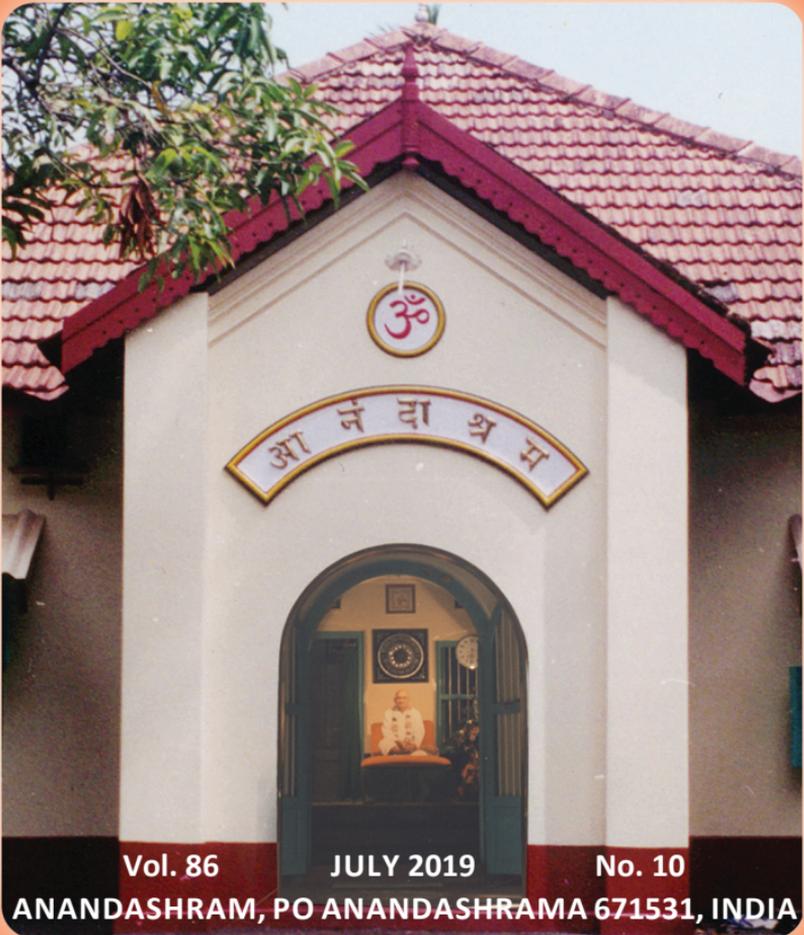


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DEDICATED TO UNIVERSAL LOVE AND SERVICE



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Beloved Papa Swami Ramdas (1884-1963)

Om Sri Ram jai Ram jai jai Ram

ॐ श्री राम जय राम जय जय राम

Om Sri Ram jai Ram jai jai Ram

THE INNER GLORY

Peace is in that heart
 In which thought of self is dead.
 Where unbridled passions rage,
 How there can peace stay?
 When heart is pure as crystal,
 There is God's own light.
 Say: "Be still, my heart,
 Reveal thy inner glory —
 The unseeable, ineffable God
 Who is infinite peace and joy."

— Swami Ramdas

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PO Anandashrama 671531, Kanhangad, Kerala, India

Phone: (0467) 2203036, 2970160, 2207403

Web: www.anandashram.orgEmail: anandashram@gmail.com

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FROM THE EDITOR

What is the real meaning and purpose of life? This momentous question sprouts in everyone's mind at one time or another. For some, it could be a fleeting thought that evaporates like mist without waiting for a deeper answer. But for others, it becomes a lingering question that propels the mind to explore who we are and what it is that we are really looking forward to in life.

Many a times, the goals that we earnestly set and aggressively target — respectable careers, vast amounts of amassed wealth or even palatial house at scenic locales — are not adequate enough to bring us lasting happiness and harmony even after we achieve them. Knowingly or unknowingly, we are in search of something else — peace.

After hectic activities of the day, at the time of retiring to bed, everyone needs peace of mind. Where do we look for it? Almost always, we tend to search for it outside, not within.

