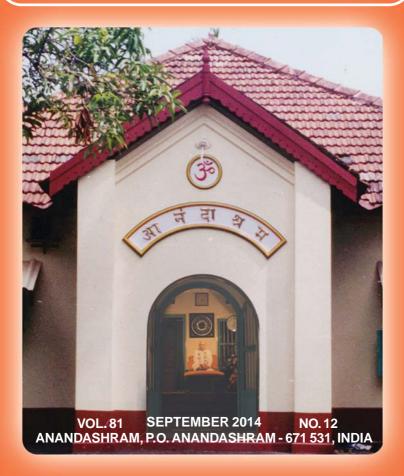


A monthly journal started by HH Swami Ramdas in 1933 DEDICATED TO UNIVERSAL LOVE AND SERVICE





# Om Shi Ram jai Pam jai jai Ram

### YOU ARE THE TRUTH

YOU truly love

When you feel one with all.

Love is the light of the spirit.

Realize the spirit,

And you are filled with love

Get the flower.

And you get its beauty and fragrance.

In colour see harmony,

In light see joy,

In outward form

And in the depths of things

Behold yourself:

You are the Truth.

- Swami Ramdas

Vol. 81	September	2014	No. 12									
CONTENTS												
Invincible Spiritual Po	5											
Words Of Beloved Papa	a Swami Ramdas-		8									
Words Of Pujya Mataj	i Krishnabai -		10									
Words Of Pujya Swami	Satchidanandaji -		13									
Practice And Perfection	on -		15									
Me To We	-		17									
Dear Children	-		18									
The Power Of Kindnes	s -	Ambika Ananth	20									
Ramu, The Bell Boy	-	Swami Shantanand	la Puri 22									
From The Leaves Of 1	The Back Issues -		26									
Epistles Of Swami Ram	ndas -		30									
In Memoriam	-		31									
Anandashram News	-		32									
From The Editor	-		33									

### THE VISION

A Monthly Magazine

### Anandashram

PO Anandashram 671531, Kanhangad, Kerala, India

Phone: (0467) 2203036, 2209477, 2207403

Web: www.anandashram.org Email: anandashram@gmail.com papa@anandashram.org

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please visit: www.anandashram.org

Sep 2014 5

### INVINCIBLE SPIRITUAL POWER

By Swami Ramdas

Human life is a rare gift of God. It can be elevated to the highest eminence by making it dwell in a supreme and all-powerful consciousness in order to produce results beneficial to itself and



to the world at large. Every human life is capable of understanding and realising the great secret origin from which it has evolved and manifested. The moment life is illumined with the knowledge of its omnipotence and immortality, it stands revealed in all its glory, armed with a subtle and invincible strength and power that counteracts evil and establishes righteousness in the world.

Dear reader, such a spiritual power is your immortal possession. You have only to become aware of it and utilise it. Pursue the supreme blessedness of peace and freedom for yourself, and also create in the world an atmosphere of goodwill and harmony. The world, as it is seen today, influenced by the lower nature, is heading towards a course of hate and destruction. At this critical juncture, it behoves everyone of you to gather up the entire spiritual

possibilities of your being and work out, in concentrated thought and deed, a state of things in which the grim and devastating clashes that are imminent are made impossible. The power of the Spirit is invincible. It can stem the tide of every other power that seeks to generate chaos and confusion in the world. You are a veritable store-house of Divine energy. Open the store and let the eternal splendour that burns within you radiate its light out and dispel the deepening gloom in the world.

Man is not mere man. Man is the very image of God, with all the potentialities of that supreme Being. Man is an immortal power of light, love and peace. Declare yourself as this Truth. Make the inherent Divinity of your nature the bedrock of all your thoughts and activities in the world. The passions, incited by ambitions for material glory and fame, spelling disaster to mankind, can be quelled by the superior power of the Spirit. Wherever you be, in whatever situation you are placed, you can develop infinite power to resist and conquer the fury of a calamitous influence that at present aims at involving the world in a carnage of wanton bloodshed, woe and misery.

Do not believe that the material world is the only

reality. Many might tell you that you are only a weak and erring mortal, that you are a helpless tool in the hands of degrading impulses of your lower nature. No, you are the immortal Reality itself imbued with an inexhaustible strength, material as well as spiritual. The greater of the two is the spiritual that dominates over and controls the material.

