

Om Sri Ram gai Ram jaijai Ram
ॐ श्री राम जय राम जय जय राम
Om Sri Ram gai Ram gai gai Ram

I AM TOTALLY HE

In all my thoughts, acts, feelings,
I know my Master and I are one.
A stillness pervades my being;
Love divine thrills in my veins;
I swim in ecstasy unending.
Am one with Him – still His child,
A radiant part of Him,
Yet Himself – the Whole.

- Swami Ramdas

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THE SECRET OF YOUR LIFE

By Swami Ramdas

When you chant the Beloved's Name, your mind gets enchanted by its sweet music and will take up the refrain. The mind is now inebriated with a strange and rare joy. Whenever it wanders, by the repeated infusion of this joy, it becomes immediately steady and placid. It is the waves of lower desires arising in it that cause this disturbance. When the mind is thus perfectly still through the power of the Name, you attain to a state of self-awareness or witness consciousness. In a subtle way, you are made to transcend the relative nature of your life, with which you had identified yourself through ignorance, and come to realize that you are one with a vast, illimitable and eternal Truth or Life.

At first, there is a struggle for achieving the awareness, but by constant practice, you are fixed in this supreme consciousness and live and act always in a beatific state. Now the light of the inner witness floods every part of your emotional, vital and physical being, and a marvelous transformation takes place in

you. Life is divinized not only in its inner aspect but also in all its outer expression.

Man's fall from the height of his spiritual glory is due to his being involved in the external, changing and unstable life. Detachment or standing apart from it is the first thing necessary to be freed from the illusion sprung from it. The practice of keeping watch over the mind is a most pleasant one. This can be made easily possible when the mind is tuned to the melody of the Divine Name. It is then not merely a negative inner detachment but a positive experience of supreme bliss and peace. All the latent powers of the Divine are at this stage revealed and you become an all-round, manifestation of the Divine. You realize that the witness and the witnessed are one, you and God are one. The screen that separated you from Him, has dissolved, and you look upon all things with an eye of unity because you behold everywhere the forms of your one Eternal Beloved.

This sublime goal is reached by first stilling the mind, which is done by chanting the Name. Your ego disappears, your hankering for the objects of desire ceases, your sense of bondage is removed, and you swim in an infinite ocean of joy and peace, having realized utter freedom.

So, remember God, meditate on Him, surrender your life to Him and achieve the '*summum bonum*' of your life, namely, the secret of your life - God.

BELOVED PAPA SWAMI RAMDAS ANSWERS

Questioner: If in a circle of relations, there is somebody whom we feel we cannot love, somebody who is very antagonistic to us, and we are very much tempted to hate him in return, should we give considerable attention to it, or should we put the problem aside and let that point find a solution for itself? This is very common in Europe, we are not able to maintain close relationship with father, mother, wife and so on.

Papa: We need not give individual attention to that problem, but we must try to purify our hearts so that our attitude towards that person, as also towards others, may be one of pure and spontaneous love. We must take this opposition or antagonism as an opportunity for our self-purification and for drawing our mind within. In fact, our feeling of dislike for others is not because of any fault in them, but because of the impurity in us. If we become absolutely pure,

we can convert an enemy into a friend. There is a saying of a saint of India: 'When your mind becomes pure, your enemy becomes your friend.'

Thus, you elevate yourself and also elevate the other party. You must not judge such persons, but love them with all your heart and treat them with kindness and live with them in all patience, understanding that they are so behaving with you out of ignorance. Instead of condemning them, you should feel compassion for them. Individually we have to bear up everything, however unpleasant, that comes to us from anyone opposed to us, and take it that God sends these troubles to raise us beyond the pairs of opposites, so that we can remain calm and unaffected in all situations. This attitude does change in a mysterious way the heart of the person who is opposed to us.

There were instances in Ramdas' life of people having come to him to do him harm; but when he saw them, he greeted them with a smiling face and at once their hearts changed from enmity to love and friendship. This is natural. If we are misunderstood, persecuted and troubled by people; in every case the fault is ours. Our impure mind invites these troubles.

