

exhibited throughout the freedom struggle? Therefore our humble request is that we should without losing any more time correct the present deplorable trend, make a sincere effort to revive the spirit of yesteryears and pass it on to the younger generation. This will help us to gratefully remember the sacrifice of innumerable men and women and their selfless and dedicated involvement in the great freedom movement. Spiritual values which knit people together are to be kindled lest each one isolates himself or herself from the other. It will be appropriate to imprint in our heart Beloved Papa's famous quotation, reading "The peace and liberation of an individual is surely based upon his or her contribution towards the collective human happiness and harmony." Papa also said that "Freedom is not licence, but service. Independence is not arrogance, but responsibility." May we all imbibe these elevating thoughts and make every effort to lead a life of selfless service with social responsibility.

— MUKTANANDA

*Let our life be a song, in tune with the universal harmony of God's own music, in love with its cadence, its eternal joy, and its rapture.*

- Swami Ramdas

*Om Sri Ram jai Ram jai jai Ram*  
 ॐ श्री राम जय राम जय जय राम  
*Om Sri Ram jai Ram jai jai Ram*

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LOVE ALONE IS REAL

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MY being is love, for my being is light  
 My thoughts go forth to pierce the heavens  
 But turn back to woo the love of my heart.  
 The ocean waves lash against the shores  
 They raise the foam of love.  
 My love I find everywhere.  
 My love has become this, that and all.  
 Love alone is real.  
 If love is not, all else is useless.

- Swami Ramdas

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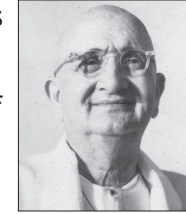
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## TRUE INDEPENDENCE

*By Swami Ramdas*

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Real independence is spiritual. It is the inner freedom from fear and sorrow. This is attainable only by knowledge of the Eternal, by realisation of the universal,



***We should embrace the ideal of universality and cease to think in terms of separation or isolation of individuals, communities, castes, creeds and nations. We should stop exploiting our fellow-beings in any manner and learn to live in tune with the Divine.***

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divine Spirit.

Ignorance is the cause of all bondage. Man's forgetfulness of his true divine nature is the cause of ignorance and sorrow. Ignorance makes him identify himself wrongly with his body and crave for the ephemeral things of the world. Knowledge alone can make him free and happy.

There is no greater victory than the victory of the Spirit. The real hero is he who has mastered the mind. Conquest of the mind is possible only by awareness of the great Truth,

the immortal, divine Spirit that pervades all existence. That is the master-key to get lasting success and happiness. All troubles in the world have their roots in mental chaos resulting from ignorance of the real nature and purpose of life.

Mankind today is in the clutches of false aims and aspirations which deny spiritual values. It holds that material advancement, achieved by any means, can lead to happiness and human welfare. There can be no end of troubles for man so long as he clings to such mistaken ideas and fails to attune his life to the life Divine. Realisation of equality, founded on the spiritual kinship of all beings, must form the real basis for all human relationships among individuals and nations. Selfishness and greed must be rooted out and the heart purged of base ambitions for material wealth, power and fame at the expense of others. Till then there can be no peace and happiness for man.

We shall be celebrating our triumphs the wrong way if we fail to search our hearts on such occasions for the purpose of self-purification and do not remind ourselves of life's supreme goal, which is the realisation of Self or God. We should embrace the ideal of universality and cease to think in terms of separation

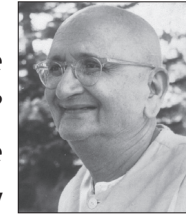
or isolation of individuals, communities, castes, creeds and nations. We should stop exploiting our fellow-beings in any manner and learn to live in tune with the Divine.

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### BELOVED PAPA SWAMI RAMDAS ANSWERS

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**Question:** The best way, as I understand, to transcend multiplicity is to practise meditation. But how should we meditate? Some people say we have to concentrate on a particular object, while others say we must make the mind empty, and so on.