From the silent Spirit of your being, let waves of unity, love and goodness ever rise as the soothing aroma of the incense. Certainly, it is within your power to convert not only your life but the life of mankind into a heaven upon earth. Thoughts pregnant with universal beneficence, words that cheer and awaken and actions that heal and alleviate are yours.

A great black cloud is at present hanging over the world — a menacing cloud that may break into an unimaginably horrible disaster. Scatter this cloud by the exercise of the omnipotent energy inherent in you. Do not merely sit and watch, but let the great Spirit within you be active. Let it assert its suzerainty and shed on all humanity its rays of harmony and peace. May the Lord within you unite in the common feeling of brotherhood, all the people of this earth and destroy the tendencies that kindle the fire of disorder and devastation amongst them.

### WORDS OF BELOVED PAPA SWAMI RAMDAS

### The Absolute And Relative View-Points

The vast universal manifestation that we see before us is not a creation, but only a projection from the Divine. We have to look at this manifestation



from two standpoints — the absolute and the relative. From the relative standpoint, we as human beings see that there is a law working in the universe which is one of cause and effect. Whatever we do has a reaction on us; if we do good, we get good fruits, and if we do evil, we get evil fruits.

The aim of every one of us is happiness, and this we can get only when we adjust our life according to certain rules which make us free from the reaction that is responsible for our unhappiness. To be free from the tangle of action and reaction, the approach must be to a state which is of eternal happiness and peace. This eternal happiness and peace we call God or Truth. As we approach this goal, we become more and more happy, and as we recede from it, we become more and more unhappy. So it behoves us to adjust the conduct of our life in such a way that we are fit

to achieve this supreme aim and purpose of life, viz. eternal happiness and peace.

When we have attained the supreme happiness and peace and look back to the starting point of our life, we find that we had all along been playing by putting on a veil and pretending that we were far away, or separate from that happiness. The whole play is a Divine play, in which that Supreme Truth, which is all happiness and peace, was all along seeking itself. This is from the absolute standpoint.

All this goes to show that God Himself has put on a mask of ignorance, seeks Himself, and by an apparent evolution from a state of ignorance to a state of knowledge, removes the veil. So the soul that struggles to realise itself is He, and the liberated soul, who is one with Him, is also He. This is an astounding assertion made by those who have realised God. They say: "The sinner is He and the saint is He." In the inner core of the being of both, the saint and the sinner, God dwells. He plays two different parts — one as the sinner and the other as the saint. On the face of it, this declaration seems to be absurd or unacceptable. But this is absolutely true from the view-point of the Divine,

who has become everything and everybody and by whose will everything happens.

### Separateness Only Apparent

The sense of separateness is really not there, but apparently seems to be there. God has become everything and everybody. It is His will alone that prevails. As Ramdas has already said, there are two standpoints to be considered — one the human standpoint and the other God's standpoint. We have to take only God's standpoint as the correct one. Man in his ignorance thinks that he is not Divine, but when he realises that he is so, he finds that the separation was utterly false. It is only a play in which there is the so-called ignorance and the so-called knowledge. In both the cases it is He who plays the two parts, and there is nothing like ignorance or knowledge. Whatever is, is He and He alone.

### WORDS OF PUJYA MATAJI KRISHNABAI

(On 23<sup>rd</sup> of September 2014, we celebrate Pujya Mataji's 111<sup>th</sup> Jayanti. Pujya Mataji was a personification of universal love, service and Guru-seva. May this day be instrumental in



reminding us of these noble ideals that she epitomised, and may she bless us to live up to the teachings of our Guru and thus make our lives blessed.)

My concern these days is only to see how far you all have progressed within, how much you have begun to feel for the sufferings of humanity as a whole and to what extent you have developed in yourselves Vishwa Prem. You normally feel so much for your near and dear ones — you worry no end if they suffer in the least. Do you feel a fraction of that anxiety for the sufferings of humanity as a whole? If not, how are you ever going to realise Papa?

\*\*\*

Our Ram Nam chanting must increase. Whatever effort we are putting in at present is not enough. There is so much violence and chaos in the air. Only Ram Nam can improve the conditions.

