

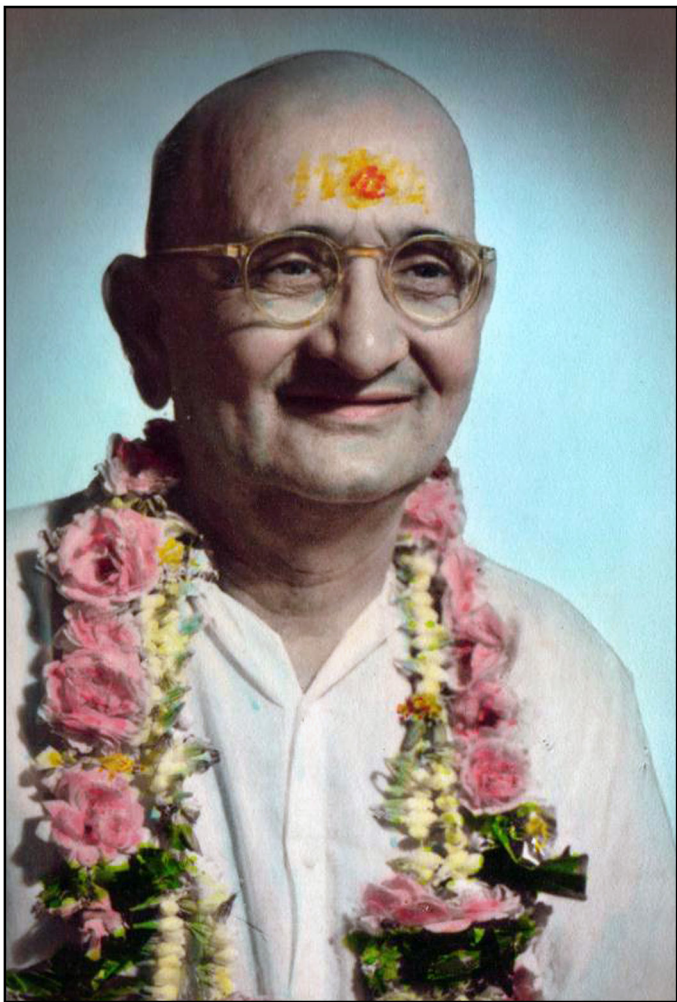
Rs. 40/- ANNUAL



# *The Vision*

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





**Beloved Papa Swami Ramdas (1884-1963)**

*Om Sri Ram jai Ram jai jai Ram*

ॐ श्री राम जय राम जय जय राम

*Om Sri Ram jai Ram jai jai Ram*

## JOY, BEAUTY, PEACE

**I** am the sun,  
Joy is my being,  
Love are my rays,

I shine on all.

I am the flower,

Beauty is my being,

Fragrance is my breath,

I shed it on all.

I am the rainbow,

Peace is my being;


Charm I reveal,

To enchant all.

— Swami Ramdas

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## FROM THE EDITOR

hough THE VISION for the month of July 2019 carried articles on PEACE, it is keenly felt that the need of the hour is to do some more exploration to deeply understand that peace is inherent in all of us. Everyone will agree that peace is something which is knowingly or unknowingly very much sought after by all of us in our daily life. Though we have intellectually understood that revelling in peace is purely an internal state of experience, the mind, which is habituated to seek it outside, can be brought back only with the help of hints and clues given out by spiritual masters based on their inner study, research and experience. Hence, THE VISION for the month of August 2019 again brings out more such inputs on the same subject by Mahatmas.

In one of his articles, our Gurudev Beloved Papa Swami Ramdas wrote: “All World teachers unanimously declare: ‘O man, if you want peace for yourself and for others in the world, adjust your conduct in accordance with the law of love dictated by the Cosmic Spirit. Expand your vision so that it can embrace all fellow-beings and link them to yourself by love, sympathy and goodwill.’”

To adjust our conduct in accordance with the law of love is to realize the inherent peace by harmonizing the internal and external forces towards this goal. Bertrand Russell, an agnostic thinker, in his book 'The Conquest of Happiness', states that you can get happiness when you have three integrations achieved in your life: **'Integration between you and society; integration with the nature outside; integration with your own mind'**.

That means, the above is made possible only by practising to accept every situation cheerfully in our life without choosing one thing rather than another and as ordained by the Supreme Power. Thus, we can gradually eliminate the self-will which is the main roadblock in realizing the peace within. Cheerful acceptance of, instead of the blind resistance to, changing situations in life is the key to unlock the treasure-chest of inherent peace. In other words, how to say 'yes' instead of 'no' to every turn of events is a quintessential precept we need to learn, practise and live by. All our spiritual disciplines should ultimately lead us to this ideal.