**Papa:** We may adopt any of the several ways. The ultimate object must be kept in view that the mind should be perfectly calm and still. Then only we can realise God's presence within us and everywhere about us. We take to the repetition of God's name in order to concentrate our mind on one sound or one name. What happens then? The mind will have, to the exclusion of every other thought-wave that rises in it, only one wave, and that wave will be the symbol of the Divine within us. That wave also, in course of time, by an intense practice of meditation, merges and we attain to a state of perfect stillness in which

there are no waves at all. In this still mind it is that God reveals Himself; God's light shines out and we become aware of His presence and realise our perfect union and oneness with Him.

**Question:** If we try to empty our mind completely, is there not the danger that beings from the astral plane may take possession of it?

**Papa:** Ramdas never used the word emptying of the mind. He does not believe in that. Ramdas advises that it should not be done. The practice is only to make the mind still, so that it can be full of God's light, peace and joy, power, glory and bliss. By this process of filling up the mind with God-thought, all other thoughts will disappear just as when a light is brought into a dark room the darkness is naturally dispelled. The so-called emptying process and the filling up process go together. So also, when you dwell upon the glories, greatness, power and light of God, your mind will be filled with these things, and all that is undivine in you will automatically disappear. It is a process of substitution. When one comes in, the other goes out. When God's power comes, when God's light enters, all your weakness and darkness disappear. When the peace of God enters you, the turmoil of the mind

leaves you. So, when the antagonistic forces are subdued and substituted by the divine forces you attain perfect peace. Therefore, think of the glories of God and fill your mind with His light.

This is a positive path. Some people believe in emptying the mind first and filling it up later with divine consciousness. That is neither correct nor possible. First of all, think of God, glorify Him, meditate on His greatness and see Him. By that method free the mind from darkness, ignorance and all the hosts that attend on them— evil thoughts, desires, ambitions that keep you pinned down to the earth or physical plane.

This is a sign that Grace has come to you. Grace comes with all the powers of the Divine, and when you are filled with it, naturally, all that is undivine will disappear. Do not make the mind blank and arid, but make it full and fertile. Some people believe that by making the mind blank, they will get God-realisation. This is a mistake. It is also dangerous. There are some yogic practices of Hatha Yoga and Raja Yoga, by which they stun the mind by repeated blows on it, with the result that the mind becomes blank, and if one remains in that state for some time, it is quite possible that the mind may be deranged.

**Question:** Sometimes in life we do not know what to do when we feel we are responsible for the mistakes some make on the spiritual path. We could have prevented them, but they do not listen to us. In such cases is it better to let them have the negative experiences with life than our interfering?

**Papa:** When Ramdas was once climbing up the Himalayas, a girl was coming down a slope on her return journey. She ran so fast that she lost control over herself and went near the precipice and was about to topple down the precipice and be killed. Ramdas was there at that critical time, but he could not do anything to help her. Ramdas prayed to God : “O God, save the girl!” She was saved! That is all we can do. This experience is given in his book “IN QUEST OF GOD”. By God’s grace and power everything is possible, if our prayers are really sincere.

We see daily so many are falling into temptations and so many are led into evil ways of life. What can we do? Can we persuade them not to do such things? Will they pay heed to our advice? Generally they don’t. So the only thing we can do is to purify our heart and send waves of earnest love and goodwill to them. Before we can do good to others by our goodwill, let us first

pray for ourselves and purify our heart and then become vehicles in the hands of God for His power to work through us for the uplift of others. So far as physical help is concerned, we cannot sometimes do much to prevent another’s fall, but spiritual help is still more difficult to render. Spiritual help is the best help.

But in the name of spirituality and religion so many evils are done. This is really deplorable. If we are truly on the path that leads us to God, we must become morally and spiritually pure. On the other hand, we get into so many entanglements and say that we do so in the name of spirituality or religion. Spirituality and religion do not admit of our leading an erratic and immoral life. We must grow from purity to purity until we are fully illumined with the light, love and peace of God. This is the ultimate realisation, and we must have this alone in view and work up to the attainment of that supreme goal. All else is only talk and of no avail. We may call ourselves as belonging to this religion or that, this group or that, and as disciples of this person or that. But this will not do. What really counts is spiritual advancement based upon our inner purity and real transformation within us. Our outer life must bear out the fact of our highest spiritual

experience. Our outer life must wear itself out in the service of God. This is the test by which we can know where we stand – not by what we call ourselves, but by what we really are.