\*\*\*

It is most incorrect and unjust for anyone to abandon one's parents and go abroad and live there for the sake of one's own pleasure. Our happiness lies in looking after our parents and making them happy. Such people who neglect their parents know not what lies in store for them due to their gross neglect of their parents.

Papa never asked us to give up our homes, jobs, families, etc. He taught us to approach Him through the chanting of the Guru Mantra, do Dhyana on his Divine attributes and perform Seva to His diffrent forms. Papa told us that we could do all these while living in our home itself. Indeed, if we stick to the chanting of the Guru Mantra, it can give us everything as it is all-powerful.

\*\*\*

We cannot turn God-ward unless and until He Himself wills it. But, we can, on our part, at least repeat Ram Nam.

\*\*\*

If you are to read Papa's books, you will find that they contain answers to all your doubts and questions. If you take even two words of Papa seriously and carry them out faithfully, you will attain Papa's eternal Being. He has made everything so simple and easy for us.

\*\*\*

Do not take to heart if I have scolded you. You should not brood over it. You should take it as a child takes the mother's scolding — for a moment it is affected, and then, it forgets everything and runs to the mother again.

Sep 2014 13

### WORDS OF PUJYA SWAMI SATCHIDANANDAJI

### Expand Your Love-Circle:

When we are engaged in Divine service, we have to remember that our petty prejudices, likes and dislikes of persons etc. have to be sacrificed for



achieving the common goal. Such a sacrifice will help achieve not only the common goal, but also will help purify our mind and prepare us for a nobler and higher life. We all here must feel that we are brothers and accept everybody as ours thus leave nobody out of our Love-circle. This qualifies us to become His dear devotees. The Lord says in the Bhagavad Gita, "Such Bhaktas are dear to Me". Let us become His dear ones and earn His choicest blessings.

If every one maintains a broad and noble outlook, it is certain that Hindustan will be a veritable Heaven on earth. Keep constant remembrance of God. This practice will enable you to realize the truth that we are all children of God and therefore brothers and sisters. This feeling will maintain our unity intact, based on the understanding that we are one family.

May the Lord bless you all with a pure mind and

broad heart so that you may be able to think in terms of the progress and welfare of the entire nation and then bring in prosperity and peace to one and all.

### How To Follow The Spiritual Path:

To follow the spiritual path one should have the aspiration to realise God. Next comes chanting of the Divine Mantra, Om Sri Ram Jai Ram Jai Ram or any name of God even without formal initiation. As we go on practising like this, God will arrange for the initiation at the proper time either by taking the aspirant to the Guru or by taking the Guru to the aspirant.

What is needed for successful Sadhana is the constant remembrance of God. Try to maintain that. While chanting the Name, try to bring to your mind that you are chanting the Name of God who is all-pervading, who has manifested as the entire universe and who resides in everyone's hearts. This practice will purify your mind and enable you to dedicate all your actions to Him. You will also be able to feel that it is by His power that activities in your body as well as in other bodies are taking place and that the real doer is He.

### Basic Approach Of A Sadhaka:

When we are on the spiritual path, it is of no

relevance to us how others are living or how they are making money etc. For a Sadhaka, what is important is to watch his own mind and keep it under control by making it dwell more and more on God in order to attain eternal happiness. The Sadhaka has to look at the world as the Lila (play) of God. God Himself has assumed different forms and He is playing different games. There is no need for us to probe further except to know that it is all His Lila.

### PRACTICE AND PERFECTION

After having won many archery contests, the town champion went to a Zen Master.

"I am the best of all", he said. "I didn't study religion, never sought help from the monks, and succeeded in becoming the finest archer in the whole region. I heard that, for a time, you were the best archer in the region, and ask you, was it necessary to become a monk in order to learn to shoot?"

"No", replied the Zen Master.

The champion was not satisfied; he took an arrow, placed it on the bow, fired it and hit a cherry which was very far away. Smiling, as if to say, 'You might have saved your time, devoting yourself only to

technique...' he said, "I doubt whether you can do that."

Without looking the least bit worried, the Master went inside, fetched his bow, and began to walk towards a nearby mountain.

On the way, there was an abyss which could only be crossed by an old bridge made of rotting rope, and which was almost collapsing.

The Zen Master went to the middle of the bridge, took his bow and placed an arrow on it, then aimed at a tree on the far side of the precipice, and hit his target.