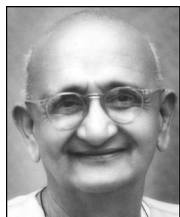
We hope and pray that He, the dispenser of all individual and universal happenings, may enable us to scale this summit.

— *Editor*

# PEACE

By Swami Ramdas

**D**our search is for peace. Peace is an internal state of the soul acquired through the realization of the highest Truth, which is inherent in every human being. Peace relates to the Eternal. The transient and the ephemeral things of the world are incapable of granting peace. If you would have peace, turn your mind to the immortal source of your life — the deathless and changeless Reality. By constant contemplation and meditation, tune your thought to this Reality, ultimately sublimate it into that Divine existence and thereby attain to a peace which knows no change.



God is peace, Truth is peace. So be the devotee of God, if you long for peace. Live and act for the sake of this peace and having possessed it, spread its cooling radiance around, bathing all about you in its blissful floods. First, gain the God of peace for yourself. Be liberated from the clutches of a restless spirit which has thrown the soul into darkness and chaos.

Raise every thought and emotion towards the supreme seat of light, power and peace. Enter into

the deepest realms of utter silence and repose of the Godhead. Associate in all manner of ways with this transcendent, all-pervading and static Being of the Godhead. By entire dedication be one with Him.

Soar up with the wings of burning aspiration to the immortal throne of peace and find there the tranquillity and calmness for which you have struggled so far. Nowhere else can you attain it, for nowhere else does it exist.

O lovers of peace, everlasting peace is your birth-right. The kingdom of peace is within you, nay, you are the very mould and expression of that immutable Truth. Seek not outside for this greatest consummation of life. Taste the nectar of peace in the recess of your being. There resides the heavenly light that lends splendour and beauty to all things.

Fill your heart with the pure emotions of love and compassion. Illumine your intellect with the light of eternal wisdom. Surcharge your actions with the spirit of spontaneous service and sacrifice. Then only the Divine peace that passeth all understanding will be yours unto eternity. You will then be the very embodiment of absolute peace. Your life will shine like the full moon in a cloudless sky. You will reach the most sublime acme of life's attainment.

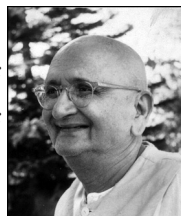


# WORDS OF BELOVED PAPA

## SWAMI RAMDAS

### **No Peace Without God:**

**N**o Peace Without God:  
If we leave God out of calculation, we will not live a life of peace. If we want real peace, we must think of God, talk of God, do all our actions in the name of God and live in God.



There is no peace in the world because people have forgotten God. Once a friend asked Ramdas why there is so much misery in the world. Ramdas' reply was that the world has lost faith in God and that if only the world remembers God, there would be a better state of affairs.



### **Attain Inner Peace And Equilibrium:**

The cosmos is like a sea agitated by storms and cyclones, causing huge waves to rise and fall, bringing about tremendous movements in the ascending and descending scale — one creative and another destructive. A short period of harmony, peace, balance and equipoise is succeeded by an equally short period of conflict and chaos.

It is perfectly clear to a purified vision that all these gigantic changes in the course of evolution are going on so that mankind may, through these contrary processes, ultimately fulfil its highest spiritual destiny. For, as in the case of individuals, the human race as a whole also must march to its goal only through the play of opposite forces and attain inner peace and equilibrium.



### **Aspire For God Alone:**

You cannot have peace unless you get God. Nobody has got peace of mind by living an ordinary life, enjoying so many things of the world. Unless you aspire for God and God alone, you cannot have peace and bliss. You will not be able to renounce desires without God's grace.

Take the Name of God and pray to Him. He will do the needful. Walk on the path of truthfulness. Any power you get by repeating Ram Nam is wasted in getting worldly things. Peace is not to be picked up in the streets. You must surrender to God and not wish for anything of the world.