In support of Ramdas' statement, he can tell you the views of Buddha and Jesus. Jesus said: 'Love thy enemy,' while Buddha said: 'Give him love for hate.' These are not idle words. They had actually put these principles into practice in their life. They lived as they preached. It is true, love can destroy hate and thereby change an enemy into a friend. Our love must be exalted, glorious and free from every kind of stain and impurity. It is purity that dissolves our individual sense into the Cosmic Truth and Consciousness. As Buddha in a poetic way says: 'When the dew-drop falls into the shining sea, the drop becomes the ocean.' Similarly, individual life must melt away into the Universal Life.

This is an instantaneous realisation. It is the work of Grace. Grace turns us to God and Grace grants us the knowledge of our oneness with God. Now, our life is illumined. Hate disappears and love dawns. And life becomes supremely blessed. We attain the highest bliss and beatitude. These are not mere words, – they have come forth from Ramdas' heart out of the fullness of experience which God has granted him. It is all due to God's unlimited Grace. We must look for His Grace, pray for it, long for it.

If Grace does not flow into our life, life becomes hectic and chaotic. We are restless day and night. Our pursuits for objects of the world never seem to cease. Ramdas does not mean that you should not secure the necessities of life. But your happiness should not depend on them. You must tune your mind with God by meditating on Him and derive true happiness, for He is the immortal source of your life, a source which is purity, peace and joy.

This source is God or Truth. You may call it by any other name you like. If you earnestly wish to realise this source – God – within you, you should dive deep into yourself and you shall find Him. When you have once discovered Him, your life becomes perennially free and blissful in all your activities. Cravings for the things of the world disappear. You will thereafter live and act for the welfare of the world. This mode of service will heighten your joy.

As it is, we see people exploiting one another in order to get happiness for themselves. Happiness cannot be gained that way. True happiness has its foundation in sacrifice, self-effacement and self-giving. Your life should be like the candle that burns and wears itself away in giving light to others. So our life is intended to give joy to others by serving them. This is the blessed life.

In this connection, Ramdas remembers a story he read in a book several years ago. A priest was preaching a sermon in a church. Hundreds of people formed the congregation in which there were some diseased, poor and crippled persons. The priest told the people that God does not make any difference between the rich and the poor, the diseased and the healthy, the able-bodied and the cripple. His grace pours on all alike, whatever their external conditions. In the course of the sermon, the priest's eye lighted upon a broken candle lying on the floor. He got down from the pulpit and took up the candle, holding it before the congregation lit it with a match, and it gave light. The candle was crushed and crippled, but the touch of the flame made it bright with light. The match did not deny its fire to the candle because it was broken, and the candle threw full light in spite of its broken condition. This example struck Ramdas as unique. Really, God is all-compassion and mercy. He pours His Grace on any person who opens his heart to receive it, whatever that person be in other ways.

It does not matter if, after illumination, the body is old, ill or disabled. Very often, you will find saints are stricken with some physical disease. That does not mean spirituality is extinct in them. They are as holy

as ever, perhaps holier. Under certain conditions, which may not appear to be favourable physically, they are as radiant and happy as ever.

WORDS OF PUJYA MATAJI KRISHNABAI

A Sadhaka should be continuously examining his actions to see for himself whether there is any tinge of selfishness in anything he does or says. He must always place others' happiness above his own. We cannot hope to make progress on the spiritual path at the cost of others' happiness.

Nama, Dhyana and Seva constitute the path to attain Beloved Papa.

If we get swollen with pride or get drawn by Moha, Papa immediately applies the corrective to pull us back to our senses, to make us conscious that, by ourselves, we are nothing, and that His will alone prevails.

