

Om Sri Ram jai Ram jai jai Ram

ॐ श्री राम जय राम जय जय राम

Om Sri Ram jai Ram jai jai Ram

STRANGE MYSTERY

IN my stillness I am the calm, silent Spirit
 That fills all space and pervades beyond.
 In my movement I am all worlds, beings and things.
 In stillness I am peace, in motion I am bliss.
 In my integral being I am at once
 the Spirit and the world phenomena;
 Yet a subtle separateness exists in me.
 I live apart as a soul that feels and loves-
 A soul of joy and peace, a very ray
 Of eternal light and life.
 I am this composite whole and yet a part.
 This mystery is strange, for wondrous am I!

- *Swami Ramdas*

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THE VISION

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Anandashram

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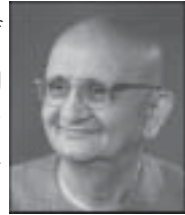
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CALL ON THE LORD

By Swami Ramdas

Call on the Lord with all the love of your heart. Concentrate all your longing in that call, and you may be sure that God will respond. Thus it was His great devotees of the past and present entitled themselves to His infinite grace. The language of love is simply irresistible. Just as the child, by its lisping talks, charms and captures the heart of the mother, so the true devotee by his frank and plaintive words of love draws towards him the almighty Beloved of his heart. The language of the devotee is the expression of his pure and aspiring heart. Heart is the Veena and devotion the fingers that play upon it to infuse a magic spell in the call for the Beloved. Hence the devotee employs sweet music for his appeals and prayers to God. He cries and weeps for God, extols and glorifies Him, talks and holds communion with Him - in a rhythmic language of love. He sings and dances when he has found his Beloved. The music of Divine symphony thrills his entire frame. Ecstasy or inexpressible joy rises in waves in his heart. Love overflows in tears through his eyes. Purity, peace and light permeate his entire being.



This is the culmination of his utter devotion and self-surrender. He places his entire life, soul and body at the feet of the Beloved. How does the devotee attain to this exalted state of perfect union with the Lord of his heart? It is clear that he adopts music as the means by which he tunes his heart with the heart of Lord. A heart that is filled with love - selfless and radiant - alone raises a human being to the feet of the Almighty. Such a love sings like the nightingale, gives out perfume like the rose, beautifies life in all its aspects, and brings the devotee in intimate touch and eternal fellowship with the Lord.

Therefore, call on the Lord with all your heart and He is sure to respond. Make Him the sole beloved of your life and He is sure to be yours. Pray to Him, sing of Him, dedicate yourself to Him, and He will grant you absolute peace and bliss - nay, He will reveal Himself in your heart and absorb you into His transcendent being, and thus make you realise that you are the very embodiment of His own cosmic peace and joy. He will then give you the vision of beholding Him everywhere, i.e. you will behold your own supreme Self manifested as the entire universe. Love is your way and love is your goal.

Call on the Lord - the Beloved. Have you found anything sweeter than His Name, more charming than the sound of His Name? If you have real love for the Lord you will reply: "Certainly, I have not." Then there is no need for anybody to tell you that you should sing on His Name and be inebriated with the Divine ecstasy associated with it. You will find your life has changed into a song of eternity. Who could adequately describe in words the wonderful glory of the Beloved's Name? He who has tasted alone knows what it is like. O! taste it and let the Name illumine your heart and intellect and fill you with floods of joy. Sing on His Name with all love and devotion and embrace the Beloved in the recesses of your heart. What blessedness then is yours! Can you now hold such a precious possession in comparison with all the riches of the world? Name, fame and wealth in this evanescent world are as nothing to you when your heart has once drunk the nectar of the Beloved's Name. Therefore, sing on His Name with one-pointed devotion. The Beloved awaits you; you have only to take His Name and He runs to you. How simple it is, yet how difficult for many whose love for the Beloved is not as intense as their attachment to the perishable baubles of the world!

Direct your thought within and listen to the call of your own voice and the responsive word of the Beloved will come to you, and you will discover that He is within you. Verily, the Beloved is in the heart of His devotee. Mingle your life in the ocean of His existence. Expand your heart to meet the infinity of His love. Widen your vision so that you may be bathed in His light, power and joy. Now you have become the Beloved's beloved. Now you are one with Him. O! the power and greatness of the call! Call on Him, sing of Him and be ever blessed!