"Now, it is your turn," he kindly told the young man, as he returned to firm ground. Terrified as he gazed down at the abyss below his feet, the young man went to the spot and fired, but his arrow veered wide of the mark.

"That is why the discipline of meditation was worthwhile", concluded the master, when the young man returned to him. He continued, "You may have great skill with the instrument you choose for your livelihood, but it is useless, if you cannot command the mind which uses the instrument."

Source: Sri Sathya Sai Bal Vikas Monthy Magazine, May 2014

Sep 2014 17

### ME TO WE

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." — Maya Angelou

Class: 8; Subject: Social Science; Chapter 2: Kuttanad — The Backwaters and the Life of the People

**Text portion:** Since Kuttanad in Kerala is immersed in backwaters, it was not suitable for cultivation. However, the people there, through their dedicated efforts, made the land cultivable.

**Example:** The childhood days of Olympian P. T. Usha were full of ill-health and poverty. She grew into a national sports person through perseverance and continuous hard work.

Value Co-related: Determination, Courage, Perseverance In line with the following words of Beloved Papa, VITAL, a movement, was initiated by Anandashram to motivate teachers to integrate Constitutional Values into academics.

"We see at present the entire atmosphere seething with unrest and agitation and it can disappear only when the growing generation is guided on the right lines so that they may contribute to the establishment of peace and harmony." — Swami Ramdas

For more details contact: vital4education@gmail.com

### **DEAR CHILDREN**

(A beautiful speech by Sundar Pichai — an IIT-MIT Alumnus and Global Head Google Chrome: The cockroach theory for self-development)

At a restaurant, a cockroach suddenly flew from somewhere and sat on a lady.

She started screaming out of fear.

With a panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach.

Her reaction was contagious, as everyone in her group also got panicky.

The lady finally managed to push the cockroach away but it landed on another lady in the group.

Now, it was the turn of the other lady in the group to continue the drama.

The waiter rushed forward to their rescue.

In the relay of throwing, the cockroach next fell upon the waiter.

The waiter stood firm, composed himself and observed the behavior of the cockroach on his shirt.

When he was confident enough, he grabbed it with his fingers and threw it out of the restaurant.

Sipping my coffee and watching with amusement, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their histrionic behaviour?

If so, then why was the waiter not disturbed?

He handled it near to perfection, without any chaos.

It is not the cockroach, but the inability of the ladies to handle the disturbance caused by the cockroach that disturbed the ladies.

I realized that, it is not the shouting of my father or my boss or my wife that disturbs me, but it's my inability to handle the disturbances caused by their shouting that disturbs me.

It's not the traffic jams on the road that disturbs me, but my inability to handle the disturbance caused by the traffic jam that disturbs me.

More than the problem, it's my reaction to the problem that creates chaos in my life.

Lessons learnt from the story: I understood, I should not react in life. I should always respond. The women reacted, whereas the waiter responded. Reactions are always instinctive whereas responses are always well thought of. A beautiful way to understand LIFE!

### THE POWER OF KINDNESS By Ambika Ananth

I think what the whole world needs now is kindness, not just super intelligence and immense wealth to boast of.

We all teach our children to become successful, to become rich, to become famous, etc, but it is parents' primary duty to teach them to be kind first, before becoming anything else, because the world needs kindness in its entirety right now.

The ethics quotient seems to be at the lowest in people generally, with baser traits like avarice, selfishness, cruelty thriving and flourishing rapidly in minds. Kindness gives a congenial perspective, an overall feeling of benignity in personality, to understand and see the world around with a generous, compassionate, forgiving attitude.

An Indonesian judge by the name Marzuki was sitting in judgement of an old lady who pleaded guilty of stealing some tapioca from a plantation. In her defence, the old lady admitted to the judge that she was indeed guilty of the crime because she was poor and her son was sick while her grandchild was hungry.

The plantation manager insisted that she be punished as a deterrent to others. The judge going through the documents then looked up and said to the old lady, "I'm sorry, but I cannot make any exception to the law and you must be punished accordingly."

The old lady was fined \$100/- and if she could not pay the fine then she will be jailed for  $2^1/_2$  years as demanded by the law. She wept as she could not pay the fine. The judge then took her hat and put in \$100/- into the hat and said, "In the name of justice, I fine all present in the court \$5/- each as dwellers of this city for letting a child starve until her grandmother is compelled to steal to feed her grandchild. The Registrar will now collect the fines from all present."