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### WORDS OF PUJYA MATAJI KRISHNABAI

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Whatever tapasya we do, whatever vrata we undertake, to obtain its fullest fruits, we should do it whole-heartedly and in all sincerity and faith. Half-hearted measures won't do. This is what Beloved Papa has stressed in all his books and Sri Ramakrishna also said the same.



\*\*\*

In your dealings with all those around you, treat them as you would treat your most loved ones. Do not allow your body-consciousness – your deha-abhiman – make you jealous or envious of others. Otherwise, whatever merit you have gained by your Sadhana will be frittered away like the bag with a hole in it.

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Entire lives can be wasted away by a single spark of jealousy. When you become jealous, you are thereby

sowing a seed, fruits of which may have to be borne for many lives to come.

\*\*\*

There is nothing wrong in enjoying worldly pleasures, as long as you remain conscious that these are also created by Beloved Papa. But, to engage yourself in worldly pursuits and then to claim that you are immune to them is not proper. Better to submit to Papa and pray to Him to increase your Ram Nam. Only if Papa increases your Ram Nam can you develop the necessary strength and will-power to resist worldly temptation and stick to your vows.

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### PUJYA SWAMI SATCHIDANANDAJI ANSWERS

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**Question:** I feel that I am short-tempered and don't have patience when things are not going my way. How can I change?



**Swamiji:** We have no patience. We lose our peace. We get angry. We blame others. All these happen because we have no faith that it is done by God's will or that it is done by God for our good. Instead, if we have God-remembrance constantly, we

will be able to feel that everything has happened by God's will only and that must be for our good. Then, either we may keep quiet, or take action as prompted by God at that time. By this practice we will be able to maintain peace always in all walks of life.

**Question:** I seem to breakdown every time I am faced with a crisis - whether big or small. I don't want to feel so intimidated by situations. Please guide me.

**Swamiji:** When crises confront us, instead of being cowed down by them, we should be able to face them bravely, drawing the necessary strength and courage from the Divine within us. For this, chanting of the holy Name of God – any name you like – is the way. By chanting, we will be able to commune with God and that communion will give us the strength. So, start chanting His name, if you have not already done so, and thus remember the Divine seated in your heart, commune with Him and pray to Him. Be sure that He will listen to your prayer.

**Question:** Swamiji, there is one person who is jealous of me even though I have done nothing to harm him and is trying his very best to deride and harm me. I can't understand how to tackle this situation?

**Swamiji:** You say that though you have not done anything wrong, someone is jealous of you and wants to harm you. In most cases this may be only imaginary but, as long as you feel so, you can tackle the situation successfully by loving that person with all your heart and dealing with him or her as if he or she is your closest friend. For this you have to first take away from your mind the idea that she or he is jealous of you. Assert yourself that all are loving you and you should give them back that much love, or even more, in return. This attitude of yours will bring a great change within you and keep you happy and cheerful always.

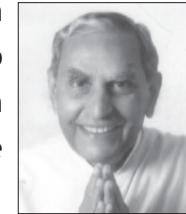
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### KILL FEAR BEFORE FEAR KILLS YOU

*By Dada J P Vaswani*

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I recall the words of American President, Franklin D Roosevelt, who delivered a memorable address on March 4, 1933 when America was facing the worst economic depression in her history.



“Let me assert that the only thing we have to fear is fear itself – nameless, unreasoning terror which paralyses needed efforts to convert retreat into advance.”

In a lesser known, but equally powerful congressional address delivered on January 6, 1941, Roosevelt proclaimed four basic freedoms - of speech, worship, freedom from want and from fear. Significantly, he included 'freedom from fear' as something essential and fundamental to human happiness. He made it clear that fear was one of the greatest enemies of a free nation and free people.

A man who was travelling on a lonely road was set upon by bandits who beat him up severely and robbed him of all his possessions. They bound his hands and feet and dragged him into the dark depth of a forest. Here they gagged him and blindfolded him and tied him with a rope and suspended him from a height.

