conquer yourself if you wish to have the Highest Freedom; take no shelter under the ego if you wish to be protected by the Supreme Power, the Almighty God.

Let one get beyond all forms of the ego, and one shall see the Divine Truth reflected in one's own heart within, shall be illumined forthwith by the Divine Knowledge. Let the ego be destroyed; lose your self in the love of all; negate your self by merging it in the service of all, and thereby, you shall see that you have become one with the Supreme Lord, who is all this vast universe.

Empty yourself of your egoism and all the impurities connected with it, and you shall see the Inexhaustible Abundance of God filling you to the brim, nay, filling you so much that you cannot contain it any longer. Sacrifice a little of your ego, be it ever so little, a fraction of it shall be deemed sufficient pretext for God to inundate your being with His Grace, His Power and His Light. Such is His Divine Love and Compassion.

Practise a little self-denial and cultivate indifference towards the turmoil of outward happenings, towards the external surge of likes and dislikes, and the seemingly crushing stress of life, and fall back upon the Lord: this will enable you to enter the kingdom of everlasting peace, immeasurable wisdom and eternal joy!





## MAHAVAKYAS OF RELIGIONS

Life is something grand and majestic, full of meaning and purpose. It has a profound philosophy and a grand goal. It is an immortal dance of beauty on the stage of eternal truth and goodness. It is a self-luminous luminosity, a self-sufficient entity. It is wisdom to know and speak of life as a realm of reality and a centre of joy in itself. This truth of life cannot be proved by the help of our senses or by anything in the phenomenal world, but can only be experienced in the deepest recess of one's own heart of awareness.

The very nature of the individual life is to expand itself into the unlimited vastness of the Infinite, to be seated in the heart of all, to govern the life of all, to rule the universe from within, to wield perfect power and bliss.

The purpose of our life here is to dance to the rhythm of the beat of the Eternal Heart of the Supreme Beloved, to become identical with the Light of Truth and thus live the fullest life, the divine life, a life in God, breathing eternal youth and unfading freshness, moving in limitless wisdom and peace.

Every phase of life has in it some poetry; every facet of life glows with the Eternal light of Truth; every storm

and stress of life is rich with the splendour of spiritual glory. The whole world is throbbing with the consciousness of God who is the source and end of all that is. Man's duty consists in being in harmony with this all-pervading principle of God.

This innermost immanent principle within all existence, the highest spiritual consciousness that is latent in all, is a pure unity without parts, a unique homogeneity admitting of no differences. To guide and help us to experience this One Undivided Essence, the immortal masters of all religions have handed down to us beacon-lights of Mahavakyas or great utterances embodying their innermost experience, which contain in themselves the quintessence of all the spiritual wisdom necessary for the world. A few are given for comparison and meditation.

BUDDHISM:	... ..	Buddham Saranam Gacchami. Dhammam Saranam Gacchami. Sangam Saranam Gacchami.
CHRISTIANITY:	... ..	"I and my Father are one."
CONFUCIANISM:	... ..	The three secrets of happiness are to see no evil, to bear no evil, and to do no evil.
HINDUISM:	... ..	Tat Twam Asi - 'That thou art'.
JAINISM:	... ..	Ahimsa Paramo Dharma. — Non-injury is the highest religion.
JUDAISM:	... ..	Be still and know that I am God.
ZOROASTRIANISM:	... ..	He is but the same one God, but men give him diverse names. Hoomta, Hookta, Havareshta, Manshi, Gavasni, Kunasni: pure thought, pure words, pure deeds.

MOHAMADANISM:	...	La Illahi Ilhullah — Mahomed Rasullullah. There is no God but Allah and Mahomad is the Messenger of Allah.
SIKHISM:	... ..	Ek Omkar, Satnam: There is but one God. His Name is Truth.
TAOISM: SUFISM	... ..	Anal Haq — “I am God”
SHINTOISM:	... ..	Prayer is of the foremost
TAOISM:	... ..	Tao is everywhere. It is priceless treasure. It is the Guardian and Saviour. It is the Sanctuary where all beings find refuge.

These Mahavakyas summarise and reveal the central truth in all religions, the essence of all paths to perfection, the goal of all wisdom and spiritual practices, of the oneness of life and self and or the nature of Truth, which is free from all change, impersonal and all-pervading.

These Mahavakyas of great sentences are the master key to the manifestation of the perfection of the soul, the unveiling of the Essential Nature of the Self. A continuous repetition of any one of these Mahavakyas awakens the inherent spiritual consciousness within us. Profound meditation on these Mahavakyas generates a tremendous force in life which results in the realisation of Truth or the Absolute.

**VOICE OF THE HIMALAYAS**

*(Sayings of Sri Swami Sivananda)*

## SECTION I

### RAYS OF WISDOM

#### What Is Life?

1. Life is a journey from impurity to purity, from hatred to cosmic love, from death to immortality, from imperfection to perfection, from slavery to freedom, from diversity to unity, from ignorance to eternal wisdom, from pain to eternal bliss, from weakness to infinite strength.

2. Life is a great opportunity provided by the Lord for His children to evolve into Himself. Understand the purpose of the Almighty in every station of your life.