WORDS OF BELOVED PAPA SWAMI RAMDAS



TRUTH IS GOD:

World conditions are changing everybody. What we consider as a most important problem today is no longer so a few days after. We see before us the wonderful world-film unreeling itself before our eyes, picture after picture, throwing every receding picture into oblivion. Behind this universal play there is the great changeless Truth which ever remains serene, calm and unaffected when all things in the manifestation appear and disappear in quick succession. That Truth is the basis of our life and the world manifestation. When our life is

attuned to Truth, we do not feel that we are mere creatures revolving like automatons in the whirling movements of nature and its creation around us. Truth is our being; Truth is joy and peace; Truth is wisdom and power; Truth is love and light; Truth is God!

LOVE:

Love is the light of the Eternal. It sheds its rays on all alike, because it beholds itself everywhere. Love is unity. True love is fragrance produced by the fusion of a soul with another soul. Such a love has no boundaries. It extends and covers everything that exists. It enters into and enlivens, vitalises and animates without hindrance all objects in the universe. Verily it is the life-sap of the entire visible manifestation of the Divine. Such is the nature of love that emanates from our heart. It is the ego-sense that prevents your recognising, appreciating and enjoying in fullness the beauty, grandeur and power of this love. The egotism blurs or tints the vision, distorting it and setting false limitations on it, destroying its supreme spiritual effect and significance. Be the votary of this love. Let all your movements be the movements of this love. Let your love embrace all beings and things in its infinite grasp and purview. It is now that your life becomes blessed and you realize the bliss and freedom of immortality.

TURN TO THE DIVINE:

It is when you are dead to the lower self and all its desires that you rise to a consciousness which is One and all in all. Let your life be controlled and directed to this great purpose. Let the sense desires be completely subdued. Really, on the ashes of these desires is built the life Divine. Let your heart be turned to the Divine completely. God is the sum total of all existence. Merge yourself in Him and rise superior to the cravings of the flesh. Eradicate your 'I-ness' and enjoy supreme peace, felicity and freedom. Do not any longer be deluded by the will-o'-the-wisp of the pleasures of the senses. Seek eternal happiness!

God is your great Master and helper. Place yourself in His hands and He will see to it that you are illumined within and without, and endowed with the knowledge, and vision and experience of the Divine Life. By renouncing the life of the senses you will come by a state in which you will be purified, elevated and filled with infinite peace and joy.

PURPOSE OF LIFE:

The purpose of human life is to live in a state of perfect freedom - freedom from the clutches of the lower animal nature and live it in all its pristine purity and

innocence. Life of the senses means to live in diversity. When the soul rises above the desires of the senses, you realize unity, because you know that you are the Universal Spirit. Now Love becomes the keynote of your life. While the former is born of selfishness, the latter is born of selflessness. Love is universal. Therefore, Love is selfless. The test of true inner purity lies in the expansion of the soul's singleness of vision. In this vision it is that life finds its fulfillment which, in its turn, brings immortal peace and happiness.

WORDS OF PUJYA MATAJI KRISHNABAI

When you read any book of Beloved Papa, you perform all the three Yogas together. You do Karma Yoga through your act of picking up the book and reading it. When you imbibe what you have read and



it records in your mind, that becomes Jnana Yoga. And, the feeling of devotion that wells up in your heart when you pick up and read Papa's book becomes Bhakti Yoga.

We must become like children - innocent and pure. For that, we must not only have Ram Nam constantly on our lips but also read Papa's books. Ram Nam removes

all the Vasanas and makes everything void in us, while reading of Papa's books lends us power and strength to carry on with our Sadhana till we have developed the childlike nature, where the last vestige of ego-sense is erased.

We should be absolved of the body-idea to such an extent that we should not even feel that we are standing guard over our body consciousness. Even such a thought is sufficient to inflate our ego. We should, in all humility, feel that just as Papa is making us do everything, so also He is making us stand guard over our body consciousness as well. In everything we do, we should remember that we do it as willed by Papa alone.