According to Eckhart Tolle, 'You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.' What it

means is that if we cannot find peace within ourselves, we will never find it anywhere else. Because, peace is neither an object nor the outcome of a project; it's a state of experience that one evolves into. What do we really experience when we are at peace? It could be a sense of contentment, a feeling of fullness and fulfilment, a state of harmony and equanimity and a calm, serene and relaxed mind devoid of any disturbing or distracting thoughts.

The biggest obstacle to finding peace within is our crystallised selfishness — 'me' and 'mine' — that shatters our life into fragmented pieces, alienated from our co-creation.

Our Gurudev, Beloved Papa Swami Ramdas said: "The turmoil that is going on in the hearts of the majority of the people in the world indicates that the thirst for peace is turning their thoughts and emotions towards the Supreme Source of goodness, power, and joy — God... When we come to feel the presence of this Supreme Peace in us and everywhere about us, we shall be spreading the light of it far and wide, and creating an atmosphere suitable for the establishment of real unity and goodwill on earth. So, let us pray with all love and devotion to the Divine for freeing ourselves from selfishness, pride and wrath,

which are solely responsible for the present highly distracted and chaotic state of affairs in the world and for finding lasting happiness and tranquillity in the bosom of the Supreme Being.”

This month's issue of THE VISION carries various articles of Mahatmas on peace.

— *Editor*



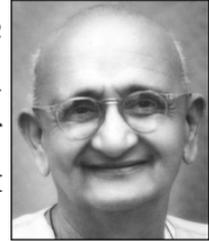
T*here is an eternal struggle raging in man's breast between the powers of darkness and of light, and he who has not the sheet-anchor of prayer to rely upon will be a victim to the powers of darkness. The man of prayer will be at peace with himself and with the whole world, the man who goes about the affairs of the world without a prayerful heart will be miserable and will make the world also miserable. Prayer is the only means of bringing about orderliness and peace and repose in our daily acts. Take care of the vital thing and other things will take care of themselves.*

— *Mahatma Gandhi*

POWER OF PEACE-THOUGHT

By Swami Ramdas

The quest of everyone in the world is peace. Strife and unrest have become the order of the day. Every religion preaches that God is peace and He dwells within us.



We know that merely on the physical and mental planes there is no peace. Then peace must belong to something which is deep down in our nature. This something is the immortal source of our life which is one with God — call it Soul, Spirit or Truth. He who knowingly strives for peace seeks it in this inner realm of his being. To discover it means to reveal it in his physical and mental existence. What shut him from this source of peace are the impurities of his mind. Lust, greed and wrath have thrown a mantle of darkness over the radiant Spirit of peace within. Before the light and power of the Truth can become manifest in man, the mind must be freed from the dross of violent passions and proud ambitions. This can be done only through concentration, meditation and self-surrender. The mind will then be ever bathing in tranquillity, and the physical movements

will automatically be attuned to the inner Spirit of peace and freedom.

When peace reigns in the mind, the thought arising from it shall possess infinite potency. Such a thought can work through time and space without being affected by their limitations. It can awaken the heart of every human being, nay, of every creature, to the consciousness of peace. Just as the turmoil of the heart is transmitted to another by a subtle and inner process, so also, the peace of one individual can mysteriously influence and transform the most troubled heart of another. There are and there were great men of peace, and we know, all those who came to see them and hear their message were delivered of their mental obsessions and became settled in peace.

To be at peace with all, a person must in the first place realise the Spirit of peace within himself. Peace denotes a feeling of unity and oneness with all people on this earth. This unity or oneness can be possible only through the recognition of the immortal Spirit that permeates the hearts of all beings.

The preliminary step towards the attainment of universal peace, through the realisation of the Supreme Spirit or God, is to cultivate goodwill and

friendliness towards all people alike. Here we have to transcend our petty and narrow ideals of life, destroy the sense of our aloofness from the rest of humanity and work and toil for the common weal and uplift of our fellow-men, without any distinction of race, nationality, colour and creed.

The foregoing exposition gives a fairly comprehensive definition of the term peace-thought. Peace-thought is not a thought conditioned by narrow personal aims, or born of individualism, but it is a wide and all-embracing consciousness. It envelops in its sweep all creatures and beings of the world. Such a thought, arising as it does from the omnipotent Spirit, is pregnant with infinite power to work for the regeneration of mankind and establish the rule of peace on this aching earth. We now know, if we create within us a peace-thought, what it is capable of achieving. It can not only, as far as the individual is concerned, merge him in supreme peace but can also create a like thought in another and grant him the same experience.