3. It is upto us to make the best use of this instrument, to keep it sharp and useful for the divine purpose. Union with the Lord is obtained here when at every place we discern Him and Him alone as pervading every atom of existence, when we develop divine virtues to perfection and when we do His will, after a complete conquest of the lower nature. This is achieved by leading the Divine Life of Truth, Love and Purity.

## Mysteries of Mind

4. Practice of telepathy, thought-reading, hypnotism, mesmerism and psychic healing clearly prove that the mind exists and that a higher developed mind can influence and subjugate the lower mind.

5. Through the play of the mind in objects, proximity appears to be a great distance and vice-versa. The mind has the potency of creating or undoing the whole world in the twinkling of an eye.

6. Friend and enemy, virtue and vice are in the mind only. Every man creates a world of good and evil, pleasure and pain, out of his own imagination only.

7. The things that we perceive all around us are only mind in form or substance. "Manomatra Jagat." Mind creates; mind destroys. Bitterness and sweetness do not lie in the leaves, but they are in the subject. They are created by the mind.

8. It is the mind that gives colour, shape, qualities to the objects. Mind assumes the shape of any object it intensely thinks upon.

## The Sub-Conscious Life

9. Beneath your conscious life there is a very wide region of sub-conscious life.

10. Subconscious life is more powerful than your ordinary life of objective consciousness. Through the practice of Yoga you can modify, control and influence the sub-conscious depths.

11. All habits originate from the sub-conscious plane. The superconscious experience is Turiya or the fourth

state. It is Nirvikalpa Samadhi or the state of perfect awareness of one's real Swarupa of oneness with the Supreme Being.

### **Right And Wrong**

12. All are confused on the terms right and wrong. Even the most learned men are puzzled in finding out what is right and what is wrong. Even the sages and seers find it difficult to define these terms precisely.

13. That which elevates you and takes you nearer to God is right, that which brings you down and takes you away from God is wrong. To work in accordance with the Divine will is right.

14. That work which gives elevation, joy and peace of mind is right, that which brings depression, pain, restlessness is wrong. To give pleasure to others is right, to spread misery and pain to others is wrong.

### **Positive Overcomes Negative**

15. Positive always overcomes the negative. This is the law of nature.

16. Negative evil thoughts cannot stand before positive good thoughts. Courage overcomes fear. Patience overcomes anger and irritability. Love overcomes hatred. Purity overcomes lust.

### **Do You Want God ?**

17. Do you really want God? Do you really thirst for His darshan? Have you got real spiritual hunger? God is a question of supply and demand. If there is demand for God, the supply will come at once.

18. Pray faithfully like Prahlad. Sing like Radha. Repeat His name like Valmiki, Tukaram and Tulsidas. Do kirtan like Gowranga, weep in solitude like Mira over the separation from the Lord. You will have darshan of the Lord this very second.

### **Path Of Pleasure**

19. Sensuality destroys life, lustre, strength, vitality, memory, wealth, fame, holiness and devotion to the Supreme. It drags a man down to the abyss of hell.

20. Sensual pleasure is like honey that is mixed with virulent poison. One anna of sensual pleasure is mixed with fifteen annas of pain.

21. Sensual enjoyment is attended with various defects, sins, pains, attachments, bad habits and mental restlessness.

22. Man is generally attracted by brilliant light, beauty, intelligence, varied colours and pleasant sounds. Do not be deceived with these paltry things. Enquire within. What is the substratum for all things? There is one Essence at the back of the mind and all objects of this seeming sense-universe. That essence is all-full and self-contained. That essence is Brahman of the Upanishads. You are that Essence. Tat Twam Asi.

### **Nothing Like These !**

23. There is no fire like lust, no evil like anger, no vice like hatred and no sword like abuse.

24. Passion makes one beggar of beggars and blind. The organ of sight does great mischief. Destroy the lustful



look, the adultery of the eye. Take to the path of divine evolution and try to see God in all.

25. Selfishness is the source of all vices. A selfish man injures others, robs their property and does many sinful actions to satisfy his selfishness.

26. Selfishness constricts the heart. A selfish man has neither scruples nor character. Peace of mind is unknown to him. It is selfishness that prompts a man to do evil acts.

27. From anger arises delusion, therefrom confusion of memory, from confusion of memory loss of reason; reason gone, the man is destroyed.

### Index To Character

28. Character is what you are, reputation is what people think you are. The best treasure of man is a noble character.

29. Forgiveness is the ornament of the sage. Anger is the passion of fools.

30. Mercy is the might of the righteous. Viveka is the weapon of the aspirant. Vairagya is the armour of Mumukshus.

31. A timid man or coward dies many times before he actually dies. A sage does not find any difference between a male and a female and a piece of wood; he sees the inner Essence in all.

32. The proud and the covetous are always restless. The first test of a truly great man is his humility, simplicity, love and mercy.

33. Purity is the best jewel of a Yogi. It is the greatest treasure of a sage. It is the best wealth of a devotee.

### **Conscience**

34. Conscience is a form of truth. It is the knowledge of our own acts and feelings as right or wrong. It is a sensitive balance to weigh actions. It is a guiding voice from within.

35. Sense of duty is conscience. Scrupulousness is conscience. Conscience is like a silent witness and a silent teacher. It is the light of the soul that is burning within the chambers of your heart. Conscience grows through experience.