When your mind goes within as a result of thinking about Papa's universal attributes, you begin to see Him in everyone around you. That is Sakshatkar. When you start looking on your relatives and on the man in the street in the same light and with the same vision, it means that you have made spiritual progress and are ready to merge in Papa.

WORDS OF PUJYA SWAMI SATCHIDANANDAJI

Seeing God in others:

Seeing God in everything will help us develop humility. When we see God in others, we naturally revere them and love them in the real sense. Without seeing God in them, the love will be purely physical and not the real love. When we see God in others, naturally our head bows down before them, at least mentally. This practice will gradually purify our mind and ultimately lead us to the Supreme Goal.



Overcoming the ego and ego-sense:

Keep chanting the holy Ram Nam as much as possible and try to bring to your mind that everything is He. He does everything. He Himself has projected forth as the innumerable names and forms and it is His power alone that activates every being, including your body. When this feeling becomes strong, you will find that there is no place for the ego. Continue this practice and you will find that 'ego' gets thinner and thinner and ultimately disappears making you realise that there was no 'ego' and it was only 'ego-sense'.

Conquering ambitions:

To conquer ambitions, the best way is to bring to your mind the futility of worldly ambitions and attainments. Everything is perishable in the world and whatever we attain – position, possession etc. – will have to be left behind along with our body one day or the other. The only one thing that is eternal is God Himself and by communing with Him alone we will get eternal happiness.

WHAT IS FAITH?

By Sri Sri Ravi Shankar

Faith is the central core of human existence. Faith sustains life and leads one through difficult times. Faith brings out hidden courage and potential in more ways than one. To have faith is to realize that God is protecting you. Realizing this is sufficient to move ahead in life.



There are three types of faith: Faith in oneself, faith in the world, and faith in the Divine. All these faiths are connected. You must have all three for each to be strong.

During the harvest season, the farmer separates

husk from grain with a broad sieve. He stands on an elevated platform, holds the sieve and puts all his grains into it. He then proceeds to shake the sieve. If the particle that falls through the sieve is mere husk, it flies away and is lost. Meanwhile, the grains fall to the ground and stay put. Similarly, if your faith is shaken very quickly and too often, or if you lack faith in difficult times, then you are akin to the flying husk.

God expects only one thing from you - your unshakeable faith. One whose faith shakes when faced by catastrophes cannot smile through them. If you lack faith and if events frighten you, then you fly away like the husk, lost and anchorless. On the other hand, if you have faith that everything will be all right, you will find stability and everything will settle down.

Contrary to popular thinking, faith does not contradict logic. When knowledge establishes itself firmly in one's life, it is called faith. Make the knowledge, "I am blessed," your companion and have faith in the Infinite.

This feeling of "I am blessed" can help you overcome any obstacle. There is a saying: "Behind every successful man is a woman." I would modify it to read: "Behind every success, there is the Divine that says, "I

am behind you." Once you realize that you are blessed, complaints disappear, as do grumblings and insecurities. Not everything in this world is hunky dory. However, if you are grounded in faith, then you will progress and maintain your equanimity in this world.

Faith leads to prayer, and prayer is a vital tool to improve your life. Prayer nurtures values such as integrity and honesty. Now, prayer happens in two situations or in a combination of situations. You pray when you feel grateful or when you feel utterly helpless. In either case, your prayers will be answered. If you are not grateful or prayerful, you will be miserable.

Our love, faith and belief should be deep-rooted. The world is a celebration and you should be happy in life. All aspects of life involve ups and downs. For example, the human body may be susceptible to colds, coughs and fevers one day and may be fine the next. However, one must ensure that happiness is always established in oneself. This unconditional happiness can dawn only through deep-rooted love, faith and beliefs. This is known as Purushaartha.

Faith plays a big role in shaping one's life. Faith saves one from suicidal tendencies and helps people see beyond the obvious. When life is based on faith,

one follows philosophy rather than getting caught up in revenge and hatred. If there is faith that everything will be all right, then everything will settle down.

Faith is realizing that you always get what you need. Faith is giving the Divine a chance to act.