"You are now hanging over the brink of a giddy precipice," they told him. "The moment you let go of this rope, you will be dashed to pieces on the rocks below." And with those words they left him.

He was filled with terror and clung to the rope which swung this way and that. He gave in to fear as his grip failed, and he fell - barely six inches, and landed on the comforting solidity of mother earth! Quickly he untied his blindfold. The robbers had played a cruel trick on him and left him hanging in fear, so

that they could make good their escape. When he let go, he was not letting go of his life, but only his fear!

"Cowards die many deaths," goes the proverb; "the brave die but once." True it is that each of us has only one life - but how many of us 'die a thousand deaths' in fear and nervousness!

We are told that abstract thoughts such as those which generate fear arise from higher brain centres; whereas impulses that generate physical activity such as walking, exercise and playing games come from the lower brain centres. Surgeons have reportedly devised a surgery by which portions of the frontal lobe of the brain could be removed in an effort to do away with fear and worry. But Mary E Chase tells us that manual labour is "not only good and decent for its own sake, but also for straightening out one's thoughts... To scrub a floor has alleviated many a broken heart, and to wash and iron one's clothes has brought order and clarity to many a perplexed and anxious mind."

An Arabic folk tale tells us that a wise old man travelling on the desert road to Baghdad, met the figure of Pestilence hurrying ahead of him. "Why are you in such a haste to reach Baghdad?" asked the old man. "I am due to take five thousand lives in the city,"



Pestilence replied, before it went away.

Later, on the return journey, they chanced to meet again. "You lied to me," said the old man reproachfully. "You said you would take five thousand lives - but you took away ten thousand instead."

"I did not do it!" Pestilence swore. "I took five thousand and not one more; fear killed the rest!"

*<http://www.speakingtree.in/spiritual-articles/lifestyle/kill-fear-before-fear-kills-you>*

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### DEAR CHILDREN

---

A teenager lived alone with his father, and the two of them had a very special relationship. The father believed in encouragement.

This young man was the smallest of the class when he entered high school. His father continued to encourage him but also made it very clear that he did not have to play football if he didn't want to. But the young man loved football and decided to hang in there. He was determined to try his best at every practice, and perhaps he'd get to play when he became a senior. Even though the son was always on the bench, his father was always in the stands cheering. He never missed a game.

All through high school he missed neither a practice nor a game, but remained a bench warmer all four years. His faithful father was always in the stands, always with words of encouragement for him. When the young man went to college, he decided to try out for the football team as a "walk-on." Everyone was sure he could never make the cut, but he did. The coach admitted that he kept him on the team because he always put his heart and soul to every practice, and at the same time, provided the other members with the spirit and hustle they badly needed. The news that he had survived the cut thrilled him so much that he rushed to the nearest phone and called his father.

His father shared his excitement and was sent season tickets for all the college games. This persistent young athlete never missed practice during his four years at college, but he never got to play in the game. It was the end of his senior football season, and as he trotted onto the practice field shortly before the big play off game, the coach met him with a telegram. The young man read the telegram and he became deathly silent. Swallowing hard, he mumbled to the coach, "My father died this morning. Is it all right if I miss practice today?"

The coach put his arm gently around his shoulder and said, "Take the rest of the week off, son. And don't even plan to come back to the game on Saturday." Saturday arrived, and the game was not going well. In the third quarter, when the team was ten points behind, a silent young man quietly slipped into the empty locker room and put on his football gear. As he ran onto the sidelines, the coach and his players were astounded to see their faithful team-mate back so soon. "Coach, please let me play. I've just got to play today," said the young man. The coach pretended not to hear him. There was no way he wanted his worst player in this close playoff game. But the young man persisted, and finally feeling sorry for the kid, the coach gave in. "All right," he said. "You can go in." Before long, the coach, the players and everyone in the stands could not believe their eyes. This little unknown, who had never played before, was doing everything right.