36. When you do a wrong action, the conscience pricks you. You experience pinpricks. It says to you in a clear, small, shrill voice: "Do not do this wrong action, my friend. It will bring misery to you." A conscientious man at once ceases to act wrongly any further and becomes wise.

37. In a wicked man, this faculty becomes dead. The sensitive nature of conscience is destroyed by sin or corruption; hence, he is not able to discriminate right from wrong.

### **The Culture Of The Heart**

38. Your heart is harder than flint or steel as it has been the repository for evil qualities such as greed, miserliness, harshness, rudeness, anger, pride. It is your foremost duty to soften it.

39. You have made your heart crooked and narrow through hypocrisy, untruthfulness, backbiting, etc. It is your onerous duty to expand it now.

40. You must purify your heart now. Only by the practice of the Samanya Dharma, by the development of the virtues can you soften your heart, expand it and purify it.

41. Have a large heart. Be liberal in your views. Expand. Include all. Break all barriers.

42. The inner motives of a man form the seed and root of all his life's activities.

43. Purify your motives and possess a pure heart. You can move the whole world by your spiritual force.

44. The more you spend your energy in elevating and serving others, the more energy will flow to you. The noble soul who always does good to the world entertains sublime divine thoughts is a blessing to the world at large.

### **Power Of Thought**

45. Thought is both force and motion. Thought is dynamic, thought moves.

46. Thoughts can shape a man. Think that you are Brahman and become Brahman

47. Your character depends upon the quality of thought held in your mind and the mental pictures and ideals entertained by you. Avoid useless and base thinking.

48. Trial is a crucible into which nature throws a man whenever she wants to mould him into a sublime superman.

49. Without sorrows, without persecution, none can become a saint or a sage. Every suffering is meant for one's uplift and development.

50. Uncongenial atmosphere, unfavourable environments and obstacles will help one only in carrying on the struggle more vigorously.

51. A real hero rejoices in suffering. He willingly undergoes pain and suffering in order to serve and please others as well as to mould himself in the proper way.

52. Trial and tribulation in the form of physical suffering or mental grief are sent by the all-merciful Lord for your own ultimate good.

53. Sufferings purify the Soul. They burn the gross material sins and impurities.

54. The Divinity becomes more and more manifest. They give inner spiritual strength and develop will force, the power of endurance.

55. Religion is the manifestation of Divinity already in man. Life without religion is real death.

56. Religion is the attainment of the Divine Consciousness or divine Wisdom.

57. Religion is freedom from ignorance, illusion, fear, doubt, grief and delusion.

58. Prayer is a mighty spiritual force. It is the real force of gravity or attraction.

59. Prayer elevates the mind; it can reach a realm where reason dares not enter—the Kingdom of God.

60. Prayer generates good spiritual currents and produces tranquillity of the mind. If you pray regularly, your life will be gradually changed and moulded.

61. The only support in this Kali Yuga is the name of God. Name of the Lord gives immense bliss and removes all great sins.

62. The grains that cling to the pivot are safe in a grinding mill. Even so, those who cling to the Lotus Feet of the Lord and His name are not affected by the miseries of Samsara.

63. The Lord is within you and all around you. Open your eyes and behold him everywhere.

64. God pervades the entire universe. He walks in the garb of a beggar. He moans in pain in the guise of the sick. He wanders in the forest clad in rags. Open your eyes. See Him in all. Serve all. Love all.

65. The relief obtained by remembrance of God in adversity indicates that there is a hidden Power guiding all.

66. Everything is God. Good is God; misfortune is God. Greet Him in everything and rest peacefully in Bliss! May God bless you!

67. Love is the greatest power of all powers. Love is a Divine Power. Love unites, redeems and saves.

68. Love flows spontaneously from a pure heart like the Ganges. It always gives and never takes anything.

69. There is no virtue higher than love, there is no treasure higher than love, there is no religion higher than love. Love is Truth and love is God Himself.

70. Wherever there is love there is peace and wherever there is peace, there is love.

71. Lead the divine life. Help the cause of the divine life. If you co-operate and help to further the divine life, you are indeed laying a brick in building up once again the glorious monument of Bharatian culture, our heritage of universal peace and well-being.

72. By furthering the Divine Life cause, you actually promote world peace and brotherhood and prosperity.

73. Divine Life is not possible without self-control and self-purification. Self-control augments energy, vitality, vigour and mental strength. Divine life is the simplest thing, the most natural life that every man should lead. But artificial conditions created by advancing materialism—Kali—has blurred the vision of man who is led astray in spite of himself.

74. For a man of contentment, sovereignty of the whole world is no better than a bit of rotten straw. He is indeed miserable and poor, who is discontented.

75. Never complain against the bad environments. Create your own mental world wherever you remain, you go and be contented with whatever Lord gives you.

76. He who develops a balanced mind and equal vision is always contented.

77. To know the Truth that underlies all manifestations is wisdom. It is Brahmasakshatkara or Self-realization: you will find yourself the beauty of beauties.

78. Wisdom is the sharpest weapon. It surely saves you from all evil and ills.

The darkest hour precedes the dawn. When there is intense pain, know relief is at hand. God is your Antaryamin or Inner Ruler. He knows everything. He is merciful. Past karmas have to be worked out.