When bad times beset you, the only way you can get over them is by rendering sincere and loving service

to your parents at home and to your Guru. In fact, service of parents is service of the Guru also. Papa attaches highest importance to service of one's parents. That will help to avert any calamity that might otherwise confront you. Side-by-side, have Guru Mantra always on your lips.

The Ashram is Papa's school. You come here to learn Universal Love and Service. What is the use of coming here year after year and staying here for months if you have not imbibed even the rudiments of Universal Love and Service? What use is an Ashram, Math or Mandir if the devotees who go there make no progress at all on the spiritual path?

Beloved Papa has often spoken, and written, about the sweetness of the Name - how it is both the means and the end in itself? Once you have acquired the taste for the Divine Name, you will find it so sweet and blissful that you will not feel like asking for anything else.

Never be content or satisfied with whatever progress you have made on the path. You must always feel that whatever Ram Nam you have done is not

sufficient and pray to Papa to enable you to do more and more Ram Nam. That was how I looked at it in my Sadhana days.

PUJYA SWAMI SATCHIDANANDAJI ANSWERS

Question: What is the benefit of constant God-remembrance?

Swamiji: By remembering Him constantly, in all conditions and circumstances, you will experience that He comes to your aid even when you are in the thick of confusion. When everything appears to be dark, you will be able to see a streak of light that will remind you of God's all-pervading Existence and give you the strength to get over the problems. One thing you may be sure of – once we cling to His Name, God will never let us down. Give love to others, looking upon them as the forms of God and your heart will overflow with love. Love is the only thing that increases by giving: the more you give, the more you have!

Question: The ups and downs in life really shake me up. How can I gain some stability?

Swamiji: Everyone in the world has some problem or other – some have more, some less. Ours is to face

them boldly, by taking a detached view of everything that happens in the world. This will be possible only if we are able to maintain constant remembrance of God, who is all-pervading, absolute Reality, and understand that the entire universe we are living in is His manifestation, which is ever changing. When we identify ourselves, in a state of ignorance, with the body, we are affected by whatever happens to us or to others connected with our body. Constant remembrance of God will enable us to correctly identify ourselves with our true Being and Existence – Atman. If this is done, we can have a detached view of what is going on in the world and can watch all the activities dispassionately.

Try to identify yourself with the Atman and feel that whatever happens is only on the surface and your real Being is not affected. The outside happenings belong to the play and should be given only so much value and thus view the same dispassionately. This process may be difficult but is possible. Another method is to surrender everything at the feet of the Lord by accepting cheerfully every happening as brought about only by Him and therefore remain undisturbed in all conditions and circumstances.

THE CALL OF COMPASSION

By Sadhu Vaswani

October 4 is a day sacred to many in many parts of the world as the Animals' Day. On this day, over seven centuries ago, passed away the great awakener, St. Francis of Assisi. He was a lover of the bird and the beast, even as he loved the lily and the tree, the sun and the moon and the stars. He loved them all, calling them his brothers and sisters. He said: May every creature that has breath be blessed! This faith of St. Francis is, to an Indian, the ancient faith of Buddha and Mahavira and also of Mahatma Gandhi in our days.

Modern civilisation has gone astray: it thinks from the head, not the heart. Think of the burdens we thrust on animals when we yoke them to carts or carriages. Think of the cruel way in which they are killed in the slaughterhouse. Think of the cruelties inflicted on the monkeys we export to foreign countries for petty profits! Think of the bloody sacrifices at the temples and mosques! In justifying the killing of beasts and birds for food, sport and vivisection, Christendom

is trampling upon the teaching of the Master who gave the great message of Mercy and Love.

I have heard educated Indians speak, echoing the words of Western books, of "humane" slaughter. As well might we speak of humane murder! Stop all slaughter! Animals and birds have, alas, no language in which they can tell us of their sufferings. And the more we study the life and consciousness of the lower animals, the more do we learn of their sociality, their intelligence, their emotions, their essential kinship with man.