# WITH THE DIVINE MOTHER

By Swami Shuddhananda

**I**n the morning, during the reading of Letters of Swami Ramdas Volume I, in Papa's room, Sriram had read out Papa's letter to Shri Shanti Vijayji, the Jain



saint of Abu. Mataji asked that it be read out to her again in the evening. The letter, couched wholly in the highest Advaitic style, extolled the saint in the following terms:

“O Lord, how gloriously pure you are! Indeed, to embrace you is to embrace the whole universe. You are the one, immutable, eternal, all-pervading, imperishable Truth, beyond name and form, whose nature is pure splendour, bliss and peace. The worlds are your manifestation. All form, change and movement, are the workings of your infinite Shakti. This manifestation, this Shakti of yours is your love and Anand. You are Shiva, you are Shakti, you are Saguna, and you are Nirguna. You are the motionless, invisible, changeless, all-pervading Spirit. You are the moving, visible, changing worlds and universe. You are the One. You are the many. You are the

Eternal Witness of Your own play. As witness, you are immortal peace; as player, you are immortal love and Anand. You are all in all. You are beyond Sat and Asat. You are the doer and non-doer at once. You are the incomprehensible, the inexpressible First Cause. You are higher than the highest, more perfect than the perfect, the ultimate, grand, transcendental Existence and Reality. You are the God of Gods.

“Ramdas is your child, blood of your blood, Soul of your soul, Being of your being, in love, separate form; in Spirit, one with you.”

In the evening, when the second reading ended, Mataji said with a smile: “This one passage of Papa’s should be read by every Bhakta daily till he learns the lines by heart. It contains the core of Papa’s teachings, bringing out both the Nirguna and Saguna aspects of the Lord.”

***The peace that you are searching for is already inside our heart. We only need to be aware of it. It cannot be created. Peace was never created. It is the perfume of the living God, of Truth.***

— Mooji

# WORDS OF PUJYA SWAMI SATCHIDANANDA



## **Abiding peace and happiness:**

The power of the Name of God is not to be measured by the petty favours He grants us. We do not know what is good for us. We are under the illusion that our material possessions will give us happiness. What we really get is momentary pleasure. If we want abiding peace and happiness, the Lord alone can grant us that. For that we have to unconditionally surrender to His will, take total refuge in Him and keep chanting His holy and all-powerful Name constantly.



For our bodily ailments, we go to a doctor and take the medicine prescribed by him. Similarly, for all our mental afflictions, we have to take that one panacea — Ram Nam — as prescribed by the doctor, our Guru. So, do not lose faith. Be firm in your conviction that the Lord is always with you.



## **Go Beyond The Surface:**

A Sadhaka, should not harbour any ill feelings

towards anybody who has ever done great harm to him and other members of the family. Instead, he should forgive them and give them all his love. This is absolutely necessary for making his mind pure and to remain at peace. So, if he sees selfishness, arrogance and all sorts of evil on the surface, he should go deeper, beyond the surface, and then he will find that it is the Lord Himself, in everyone. Hence, he should give his wholehearted love to everybody and keep the mind perfectly pure. Whenever he has a reason to become upset because of somebody's talk or actions, he should immediately bring to his mind the truth that it is God Himself playing the game. If not, the mind will become more and more disturbed and consequently make him very unhappy.



### **Surrender To Him In All Matters:**

If we wish to remain happy and peaceful, we should try to unquestioningly surrender to His will in all matters. He will then arrange everything in His own beautiful way. A purified mind alone can accept things in the right manner.

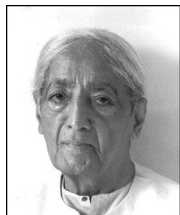


# TO HAVE PEACE, WE MUST BE PEACEFUL

By J Krishnamurti

**T**o have peace, we must be peaceful; to live peacefully means not to create antagonism.

Peace is not an ideal. To have peace, we will have to love, we will have to



begin, not to live an ideal life, but to see things as they are and act upon them, transform them. We are seeking psychological security, which does not exist; and we seek it, if we can, through power, through position, through titles, names — all of which is destroying physical security.

So, to bring about peace in the world, to stop all wars, there must be a revolution in the individual, in you and me. Economic revolution without this inward revolution is meaningless, for hunger is the result of the maladjustment of economic conditions produced by our psychological states — greed, envy, ill-will and possessiveness. To put an end to sorrow, to hunger, to war, there must be a psychological revolution, and few of us are willing to face that. We will discuss

peace, plan legislation, create new leagues, the United Nations, and so on but we will not win peace, because we will not give up our position, our authority, our money, our properties, our stupid lives. To rely on others is utterly futile; others cannot bring us peace. What will bring peace is inward transformation which will lead to outward action. Inward transformation is not isolation, is not a withdrawal from outward action. On the contrary, there can be right thinking, and there is no right thinking when there is no self-knowledge. Without knowing yourself, there is no peace.