Source: <http://srisriravishankar.org/content/what-faith>

DEAR CHILDREN

(This is about an Indian's experience in Germany received by email.)

Germany is a highly industrialised country. It produces top brands like Benz, BMW, Siemens etc. The nuclear reactor pump is made in a small town in this country. In such a country, many will think its people lead a luxurious life. At least that was my impression before my study trip.

When I arrived at Hamburg, my colleagues who work in Hamburg arranged a welcome party for me in a restaurant. As we walked into the restaurant, we noticed that a lot of tables were empty. There was a table where a young couple was having their meal. There were only two dishes and two cans on the table. I wondered if such a simple meal could be romantic, and whether the girl will leave this stingy guy.

There were a few old ladies on another table. When the waiter served the food, they finished every bit of the food on their plates.

We did not pay much attention to them. As we were very hungry, our colleague ordered a lot of food for us.

As the restaurant was not too busy, the food was served quite fast. Since there were other activities planned, we did not spend much time in eating. As we left the table, there was about one third of unconsumed food on the table.

When we were about to leave the restaurant, we heard someone calling us. We noticed the old ladies in the restaurant were talking about us to the restaurant owner. Then they spoke to us in English, we understood that they were unhappy about us wasting so much food. We felt that they were really just busybodies and my colleague sharply retorted, "We paid for our food, it is none of your business how much food we have left behind".

The old ladies were furious. One of them immediately took her phone out and made a call to someone. After a while, a man in uniform who was an officer from the Social Security Organisation arrived.

On being appraised of the situation he issued us a 50 Mark fine. We all kept quiet. The local colleague took out a 50 Mark note and repeatedly apologised to the officer.

The officer told us in a stern voice, "Order what you can consume, money is yours but resources belong to the society. There are many others in the world who are facing shortage of resources. You have no reason to waste resources."

Our face turned red. We all agreed with him in our hearts. The mindset of people of this rich country put all of us to shame. We really need to reflect on this.

My colleague photo copied the fine ticket and gave a copy to each of us as a souvenir. All of us kept it or pasted it on our walls to remind us that we should never be wasteful.

THE WAY TO MOVE OUT OF JUDGMENT

IS TO MOVE INTO GRATITUDE

By Neale Donald Walsch

I bet that what I am going to tell you, you have heard before. Still, it is a miracle that can change your life. This is something that is so powerful, I am shocked that the whole world hasn't



caught on and isn't using it. People don't think they can do this thing, so they write it off as simply not being possible. But the few who have done this thing have changed their life, utterly, completely!

So here's the trick... Bring an end to judgment. When you bring an end to judgment, you bring an end to an entire way of living. This is not a small thing. This is a life changing shift in attitude and behavior. This is a miracle. Please, then, pay very close attention to what I am going to tell you now: The way to move out of judgment is to move into gratitude. That is such an important corollary that it should be plastered all over your house and everywhere in your world.

THE WAY TO MOVE OUT OF JUDGMENT IS TO MOVE INTO GRATITUDE.

This means remaining grateful for every outcome. Every outcome. This is about saying "Thank you, God" for even those things that you are sure you did not consciously choose and that you are very clear you do not want. Somebody once said, "Happiness is not getting what you want, it is wanting what you get." That "somebody" was profoundly right. Gratitude is the miracle cure for every moment of dis'ease'. It is the fastest way to dissolve anxiety, to heal disappointment,

to replace negativity with positivity. It is the shortest route from a dead end back to The Path. It is the connecting energy to God.

Try it some time. The next time you are confronted with any undesired outcome, result, or experience, just stop. Stop right in the middle of whatever's going on. Close your eyes for the smallest moment and say inside your head, "Thank you, God." Take one good, deep breath and say it again. "Thank you for this gift, and the treasure that it holds for me." Be assured that it does hold a treasure, even if you are not seeing it right now. Life will prove that to you, if you give it a chance.

When gratitude replaces judgment, peace spreads throughout your body, gentleness embraces your soul, wisdom fills your mind. Let gratitude replace judgment and your whole experience of life will take a turn for the better in five seconds. In five seconds. This is because attitude is everything. Attitude puts the course correction in life when you have stepped off The Path. Attitude is like the Map of the Mind. It is like the Global Positioning Satellite of the brain.

