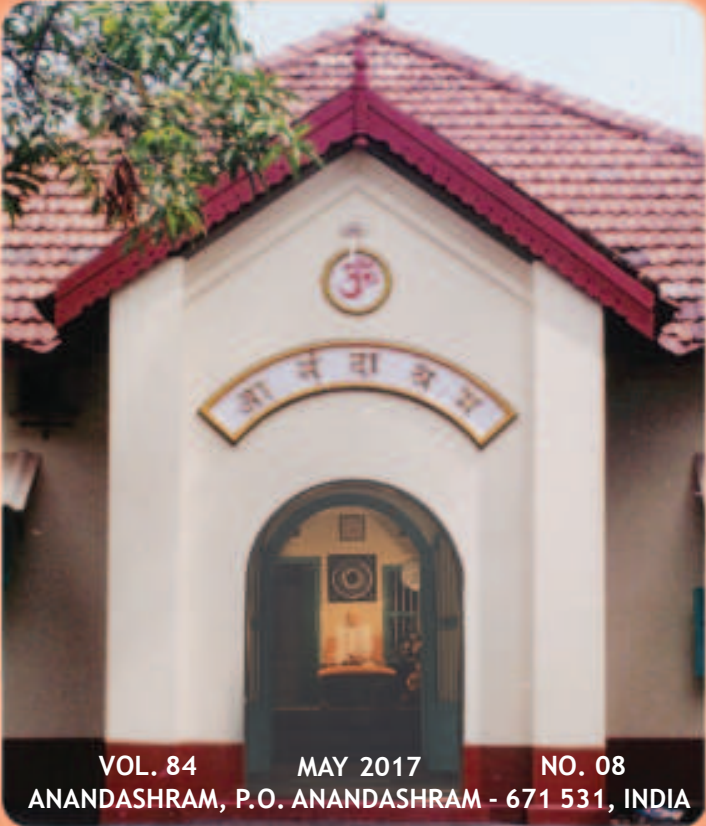




The Vision

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



VOL. 84

MAY 2017

NO. 08

ANANDASHRAM, P.O. ANANDASHRAM - 671 531, INDIA



Om Sri Ram jai Ram jai jai Ram

ॐ श्री राम जय राम जय जय राम

Om Sri Ram jai Ram jai jai Ram

KNOWLEDGE LIBERATES

THE soul caged within the bars of the mind

Flutters for freedom

The soul steeped in mental darkness

Hungers for light.

Freedom is within; light is within.

Change within; then nothing can forge

Fetters on thee.

Wherever thou goest, wherever thou dwelleth,

Whatever thy position, whatever thy circumstance

Thy sense of freedom remains unmarred:

Knowledge of thy immortal Self

Alone set thee free.

— Swami Ramdas

CONTENTS

From The Editor	-	5
Your Beloved Everywhere	- Swami Ramdas	6
Beloved Papa Swami Ramdas Answers	-	9
Words Of Pujya Mataji Krishnabai	-	11
Words Of Pujya Swami Satchidananda	-	13
Health And Happiness	- Dada J P Vaswani	15
Conquering The Mind	- Swami Chinmayananda	17
Restraint Vs Suppression	- Mahatma Gandhi	20
A Positive Mind – Your Greatest Asset	- Swami Chidananda	21
Controlling Thoughts During Meditation	- Sadhguru Jaggi Vasudev	22
How To Purify The Mind	- Acharya Vinoba Bhawe	26
Shaped By Life	-	27
Tea Ceremony	- Osho	28
Dear Children	-	29
Epistles Of Swami Ramdas	-	32
In Memoriam	-	32
Anandashram News	-	33

THE VISION*A Monthly Magazine***Anandashram**

PO Anandashram 671531, Kanhangad, Kerala, India

Phone: (0467) 2203036, 2209477, 2207403

Web: www.anandashram.orgEmail: anandashram@gmail.compapa@anandashram.orgFor free edition of "THE VISION" on the web,
please visit: www.anandashram.org

FROM THE EDITOR

Spiritual aspirants are to treat the mind as a great gift of God because it is through the mind only that the Power behind the mind – God, is made aware of. However it is not that easy to accept it as a gift and turn the mind towards the Source of all sources. The first and foremost thing is to study both the antics and the potentialities of the mind. Then with systematic, regular and committed practice the mind is trained to prioritise inward journey and gradually delve deeper to make efforts to arrive at the true basis of life.

The first objective should naturally be to free the mind from the down-pulling influences that enfeeble the will and lead the individual astray. In this struggle, what is needed is the guidance from Masters as to how they moulded their minds to scale the spiritual heights.