Slowly, slowly cometh Angel Compassion to teach our hard and wayward hearts that to crucify our younger brethren and sisters is to crucify the Spirit of Life, and that in loving them we love the One Life that loveth all things, great and small! The world, alas, is drunk with blood; nations have lost not their lusts. Current civilisation is decadent, for it turns a deaf ear to the agony of men, women, bird and the beast.

The Religion of Reverence must enter our schools and colleges. Student-groups must be formed. Students with their idealism will respond to the call. I would humbly ask you to do what you can to influence students' opinion, youth opinion, in regard to animal

welfare. You must ask your children to look with friendly eyes upon the bird and the beast. There must be change in the heart of the world. The transformation must take place in childhood and adolescence. In training your children in acts of kindness to animals, you teach them effectively the one great lesson of life: Be ye kind to one another!

Source: All Life Is Sacred

DEAR CHILDREN

Once there was a king who received a gift of two magnificent falcons from Arabia. They were peregrine falcons, the most beautiful birds he had ever seen. He gave the precious birds to his head falconer to be trained.

Months passed and one day the head falconer informed the king that though one of the falcons was flying majestically, soaring high in the sky, the other bird had not moved from its branch since the day it had arrived.

The king summoned healers and sorcerers from all the land to tend to the falcon, but no one could make the bird fly. He presented the task to the member of his court, but the next day, the king saw through the palace window that the bird had still not moved from its perch.

Having tried everything else, the king thought to himself, "May be I need someone more familiar with the countryside to understand the nature of this problem." So he cried out to his court, "Go and get a farmer."

In the morning, the king was thrilled to see the falcon soaring high above the palace gardens. He said to his court, "Bring me the doer of this miracle."

The court quickly located the farmer, who came and stood before the king. The king asked him, "How did you make the falcon fly?"

"With head bowed, the farmer said to the king," "It was very easy, your highness. I simply cut the branch where the bird was sitting."

We are all made to fly - to realize our incredible potential as human beings. But instead of doing that, we sit on our branches, clinging to the things that are familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We conform to the familiar, the comfortable, the mundane. So for the most part, our lives are mediocre instead of exciting, thrilling and fulfilling. So let us learn to destroy the branch of fear we cling to and free ourselves to the glory of flight.

PRECIOUS PEARLS

By Swami Chinmayananda

(...Continued from the previous issue)

THE FIFTH PEARL:

Enjoy the Chase

Strive on! With tireless enthusiasm, strive on to reach your goal. Without the goal, the best in you can never come out to expression. As we stride out to accomplish any chosen goal, no doubt, Lord tests us by heaping many apparently impossible hurdles in our direct path to our goal.

But, with enthusiasm, fearless of the obstacles, smiling in full self-confidence when we dash towards the goal, all the seemingly terrible obstacles move away as shadows!! This is Lord's grace. If you have ears to hear, you can then listen to the peals of His roaring laughter applauding your faith and courage!!

In life, the glory lies not in the quarry, but in the chase... The success is not in the trophy won but in the race run...

THE SIXTH PEARL:

Do it in spite of Odds

Recently, I met an old couple who had lived 53 years of married life! They had their tiffs, quarrels, mutual screamings at each other. Yet, they lived joyously and saw their children get educated, becoming independent and now they are living happily with their own growing families.

The old couple have grandchildren, great grandchildren and two great-great grandchildren.

As I was talking to them, we went back in time and I asked what made him marry her.

After a moment's pause, the toothless lips parted in a mischievous smile, and his bony hand moved quietly to hold the wrinkled and knotted fingers of the lady and said, "I married her and we remained in marriage so long because we have so many faults in common." The old lady admiringly smiled.

I asked her if she has an explanation for their long married life; she shyly looked in his eyes and slowly reminded me, "Swamiji, we like someone 'because', but we love someone 'in spite of'". I was silenced. I

came away wiser carrying with me the picture of the old grandsire shaking his head in admiration for the old lady!!