A negative attitude will send you down the road to unhappiness. There is no avoiding it. It will absolutely happen, and it doesn't matter what the problem. A

positive attitude will put you back on The Path to inner peace and happiness.

Source: <http://knowingwhispers.blogspot.in/2010/07/article-by-neale-donald-walsch.html>

YOU CAN TRANSFORM FAILURE INTO SUCCESS

By: Dada J P Vaswani

The most successful people are those with the most interesting pictures in their minds. If you consciously paint a picture of yourself as a successful person, success will come to you. But if you are convinced



that you are a failure, you will fail. If you think of scarcity, scarcity will befall you. If you imagine abundance, abundance will flow into you.

Consciousness is built of three layers - the conscious, the subconscious and the super conscious. Tap the powers of the super conscious and the subconscious and turn failure into success.

The conscious self that thinks, feels and takes decisions is a very tiny part of our consciousness, like the tip of an iceberg floating above water. The subconscious is much vaster, like the larger portion of an iceberg immersed in the water. The subconscious

cannot think for itself; it cannot decide what is right and what is wrong. If you believe that you cannot achieve something, the subconscious will take up your belief. Its job is to see that it proves your beliefs. Whatever you will believe in, your subconscious will create conditions, so that your beliefs are proved. Whatever you picture for yourself, the subconscious will prove that picture as true.

If a fat man believes that he cannot grow slim, he will never grow slim. He may go on a crash diet, but when he is off guard, something will happen; the subconscious will create circumstances so that he is caught in the trap unawares and gains weight.

Subconscious Is Good Servant, Bad Master

To achieve success you must believe in success, and paint a picture of yourself succeeding. The conscious and the subconscious must cooperate with each other to create success. Success is not produced only by the conscious self. It is done with the help of the subconscious. The subconscious is there to obey you; it is an obedient servant who takes orders from his master. You have to decide. Its beliefs are to be programmed by you.

The subconscious cannot think for itself; it cannot decide what is right and what is wrong. It can only

obey. It is like the autopilot in an aircraft. If you set the autopilot to take the plane eastwards, the plane will keep on flying eastward. Only when you resume manual control you can change the direction of the plane. Therefore you have to be very careful of the thoughts you think, the affirmations you make, especially when you fall asleep. There are tremendous potentialities open to every one of us. If only we make use of the right affirmations at the right time, we can work wonders.

Speaking to your subconscious with magnetic determination is known as affirmation. Whatever you wish to affirm, affirm it over and over again. First, affirm to draw the attention of your own thoughts. Then, softly re-affirm to draw the interest of your thoughts. Finally, whisper the affirmation as though you are coaxing your subconscious to cooperate. First affirm loudly, then a little softly and lastly, in a whisper.

For greater effectiveness, your affirmations must be rhythmic. Repeat the affirmation as if you were singing. Secondly, it must be positive. For instance, if you wish to give up smoking, don't say, "I shall never smoke again". Rather, tell yourself, "I have given up smoking". Affirm this, as if you have done it already, as

if you are free from this habit. Positive thoughts induce magnetism; negative thoughts weaken your magnetism.

Source: <http://www.speakingtree.in/spiritual-articles/lifestyle/you-can-transform-failure-into-success>

FROM THE LEAVES OF THE BACK ISSUES
THE VISION (Vol: 1, No: 5)

MOTHER KRISHNABAI
By Swami Ramdas

(On 17th of February 2013, we observe Pujya Mataji Krishnabai's 24th Mahasamadhi Day. On this occasion we pray to Pujya Mataji to bless us with intense yearning to move towards Him by loving and serving His entire creation and to enjoy eternal happiness.)

Simplicity is the nature of great souls. They live and serve as the incense burns. They are born of the universal spirit of Love. Where this Love demands there they toil and sacrifice their all. They equally serve the great and small. They forego comfort, ease and rest. Still, they are blissful, radiant and smiling. Their life is a song filled with celestial music. Their touch heals. Their presence charms the very air in which they move.

They cast around them the halo of sweetness and peace. They are indeed the children of Light.