79. People praise you now and censure you the next moment. There never was, there never will be, nor is there now a man who is always censured or a man who is always praised. Therefore, be above praise or censure, honour and dishonour. Through discrimination and meditation rest in the Nirdwandwa state.

80. There is nothing that is beyond the pale of man's achievements in the universe because, in reality, he is all this. Only an inner determination to tear off the veil and to perceive the unity of Existence is needed.

81. Mental peace is obtained only by complete Self-surrender to the Lord who is our Father, Friend, Philosopher and Guide! In times of stress His Will comes unflinchingly to our aid.

82. Peace can be achieved only by removing the weeds of lust, greed, malice and selfishness. When the thirst for sensual objects dies, only then man enjoys peace.

### Silence

83. Silence develops will-power, checks the force of Sankalpas and gives peace of mind.

84. The language of silence is more forcible than the language of speech. Observance of silence or Mouna daily for 2 hours is very necessary to conserve the lost

energy that is wasted in useless controversies and debates and idle gossips.

### **Today's Sinner Is Tomorrow's Saint**

85. A sinner is a saint of tomorrow. Even dacoits have become great Rishis or sages. Therefore exert, purify, approach the saints. Abandon all anxiety, fear and worry. Rest in your centre. Sing OM. Meditate on OM. Realise the Self.

86. Sharpen the intellect. Thin out the ego. Let the Light Divine shine in you in all Its splendour through leading constantly the Divine Life. Prostrate before all. This will enlighten your life. Cultivate the spirit of love and humility, compassion, and tenderness which filled the heart of the Lord Buddha and Lord Jesus.

### **Illusion Or Maya**

87. Illusion is born of ignorance. From illusion springs separation, difference, duality, manifoldness and variety. Therefore destroy the ignorance by the sword of knowledge of the Self and become free.

88. What a strange world! How powerful is Maya! In an instant she strangles the reason in man, and drags him into the very bottom of the pit of ignorance, immorality and adharma. Pray to the Lord that He may endow you with clear understanding and devout heart.

89. Maya haves through the mind. If you understand the nature of Maya fully well, you will not be affected by her.



## Guiding Light

90. Ill-health is a myth. It does not exist beyond the range of the physical and mental sheaths. The body and mind alone are subject to diseases. The Atman, your true Self is beyond these and therefore eternally free from diseases and death. During illness, detach yourself from the body. Connect the mind with the Buddhi and soul. "As you think, so do you become!" Therefore, assert you are healthy. Disease will take to its heels.

91. Grief is the effect of delusion. The true Inner Self of man is immortal; it can never die. In accordance with the prarabdha the Jiva takes on a body and discards it. Death does not mean destruction. Will a woman sit and cry if her husband discarded old clothes and put on new ones ?

92. Fear ? That is the lot of sinners and ignorant people. What has fear to do with one who has resolved to lead the life divine ?

93. Fear is what lazy people talk of. Those who exert can do miracles. Have immense faith in Him.

94. Love of flesh is a nuisance, love for the soul is devotion. Devotion is the essential condition of Brahma vidya. It is the sweetness of life. It softens the heart and removes jealousy, hatred, lust, anger, egoism, pride, arrogance.

95. When one develops all-embracing and all-inclusive love, the petty life of hurry, worry, excitement and competition seems to him as nothing, when compared with

the everlasting life of eternal sunshine and bliss in the soul within.

96. The greatest possession is devotion to the Lord. When you have this, everything else is easy of acquisition. Material comforts will come to you at His bidding.

97. The scientific attempts to probe the Infinite are futile. The only scientific method here is the intuitional.

98. He whose mind is calm, who is endowed with the four means of salvation, who is free from defects and impurities can realise the Self intuitively through meditation.

99. It is easy to develop intellect, but how very difficult is it to develop Vairagya and ethical perfection.

100. There is an inherent innate desire in all human beings for freedom, independence and eternal happiness. Be good. Do good. Serve the Lord in all, love all.

101. There is no penance higher than truth-speaking. There is no virtue higher than mercy. There is no bliss higher than the bliss of the soul. There is no wealth greater than the spiritual wealth. Hatred is the deadliest foe of an aspirant, whereas love is the pivot of his spiritual life.

102. He who understands the harmonious working of the Inner Government and moves in harmony with the Inner Government and knows the supreme head of the inner Government will attain prosperity, undying fame and glory, eternal bliss and immortality.

103. The foolish man identifies himself with a mass of flesh, fat, skin, bones and filth, while the man of discrimination knows that his Self is distinct from this body.

104. Not through matted locks, not through fiery lectures and erudition, not through exhibition of miracles does one attain perfection of Knowledge of the Self. He in whom the two currents of Ragadwesh, egoism, lust and anger are destroyed in toto is ever happy and he is Brahman or liberated Sage or Jivanmukta.

105. Happiness does not come from wealth. The Western nations are quite restless despite their enormous wealth. From this we can infer that spiritual life alone can give real, everlasting peace and happiness.

### **Recognise the Value of Your Self**

106. Tat Twam Asi. "Thou art That". Pain and suffering, worries and anxieties, diseases and death cannot touch thee. O Ram! these are the passing phantoms which affect only the ignorant. Negate the ego. Assert your Satchidananda Swaroop or Bliss. Thou art the embodiment of bliss. Assert this. Realise it.