They emphatically want the aspirants to let the efforts to arrive at the Truth set fire to the mind so as to direct all its thoughts towards that eternal Sun of suns – the immortal Spirit of his being. As attempts to tune the mind and heart more and more with God gain momentum, the power of Grace will be felt from

within and to that extent the aspirant will be drawn nearer to the Truth.

This month's issue of THE VISION carries articles of various Masters on the mind vis-à-vis spiritual journey.

— *Editor*

YOUR BELOVED EVERYWHERE

By Swami Ramdas

The mind which constantly contemplates upon God, imbibes into its being His immortality, love and joy. The saying: "As a man thinketh, so he becometh", is eminently true. The individuality conceived of by the mind as a stable and real existence, must, by means of meditation, merge in the universality of God's existence. It is the experience of every aspirant on the spiritual path that the more he devotes the mind to the exalted thought of God, the more he is absolved from its impurities.



The principle is: take in brilliant and elevating ideas, and automatically the low and grovelling thoughts will be purged off. Just as the application of soap removes the dirt of the cloth turning it clean and white, or just as light dispels darkness and illumines space, so also a sustained recollection of God, destroying all the

distempers of the mind, purifies and ennobles life. It is rightly said that one should not unnecessarily exert oneself for subduing the mind, but what one has to do is to dwell in the contemplation of God, and by this method not only purify the heart but also simultaneously fill it with the light, love and joy of God.

Verily, there is no peace for man until his mind is liberated from the clutches of passion, until the wisdom of the Eternal enlightens him.

Therefore, raise your heart, mind, soul and body to the throne of the almighty Lord within you in concentrated adoration and worship. Let the harassing complexity of life be substituted by harmonious simplicity. So regulate your life as to attain to a vision which enables you to be naturally friendly towards all creatures and beings in the world. Let humility be your shield, love your weapon, and a blissful life of service the aim and mark. Don't be satisfied with anything less than the universalisation of your outlook upon life. This is the Atma-Darshan sung of by the sages of yore. It is a supreme state in which the notion of the body, the sense of apparent diversity and the erroneous consciousness of the ego have no place. It is the vision of the pure, resplendent spirit that pervades all beings in the universe. It is a vision of yourself as the indwelling

Reality in all the forms and existences. It is a vision of indescribable ecstasy born of the knowledge of one eternal substratum or Soul that fills and overflows to infinity the world phenomena.

How do you reach the summit of this transcendental Reality? By recollection, contemplation and meditation! Give your thought entirely to God and you are bound to realise that you are God Himself. Before the glory of this attainment, all other aspirations of man are flat and childish. When you can tune your mind with the all-powerful Master of the universe and realise deathless peace, liberation and bliss, is it worthwhile for you to pursue the ephemeral prizes and achievements of the world, however great and glossy they might seem? What a tremendous privilege this human birth is! Human life can have the full value set on it only when it is utilised for achieving the loftiest purpose for which it is meant.

Hence, turn your mind, day by day, towards the immortal source of your life – God. Let your life be more and more filled with Divine effulgence and love. Let your actions flow like a gentle stream singing the melodious song of Divine service. Be gifted with the sight of the sage, and behold your Beloved everywhere – aye, your Beloved everywhere.

BELOVED PAPA SWAMI RAMDAS ANSWERS

Devotee: How to control the mind?

Papa: To control the mind, to still the mind! Oh, it is not a joke. But we have no reason to be disheartened. God or Guru is there always ready to help



and guide us. Seek his help in all humility. Gradually, by meditating on the Supreme Spirit within you, by remembrance and surrender, you will be able to control it and free it from all Vasanas and desires.

During his wandering life Ramdas was devoting all his time exclusively for remembering God. He had Darshan of so many saints who had reached the pinnacle of God-realization. Still his mind was playing tricks sometimes.

He had a tremendous inner struggle to keep the mind down. In his utterances in the Kadri cave, Mangalore, which comprise the last portion of 'In Quest Of God', he has given out his experiences, prayers and struggles at that time.

He used to think of God, pray to Him, bow to Him, and surrender to Him. He found that he had gained peace, and the mind had disappeared. He felt exultant over it. But again the mind came up and the

battle started to put the fellow down. Ramdas then intensely thought of God's attributes and again, there was relief from the clutches of the mind, joy welled up in his heart and he felt that the struggle had ended. In two or three days the fellow was up again. Ramdas again prayed to God. He used to get frantic. You will find the outpourings of his heart in those utterances. That kind of struggle is perhaps common to all spiritual aspirants at one stage or other. In spite of his surrendering so much to God, this was taking place. He asked God, "Why do you still allow these things to be in the mind?" He replied, "Why do you think them to be different from Me? Identify all things with Me; then they will change their faces. Destruction is not possible. Transform them." Then Ramdas said, "You are this. You are that. You are everything. You are everything." Then those things as such disappeared. A new joy arose in the heart. Everything in Ramdas was completely transformed. So, Ramdas tells all, "Identify every object of your thought with God. Let the mind wander. Wherever it wanders, it wanders only in God. Don't try to catch it and put it in one place. Wherever the mind goes, there you are, my God. All thoughts, feelings, impulses, everything is, Yourself."