The Court managed to collect \$350/-, including the fine collected from the plantation manager, whereby the fine was paid off and the rest was given to the old lady! This episode of deep compassion for the other person sprang from the feelings of kindness from within the heart — how one's perspective and understanding changes when thoughts of kindness pervade the mind is clearly seen in this example.

When each and every individual develops a sense of gratitude for what they have, they will develop a

sense of kindness and empathy towards those who do not have — the 'have-nots'. For kindness to take deep roots in the psyche, the seeds must be sown in childhood days, when the soil is fertile, fresh and receptive. Then, automatically thinking kindly about others, acting kindly towards others will become a second nature — it will become an automatic response, not an artificial affected act.

When each family contributes that way by raising kind and gentle children, the community, the country, the whole world will become a safer and saner place which everybody wants to live in without facing daily atrocities of unkindness and sadism.

Source: DHNS, 8th Aug. 2014 issue

### RAMU, THE BELL BOY By Swami Shantananda Puri

Since the time Ramu was a young boy, nine years old, his only job was to ring the bell in the ancient Siva temple several times a day during Puja. His father, grandfather, etc. had all served



in that temple as bell ringers. Ramu had grown in that tradition and from childhood used to love Lord

Siva as his own. Whenever he rang the bell continuously for nearly half an hour each time, he used to forget himself and become one with the resonant sound of 'OM' emanating from the bell, which he used to consider as a form of Lord Siva Himself. He was paid a decent salary and given adequate quantity of Prasad to meet the needs of himself and his family.

In due course, the fame of the temple and the powers of the Lord's Vibhuti (sacred ashes) to cure incurable diseases of people spread far and wide. Not only had the devotees from all parts of India but a number of foreign visitors too begun to throng the temple. By that time, a new Board of Trustees took over the management of the temple. In order to cater to the increasing needs of the elite and educated visitors from various states as also the foreign visitors, they introduced various reforms in the temple. In its wake, they passed an order that all employees of the temple (irrespective of their cadre and nature of job) should be able to converse, read and write English fluently and all the old employees who could not fulfil this requirement were to be retired forthwith with an additional salary for one month as compensation in lieu of notice.

Ramu was now forty years old and had a fairsized family. He was totally illiterate and could not read or write even his mother-tongue Hindi, not to speak of English. He pleaded hard with the authorities to exempt him from the operation of the latest order for learning English. Where else could he get an employment at this age? He did not know any other job or trade apart from ringing the temple bell. The authorities turned a deaf ear to his plea and released him from their employment after paying Rs.100/- as an additional month's salary. Ramu, in sheer despair, went inside the temple and began to rile and rant standing before Lord Siva's statue, "With what devotion and love have I served you in all these years. I had completely surrendered myself to you. Is this the reward I get for my devoted service? Have you no compassion? Have you also imbibed the heart of the stone idol from which you have manifested? How do you deserve to be called "Karuna Sagara" (ocean of mercy)? Fie on me who has been foolishly depending on a God who is not capable of helping anybody."

Ramu started walking aimlessly on Mall Road, which was three kilometeres or so long. He badly wanted to smoke a cigarette, but on the entire road there was

not a single shop where he could buy one. He felt frustrated. Suddenly, an idea flashed in his mind: "Why should I not open a cigarette shop on this road?" He negotiated a small shop on rent and stocked it with cigarettes, bidis, pan-supari, toffees, peanuts, candies, notebooks, ball-pens etc. (for school children). He flourished beyond expectation and within a couple of years opened three or four shops more in various parts of Meerut.

One day, the General Manager of the Bank where Ramu used to deposit his money called for him. With all deference due to a rich customer, he pointed out that several lakhs of rupees were lying in his Savings Bank Account earning a low rate of interest while if a substantial portion of it could be invested in fixed deposits, bonds etc. more interest benefits would accrue to him. Ramu confessed his ignorance about financial matters and agreed to abide by the advice of the banker. Accordingly, the General Manager himself filled up several application forms for distributing the deposits over various investments. He then handed over his Parker Pen to Ramu to enable him to sign the various forms. Poor Ramu humbly returned the pen to the officer as he did not know how to sign his name (being illiterate) and requested him to give an ink pad so that he could put his thumb-impression on all the documents. The General Manager stared at him in disbelief and exclaimed, "As an illiterate you have amassed so much wealth! What would you have been, had you only learnt to read and write?" The simple Ramu replied, "I would have continued to ring the bell in Lord Siva's temple earning Rs.100/- per month." Now Ramu understood that whatever God does, it is for our ultimate good and no master can ever equal Him in His generosity and kindness. Glory be to the ever loving God.