To put an end to outward war, you must begin to put an end to war in yourself. Some of you will shake your heads and say, "I agree", and go outside and do exactly the same as you have been doing for years. Your agreement is merely verbal and has no significance, for the world's miseries and wars are not going to be stopped by your casual assent. They will be stopped only when you realize the danger, when you realize your responsibility, when you do not leave it to somebody else. If you realize the suffering, if you see the urgency of immediate action and do not postpone, then you will transform yourself; and peace will come only when you yourself are peaceful, when you yourself are at peace with your neighbour.

*Source: Choiceless Awareness*



## ECKHART TOLLE ON PEACE

When you say “yes” to the “isness” of life, when you accept this moment as it is, you can feel a sense of spaciousness within you that is deeply peaceful.



You find peace not by rearranging the circumstances of your life but by realizing who you are at the deepest level.



When you know who you truly are, there is an abiding alive sense of peace. You could call it joy because that's what joy is, vibrantly alive peace. It is the joy of knowing yourself as the very life essence before life takes on form. That is the joy of being, of being who you truly are.



Any disturbing noise can be as helpful as silence. How? By dropping your inner resistance to the noise, by allowing it to be as it is, this acceptance also takes you into that realm of inner peace that is stillness. Whenever you deeply accept this moment as it is you are still, you are at peace.

Surrender becomes so much easier when you realize the fleeting nature of all experiences and that the world cannot give you anything of lasting value. You then continue to meet people, to be involved in experiences and activities, but without the wants and fears of the egoic self. That is to say, you no longer demand that a situation, person, place, or event should satisfy you or make you happy. Its passing and imperfect nature is allowed to be. And the miracle is that when you are no longer placing an impossible demand on it, every situation, person, place, or event becomes not only satisfying but also more harmonious, more peaceful.



Whatever you accept completely will take you to peace, including the acceptance that you cannot accept, that you are in resistance.



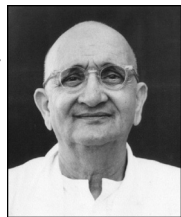
The plant that you have in your home — have you ever truly looked at it? Have you allowed that familiar yet mysterious being we call plant to teach you its secrets? Have you noticed how deeply peaceful it is? How it is surrounded by a field of stillness? The moment you become aware of a plant's emanation of stillness and peace, that plant becomes your teacher.

*Source: Stillness Speaks*

# INDIVIDUAL PEACE LEADS TO UNIVERSAL PEACE

By Swami Ramdas

**I**ndividual peace paves the way to universal peace. If each one of us attains peace in our heart, there will necessarily be peace everywhere in the world. It is not achieved so much by co-operative effort as by individual effort. Co-operative effort is, of course, necessary but individually we must be in tune with God within us who is absolute peace, and thereby we will be spreading around us peace, and if each one does so there will be peace radiating everywhere. So many units of us make the world. When each unit is at peace with the Divine, the whole world is at peace. Ramdas will try to make this point clear.



When you have peace of mind, you will never do any action to injure or exploit others. But a discontented man always does actions harmful to himself as well as to others. He strives to obtain things from others by using force, thinking that by getting those things he will be happy. We know by

experience that happiness is not to be obtained that way. We can have happiness only when we tune our mind with the Divine source within us. So long as discontent prevails in our heart, we cannot know what real peace is, nor can we give any kind of help to others. We will be moving in society doing only selfish actions by which we will bring misery and pain to all. We will strive for power, glory, wealth and so on, and in the pursuit of these things we will trample upon others around us and consequently create chaos in the world. If we turn our mind within and find peace, we will be loving and compassionate to all people in the world.

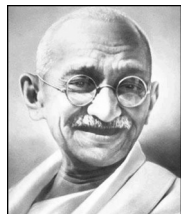
***To be controlled by moods is to be part of matter. If you keep your mind on the resolve never to lose your peace, then you can attain godliness. Keep a secret chamber of silence within yourself, where you will not let moods, trials, battles, or inharmony enter. Keep out all hatred, revengefulness and desires. In this chamber of peace God will visit you.***

**— Paramahansa Yogananda**

## GANDHIJI ON PEACE

### **P**ayer Gives Peace:

I am giving you a bit of my experience and that of my companions when I say that he who has experienced the magic of prayer may do without food for days together but not a single moment without prayer. For without prayer there is no inward peace.