WORDS OF PUJYA MATAJI KRISHNABAI

Let your thought always dwell on the Guru who is seated in your heart – who at the same time pervades and transcends everything. If any other thought arises in your mind, identify it with the Guru within. Let your prayer always be to realise – to become one with the Guru. Let your tongue constantly repeat Ram Nam. Let your eyes behold the Guru everywhere. Let your hands do every work as an offering to the Guru.



When you feel the pinch of hunger, all other things are easily forgotten or ignored. The same will be the case when your mind is thirsting for God. You will be indifferent about everything else.

Unless and until we get intense desire to realise Beloved Papa, He will not reveal Himself in our heart. If we want to get that keen desire for Papa, we must first dedicate our body, wealth and mind to Him. We can dedicate our mind to Him only if we learn first to offer our body and our wealth in His service.

When I wanted to concentrate on Papa during my Sadhana days, I would bring to my mind Papa's Divine attributes – "Papa, Thou art Eternal, Thou art Infinite" and so on – while chanting Ram Nam with my lips. When I found that my mind was still wandering and thoughts kept pressing in, I earnestly prayed to Papa not to allow any thoughts to come into my mind and to let me concentrate on His Eternal Swaroop. Only Papa can give us stillness of the mind because His main quality is absolute stillness and void. When I had prayed like this to Papa, Papa shut my mind to all thoughts coming from outside and made it still.

If your mind dwells on the Divine attributes of Beloved Papa, it will lend strength and power to your Ram Nam and help you to see Papa in everyone around you.

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.

The power of Naam, Dhyana and Seva helps you to make your mind empty – free of thoughts so that you can merge into Papa's Swarup which is also Void.

WORDS OF PUJYA SWAMI SATCHIDANANDA



Sadhana removes dirt from mind:

It is not possible with our gross mind to understand the mysteries of life. The mind has to be made purer and purer and therefore more and more subtle by proper Sadhana. Only then subtle things happening in life can be grasped. Then the experience comes and you realise your true being and existence. This realisation solves all problems.

We should not forget that we have been accumulating dirt in our mind by way of Vasanas, Karmas, thoughts, desires etc. and that by Sadhana alone all these layers of dirt have to be gradually washed off. In that process when we engage ourselves in daily activities, we also add to the dirt. So the process of cleaning goes on slowly. Some blessed souls, like Beloved Papa, Mataji and Ramana Maharshi, who took birth with almost a clean slate, found immediate results in their Sadhana, but many others have to struggle for years to complete the process of purification.

Mind-control by Nama Japa:

By chanting Ram Nam constantly with all love and devotion, the mind can be brought under control.

While chanting, keep the mind contemplating on God as the all pervading Reality, as the entire manifestation and as seated in everybody's heart.

After a few minutes' chanting, you can address God: "Oh Lord. You are the Absolute, all-pervading Existence, You have manifested as the entire universe i.e. every form in the universe is Yours, and You are seated in my heart. Please reveal Yourself in my heart". Again go on chanting the Mantra, often remembering this prayer.

As Beloved Papa used to say "The more we love God, the better will be our concentration." Ultimately our love for God should be absolute i.e. we should love God more than we love anything in the world. To get such love, again prayer to Him is the only way.

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.

HEALTH AND HAPPINESS

By Dada J P Vaswani

Questioner: You have said that all sin and suffering have but one source: man's denial of his own Divinity. Why do we deny our Divinity?



Dada: Because of ignorance, Avidya. That is the product of Maya. We think we are children of Maya, not children of the Spirit. How many of us know that we are spiritual beings? We have been given the human birth to realise that we are immortal. The purpose of the human birth is to grow in the realisation that we all are the Immortal Soul.

Questioner: Yet, there is so much scepticism in people.

Dada: That's because of the period we are living in, the Kaliyug. The mind is the guru of the modern age. And the mind is analytical. We don't need analysis, we need synthesis. We have to go beyond the mind. We are all in the clutches of the mind, which is why people find it so difficult to meditate.

Questioner: So is there a prescription to still the mind?