The opposing team could not stop him. He ran, he passed, blocked and tackled like a star. His team began to triumph. The score was soon tied. In the closing seconds of the game, this kid intercepted a pass and ran all the way for the winning goal. The fans broke loose. His team-mates hoisted him onto their

shoulders. Such cheering you've never heard! Finally, after the stands had emptied and the team had showered and left the locker room, the coach noticed that the young man was sitting quietly in the corner all alone. The coach came to him and said, "Kid, I can't believe it. You were fantastic! Tell me what got into you? How did you do it?"

He looked at the coach, with tears in his eyes, and said, "Well, you knew my dad died, but did you know that my dad was blind?" The young man swallowed hard and forced a smile, "Dad came to all my games, but today was the first time he could see me play, and I wanted to show him I could do it..."

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### THIS TOO WILL PASS

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Once a King called upon all of his wise men and asked, "Is there a mantra or suggestion which works in every situation, in every circumstance, in every place and at every time; something which can help me when none of you are available to advise me. Tell me is there any such mantra?"

All wise men were puzzled by King's query:

- One answer for all questions.
- Something that works everywhere, in every

situation - in every joy, every sorrow, every defeat and every victory.

They deeply thought about it. After a lengthy discussion, an old man suggested something which appealed to all of them.

They went to the King and gave him something written on paper. But the condition was that the King was not to see it out of curiosity. Only in extreme danger, when the King would find himself alone and when there seems to be no other way, only then, would he see it. The King put the papers in his diamond ring.

After a few days, the neighbours attacked his kingdom. It was a collective surprise attack by the King's enemies. The King and his army fought bravely but lost the battle. He had to flee on his horse. The enemies were following him. His horse took him far away into the jungle. He could hear many troops following him and the noise was getting closer. Suddenly the King found himself standing at the end of the road near the ledge of a cliff with a rocky valley thousand feet deep below. If he jumped into it, he would be finished and there was no way to return as the troops were proceeding towards him down the small road. The sound of the enemy's horses was approaching fast.

The King became restless. There seemed to be no way out. Then suddenly he observed the diamond ring shining on his finger; he remembered the message hidden in the ring. He quickly opened the ring and read the message. The message was very small but deep: "This too will pass." The King read it over and over again.

Suddenly something struck him: Yes! This too will pass. Only a few days ago, I was enjoying my kingdom. I was the mightiest of all the kings. Yet today, the kingdom and all my pleasures have gone. I am here trying to escape my enemies. However when those days of luxuries have passed, this day of danger too will pass.

Suddenly he was calm again. He kept standing there. The place where he was standing was breathtakingly beautiful. He had never known that such a beautiful place was also a part of his kingdom. The revelation of the message had a great effect on him. He relaxed and forgot about those following him.

After a few minutes he realized that the noise of the horses and of the enemy following him was receding. They had moved into some other part of the mountains and were not on that path anymore.

The King was very brave. He reorganized his army

and fought again. He defeated the enemy and regained his lost empire.

When he returned to his empire after victory, he was received with much fanfare at the gates. The whole capital was rejoicing the victory. Everyone was in a festive mood. Flowers were being showered on the King from every house, from every corner. People were dancing and singing. For a moment the King said to himself, "I am one of the bravest and greatest kings. It is not easy to defeat me." With all the reception and celebration he saw an ego emerging in him. Suddenly the diamond in his ring flashed in the sunlight and reminded him of the message beneath. He opened it and read it once again: "This too will pass". He became silent. His face was calm again. The egoistic mood passed into that of utter humility. If this too is going to pass, it is not yours. The defeat was not yours, the victory is not yours. You are just a watcher. Everything passes by. We are witness of all this. We are the perceiver. Life comes and goes. Happiness comes and goes. Sorrow comes and goes.