If thus this powerful thought of peace passes like a current from mind to mind and spreads throughout the world, it can generate a most potent world consciousness of peace.

WORDS OF BELOVED PAPA SWAMI RAMDAS



achieve True Happiness And Peace:

This rare human life is granted to us by God in order that we may use all the powers which He has given us for



the uplift, for the good and welfare, of humanity. This can be possible only when we attune our inner life with Him as the universal Spirit, and do all actions as a dedication to Him in a spirit of complete surrender to Him. It is then that we become the most useful instruments in His hands. By the service rendered to humanity selflessly, we achieve true happiness and peace in this life.



Universal Wave Of Peace-Consciousness:

Unity and peace can be attained only when we realize that all human beings are children of the same Divine Father and Mother, that all humanity is the expression of one universal Self, that all lives and things are the forms of one infinite Consciousness — nay, that the entire world is the manifestation of God.

As man begins to discover the Universal Spirit, of which he is a form, he begins automatically to see the Divine in all his fellow beings and creatures. Ultimately, the whole world appears before his transformed vision as the veritable embodiment of the Spirit. He sees on the face of every man the light of God. Truly, he sees things not as they appear to be, but as they really are. The goal of mankind is the realization of this spiritual unity on the basis of which alone peace can prevail.

If all human beings unite as one man by resolving their unnatural differences and take their stand upon the basic reality — God, then by the power and grace which they unitedly release, they can effect a revolutionary change and thereby bring about a universal wave of peace-consciousness.



Unfading Joy And Peace:

Everybody knows that the object of human life and for that matter all lives is to attain permanent or unfading joy and peace. This object can be fulfilled only when the river of life joins the ocean of Divine Existence. What obstructs the soul in its struggle to obtain this supreme felicity is the ego or individual

sense which keeps him separated from the Divine Being. In the act of complete surrender to Him the ego must vanish just as a piece of camphor in fire.



God — The Root Of Universal Existence:

God is at the root of this universal existence. When we work for the material comforts of our life forgetting Him entirely, we miss that peace and joy which we would get if our life is attuned to the Eternal.

We should realise that whatever we do is by the power which God has given us. We forget this and think that, as individuals, we are doing everything ourselves. This is the reason why our soul is always restless and has no peace.

Peace can come only when we know that the Universal Spirit is the basis of the manifestation we see before us. The individual alone is not the whole thing. The universal has also to be taken into consideration. As we attune our life to the universal life, we know the true meaning of life. Through this knowledge we can ourselves find peace and then impart peace to others.



WORDS OF PUJYA MATAJI KRISHNABAI

The Divine Name Generates Waves Of Peace:

When a large number of devotees sit together and join in singing Ram Nam in chorus, they produce waves of peace which radiate and cover the whole world, enveloping the entire humanity. That is why great stress is always laid on the chorus singing of Ram Nam and other names of God as being most conducive to preserving peace on earth. If you are singing Ram Nam by yourself, you cannot produce the same impact that takes place when you sing in unison with others.



Peace Experienced In Sattwa Guna:

There are times when you might be sitting quietly all by yourself, feeling mentally at peace and contented. Then, all of a sudden, for no apparent reason at all, you feel dejected and a mood of discontent creeps into you out of nowhere. Why is it so? It is because until you attain Papa, you are a

prey to all passing emotions arising from the play of the three Gunas. When you are in Sattwa you feel all peaceful and serene in mind, then, when Sattwa gives way to Rajas, you suddenly become restless, you do not feel like sitting quietly in one place but must run about pursuing one job or another. Then, Rajas in turn gives way to Tamas and you become a prey to the very things that are inimical to your spiritual progress. But, once Papa reveals Himself in your heart, the sway of the Gunas cannot affect you. You may become angry, but it is only a passing thing and does not leave any impress on you as you are always conscious that you are the Self beyond all the Gunas and you are unruffled and blissful as ever. Now, it is to attain this state or, at least, to make a beginning in this direction, that you all have come here. How to attain to this state? Through Ram Nam. Papa has indeed made everything so easy for us. Still, we do not want it. Or, after repeating Ram Nam for some time, we imagine we have gained everything when we enjoy some amount of peace of mind and we assume we have attained Sakshatkar. What we do not know is that this state of peace is induced by Sattwa Guna and must give way to Rajas and Tamas. That is the law of creation. Our task on this earth is to

go beyond the three Gunas.