Dada: Yes. I can think of three ways. One is self-

enquiry. What am I in essence? One great teacher was Maharshi Ramana, of Tiruvannamalai. His Sadhana was very simple. He would tell his disciples “Go sit in a silent corner and keep on asking yourself the question ‘What am I?’” – over and over again. And one day from the depths within, the answer will come “I am the Atman”. This concept is easy to read in a book, but it has no effect at all. You have to realise it yourself.

The second way is selfless service. Serve people without expecting anything in return, not even a word of thanks. No acknowledgement at all. “It is my offering to the Cosmic Spirit. But it is very difficult. The thought comes in “I am serving, he is not serving”. That spoils the whole thing.

The third is self-surrender. Self-surrender is the easiest. “Hari, Main Jaiso Taiso Tero”. God, I come to you as I am, accept me and take me across.

Questioner: I can’t think of any more questions. You have said so many things. There is so much food for thought.

Dada: Once again, I too have heard it, as you are hearing it. I have not said it. I am one of the listeners.

Source: <https://completewellbeing.com/article/j-p-vaswani-on-health-and-happiness/>

CONQUERING THE MIND

By Swami Chinmayananda

Our attachment to the objects makes the objects powerful, and then the objects come to rule over our mind. He, who is seeking to master his mind, must therefore learn to live without



entangling himself in the endless meshes of attachments by which his personality gets irretrievably bound to the objects and beings around him in his life.

Thus, when the seeker gets attached to the goal of conquering his mind, all his other fascinations automatically end and completely drop out of him. The more his attachments to the external objects, he now realizes, the more wild and uncontrollable his mind will be. The very goal he has now chosen, the conquest of his mind, helps him to curtail, regulate control, and ultimately annihilate all his clinging attachments to the world outside.

Man clings only to things that he understands contain some joy for him. Thirst for happiness is natural with every living organism in this universe. The murderer expects happiness for himself after the killing of his enemy; the drunkard believes that his happiness

is in his bottle; the devotee finds his happiness in his prayers; the poor in searching for crumbs, and the rich and the powerful in trying to gain economic and political domination over the whole world, all are seeking their individual fulfilment in happiness.

This thirst (Trishna) is a built-in urge natural to all thoughtless men. A little quiet contemplation and self-enquiry can reveal that the outer objects do not contain what we are demanding, and that our demand is not really for these objects. Yet, all of us dissipate our energies in this futile, mad quest, with quixotic fervour, consistent foolishness, and charming idiocy. We refuse to think.

When our anxious demand to master the mind reaches its peak, a sincere and deep urgency comes to assert itself to accomplish, as quickly as possible, this release of our individuality from the suicidal tyranny of our own mind. This anxious urgency is called Shradhdha. As a seeker cultivates himself, and grows in his depth, he discovers in himself an endless enthusiasm to put forth any amount of joyous efforts at mastering his mind.

Once we generate in our heart a certain amount of this spiritual enthusiasm, we can readily remember our chosen goal constantly.

The capacity of the mind to entertain consistently one idea, to the exclusion of all dissimilar thought, is called concentration. Concentration is the secret weapon which we must have to storm the citadel of Truth; but this weapon in an impure heart may convert all its successes into a suicidal self-annihilation. Therefore, we must cultivate the ethical and moral virtues side by side. Thus, friendliness towards happy ones, kindness towards unhappy ones, joyous enthusiasm towards the virtuous and the righteous, disregard towards sensuous sinners, are prescribed as the healthy attitudes to be cultivated and maintained by all seekers.

By bringing up our personality in this way, we can spiritually grow and gather more and more steadiness of mind, called purity of the inner-equipments. Without a steady mind spiritual explorations are indeed impossible.

Friendliness, kindness, etc. are values of right relationships; when practiced for a sufficiently long time they will lead the intelligent seeker to discover in himself a more steady mind on his contemplation seat. In a purified mind the power of concentration becomes more dynamic and greatly creative.

All meditation is our sincere effort to capture and destroy the Chittam (the outward-running thoughts).

When the mind is not engaged in any object, how can thoughts (Chittam) manifest on the empty horizon of the mind? The engine of the mind functions on the oil of perception, and so, cut off this steady supply of vitality to the mind by not cooperating with the mental dancing and not lending them the grace of life by our identification with them (A-Bhava). When thus stripped off, the mind dries up and withers away! Mind disappears into the vision of the great grand fulfillment, the Divine.

Source: <http://www.chinmaya.org.nz/>

RESTRAINT VS SUPPRESSION

By Mahatma Gandhi



It is harmful to suppress the body if the mind at the same time is allowed to go astray. Where the mind wanders, the body must follow sooner or later. It is necessary to appreciate one distinction.