Now as you have read this story, just sit silently and evaluate your own life. Think of the moments of joy and victory in your life. Think of the moment of

sorrow and defeat. Are they permanent? They all come and pass away. Life just passes away. There were friends in the past. They have gone. There are friends today. They too will go. There will be new friends tomorrow. They too will go. There were enemies in the past. They have gone. There may be enemies in the present. They too will go. There will be new enemies tomorrow and they too will go. There is nothing permanent in this world. Everything changes except the law of change. Think over it from your own perspective. You have seen all the changes. You have survived all setbacks, all defeats and all sorrows. All have passed away. If there are problems in the present, they too will pass away, because nothing remains forever. Joy and sorrow are the two faces of the same coin. They both will pass away. Who are you in reality? Know your real face. Your face is not your true face. It will change with time. However, there is something in you, which will not change. It always will remain unchanged.

What is that unchangeable? It is nothing but your true Self. You are just a witness of change.

*Source: Internet*

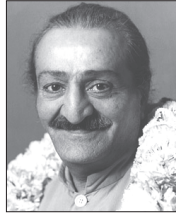
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## DIVINE NATURE OF SILENCE

*By Meher Baba*

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Silence is God's nature. In His formless state in the beyond, silence is absolute and eternal. Silence represents Oneness. Sound represents duality. Sound needs a source and the receiver. As the urge to know - Koham - was latent in the beyond state, the Word was. As the original urge flowed to the beyond state to manifest, Word was also transmitted and manifested along with the urge. As it manifested, it produced sound. Sound then expanded over all creation and permeated through God's journey of evolution from Infinite Unconsciousness to Infinite Consciousness. Sound is the nature of maya. We stay with the sound as long as we are overwhelmed by duality. We resolve back to silence once we experience unity.



Word and sound are signs of unfulfilment; a cry of desires and craving. When an individual is at peace with himself and content within, he finds words irrelevant. Silence signifies completion - perfection. Sound denotes incompleteness - imperfection. Our journey

began with the sound and will end in silence. Sound is not separate from silence. While silence is the nature of God, sound is quest for Self-knowledge. Silence includes sound. Sound, in its diverse expression and effect, was not intended to create chaos. God takes human form to bridge the gulf between silence and sound, activating the immense possibility of silence to bear upon the movement of sound, and restores lost harmony of thought, words and deeds amongst people.

There is fundamentally no antagonism between silence and the word. The origin and invariable end of all words is silence. From silence, we come. To silence, we go. The interregnum is word.

Sound originates from and is dependent on silence though it is allowed autonomy for certain time when it enjoys freedom and a sense of illusory detachment from silence. It traverses through the extremes of opposites such as sorrow and happiness, pain and pleasure until it loses control. Harmony gives way to cacophony and sound degenerates to noise. Ignoring the pure inspiration of his conscience, man uses sound to further impulses of selfish motives, causing commotion and confusion.

Thus, sound loses its moorings. It is not able to withdraw; nor can it absorb itself. Unable to restore harmony in life, it becomes like a faulty siren that goes on and on, causing unbearable irritation.

So, we ignore the silence of God which has been communing with us deep within, everlastingly; and get entangled in the uncontrolled, unguided sound. Being tired of this commotion, man's heart instinctively aches for peace and craves for silence but cannot shut the sound off.

At such times, Avatar, the God-man, descends to bring back harmony in the world, giving sound a new meaning, life and orientation.

To remain silent is to poignantly bring out the meaninglessness of words. Through the power of silence, you can counterbalance sound forces. Avatar is stationed at the fulcrum of the universe. His actions create ripples across levels in creation. Such silence reverberates through the breadth, length and depth of the universe. Unique silence of an Avatar is distinct from that of spiritual seekers, yogis or mahatmas.

<http://www.speakingtree.in/spiritual-articles/mysticism/divine-nature-of-silence>

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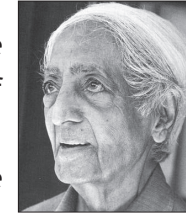
## FREEDOM

*By J Krishnamurti*

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**Question:** What is freedom?

**Krishnamurti:** Many philosophers have written about freedom. We talk of freedom - freedom to do what we like, to have any job we like, freedom to choose a woman or a man, freedom to read any book, or freedom not to read at all. We are free, and what do we do with that freedom? We use that freedom to express ourselves, to do whatever we like.