We have to attain the childlike state. We can do so only by surrendering ourselves completely to Papa. Now, look at children. They laugh one moment, they cry the next moment, and neither condition makes any lasting impress on their mind. They are content to nestle in the arms of the mother. We should turn to Papa and depend on him as a child on its mother. Then, the Gunas do not affect us.



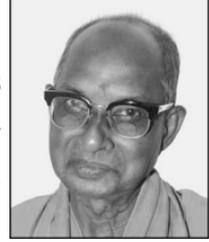
Meditation gives peace to the individual mind and if the meditation is done collectively, it will bring collective peace. The person must be completely egoless, a perfect zero, if peace and harmony are to be brought about amidst the troubles and turbulences that are going on in the world. Even one such person whose Chitta is completely Abhimukha towards the world, and is completely egoless, can influence the course of events, and the turbulence can be calmed down.

— Acharya Vinoba Bhave

WORDS OF PUJYA SWAMI SATCHIDANANDA

P **Peace And Happiness Eternal:**

Worldly things do not give us real peace and happiness. Only attainment of God can give us peace and happiness eternal. So, it will be in our interest to aspire only for God-realization and nothing less than that. If we get God, we really get everything, because God is everything. If we don't get God but get even the entire world, we get nothing, because without God we will have absolutely no peace or happiness. So, let us all aspire only for Him and nothing but Him.



Peace And Goodwill Towards All:

The path of the Sadhaka is one of peace and goodwill towards all creation. He cannot expect progress if his behaviour with the world is not friendly. Spiritual progress means evolution both in the internal and external life.



Surrender Is A ‘Must’:

Surrender is a ‘must’ not only to all spiritual aspirants for their progress and attainment, but also to all those who aspire to lead a life of peace and happiness. Everyone meets with difficult situations in life. The only way to successfully overcome them is to bring in God there. The moment we are aware that it is God who is behind every event, we will be raised from all gloom and fear to strength and courage. Every day we get occasions to practise this and thus free ourselves from worries and anxieties and maintain tranquillity.



God-realisation:

During Army life I had a general awakening and I came to understand that one can get peace — everlasting peace — only if one gets God-realisation and that the more we think of God, the more peaceful our life will be.



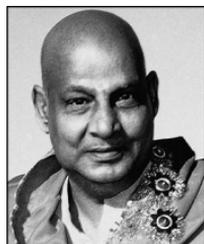
Constant God-Remembrance:

Incessant chanting of Ram Nam gives us constant remembrance of the Divine. With this practice, peace and tranquillity is maintained.

PEACE

By Swami Sivananda

Peace is a Divine attribute. It is a quality of the soul. It cannot remain with greedy persons. It fills the pure heart. It deserts the lustful. It runs away from selfish people. It is an ornament of a Paramahansa.



Peace is a state of quiet. It is freedom from disturbance, anxiety, agitation, riot of violence. It is harmony, silence, calm, repose, rest. Peace is the happy, natural state of man. It is his birth right.

Everybody wants peace and is clamouring for peace; but peace does not come easily. Even if it comes, it does not last for a long time.

Peace is not in money, estate, bungalows, and possessions. Peace does not dwell in outward things, but within the soul.

Money cannot give you peace. You can purchase many things, but you cannot purchase peace. You can buy soft beds, but you cannot buy sleep. You can buy good food, but you cannot buy good appetite. You can buy good tonics, but you cannot buy good

health. You can buy good books, but you cannot buy wisdom.

Withdraw yourself from external objects. Meditate and rest in your soul. You will realize everlasting peace now.

Nothing can bring you peace, but yourself. Nothing can bring you peace, but the victory over your lower self, triumph over your senses and mind, desires and cravings. If you have no peace within yourself, it is vain to seek it in external objects and outward sources.