THE SEVENTH PEARL:

Savor the Fragrance of Forgiveness

Forgiveness is the secret beauty in any spiritual seeker's life. Not to forgive is to maintain the passions bottled up in us and then we are never empty enough to lift ourselves in our soaring meditations.

Forgive liberally your enemies... In fact, nothing can annoy them so much! They expect you to kick back and so have planned to break your ribs with return kicks. All these planned onslaughts become empty and hollow when you just forgive them! Many enemies become true friends when lavishly and lovingly forgiven!

Forgiveness is the fragrance which crushed tulasi leaves on the fingers that crush them in a thoughtless act!

Sandalwood perfumes even the axe that hews it down! The more we rub sandalwood against a stone the more its fragrance spreads. Burn it, and it wafts its glory in the entire neighborhood.

So is the enchanting beauty of forgiveness in life!

THE EIGHTH PEARL:

Nurture Friendship

Cultivate friends! To have a friend is to make life easier and richer. A friend is a present that you give yourself. But you cannot pick up a friend, nor purchase a friend. We have to discover a friend.

Friends are made by many acts: and friends are lost often by single thoughtless act. You must grow up to deserve a friend... to have friends you must have friendliness in you: selfless and loving, with deep concern for others.

Perhaps dogs are lovable and become friends because they wag their tails... rarely their tongues. Learn to speak softly, always words of love and affection, then friends multiply.

In short, the ability to love and express it in action are the requirements in gathering more and more friends. In fact, "love in action" is the heart of all religions.

Who is a friend? He who comes to you with love and cheer, when all others have left you is a true friend! Such a true friend is discovered not by searching outside for the right person to be friend, but by your growing to be the right person, to deserve a friend!

Source: <http://chinmayasaaket.org>

AN INDIVISIBLE WHOLE

by *Eknath Easwaran*

I was already well-launched on a career as professor of English literature before I had even the slightest idea that I would be called upon to do this (spiritual) work. At that point, I had no complaint against destiny at all. Almost without seeking it, some moderate notoriety had come my way in the Indian world of letters, and I was quite content with the satisfactions of writing and of sharing my passionate love of English and Sanskrit literature with responsive students.

Then, without any external cause or warning, all things that had promised such satisfaction turned to ashes. Books that had fascinated me for decades ceased to speak to my condition. The speakers I went to hear - including some of the most important figures from the West as well as the East - seemed to be speaking about things on a distant planet. The bottom had fallen out of my academic boat.

It was a very difficult period. I didn't quite realize it, but my life, my goals, my entire perception of the

world were rapidly changing. Through the precious grace of my spiritual teacher, my grandmother, who had prepared me for this experience throughout my childhood, I began to turn inwards and take up the practice of meditation.

At the same time, I became captivated by the promise and the daunting challenge which Mahatma Gandhi was offering the world. He was in his sixties when I went to see him, and he was faced with a new political or social crisis almost every day, yet everything about him - the sparkle in his eyes, the teenage spring in his step, the ease with which he smiled and laughed despite a grueling schedule - gave me the unexpected impression that he was really having a grand time, even as he worked fifteen hours a day, seven days a week, for the benefit of us all.

I was haunted by the joy I saw in his life. He radiated a contentment which I, in my thirties, had almost despaired of. Somehow, Gandhi discovered a way to find complete satisfaction in every moment. "My life is an indivisible whole," he wrote, "and all my activities run into one another, and they all have their rise in my insatiable love for all mankind." There was nothing else I wanted so much: I wanted to see through

his eyes, to hear with his ears, and to live in his world, which had a population not of millions, but of one - a single, undying spirit dwelling in millions of bodies.

But even more haunting was the challenge his life threw down before me. "I have not the shadow of a doubt," he had said, in words that still thrill me to the core, "that any man or woman can achieve what I have, if he or she would make the same effort and cultivate the same hope and faith."