107. Everybody is an expression of your own Self. The whole universe is an indivisible whole. No one can separate himself from the rest. All is threaded into one Supreme, the Lord, as the row of pearls in a string. The Lord is the one-thread soul.

108. You are the real master or Governor of the whole world. You are bound to none. Feel the majesty of your Self. Keep yourself peaceful and happy under all circumstances and environments of life. Soar high into a life of beatitude where fear exists not and courage, peace and bliss ever abide.

## SECTION II

# VEHICLE OF DIVINE THOUGHTS

Collected by the Divine Life Society, Bahrein. Branch  
From the works of Swami Sivananda

1. Pray at least for five minutes daily, when you get up and when you go to bed.
2. Prayers are powerful spiritual currents.
3. Sincere prayers are immediately responded to.
4. Pray first for the peace and prosperity of the entire world then for yourself.
5. Prayers without attachments will ultimately lead to Moksha.
6. God made man after His own Self.
7. Man is a mighty power on earth.
8. Moksha or Freedom is the ultimate goal of man.
9. God is the only Reality in this universe.
10. Religion is the manifestation of Divinity already in men.
11. Woman is the Divine power on earth.

12. See women as the Energy of God.
13. Woman is the first teacher of man.
14. See Mother-hood in every woman.
15. Woman is the Sajiva Maya or Chaitanya Maya.
16. God's plan for man's evolution is work.
17. Sow the seed of work in proper season for best fertilisation.
18. Unflinching faith puts the aspirant in touch with the Infinite.
19. The longing to attain an ideal dies if no effort is made.
20. The habit of wishing good to all enriches life.
21. Love neither judges nor condemns anyone.
22. The mightiest force in the world is the silent power of love.
23. Love and work are the balance wheels of man's being.
24. Life without love is valueless.
25. Cultivate Nishkamya love in life.
26. The salt of life is work.
27. The bread of life is love.
28. The water of life is faith.
29. The sweetness of life is devotion.
30. The Goal of life is emancipation.
31. Make life a perpetual joy.
32. Derive joy from Satya.
33. Derive joy from Tapas.
34. Derive joy from Daya.
35. Derive joy from Dana.

36. One moment of company with the Holy builds a ship to cross this ocean of life.

37. Realisation is real Religion; all the rest is only preparation.

38. It is not the Building, but the People, that makes a temple, and that is what we always forget.

39. See that the balance-sheet of life shows an increasing profit every year.

40. Increase the profits by investing all available energies in Divine work.

41. There is nothing so purifying as prayer and fasting.

42. Empty prayer is as sounding brass or tinkling cymbal.

43. There can be no idleness when there is prayer.

44. Heartfelt prayer clearly shows one the next step.

45. Prayer is the trusty companion along the weary path to Moksha.

46. Hypocrisy in the garb of Religion is a Crime.

47. Water-tight compartments in the name of Religion are a mockery.

48. Character is what you are, reputation is what people think you are.

49. Truth stands even if there is no public support.

50. Purity is the pass-port to the foreign land of Eternal Bliss.

51. Actions, the fruit of which is unseen, are collectively called Dharma.

52. Sound character is the only diamond we must crave to wear.

53. Brahmacharya is indispensable for all spiritual pursuits.
54. Introspection purifies the mind quickly.
55. A dip in the Ganges instantly purifies man.
56. Parental blessings are our invaluable legacy.
57. Faith is the searchlight for Godfinding.
58. Be cheated but do not cheat others.
59. Mastery over Indriyas is the real conquest.
60. To mistake body for the soul is purely Avidya.
61. To follow is easy but to lead is difficult.
62. Worship God with the flowers of virtues.
63. Peace of mind is man's precious possession.
64. Search God in your own Self.
65. Let good thoughts be the rosary of every mind.
66. Hold your life for the service of others.
67. Conserve speech for the praise of God.
68. Words are great forces; use them carefully.
69. Tune the radio of mind to the voice of the Inner-self.
70. Tighten properly the chord of life for best music.
71. Death is better than the vegetating ignorant life.
72. Like walking on the razor blade, the spiritual path is difficult.
73. Sensual pleasures, like ghee when poured on fire, intensify all the more, when enjoyed.
74. Repentance is a Divine streamlet for sinners to wash their sins.
75. Know that everything is lost when faith is lost.

76. "Mine" and "Thine" is the very root of all evils in the world.