Perfect security and full peace cannot be had in this world, because this is a relative plane. All objects are conditioned in time, space, and causation. They are perishable. Where then can you look for full security and perfect peace? You can find this in the Immortal Self.

Real, deeper peace is independent of external conditions. Real, abiding peace is stupendous stillness of the Immortal Soul within.

If you can rest in this ocean of peace, all the usual noises of the world can hardly affect you. If you enter the silence or the wonderful calm of Divine peace by stilling the bubbling mind and restraining

the thoughts and withdrawing the outgoing senses, all disturbing noises will die away. Motor-cars may roll on the streets; boys may shout at the pitch of their voices; railway trains may run in front of your house; several mills may be working in your neighbourhood — and yet, all these noises will not disturb you even a bit.

Peace is the most covetable possession on the earth. It is the greatest treasure in all the universe. Peace is the most important and indispensable factor for all growth and development. It is in the tranquillity and quiet of the night that the seed slowly sprouts from under the soil. The bud opens in the depth of the most silent hours. So also, in a state of peace and love, people evolve, grow in their distinctive culture, and develop perfect civilization. In peace and calmness, spiritual evolution is also facilitated.

Peace, to be lasting and constructive, must be achieved through God. There can be no peace without the Lord or God. God is Peace. Root yourself in Peace or God. Now you are fit to radiate peace.

Source: Bliss Divine



TWELVE SECRETS OF PEACE

By Swami Omkar

1. Attain peace by wishing peace unto all
2. Find your own happiness in making others happy.
3. Be loved by loving those you want to be loved by.
4. Make yourself great by recognising greatness in others.
5. Earn eternal good by giving away transitory good.
6. Heal the pain in your heart by healing those that are sick in body.
7. Enrich yourself before God by giving to the poor among men.
8. Increase your own knowledge by imparting it to others.
9. Elevate your own life by raising the down-trodden.
10. Become strong as a whole by strengthening the parts that are weak.
11. As thou lovest thyself, so love thy neighbour.
12. Do unto others as you would have others to do unto you.

Source: Petals Of Peace

THE PEACE WITHIN

By Sree Rama Devi

Behind the apparent disturbances of the mind, there is in everyone, a deep, still and Self-aware silence. Peace abides in that abode of luminous silence. If by patient practice your mind is habituated to that inner silence, you can make peace your constant companion even when you are intensely active in the outer world of action. In the moments of prayerful communion with the Silent Self within, when holy vibrations are generated within your bosom, the worrying thoughts and distracting emotions will be stilled into a vibrant calmness. The mind that is attuned to the profound silence of the Self, will remain absolutely impervious to the storm and stress of the external world. This is the secret of peace which Mother wants Her children to discover by directing their vision to their own reality of Being.



The Divine is a Presence which is to be felt and experienced, a Power that is to be known and realized, a Bliss Eternal that is to be enjoyed and entered into, within one's own soul. This earthly life,

which presents a maze of contradictions and conflicts to the unilluminated, becomes divinely harmonious, when it is realized as an expression of a timeless existence.

In the absence of this knowledge, the soul finds itself enveloped by strife and sorrow. One cannot escape from the events that are inevitable. There is no life which is lifted above trials and tribulations. But, when the mind is firmly established in the realization that all happenings are divinely arranged by the All-Wise Providence, one will find that there is no cause which will deprive him of his precious peace.

It is not the earthly circumstances that help or hinder your experience of peace. The discovery of peace depends upon an intelligent self-adjustment, a dynamic process of self-discipline. The deceptive vision of mind-consciousness should be replaced by a higher and sublime vision of enlightened consciousnesses, which will secure for you the beatitude of your Soul's permanence and perfection. This vision of the shining Spirit will invest the mind with a Yogic poise before the might of which the sorrows and frustrations of life will have no meaning.

Remember always that Peace abides only in

the Eternal. Unless you bid farewell to the pursuit of earthly vanities and transient pleasures, you will not glimpse the golden morn of your indwelling Peace. This does not mean a turning away from the scene of action, but a change in your entire outlook on life and the world around you. The world is, in reality, neither your friend nor your enemy but your own Self. Understanding this truth, maintain a relationship of love with all. You have to go beyond the frontiers of finiteness, get rid of all clingings and cravings of the ego-self and land yourself in the radiant purity of desirelessness. Then alone is possible the perpetual experience of Peace that passeth all understanding.