It is one thing to allow the mind to harbour impure thoughts, it is different thing altogether if it strays among them in spite of ourselves. Victory will be ours in the end, if we do not co-operate with the mind in this evil process... Hence the body must be immediately taken in hand and then we must put forth a constant endeavour to bring the mind under control. We can

do nothing more, nothing less.

Restraint never ruins one's health. What ruins one's health is outward suppression. A really self-restrained person grows every day from strength to strength and from peace to more peace. The very first step in self-restraint is the restraint of thoughts.

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well. There is nothing more potent than thought, word follows thought and deed follows word. The world is the result of a mighty thought, and where the thought is mighty and pure, the result is always mighty and pure.

Source: Pathway To God

A POSITIVE MIND – YOUR GREATEST ASSET

By Swami Chidananda

Mind has been given to us in order to conquer everything, conquer Maya. What was the strength of mind of Nachiketas? What was the strength of mind of Markendaya, of Savitri, of Bhagirata, of Mira? What was the strength of mind of all those great ones who achieved anything whatsoever? What was the strength of mind of Prince Siddhartha



(Buddha)? He proved to us that such a state of mind is the one thing desirable, the one thing necessary, the one thing that shows the wisdom within you to overcome everything. Each one has this potential.

Mind, therefore, is your greatest asset, your greatest wealth. By some aberration, by some mistake, it has been rather regarded as a problem. It has not been properly understood. You may even consider it to be your greatest problem. If so, you have to convert it into an asset, because it is an asset. It has not been given to you to be a problem, but, on the contrary, it has been given to you to be utilised as the greatest thing that has ever been given to a being, for it throws wide open the portals to liberation and perfection. Mind is the one great endowment of the Universal Soul to the individual being. Mind is the endowment that makes man God. May you use it in a wise and positive way and become blessed!

Source: Ponder These Truths

CONTROLLING THOUGHTS DURING MEDITATION

By Sadhguru Jaggi Vasudev

Question: Namaskaram. During the practice of Kriyas, there is always this challenge of thoughts entering my mind. I'm trying hard to keep them away

and focus on the Kriya, but this doesn't really work. How to control our thoughts during meditation?

Sadhguru: You are focusing hard and trying to banish the thoughts, and they are not going away. This is the nature of the mind, but it looks like you are very prejudiced against your mind. When you are doing your Kriya or your meditation, you don't mind if your kidneys or your lungs are functioning or if your heart is beating. You don't mind all the other processes in the body – only your brain should not function! The notion that if you do something spiritual, your brain should stop working is simply wrong.

Your thoughts are just the smells – either fragrance or stink – of the stuff that you carry within you.

What is happening in your liver and kidneys is a lot more complex than the thoughts that you generate. If the activity of your organs does not disturb you, why do your thoughts disturb you? Because you think you are your thoughts. When you think, you don't see it as “my thoughts” – you say, “I think so.” Because you are deeply identified with your thought process, it is bothering you. You are not identified with your kidneys unless you have a kidney problem. If they function normally, most people do not even feel if they have kidneys or not. Kidneys are a device – they are

functioning so efficiently we can forget about them.

You are identified with something that you are not. Once you are identified with something that you are not, you cannot stop the mental process – it will just go on endlessly. It is like when you have eaten bad food, gas will develop. You cannot stop it with a wine cork. You just have to stop eating bad food.

The bad food for you is, right now you believe yourself to be things that you are not. The moment you identify yourself with your body, your thoughts, your emotions, and many other things around you, the thought process will be endless. People think that is how the mind is. That is not how mind is, or rather, that it is not how it is supposed to be.

First stop giving the brain bad food – feed it with Truth, not untruth. We are in the hands of Truth. We don't have Truth in our hands. We have a complex bunch of lies in our hands. If you keep down all the things that you believe, all the things that you have made up, you will see, if you sit here, your mind could be simply empty. If it is empty, what is the use? The use is it can reflect the whole cosmos. Otherwise, it is quite comic. This is the choice – you can make your mind into a comical place or a cosmic space. For it to become a cosmic space, you must keep all the

lies down – then Truth will flourish by its own nature. The absence of falsehood is Truth.

Do not be concerned about your thoughts. Above all, do not try to stop them. Let them happen like the activity of your kidneys is happening. Not everything in your kidneys is clean. Not everything in your brain is clean either – what is your problem?

Do not discriminate between good and bad thoughts. There are no good and bad thoughts – there are just thoughts. Your thoughts depend upon what kind of garbage you have – that kind of smell will emanate. Today's smell depends on yesterday's garbage. It depends on what you threw into the bin. If you watched a movie yesterday or something else happened, today, that will come back to you again. Do not judge your thoughts – it is just rubbish. They are not even real.