Such is the glorious life of Mother Krishnabai. When asked to bless and teach, she would reply "I am a child". Still pressed, she would again say "I am a child, what can I teach you?" Truly, to watch her life and all the activities of it is itself to learn the great secret of selflessness and freedom.

Love with her is not an empty emotion or a matter for rapturous words. Her every bit of action is permeated through and through with Love. She is wonderfully sincere, frank and calm. She sleeps at a moment's notice like the care-free child; but wakes up at the slightest call of service. She would go without rest for long periods if service so claims her and still would be fresh and cheerful as ever.

She is so firmly fixed in the beautiful purpose of her existence that regrets and doubts have no room in her simple and flowing life. When she is determined upon a line of action - which is always beneficent - she puts forth all the resources of her indefatigable spirit. Here she exhibits her extraordinary powers of endurance and continued application - although frail in body.

When spoken to as mother, she would immediately say, "No, No, I am your child. I am the child of all; nothing more than that". This consciousness of a child is hers, not by assumption or for mere words: she is as it were unconsciously aware of this fact and lives spontaneously in the light of it.

Devotion, Love and Service are Feminine terms. They are the attributes of the Divine Mother of the worlds. He or she who takes after the Mother is Her true child - partaker of Her glory. When absorbed in the overflowing love of the Mother, Mother and child are one.

Blessed is this Earth that has given birth to such children of the Mother. The world is proud of them. The very gods feel blest by their sight. They are the saviours of humanity. O embodiments of the World-mother, Victory to ye for ever and aye.



A MESSAGE

By Swami Omkar, Sri Shanti Ashram

Greetings of Peace to the loving readers of The Vision. My one message either to myself or to others is the message of Peace, for it is the individual Peace that paves the way towards Universal Peace. What

other message is more vital now than the message of Peace which is the life and soul of our very existence!

If we desire to see Peace reigning all over the world it is high time for us to be busy, in establishing Peace in our own hearts. Let us begin to be charitable first in our homes.

Have we Peace in our hearts? If so our lives are blessed. If our hearts are devoid of Peace, it is better to be silent, rather than waste our precious time, with empty thoughts and idle words.

The present day world, needs Peace very badly - the Infinite Peace which is the birthright of every individual. It is not health or wealth, name or fame, not even the rulership of the world that brings Peace Eternal.

It is contentment that brings Peace - contentment physically, mentally and spiritually. It is a taste of His Love, a touch of His garment, a vision of His beauty that fills one's heart with Peace.

This Peace must be felt in the stillness of our hearts through the help of the silent meditation so that it can be expressed in the daily activities of our life.

Dear loving readers of The Vision! Will you join me in a silent meditation for a moment, to feel His

presence in the sacred sanctuary of our hearts. Pray, close your eyes only for a little while as you read these lines. Merge within, into the very soul of your being. Now our minds are restful and calm. It is Peace within and without. Ah! the joy of bathing ourselves in this blessed Peace, saturating the very cells of our being in Peace is not for expression but for assimilation and recognition in silence. Let us inhale and exhale Peace with each and every breath.

May we breathe, work and live, ever centering ourselves in the Soul of Peace that passeth all understanding which is our only Heritage.

May Peace and goodwill abide in the hearts of all and may the individual Peace lead to the Universal Peace is the prayer of one who loves you, wishing you Peace.

Hari Om Tat Sat Om!

DOUBLE UP WITH LAUGHTER

By Osho

Laughter is one of the things that's most repressed by society all over the world. Society wants you to be serious. Parents want their children to be serious, teachers want their students to be serious,



the bosses want their employees to be serious, the commanders want their armies to be serious. Seriousness is required of everybody. Laughter is rebellious.

When the teacher is teaching you and you start laughing, it will be taken as an insult. Your parents are saying something to you and you start laughing – it will be taken as an insult. Seriousness is thought to be honourable and respectful. Naturally, laughter has been repressed so much that even though life all around is hilarious, nobody is laughing. If laughter is freed from its chains, from its bondage, you will be surprised – on each step, you will find something hilarious happening. Life is not serious. Only graveyards are serious, death is serious. Life is love, life is laughter, life is dance, song.

Why So Serious?