Source: Path to Beatific Peace

H*appiness, true happiness, is an inner quality. It is a state of mind. If your mind is at peace, you are happy. If your mind is at peace, but you have nothing else, you can be happy. If you have everything the world can give – pleasure, possessions, power – but lack peace of mind, you can never be happy.*

— Dada JP Vaswani

DEAR CHILDREN

The Real Meaning Of Peace

There once lived a king who announced that he would grant a reward to the artist who would paint the best painting depicting peace. Many great painters sent the king several of their best art pieces. One of the pictures among the various masterpieces was of a calm lake perfectly mirroring peacefully towering snow-capped mountains. Overhead was a blue clear sky with fluffy clouds. The picture was perfect. Most of the people who viewed the pictures of peace from various artists thought that it was the best among all.

When the king announced the winner, everyone was shocked. The picture that won the prize had a mountain too but it was rugged and bare. The sky looked very angry, there was lightning too. This did not look peaceful at all. It looked like the artist had mistakenly submitted his painting depicting storm rather than peace. But, if anyone looked closely at the painting, he could see a tiny bush growing in the cracks in the rock. In the bush a mother bird had built her nest. In the midst of the rush of the angry weather, the bird sat in her nest peacefully.

Peace does not mean to be in a place where there is no noise or trouble. Peace means to be in the midst of all the chaos and still be calm at heart. Real peace is a state of mind, not a state of the surroundings. The mother bird at her calm, despite her chaotic surroundings, indeed was the best representation for peace.

Source: <https://alltimeshortstories.com>



EPISTLES OF SWAMI RAMDAS

Beloved Ram,

Real and permanent peace can be yours only when you have realised the Truth within yourself. Your desire to get delight in the company of even a saint must go because every joy you derive from the touch and society of external objects, is impermanent. Therefore, be in tune with the eternal joy and peace that dwell in your heart. The secret is, the moment your longing to see external forms ceases you will attain the bliss of the Atman. Because, when the mind is freed from all desires it is blessed with the inward vision and you discover your union with the immortal and blissful Reality which is your True Being...

Ramdas

SWAMI VIMALANANDAJI MAHARAJ ATTAINED MAHASAMADHI

Pujya Swami Vimalanandaji Maharaj, President of Divine Life Society, attained Mahasamadhi on the 9th of June 2019. Swamiji Maharaj was 87.



We were blessed with Swamiji's Darshan and blessings during our visit to DLS in March this year.

Whenever we think of Swamiji Maharaj, what comes to our mind is Swamiji's humble and childlike nature and at the same time, the meticulous care and concern for everyone. We also remember Swamiji Maharaj's deep reverence for Param Pujya Papa, Mataji and Swami Satchidanandaji and the holy Ram Nam. The life and mission of Swamiji Maharaj is a source of inspiration to innumerable devotees and aspirants. We offer our humble homage to Swamiji Maharaj. May Swamiji Maharaj continue to guide all of us in our spiritual journey.

— **Muktananda**

LET OUR LIFE BE A DAILY DIALOGUE WITH THE DIVINE!

(Synopsis of the talk delivered by Pujya Swami Muktanandaji on the 15th of March, 2019 at Yoga Vedanta Forest Academy of Sivananda Ashram, Rishikesh.)

Beloved Papa Swami Ramdas used to say that 'spirituality that cannot be applied in daily life is no spirituality'. We don't generally consider spirituality as part of our day-to-day life. Going to temples and ashrams, observing some rituals or vows, learning religious scriptures, meeting Mahatmas and attending Satsang sessions are all labelled as spirituality while leading a family life, involving in socio-cultural activities and managing a profession are considered as merely worldly activities.

How did this division get rooted in our lives? Right from our childhood knowingly or not, we have made a distinction in our mind between the worldly and the spiritual. Eventually this misconception got entrenched in our very understanding of spirituality.

If and when, by Divine Grace, we move towards any of the so-called 'spiritual aspects', we often find it

hard to progress farther or faster. What could be the reason? Most of the time, we are mainly involved in 'worldly activities'. Perhaps, at best, we may spend a couple of hours every day or couple of weeks every year to involve with 'spiritual affairs'. Rest of the time, we are back to the usual things. So, when we listen to Beloved Papa's words on practical spirituality, our challenge is to blend both these aspects – the spiritual and the worldly.