77. When all the desires are annihilated, then this very mortal becomes Immortal.

78. Desire nothing, give up all desires and be happy.

79. Prayer is the key of morning and bolt of evening.

80. Immovable faith in God gives mysterious power to overcome any difficulty.

81. Hatred can never be ended by hatred but by love.

82. Success often comes to those who dare and act, it seldom comes to the timid.

83. To live in perfect goodness is to dissolve in the Infinite.

84. Love a man even in his sin for that love is the summit of love on earth.

85. Life is a voyage in the infinite ocean of time where scenes are perpetually changing.

86. One anna of sensual pleasure is mixed with fifteen annas of pain.

87. A dispassionate man is the happiest and the richest man.

88. Passion makes one beggar of beggars.

89. Immortality cannot be obtained by riches.

90. An earnest aspirant is the emperor of the whole world.

91. A sour truth is better than a sweet lie.

92. Forget yourself entirely in the sorrows of others.

93. Lives of saints are the compass needles on your voyage to Moksha.



94. An evil conscience is always fearful and unquiet.
95. Be humble, for there is nothing in you which you may be proud of.
96. Sins are mental slips in the path of evolution.
97. Hate the sin and not the sinner.
98. It is the calm mind that does the greatest amount of work.
99. The faultless completion of small tasks leads inevitably to great tasks.
100. Give up sensual life if you do not want death.
101. He who knows how to suffer enjoys much peace.
102. It is vain and unprofitable to rejoice over future things.
103. He is a real cobbler who always thinks of his body.
104. One who spends his life in mere eating, drinking and sleeping is really a dead man.
105. Never sit idle craving God to help you but be up and doing.
106. The ultimate fact in the world is man.
107. The ultimate fact of man is God.
108. Think of the limitless Universe and realise your nothingness.
109. That something which is yet beyond the scientist's inventions is God.
110. Through Adharma man may prosper for a while but perishes at the root.
111. Mental purity is of paramount importance for self-realisation.

112. He who works in the world with Atma-Bhav will eventually reach Atma.

113. True renunciation is the renunciation of all passions, egoism and vasanas.

114. If you want rapid progress in the spiritual path, watch every thought.

115. If the mind ceaselessly thinks of Atma, the world would appear as a dream.

116. Bitter pills have blessed effects.

117. Love rules without a sword and binds without a cord.

118. Do not vainly regret what is already passed.

119. A man who is spiritually thirsty, drinks the nectar of Immortality.

120. The end of saintliness is Eternal Life.

121. The beginning of saintliness is killing of egoism.

122. Kindness does not consist in gifts but in gentleness and generosity.

123. A good word for a bad one is worth much but costs little.

124. Love all, trust a few and do wrong to none.

125. Promise not good things, do something good.

## SECTION III

# TOWARDS BLISS IMMORTAL

### Freedom And Bliss In God

1. God is Truth. God is love. God is the source of Light and Life. God is Freedom. God is Perfection. God is fearlessness. Attain God-realisation and be free.

2. Truth is Truth. It is Light. It is Bliss Immortal. It is Joy perennial. It is Absolute Consciousness.

3. The Absolute or Para Brahman, from its very nature, must be self-conscious, if it be All-Intelligence. It need not require another to become itself self-conscious. To say that does would be to deprive it of its natural freedom and subject it to a law of necessity. The Absolute is Chit or Pure Consciousness. It is Prajnana-Ghana, Chit-Ghana.

4. Do not apply reasoning to what is unthinkable.

5. For thinking what is beyond mind, rely not on logic but on Sacred Scriptures.

6. There is but One Being, Brahman or the Infinite. The One appears as a plurality to the uncultured one. The

changeless appears becoming and changeable to the ignorant. All is one in essence and nothing independent of Brahman exists. This is the truth. This is the truth.

7. God, Perfection, Peace, Immortality, Bliss are one. The goal of life is to attain Perfection, Immortality or God.

8. The nearer one approaches the Truth, the happier one becomes. For the essential nature of Truth is positive, Absolute Bliss.

9. Remember God at all times. If you cannot do this, remember death at all times. Either of the two will lead you to emancipation and freedom.

### **The Purpose Of Human Birth**

10. The best of ways is the divine path; the best of virtues is contentment; the best of friends is the Immortal Friend in your own heart.

11. The essence of religion lies in the immediate experiences of the divine. The blissful experience is obtained by regular Sadhana.

12. Thou art Divine. Live up to it. Feel and realise thy divine nature. Conquest of mind will enable you to go to the source of all power, knowledge, peace and bliss. Thy essential nature is Existence-Knowledge-Bliss. Develop the consciousness and realisation of the real 'I' within you.

13. All men are by nature equal. One Atma equally dwells in all beings.

14. If you do not strive for God-realisation when you are blessed by the Lord with a human body, and if you

waste the precious life in sensual pleasure, you are a confirmed fool. You throw away the precious pearl of Chintamani and take a broken piece of glass. Your lot is indeed miserable.

15. Though the human body is full of filth, though it is perishable, it is a precious thing because it helps you to attain immortality and Self-realisation.

16. Enrich your blood through Japa, Kirtan, meditation, Sattwa, Pranayama, Asans, tomatoes, grapes, spinach, pure air and sunlight.

### **Ram-Nam--The Supreme Sustainer**

17. The Lord's Name is the solution for all the trials of life. Kindly do intense Japa and Kirtan.

18. Japa fills the mind with Bliss. It attunes the soul to God. It brings about perfect communion with God.

19. Lord's Name is a shield for you. It is indeed a strong armour for you. You can never miss the goal if you recite His Name always. Maya can never approach you and tempt you.

20. Be regular in your prayer and Japa. Success will be yours in all your undertakings.

21. When you are in great distress, call for God's help from the very core of your heart. Be sincere. Pray fervently. You will get His help. You will get consolation, peace and inner spiritual strength.

22. Feel "Even this will pass away". Rely on the Lord. Pray fervently. Throw all your burdens on Him and be at ease. He will bear them.