Source: Stories for Meditation

### FROM THE LEAVES OF THE BACK ISSUES

## WORDS OF WISDOM (Based On The Practice Of Presence Of God By Brother Lawrence)

### THE END AND THE MEANS:

- God is the end of all your actions; seek Him and not His gifts.
- Exercises are the means, God is the end; do not forget the end.
- Your sole business in life is to please God; all else is vanity.

- There may be little time left; make the best of it.
- Make an immediate and firm resolution never wilfully to forget Him.
- Strive to know God; the greater the knowledge, the greater the love.
- The whole substance of religion is faith, hope and charity.
- Enliven your faith and persevere in the practice to death.
- You need neither art nor science for going to God, but a determined heart.
- Make one hearty renunciation of everything that does not lead to God.
- Give yourself up to God and seek satisfaction only in doing His will.
- Have no will but that of God.

### THE PRACTICE OF THE PRESENCE OF GOD:

- Establish yourself in a sense of God's presence by continually conversing with Him.
- Every one little remembrance amidst work of any kind is a source of strength.
- It is rude to neglect a friend who visits you, ruder far to neglect the Lover in the heart.
- Humble yourself, ask for forgiveness; give thanks for all.

 Think of Him often: thought leads to knowledge, knowledge to love, and love to remembrance and bliss unceasing.

### PRAYER AND WORSHIP:

- God is nearer than you imagine.
- Prayer is nothing but a source of the presence of God.
- Behold God in your heart as the Father.
- Make the heart a temple and adore Him unceasingly.
- Seek Him not elsewhere.
- Pray not for relief from suffering, but for strength to bear it.
- Pray for grace with perfect confidence.
- God has infinite treasures to bestow: stop not the current of His grace.
- He never forsakes you until you forsake Him.

### CONCENTRATION AND ITS DIFFICULTIES:

- Watch attentively over all your passions.
- Try to be tranquil in all conditions.
- Reckon God as your greatest treasure; the heart will be with the treasure.
- Let God alone possess the heart, empty it of all else.
- Reject all useless thoughts, and return to communion with God.

- Recall the mind as often as it wanders from Him during meditation.
- Let not the mind wander too far at other times either.
- The practice will be painful at first, but blissful in the end.

#### ATTITUDE TO WORK:

- Act purely for the love of God, not to please man. Act as a steward, not as an owner.
- You need not change your work, but should do it for His sake what you do for your own.
- God regards not the greatness of the work, but the love with which it is done.
- All things are possible to him who believes, easier for him who hopes, easier still for him who loves and easiest for him who perseveres in the practice of all these three virtues.

### ATTITUDE TO SUFFERING:

- Be satisfied with the condition in which God places you.
- Suffering becomes sweet when you are with Him.
- Consider sickness as coming from the hand of God, an act of mercy designed to turn the mind inward.

- God is the one Physician for all maladies: rely on no other.
- Put your whole trust in Him and lay aside all fears and cares.

### **EPISTLES OF SWAMI RAMDAS**

### Beloved Ram,

... Your letter gives a brief but masterly survey of the situation in which God has placed you at present. It is well that our intellect clearly perceives the issues and determines the possible avenues of approach to the solution of the tangled problem. But there is a limit to the mere calculation of the intellect. We can truly say of it, "Thus far thou shalt go, and no further". Often our scientific methods, our deep laid plans, and our nicely worked out theories — all go to the winds, swept off by a power beyond our ken, which acts in its own inscrutable ways. Let us not reckon without the host. God is our guide. God is the motive power that drives us to action. What the intellect rejects as impossible is indeed possible in the Divine dispensation. When He chooses, He works miracles and wonders, at which the acute scientist and the exact theorist stand aghast. And then it is, they flounder into the inexorable truth. What insignificant and erring mortals we are!