Be Free From The Self-Made Cage Of 'Me' And 'Mine'

As we explore this challenge, the first question that comes to our mind is this: 'is there a SELF other than what we usually call as self?' All scriptures teach us that God is within and everywhere around us. We may call it as Atman, Spirit, Soul or Self. Though we may have intellectually understood this concept, it doesn't often reflect in our actions and interactions when we react to day-to-day affairs. So, what happens is that we fail to remember the Self in those moments. We have got some fairly clear ideas about what we often call as 'self'; it has got a name, form and history. That is why it is highly relevant for each one of us to ask ourselves: 'is there a SELF other than what we call as self?' At the individual level, what

prevents us from discovering the Self is the cage of 'me' and 'mine' in which we have placed ourselves. Fortunately for us, Beloved Papa has shared some clues to free ourselves from this cage.

Let us watch our own bodily functions – breathing, heartbeat, pulsation, blood circulation, digestion etc. Do these functions happen by our will and control? Not at all. So, that means there is a Power that is responsible for the working of these functions. Similarly, there is a Power that makes us experience through our five senses – sight, sound, smell, taste and touch. It is the Life Force. In the Bhagavad Gita (7:9), Lord Krishna said: 'Jeevanam Sarva-Bhooteshu' (I'm the Life Force of all). If we are asked to define Life Force, we may not be able to do it. Because it is like trying to define the 'Sakshi Bodha' — Witness Consciousness — within us. It is beyond the purview of thought. When thought ceases to exist, 'me' and 'mine' won't be there anymore. When thought overpowers us, it brings in its wake stress, anxiety, frustration, sense of insecurity and so on and so forth.

What we need today is to blend the spiritual and the worldly aspects. Many Masters have shown many

paths for this. Our Master, Beloved Papa Swami Ramdas has shown us the triune path of Nama-Dhyana-Seva. Nama (chanting of God's Name) is to remember God. Dhyana (meditation) is an inward journey where we experience His presence. Seva is to dedicate all our actions to Him, right from the moment we wake up in morning till when we go to sleep at night. Every day, all of us face innumerable challenges, duties and responsibilities in the family, professional and social levels. How can we lead a spiritual life while deeply involved in facing these challenges? That is why Papa exhorts us to bring in the God-dimension in each and every activity in our day-to-day lives. This can only happen through a process of expansion that should start from within and then flow out to our every word and deed.

From The Sense Of Otherness

To The Sense Of Oneness

All inventions and discoveries — from safety pins to satellites — that make our lives comfortable, owe their origin to an expansion that occurred in someone's mind. First, a seed of a unique idea would have sprouted in the inventor's mind. Then it would have got nurtured and nourished gradually to fruition.

Indeed, this idea or creativity or intelligence came from the one and only source — God. In the Gita, Bhagawan said: ‘I’m the intelligence of the intellect’ (Budhir Budhimatham Asmi). So, these innumerable inventions and innovations that helped humanity, found expression when the inner intelligence was blended with innate goodness or kindness to share their benefits with others. That is what happens when we apply spirituality in our daily lives. We may not be able to embrace the whole world; but we will become more and more sensitive and empathetic to the needs and concerns of everyone and everything around us. Such an awareness brings in a sense of responsibility in our actions and interactions. We will feel a sense of belonging wherever we are — at home, the workplace or the world we live in.

All our spiritual disciplines should be to erase the sense of otherness and develop a sense of oneness with our co-creation. This happen only when our thoughts are arrested and we experience the real peace within. Nama-Dhyana-Seva is a triune path towards this goal. This approach will enable us to accept everyone and everything as they are. Because God is everywhere and dwells in everything. What is, is God. We may know this intellectually. But, are we

truly aware of it each day, each moment?

Beloved Papa's life was always in constant communion with God. He would converse with Him at every step in his spiritual journey. Let our life also be a daily dialogue with the Divine. We too should become so close and intimate with God that we can start each day with an inner conversation: 'Oh God, I know you are there — within, around and everywhere. All Masters have revealed this truth. All Scriptures have taught the same message. I believe them. Without you, I don't exist. But still, I'm not aware of it. So, dear Lord, kindly make me aware of your blissful presence. Please grant me your Grace to constantly remember the bountiful gifts you have showered upon my life.'