## **Meditation And Mind-Conquest**

23. Transform human nature into divine nature through Satsang, study, prayer, Japa, Kirtan, enquiry and ceaseless meditation.

24. Meditation releases a great amount of spiritual power. By constant meditation on the Self, one attains liberation.

25. Inner spiritual strength, perfect peace, knowledge and bliss are the fruits of meditation.

26. Wherever the mind goes, see the One Lord there. Then the mind will easily come under your control. Constant Japa and prayer will calm the mind and fill it with peace and bliss.

27. By prayer and meditation, kindness, celibacy and non-injury the mind is purified.

28. In the din and noise of the world, in the midst of sensual pleasures, the mind is led astray. But, if you have firm faith in God, if you offer prayer, if you do Japa, Kirtan and meditation, you are lifted up. No worldly charms can attract or tempt you. You will rest peacefully in God.

29. The world is ruled by ideas. Thought is the beginning of practice. Thought begets actions. Therefore, entertain pure thoughts. Your actions will be noble and sublime.

### **A Noble Character—A Divine Character**

30. He who has a blameless character and good behaviour can realise the Truth quickly.

31. Man is worse than an animal when he is under the sway of passion and anger.

32. Bear no ill-will towards any one. Even if some one behaves rudely towards you, be kind to him. Serve him with divine bhav. Then alone will you have self-purification and then alone will you enjoy peace.

33. Anger is the child of ignorance, brother of jealousy, and the father of harshness.

34. Return unkindness with kindness, injury with service and love.

35. Each temptation, each trial is a test by God to find out your strength of will, power of endurance, the degree of dispassion. Stand adamant. Be bold. Be cheerful. Be courageous.

36. There is no misery greater than poverty. Exert and earn.

37. It is heart alone that makes one rich. Be contented. Contentment is the greatest wealth. Realise the Supreme, Inexhaustible Wealth of Atma and be happy for ever.

38. Religious instruction should be gradual, according to the varying receptivity of the aspirant.

39. Preach to others what you yourself practise. Then alone will it produce a strong impression on others. It is easier to preach twenty than to be one of the twenty in following the preaching.

#### **The Last Word**

40. Regret not! Fear not, friend! Thou art the changeless Infinite! Thou art not this perishable body. Thou art Immortal. Thou art the all-pervading soul. Realise the Atman in this very birth, nay, this very second and roam about freely as a Jivanmukta.

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\* इसमें श्री स्वामी शिवानन्द जी महाराज-सदृश विश्व-विख्यात महापुरुष के अनुभवपूर्ण उपदेश प्रकाशित किए जाते हैं।

\* पत्रिका में सद्-उपदेशों के साथ-साथ आरोग्य-विज्ञान कायाकल्पविज्ञान, स्त्री-शिक्षा, बाल-शिक्षा, कथा-कहानियाँ, धार्मिक-प्रहसन तथा नक्षत्र-विज्ञान के स्तम्भ होते हैं ! पत्रिका में ३६ पृष्ठ हैं।

पत्रिका का वार्षिक मूल्य ३॥॥ रु० ( भारत में ) ; ८ शिलिंग ( विदेशों में ) है। पत्रिका हर महीने की ८वीं तारीख को प्रकाशित होती है।

शीघ्र ही अपना चन्द्रा भेज दीजिए।

पता—व्यवस्थापक, योग-वेदान्त ( हिन्दी मासिक )

आनन्द कुटीर ( ऋषिकेश )

नोट—पत्रिका बी० पी० से नहीं भेजी जाती और चन्द्रा चैक द्वारा नहीं भेजना चाहिए।

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## Swami Sivananda and His Mission

### IN THE EYES OF THE EAST AND WEST

Swami Sivananda has not only been guiding the disciples who are under his personal attention, but has endeared himself to a vast body of admirers all over the country to whom he has been interpreting the teachings of the ancient Rishis of our land, reinforcing them by the example of his own life.

SRI C. RAJAGOPALACHARI.

*Home Minister, India.*

Swamiji's services for the promotion of social, moral and spiritual advancement of people, are well known throughout our country. To him, religion is not a thing divorced from day to day life, every moment of man's life should be pulsating with the morals. I find in him an inextricable combination of life and religion.

SRI P.S. KUMARASWAMY RAJA,

*Chief Minister, Madras.*

To me it is a matter of very great joy that I have been able to meet Swami Sivanandaji. I found that he had engaged himself in unwearied action in the service of the world. I have no doubt at all that blessed as we are from time to time with the help of such great souls devoted to the cause of humanity, imbued with a love not only for humanity but for all creatures of the Lord, there is a great future before the people of our country.

B. G. KHER,

*Chief Minister, Bombay.*

I am delighted to see the glorious work<sup>1</sup> that is being done in Sivanandashram. Swamiji's teachings contain the best solution for all the problems that face humanity to-day. I am happy that I have been able to visit the Ashram, to inhale the atmosphere of peace, calm and godliness that fills the entire place.

H. E. GENERAL K M. CARIAPPA,  
*Commander-in-Chief, India.*

In the years gone by, this country has seen many saints. To many of them the world was Maya, a trap even for the selfrealised soul. On the other hand, to Swami Sivananda, religion is action—daily observance of our spiritual beliefs, from moment to moment, in our dealings with one and all, here and now, in this very work-a-day world. His Message is not restricted to any caste, creed or religion.