But we will have to give life a new orientation. The past has crippled life very badly; it has made you almost laughter-blind, just like there are people who are colour-blind. The constant repression of laughter has made you laughter-blind.

Situations are happening everywhere, but you cannot see that there is any reason to laugh. If your laughter is freed from its bondage, the whole world will be full of laughter. It needs to be full of laughter; it will change almost everything in human life.

Just look around at life and try to see the humourous side of things. Every event that is happening has its own humourous side, you just need a sense of humour. No religion has accepted sense of humour as a virtue. I want a sense of humour to be a fundamental quality of a good man, of a moral man, of a religious man. And it does not need much searching; you just try to see it, and it's everywhere...

Laughter, The Best Medicine

Seriousness has become almost part of our bones and blood. You will have to make some effort to get rid of seriousness, and you will have to be on the lookout – wherever you can find something humourous happening, don't miss the opportunity.

Everywhere there are people who are slipping on banana peels – just nobody is laughing at them. In fact, it is thought to be ungentlemanly. It is not, because only bananas slip on banana peels.

Laughter needs a great learning, and laughter is a great medicine. It can cure many of your tensions, anxieties, worries; the whole energy can flow into laughter. And there is no need that there should be some occasion, some cause. Even just sitting in your room, close the doors and have one hour of simple laughter. Laugh at yourself. But learn to laugh.

In one apartment house, people were puzzled about one thing. Every couple was fighting, throwing pillows, throwing things, breaking cups and saucers, shouting at each other, husbands beating wives, wives screaming. The only problem was with one gentleman.

From his flat, they never heard any one fighting; on the contrary, they always heard laughter.

So they caught hold of the fellow as he was coming from the market and said, "First you have to tell us what the secret is – why do you laugh when everybody fights?" The fellow said, "What happens is, she throws things at me. If she misses, then I laugh; if she hits me then she laughs." Seriousness is a sin.

Lightness Of Being

Laughter has tremendous beauty, a lightness. It will bring lightness to you, and it will give you wings to fly. And life is full of opportunities. You just need to be sensitive and create chances for other people to laugh. Laughter should be one of the most valued, cherished qualities of human beings – because only man can laugh, no animal is capable of it. Because it is human, it must be of the highest order. To repress it is to destroy a human quality.

Source: <http://www.speakingtree.in>

EPISTLES OF SWAMI RAMDAS

Beloved Ram,

...Saints do the teaching, but our own experience is the test of that teaching. Hanging on to “spiritual pegs” is not realisation. Perception and experience alone can grant us the full comprehension and realisation of Truth. The proper thing to do is, to go within and explore the uttermost depths of your being and know what and who you are in reality. Swimming on the surface holding on to external props, without aspiring to dive deep down into the bottom can give us only a hazy and imperfect vision of Truth, which is the source of all life and manifestation. This source is for ever and always the Supreme One...



ANANDASHRAM NEWS

15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE: The total Nama Japa for world peace received in the month of December 2012 is 205 crores. The grand total of the Japa done so far now stands at 3266 crores.

RAM NAM & SPIRITUAL RETREAT 2012: Beloved Papa made it possible to have a 3-day Spiritual Retreat

from the 29th to the 31st of December which was well attended by devotees from various parts of India.

This time Beloved Papa chose to direct our attention towards inward journey through dwelling more and more on The Great Void. The details of the program will appear in the next issue.

FROM THE EDITOR

It was exactly 24 years back that Pujya Mataji dropped her mortal coil in the month of February. However Mataji continues to live in the minds and hearts of her devotees through the ideal for which she lived. As Beloved Papa put it, Mataji has been the Adhishtana Devata of Anandashram. Even now whenever we handle events and individuals, Mataji's guidance comes mysteriously. When we think of Mataji what comes to our mind is her ready-to-serve attitude with love, the simple and humble childlike nature, the precision in doing anything and everything, the ever-flowing compassion and above all constant God-remembrance. May all of us keep on deriving the fullest benefit of associating with her inspiring life mentally so that the process of purification will get hastened and we may realize our Nirguna, Nirvikara, Shashwat Anand swaroop.

— *MUKTANANDA*