ANANDASHRAM NEWS

15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE: The total Japa received in the third round of the 15500-Crore Nama Japa Yagna For World Peace in the month of May is 200 crores. The grand total of the Japa done so far in this round now stands at 5636 crores.

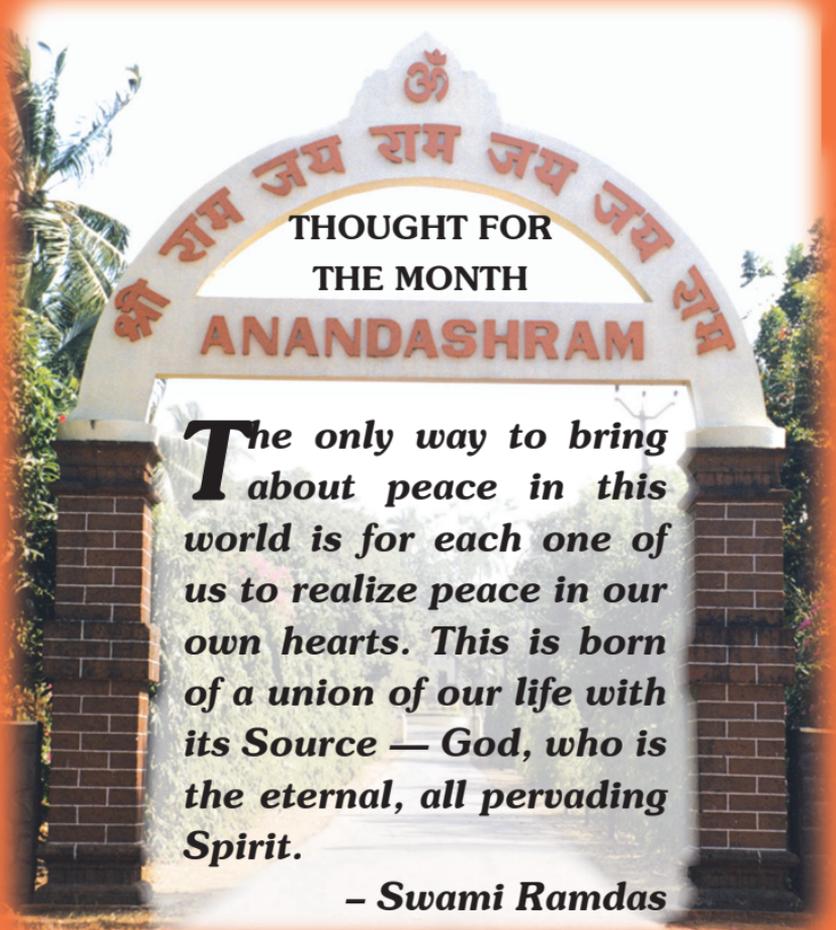
GURU PURNIMA

Right from day one of our entry into this world, for everything we need a Guru. Guru Purnima is an occasion when we parade before our mental vision several Gurus who have been guiding us at every stage and helping us to become aware of and express our inner potentiality.

This theme is reiterated in the following words of Swami Sivananda: “Behold the entire universe as Guru-Svarupa. See the guiding hand, the awakening voice, the illumining touch of the Guru in every object in this Creation. The whole world will stand transformed before your changed vision. The Virat Guru will reveal all the precious secrets of life and bestow wisdom. The Supreme Guru, manifest in visible Nature, will teach you the most valuable lessons of life. The silent all-enduring earth with its lofty forbearance, the shady fruit-bearing tree with its willing self-sacrifice, the mighty Banyan tree (Pipal) reposing with patience in the tiny seed, the dripping drops whose persistence wears away the rocks, the planets and the seasons with their orderly punctuality and regularity are Divine Gurus to him who will look, listen and receive.”

We celebrate Guru Purnima on the 16th of this month. On this occasion, let us reflect on these thoughts and pray to the Supreme Guru, who is seated within, to bless us to be aware of Him in His Creation and serve Him in all.

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