We have every kind of freedom and what have we done with it. We think that where there is choice we have freedom. I can go to Italy or France: a choice. But does choice give freedom? Why do we have to choose? If you are very clear, perceive purely, there is no choice. Out of that comes right action. It is only when there is doubt and uncertainty that we begin to choose. So choice, if you will forgive my saying so, prevents freedom.

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***Freedom exists only when there is no confusion inside me, when I am psychologically and religiously not to be caught in any trap.***

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The totalitarian states have no freedom at all, because they have the idea that freedom brings about the degeneration of man. Therefore they control, suppress - you know what is happening.

So what is freedom? Is it based on choice? Is it to do exactly what we like? Some psychologists say, if you feel something, do not suppress, restrain or control it, but express it immediately. And we are doing that very well, too well. And this is also called freedom. Is throwing bombs freedom? Just look what we have reduced our freedom to!

Does freedom lie out there, or here? Where do you begin to search for freedom? In the outward world, where you express whatever you like, the so-called individual freedom, or does freedom begin inwardly, which then expresses itself intelligently outwardly? You understand my question? Freedom exists only when there is no confusion inside me, when I am psychologically and religiously not to be caught in any trap - you understand? There are innumerable traps: gurus, saviours, preachers, excellent books, psychologists and psychiatrists; they are all traps. And if I am confused and there is disorder, must I not first be free of that disorder before I talk of freedom? If I have no relationship with my wife, my husband or

another - because our relationships are based on images - there is conflict which is inevitable where there is division. So should I not begin here, inside me, in my mind, in my heart, to be totally free of all fears, anxieties, despairs and the hurts and wounds that one has received through some psychic disorder? Watch all that for oneself and be free of it!

But apparently we have not the energy. We go to another to give us energy. By talking to a psychiatrist we feel relieved - confession and all the rest of it. Always depending on somebody else. And that dependence inevitably brings conflict and disorder. So one has to begin to understand the depth and the greatness of freedom; one must begin with that which is nearest, oneself. The greatness of freedom, real freedom, the dignity, the beauty of it, is in oneself when there is complete order. And that order comes only when we are a light to ourselves.

*Source: Questions & Answers*

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## EPISTLES OF SWAMI RAMDAS

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Beloved Ram,

...Sri Ram, who is infinite love, is the Divine Mother and Ramdas is Her all-trusting child. She is the sole

doer. All the work of love is Hers. She is the abode of harmony, peace, and joy. Ramdas only plays away his time here, as She wills. She makes the child talk, dance and do all things. She tells Ramdas, “O child, it is My power in you and in all beings that causes all activity, movement and change. Yours is only to submit to My will. Be ever a pure, simple child of Mine. You have nothing to hope, nothing to fear, only to rest in My bosom in perfect security, peace and joy.” Ramdas cries out in reply, “O Divine Mother, Ramdas is Thine for ever and for ever.”

Ramdas asked Her about your vision. She says it belongs to Her play. Her Lila is indeed wonderful! This much She gives us to know - that She is all-loving, all-kind and all-good.




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### IN MEMORIAM

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Smt Ponnu Subramanian (aged 86), was called by Beloved Papa on the 27<sup>th</sup> of June in the Ashram. She had been keeping unwell for a few weeks prior to her passing. We pray for Beloved Papa’s blessings on the departed soul for eternal rest at His lotus feet.

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### ANANDASHRAM NEWS

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**15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE:** The total Nama Japa for world peace received in the month of June 2012 is 190 crores. The grand total of the Japa done now stands at 2081crores.

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### FROM THE EDITOR

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The month of August reminds us all of the freedom movement led by Mahatmaji. But unfortunately, the enthusiasm to celebrate the Independence Day on every 15th of August seems to have slowly faded away as years went by. We all should remember that the uniqueness of our freedom movement was that it was totally based upon spiritual values. Along with urging the British to accord political freedom, our leaders also brought about spectacular change in the quality of life giving thrust to patriotism, resorting to peaceful methods, honesty, straightforwardness, simplicity and the like.

It is true that the generation that witnessed the great struggle has quit the scene. But is it not the responsibility of the new generation enjoying the fruits of that movement to perpetuate the spirit of values