Since then, every day of my life, I have tried to live up to that challenge. Gandhi often referred to himself as a child of the Bhagavad Gita, India's great mystical scripture, and I too, in a very humble manner, am a child of the Gita. I try consciously every day, not always successfully, to translate the teaching of the Gita - that all life is one - into my personal life. "A true votary of the Gita does not know what disappointment is," wrote Gandhi, and the fruit of my many years of meditation is that, through Gandhi's example and my grandmother's grace, I have lost all sense of disappointment.

Indeed, I am filled with hope for the coming decades. I have been privileged to witness - in my own life and in the lives of people close to me - just how

much any human being can change his or her patterns of living and thinking. If enough of us dedicate ourselves to this most important task during the coming years, we will be sure to write one of the most glorious chapters in human history.

Source: <http://www.context.org/ICLIB/IC26/Easwaran.htm>

SPIRITUAL REFLECTIONS

By Swami Ramdas

WATCHFULNESS:

Watchfulness should be the principal trait in the nature of a Sadhaka, who is striving to purify and direct his mind towards the indwelling Reality. To let the mind conceive whatever thoughts it likes, and wander about without any check, and get itself entangled in a net of desires, is the cause of the defeat of the Sadhaka in his attempt to push forward on the divine path. He should be alert, awake and heedful. He should closely watch the movements of his mind and gradually wean it away from the path of ignorance and guide it on the path of knowledge. He should develop a witness-consciousness through meditation and self-surrender. It is a state of awareness

of the immortal and radiant Truth within him. In fact, this awareness itself is God-realization.

SERVE HUMANITY:

It does not behove you as a Sadhaka to detach yourself completely from the world. Unselfish service rendered to humanity helps you in developing a universal consciousness. Love and sympathy, self-sacrifice and service, softens the heart and purifies it. Tune your mind with the Divine within you and beholding all beings and creatures as expression of the Divine, love and serve them. In this way you will be able to realize God within and God without. To serve your fellow-beings is verily to serve God. In the last synthesis of an all-round spiritual experience, you realize that the whole universe is your body. Your love and service of anyone in it will surely constitute love and service of yourself. You will do this not only with joy, but also without the consciousness that you have done anything for another, just as your attending to your physical needs does not make you think that you have done a great favour to your body.

WORLD PEACE:

World peace can be a reality only when humanity has evolved a World State comprising all the nations of

the world. This requires the attainment of a universal outlook and vision on the part of the participants in this world organization. This is possible only when the heart of mankind is awakened to the awareness of its inherent spiritual unity and oneness. All lives are the expressions of the same supreme, indwelling and all-pervading Spirit.

Having this background to the World State, which aims at happiness, harmony and prosperity of all the peoples inhabiting this globe, wherein no selfishness, territorial ambitions and a drive for domination and power can exist, the threat of conflict and war will be diminished. All nations will work for the establishment of the great ideal of mutual love, help and goodwill. All the natural resources and scientific inventions will be utilised solely for the progress and prosperity of all human beings. This is the only way by which humanity can be saved from the devastating effects of an almost imminent global war. May God who is seated in the hearts of us all awaken, inspire and guide us to the goal of this supreme consummation!

IT IS LOVE THAT SANCTIFIES:

There is no more potent power in the life of a human being than Love which ennobles, enlightens and

sanctifies life. The heart imbued with this love feels for the suffering humanity. It is this Love that freely forgives and returns good for evil, because it is born of the Divine Spirit that dwells within you. It is the expression of Truth, the Light that radiates from your purified, illumined soul. Such a Love is the ideal to be aspired for. The person in whom such a Love has revealed itself is really holy. He is the channel of God's power and glory.

PRAYER:

Prayer is the easy way of contacting God. When you raise your heart towards the Supreme Being and commune with Him, you feel at first your nearness to Him, and then your actual contact with Him, and ultimately your absorption into His being. For, your heart, which is usually filled with gross and low desires, gets purified as your thoughts are concentrated on Him. Through a spirit of dedication, it melts and sublimates into the Divine Essence which is the source of your existence. Prayer infuses strength, courage and joy into your heart. It therefore teaches you how to bravely endure things and how to draw power and wisdom from the Divine store-house.