Do not bother about your thoughts or about how to control your thoughts. Depending upon what is there inside today, thoughts will flow. There is no significance or consequence to this. You just need to do the Kriya – do not do the thoughts. Whether you try to remove them or to have continuous thoughts or 108 sacred thoughts during meditation, you are still trying to do the thoughts. The kidneys will do their own thing; the

liver will do its own thing; the brain will do its own thing; you do the Kriya – that is all.

Source: <http://isha.sadhguru.org/>

HOW TO PURIFY THE MIND

By Acharya Vinoba Bhave

I have found a solution to overcome individual problems in Dhyana. The idea is not to see others' faults, as well as our own faults. There are innumerable faults out there, but there has to be at least one good quality in everyone. God has not created a single human being who is bereft of a single good quality (virtue). Have you ever seen a house without a window or a door? In the form of a good quality, God exists in everyone.



Compassion, love, enthusiasm, kindness, adventurousness and a forgiving nature are some of those good qualities. So I decided to observe my own good qualities, and found that I was compassionate by nature. So I must constantly accentuate and augment this quality so that I can increase its scope and depth. I must be more compassionate today than I was yesterday; this should be everyday's practice. By practising it every day, I increase the potency of my compassion.

Saint Eknath said, “Think of God wherever the mind may wander.” Suppose you see tomatoes in the field, and a desire to eat those crops up in your mind. Then eat the tomatoes, taking them verily as God Himself. Whatever appears before you is in reality God Himself. Due to devotional association, one can see God in everything. So, keep your mind under constant vigilance. Once the mind is aware of this vigilance, it will keep quiet.

Source: Where Silence Speaks

SHAPED BY LIFE

While visiting Mexico, I went to a glass factory. Fascinated, I watched the artisans take a long, narrow tube and insert it into the molten glass until a large blob formed at the end. Before the glass could cool and harden, the artisan blew into the tube and twirled it, hollowing out the center and shaping the glass into a variety of forms. We are like that glass – we come into the world unformed, unshaped, with only our essential nature. Then, the world around us begins to shape and mold us – to conform us to it – and it is necessary for our survival that we learn from this shaping. There comes a time though when, like the vase, we are fully formed. As adults, we find ourselves filled with attitudes, beliefs, and habitual behaviors, and with a consciousness based

on our interpretations of our shaping. Much of this mental and emotional content is healthy, but some of it is limiting and demeaning. When we continue to hold onto the unhealthy content, not only are we affected, but so is everyone around us.

We can change by forgiving, making amends, and affirming the new. We have the capacity to consciously choose to change our inner content – let it go – to transform it into a blessing rather than a curse. Forgiveness is not about believing that what happened was okay. It is about a conscious emptying of our past thoughts and emotions so our future will not be limited by them. Forgiving is not about healing the past, it is about healing our future.

In this moment, I am aware of the good in my life as it flows from the Good of God. I empty myself of false ideas and images of life. I move forward filled with a consciousness of God's abundance, joy, and peace within me.

Source: The Science Of The Mind

TEA CEREMONY

By Osho

Zen people sip tea, and they call it a tea ceremony. Sipping tea can become spiritual. How does it become

spiritual? To those people who have not looked into reality in any way it looks simply absurd. Sipping tea? How can it become religious? Yes, if you are chanting God's name, maybe it is religious. If you are praying, fasting, maybe it is spiritual, but sipping tea? How can it be religious or spiritual? The Zen people say if you can sip tea with an absolutely undivided mind, so that the tea and the sipper of the tea are no more divided, it becomes one energy, there is so much silence, one is relaxed – and if you cannot be relaxed while sipping tea, where else can you be relaxed? – a cup of tea can become a cup of prayer. Then anything can become spiritual. Digging in the garden, looking after the trees can become spiritual. Anything whatsoever can have the spiritual quality because the whole existence is God. You just have to become aware of it. A relaxed awareness makes everything spiritual.

Source: The First Principle

DEAR CHILDREN

Once upon a time there lived a king who despite his luxurious lifestyle was neither happy nor content. One day, the king came upon a servant who was singing happily while he worked. This fascinated the king; why was he the supreme ruler of the land

unhappy and gloomy, while a lowly servant had so much joy. He asked the servant, “How are you so happy?”

The man replied, “Your Majesty, I am nothing but a servant, but my family and I don’t need too much, just a roof over our heads and warm food to fill our tummies.”

The king was not satisfied with that reply. Later in the day, he sought the advice of his most trusted advisor. After hearing the king’s woes and the servant’s story, the advisor said, “Your Majesty, I believe that the servant has not been made part of ‘The 99 Club’”.