Lt. Col. SRI A.N.S. MOORTHY,  
*New Delhi.*

To day, Sivanandaji is a powerful force in India's religious awakening and the revival of her ancient culture. He is endowed with a magnetic personality, rare charm and wide scholarship combined with his spiritual attainments reached by years of study, contemplation and practice of Yoga. He is dynamic in every respect; a treasure-trove for every aspiring Sadhak to gather precious gems of wisdom.

—Prof. TAN YUN-SHAN,  
*Visva-Bharathi Santiniketan.*

When the Sage of Ananda Kutir wrote to me, he knew about our plight in Central Europe. Although living far away in the country of the awe-inspiring loftiness of the Himalayas, he wrote about our problems as if he had been living with us in Europe all his life.

—Dr. Oscar C. PFAUS, PH.D., D. Litt.

*Hamburg, Germany.*

Swami Sivananda's grand message is demonstrated, firstly, by his inspiring life, which educates by sheer strength of example, and, secondly, by his God-inspired and soul-stirring books and articles, which give invaluable information and instructions and include enlightening interpretations of India's Holy scriptures.

The practical application of the teachings of His Holiness fills life with inner harmony, unruffled peace and blissful joyousness and makes one's spiritual path of Self-realisation one of ever-new joy and delight.

—Dr. W. LUFTIG, M.D.

*England.*

Swami Sivanandaji has shone to me as an ever more brilliant guiding star in every phase of my life. The spotless life of Swami Sivanandaji, his noble spiritual equal vision of all creation wide enough to solve any social plight or human problem that one can hardly find in Europeans and his illuminating personality, will surely

capture every human being who has the precious opportunity of coming in literary or personal contact with the Swami.

—SRI WINFRIED EGGERT,  
*Nuremberg, Germany.*

It is with the teachings of Sages like Sivananda that an increasing number of men and women who are searching, questioning and longing, will quench their thirst at the eternal Source of Truth and finally become conscious of their own Divinity in an unutterable inner Peace. Blessed for your action in the world and for your love for all men, without distinction of race and creed.

—SRI A.G. TOUSSAINT,  
*Brussels.*

His thought, his love for humanity, his sacrifice of self, have built up the Forest Hermitage, blessed by the radiations of the Himalayas, and enshrining the pure, lofty, yet child-like spirit of our beloved and revered Swami Sivananda.

—SISTER LALITA, alias LULU WILDING.

The overstrong politician, the dejected householder, the discarded widow, the busy official, the recording journalist, why, statesmen, scholars and seekers, have found a haven of peace at his ever-open Ashram in the Himalayas. His recent All-India tour gave a chance to thousands to honour this dynamic Vedantin.

—Prof. K.R.R. SASTRI, M.A., M.L.,  
*Allahabad University.*



The supreme quality that strikes the Western student who has not been honoured with the presence of Sri Swami Sivananda is his unique genius to express the profoundest mysteries in simple three-word sentences. The tolerant and loving acceptance of all religions of God shows the Venerable Sivananda's love of all mankind. If there is anyone that has done the most for unifying world understanding for world peace and its cause, universal religion and world fellowship, certainly we vote for Sivananda. May the Swami's teachings circle the globe with his wonderful unity of purpose in universal religious rebirth.

—Rev. Dr. J. LOVEWISDOM, D. D.

*California.*

Firm friends of the East rail with great joy the coming union of East and West. The writer is one who fully appreciates the truly great work the Swamiji is doing for the world; his dynamic power and great compassion are felt here in this far away American City.

—Rev. R. RAYBURN PHILLIPS,

*Director, American Buddhist Society, Portland.*

How wonderful to have such magnificent, sincere men as Sivananda who are divinely inspired and guided, present a philosophy that does not interfere with a man's religion and basic belief.

—SRI Mac W. BENKLER, CHICAGO.

I must confess that spirituality in our country is far from being as in India, a leading part of daily life. French people, like other occidental people, are prone to think that spirituality requires spare time, and they have none. To them the teachings of our dear Swami would be of the greatest value.

—SRI CHARLES ANDRIEU, FRANCE

We wish we had some one like Sivananda in the West.

—SRI SISTER VERONICA, ENGLAND.

I can well understand the Swami's look of grace which has charmed, consoled, inspired and blessed millions of aspirants and others too.

—SRI J. HOMAN,  
*Journalist, Holland.*

Sivananda has sacrificed his whole life to teach mankind how to tune the human will with the Divine Will, how to become fearless and manifest the latent Divinity that is within us.

—BARONESS R. G. HEYKING  
*World-Fellowship League, England.*

If any Sannyasi has set himself about as a glorious example to others, of a life of service, help, guidance, moral material, mental and spiritual uplift, it is Swami Sivananda. He began his life in the humanitarian cause as a medical man and has followed it up in the same cause in a higher spiritual level.

— DR. M. S. NATARAJAN, M.A., PH. D.,  
*New Delhi.*

With a dynamism born of inner power, he has been mobilising the forces of the Spirit, in order that humanity may set its foot firmly on the road that leads Godward. May that Divine Mission march towards fulfilment.

— H.H. SRI SWAMI RAJESWARANANDA, MADRAS.

*Dawn of Divine Life*



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