EPISTLES OF SWAMI RAMDAS

Beloved Ram,

...Bhakti is the beginning; Bhakti is the end. Bhakti is the way; Bhakti is the goal. Jnana and Karma are only necessary props on which is hoisted the majestic dome of Bhakti. God says, "I am the same to all beings but My devotees are dear to Me". So, true devotion is based on the equality of vision. Samadarshan gives knowledge and peace. Bhakti gives pure love and Premanand. Knowledge enlightens and upholds; devotion yields thrills of joy and ecstasy. The two combined make Purna Yoga. Behold God as all, and still be His child and servant. You are at once He and His child. God is His own devotee. He is a mystery, but a revealed mystery - revealed in love and joy.

To be ever singing His Name and glories is to be in tune with Him. Beloved Ram is captured within our heart. "Where can You go, O Beloved? Thou art always in Thy child."

Surrender to Him, and He looks after you, plans and arranges everything for the best for you. He is the all-loving Divine Mother.

The Ashram is always ringing with Bhajan. Hundreds of Rams come here every day. O Ram, all glory to Thy Name!

...Don't give up evening Bhajan. All of you join in it. More and more of Nam Sankirtan or Smaran together! Let the Name ring, and ring on, to awaken in the hearts of you all, the inexpressible bliss of Prem. Love to you all!

Ramdas

IN MEMORIAM

Prabhawati Devi, aged 80 years, was called by Beloved Papa on 12th of March 2011. May Beloved Papa bless the departed soul with eternal rest and peace at His lotus feet.

ANANDASHRAM NEWS

15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE: The total Nama Japa for world peace done during the month of July 2011 is 201 crores. The grand total of the Japa done so far now stands at 201 crores.

SATSANG AT CALICUT: Akhanda Nama Sankirtan and interactive satsang sessions are to be held at Calicut on 15th and 16th of October 2011 (Contact: Sri Jayachandran: 09446453408).

FROM THE EDITOR

The month of October reminds us of the birth of Mahatma Gandhi whose life is a perennial source of inspiration. He combined in his life the spiritual pursuit and the worldly duties treating the latter as a part of the former. This is clear from his following words: "I am here to serve no one else but myself, to find my own self-realisation through the service of the village folk. Man's ultimate aim is the realisation of God; and all his activities – social, political, religious – have to be guided by the ultimate aim of the vision of God. The immediate service of human beings becomes a necessary part of the endeavour, simply because the only way to find God is to see Him in His creation and be one with it. I am part and parcel of the whole, and I cannot find Him apart from the rest of humanity."

In spite of his multitudinous activities Gandhiji had been taking meticulous care not to compromise spiritual values at any point of time. This is a rare

phenomenon in the sense that the common saying is that when one engages in worldly activities, it may not be possible to go along the spiritual path.

His trust in God was total, his faith in Ram Nam and prayer were soulful. Openness of mind, simple and austere living, first experimenting on himself before asking others to do it, are some of the striking characteristics in his life. His commitment to Truth was the one factor that guided him right from his childhood up to the time of dropping his body.

‘Friendship towards all and malice towards none’ was his watchword. “It is my constant prayer that I may never have a feeling of anger against my traducers, that even if I fall a victim to an assassin’s bullet, I may deliver my soul with the remembrance of God upon my lips.” Exactly that was what had happened on 30th January 1948. When he was shot, he only uttered the name of God – ‘Hey Ram’. Thus by living up to those words, Gandhiji authenticated all that was done and said by him. May all of us intensely remember the Mahatma and try to emulate his life so that our great Bharat will regain its moral supremacy and be a blessing to humanity.

- **MUKTANANDA**

THOUGHT FOR THE MONTH

“Japam purifies the mind, and enables the aspirant to attain the knowledge of Truth.” – Swami Ramdas