“The 99 Club, what is that?” the king inquired.

The advisor replied, “Your Majesty, to truly know about ‘The 99 Club’, all you have to do, is place 99 gold coins in a bag outside this servant’s doorstep. You will then see what happens...”

The next day, when the servant saw the bag outside the door, he took it into his house and opened it. He let out a great shout of joy on seeing its contents, “Wow! So many gold coins!” He began to count them. After counting it several times, he was at last convinced that there were 99 coins. He wondered, “What could’ve happened to that last gold coin? Surely, no one would leave 99 coins!”

He looked everywhere, but that last coin eluded

him. Finally, exhausted, he decided that he was going to have to work harder than ever to earn that 100th coin and complete his collection.

From that day on the servant's life changed. He was overworked, horribly grumpy and rebuked his family for not helping him make that 100th gold coin. He felt so unhappy all the time that he stopped singing while he worked.

Witnessing this drastic transformation, the king was puzzled. When he sought his adviser's help, the advisor said, "Your Majesty, the servant has now officially joined 'The 99 Club'". He continued, "'The 99 Club' is a name given to those people who have enough to be happy, but are never content because they are always yearning and striving for the extra '1'. They keep telling themselves: "Let me get that one final thing and then I will be happy for life."

We too can be happy with very little in our lives; but, the minute we are given something bigger and better we need to watch out for our monkey minds which may want even more! We lose our sleep, our happiness! We hurt the people around us. All these are the price we pay for our growing needs and desires.

EPISTLES OF SWAMI RAMDAS

Beloved Ram,

...Be always patient, believing that all the situations in which God places you are intended for your good. Let your prayer to Him be, that He grants you a ceaseless remembrance of Him in the midst of life's activities...

Do not confuse your mind with reading all kind of religious literature. Read only Bhagavad Gita. Court only the society of saints who are filled with wisdom coupled with devotion. Do not eschew the usual work that falls to your lot in the worldly life. Do all such work as Sadhana itself, as pure service to the Lord...

Be sure that for taking your boat across the ocean of illusion, the Almighty Sailor is near you, and in you; His grace is ever pouring on you...

In truth, know once for all, that all movements and activities of your mind, senses and body are illumined only by His Divine Shakti.



IN MEMORIAM

- ◆ Sri C Lakshminarayana Rao (aged 91 years), an ardent devotee of the Ashram since several

decades, was called by Beloved Papa on the 17th of October 2016 at Krishnagiri, near Bangalore.

- ◆ Smt Snehalata Gupta (aged 70), the youngest daughter of Sri Sagarlal Gupta, was also called by Beloved Papa on the 3rd of April 2017. All members of Sagarlal Gupta family have been deeply devoted to Beloved Papa, Pujya Mataji and Pujya Swamiji since the early 1950s. They have also been closely associating with the Ashram activities ever since.
- ◆ Smt Gomati Narayanaswamy (aged 94), an ardent devotee of the Ashram since several decades and was also an inmate of the Ashram, also dropped her mortal coil on the 13th of April 2017.

We pray for Beloved Papa's blessings on the departed souls for eternal rest at HIS lotus feet.

ANANDASHRAM NEWS

15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE: The total Japa received in the second round of the 15500-Crore Nama Japa Yagna for World Peace in the month of March 2017 is 250 crores. The grand total of the Japa done so far now stands at 15665 crores.

Spirituality can be broadly taken as a journey from self-centredness to selflessness, i.e. from the individual to universal. By praying for world peace, Pujya Mataji

wanted us to develop a sense of connectedness with the larger world. In the month of March 2017, Beloved Papa made it possible to complete and exceed the target for the second phase of the Yagna.

Pujya Mataji, in late 1970s, initiated the Nama Yagna for world peace with the target of 15500 crores. She said, “My earnest prayer is that the Japa should exceed the target and continue with all love, devotion and zeal until peace and happiness is established on the earth and in the hearts of all.”

By HIS prompting, innumerable devotees have been taking part in the Yagna enthusiastically ever since then. In line with her Sankalpa, the third round of the 15500 Nama Japa Yagna for World Peace has been initiated from April 2017 onwards. We once again appeal to the readers to enthusiastically join and enlist as many participants in this Yagna as possible, so that Pujya Mataji's Sankalpa may soon become a reality.

INCOME TAX EXEMPTIONS: As per the Amendment of The Finance Act, 2017, w.e.f. 1-4-2017, donations made in cash exceeding Rs.2000 will not be eligible for deduction under Section 80G of the Income Tax Act of 1961. However, donations exceeding Rs.2000 made by cheque / DD / RTGS / NEFT etc. are eligible for deductions under section 80-G of Income Tax Act 1961.