Let us humble ourselves before the Almighty Lord of the worlds, and pray to Him to use us as He wills, for the service of humanity. Such an occasion He has created for you. Be a mere instrument. Give up anxiety, fear and doubt. Let His Divine energy work in you in its full and irresistible course.

The ideal you are seeking is within you. The perfected harmony and the ineffable peace are within you. The infinite power of God is within you. The eternal purity, wisdom and joy are within you. Be fixed up in the sublime Yoga, union with the great Ideal, and bring a Divine touch to bear upon all your activities. The supreme fiat of Sri Krishna has gone forth: "To action you have the right, but not to the fruit thereof. Therefore fight." So be it with you! May Sri Ram bless you! Love to you all.

### IN MEMORIAM

Swami Narayanananda Giri, known in his Poorvashram as Sri Laxminarayan Shenoy, better known to all Ashram devotees as Shenoy, was called by Beloved Papa on the 30<sup>th</sup> of July in Rishikesh after a massive heart attack. The body was offered to Ganga Ma as arranged by Pujya Swami Padmanabhanandaji of Divine Life Society, Rishikesh.

Shenoy was involved in Ashram Seva for quite a few years and also was serving Pujya Swamiji during his ailment period with all love and devotion.

He then adopted Sannyas in 2009 at Rishikesh.

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Smt Sharada Narayana Iyer (aged 86), the mother of Smt Prema Sharma and an ardent devotee of the Ashram, was also called by Beloved Papa on the 9th of August 2014 in Bangalore. She had been ailing for quite a few months prior to her passing away.

We pray for Beloved Papa's blessings on the deprated souls for eternal rest at HIS Lotus Feet.

### ANANDASHRAM NEWS

15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE: The total Nama Japa for world peace received in the month of July 2014 is 250 crores. The grand total of the Japa done so far now stands at 7685 crores.

Sep 2014 33

### FROM THE EDITOR

We have been told that every individual gets a calling at the time God decides. It can be in the form of kicks and knocks in life, a sight of a saint, hearing discourses from an evolved person, reading the life and mission of such a Mahatma and the like. Then he/ she tries to follow the path shown by the Mahatma. However it should be borne in mind that the outer guidance can take the aspirant only to a limit from where one has to travel alone because each and every creation is unique. Sri Ramakrishna says, "As many men, so many paths." However, proportionate to the intensity in the form of dedication and perseverance, the aspirant will be able to know one's own path.

The path shown by Beloved Papa is the triune path. He says: "Man has intellect, heart and body. He should use the intellect for Vichara, that is, he should discriminate between the real and the unreal so as to give up attachment to the unreal or the perishable things of the world, and meditate on the Real. In the heart he should develop love and devotion for God. With the body he must perform selfless work. Unselfish work will purify his mind, help his meditation and

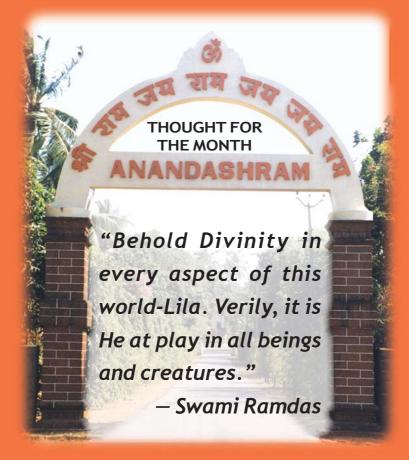
increase his devotion to God. All these three practices must go together. This is called the triune path. There are people who take to any one of these and leave the other two. This is not good. It will be like exercising one part of the body and developing that part only to the exclusion of the rest. That would result in asymmetrical growth." Mataji puts it in a different way, i.e. Nama, Dhyana and Seva. Meaning the correlation of thoughts, words and deeds and directing them towards God. With our lips, we must be chanting His Name and, with our intellect we meditate upon Him and with our hands, we must serve Him in all forms.

As most of us are involved in multifarious activities like taking care of the family, attending to one's profession and in a limited way being involved in social activities we should ensure that the triune path is always at the back of our minds and is the guiding principle for our day-to-day life. How this can be brought about is something which each one has to ponder over and evolve. May He who is prompting us to dwell on these aspects, give us the needed guidance to make the triune path a reality.

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Edited and published by : Swami Muktananda and printed by him through : Latha Unlimited, Mangalore.