LIST OF ASHRAM PUBLICATIONS

ENGLISH			MALAYALAM		Thus Speaks Ramdas	30
Arati Book	50	In The Cave	15	Arati Book	10	
At the Feet of God	50	In the Vision of God *		Bhagavad Gita*		TELUGU
Call of the Devotee *		Swami Satchidananda	5	Dive Deep Soar High*		Arati
Cherished Memories	25	The Sayings of Ramdas *		Guru's Grace *		At the Feet of God *
Dive Deep Soar High *		Thus Speaks Ramdas	10	In Quest of God	40	Call of the Devotee
Gospel of Swami Ramdas I & II *		World is God	90	Jnaneswari	300	Dive Deep & Soar High
Gita Sandesh	25			Swami Satchidananda *		Gita Sandesh
Glimpses of Divine Vision	30	HINDI		Viswamata Krishnabai	30	Glimpses of Divine Vision *
God Experience I & II Set	115	At the Feet of God	20	At the Feet of God	25	God Experience I & II Set
Guru's Grace	55	Gita Sandesh	25	Gita Sandesh*		Guidelines *
Hanuman Chalisa	25	Guru's Grace	40			Guru's Grace
Hints to Aspirants *		In Quest of God *		MARATHI		Hints to Aspirants
In Quest of God	60	Swami Ramdas on Himself	35	Guru Krupa *		In Quest of God *
In the Vision of God	120	Swami Satchidananda	12	In Quest of God *		In the Vision of God
Krishnabai	30	The Pathless Path *		Prem Sudha	6	Mundane to Spiritual
Mundane to Spiritual	100	Thus Speaks Ramdas	15	Prem Sudha (with English)	30	Passage to Divinity *
Passage to Divinity *		Vishwamata Krishnabai *		Swami Satchidananda	30	Ramdas Speaks Vol I & V Set
Poems	50	Call of the Devotee	35	Thus Speaks Ramdas *		Stories by Swami Ramdas
Points to Ponder	30	God Experience Vol I & II				Swami Ramdas on Himself
Ramdas Speaks I*, II* to V Set	225			TAMIL		Swami Ramdas' Talks
Shraddhanjali	25	KANNADA		Arati Book	10	Swami Satchidananda
Stories as told by Ramdas	60	Anandashram Bhajanamrutha	35	At the Feet of God	35	The Sayings of Ramdas *
Swami Ramdas on Himself	25	Arati Book*		Gita Sandesh	35	Thus Speaks Ramdas *
Swami Ramdas' Talks *		At the Feet of God	20	Glimpses of Divine Vision	30	Vishwamata Krishnabai
Swami Satchidananda *		Gita Sandesh	25	Guru's Grace	50	
The Divine Life I & II * Set	45	God Experience Vol 1	50	In Quest of God *		ORIYA
The Pathless Path *		Gospel of Swami Ramdas *		In the Vision of God	100	In Quest of God
The Sayings of Ramdas	25	Guidelines *		The Sayings of Ramdas	30	
Thus Speaks Ramdas	20	Guru's Grace	35	Viswamata Krishnabai	40	FRENCH
Viswamata Krishnabai	30	In Quest of God	40	Hints to Aspirants	30	Thus Speaks Ramdas *
With my Master	35	In the Vision of God I & II *				Guru's Grace
With Divine Mother I to III Set	85	Ramdas Speaks I to V Set, I*, II*, III *48				
World is God *		Stories as told by Ramdas *				
Srimad Bhagavata *		Swami Ramdas' Talks	12			
		Swami Satchidananda *				
GUJARATI		The Pathless Path *				
Glimpses of Divine Vision *		Viswamata Krishnabai	15			
In Quest of God	50	World is God *				

(*) denotes books out of print.

NOTE: 1. Packing and Postage Extra;

Payments may be made by MO or DD favouring "ANANDASHRAM PUBLICATIONS"

payable at Anandashram PO 671531, Kanhangad, Kerala

2. GUJARATI books are available with Shri Ramkrishna Seva Samiti, Shri Ramkrishna Kendra, L G Hospital Road, Maninagar, Ahmedabad 380008.

(Telephone Number 079 25430031)

R.N.: 3047/57 || Registered: KL/KSZ/8/2015-17
Lic. No. KL/PMG/NR/WPP/1-1/KSZ/2015-17
Licensed to post without prepayment
Date of Publication: 01/05/2017



**THOUGHT FOR
THE MONTH**

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.

– Swami Ramdas

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