### **Peace From Inner Strength:**

If I harbour ill-will in my heart but do not express it in acts, I am still violent. By non-violence or peace, I mean the peace which comes through inner strength. If I have that peace, that non-violence, I won't have any hate in me.



### **Find Peace Within:**


Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.



# NO HAPPINESS WITHOUT PEACE

By Swami Ranganathananda

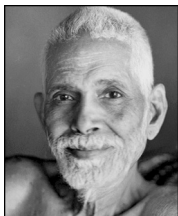
*(In Verse 66 of the 2<sup>nd</sup> Chapter of the Bhagavad Gita, the Lord said: “Ashanthyasya Kutah Sukham”; meaning: “How can one have happiness without peace”. An excerpt of the explanation is given below.)*

oday we deal with tension and stress in our daily life, in our highly industrialised civilization. And everybody is eager to get rid of this tension because, with that stress and tension, you won't enjoy life or even your work. You are a mere creature of environment in which you are working. Therefore, that meditative state, where you are perfectly at peace with yourself, cannot come without the disciplining of the sensory energy system. Without that Shanti, where is happiness? Happiness is a wonderful state. You are serene, you are calm, you are fulfilled, and then only happiness comes. Therefore, if happiness is your objective, you have to handle this mind; to handle the mind, you have to handle the sensory system which is below the mind; then a disciplined inner life sets in.

*Source: Universal Message Of The Bhagavad Gita*

# RAMANA MAHARSHI ON PEACE

Peace is our real nature. It need not be attained. Our thoughts must be obliterated.



Peace is ever present. But you hold it down and rise over it and thus disturb it. Then you say, “I want Peace”.



Peace often gained must be remembered at other times. That peace is your natural and permanent state. By continuous practice it will become natural. That is called the ‘current.’ That is your true nature.



The mind obstructs the innate peace. Investigate the mind; it will disappear. There is no entity by name ‘mind’. Because of the emergence of thoughts we surmise something from which they start. That we term as ‘mind’. When we probe to see what it is, there is nothing like it. After it has vanished, peace will be found to remain eternal.



When there is contact of a desirable sort or memory thereof, and when there is freedom from

undesirable contacts or memory thereof, we say there is happiness. Such happiness is relative and is better called pleasure. But men want absolute and permanent happiness. This does not reside in objects, but in the Absolute. It is peace free from pain and pleasure — it is a neutral state.



The mind is by nature restless. Begin liberating it from its restlessness; give it peace; make it free from distractions; train it to look inward; make this a habit. This is done by ignoring the external world and removing the obstacles to peace of mind.



Does not one find some kind of peace while in meditation? That is the sign of progress. That peace will be deeper and more prolonged with continued practice. It will also lead to the goal.



Peace is Self-realisation. Peace need not be disturbed. One should aim at peace only.



Here and now, be at peace and tranquil. That is all.

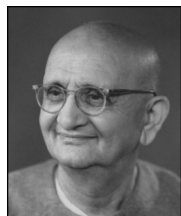
*Source: Talks with Sri Ramana Maharshi*



# THE WAY TO WORLD-PEACE

By Swami Ramdas

**T**hrough prayer and meditation you are united with God in the silence of His Spirit and also in the supreme power of His love. God-contact purifies your heart and reveals His full glory within you — you are flooded with His light, peace and joy. God dwells in all beings and creatures.



Prayer and meditation open up a channel of communication with God so that His grace may fill you and transform your life into His very image. Now your being is vibrant with Divine life and ecstasy. You radiate Divine light and peace. You become a vehicle through whom God works spontaneously for the good of the world. Verily you are the very expression of God — God who is absolute goodness, love and peace. To be in tune with Him is to become like Him.

Human life is rich with the gifts which God has poured into it, for God Himself is at the source of all lives in the world. When the human soul merges in the cosmic soul — God — the disturbances in

the external field of movement and activity are automatically controlled and harmonised. It is the inner equanimity that makes for a state of external calmness and serenity.

Humanity is now in the clutches of a terrible war because it has failed to recognise the existence and supremacy of God who has created the world and all creatures in it. To deny Him and ignore your union and oneness with Him is to set free destructive forces in nature that cause havoc and misery in the world. As you enter more and more in the realm of God, as your life gets more and more illumined by the light of God, as your heart is filled more and more with Divine love and joy, you contribute towards a swift evolution of mankind to the attainment of a beneficent, united and elevating world order and fellowship. The warring tendencies in man are thus subdued and the inherent virtues of love and kindness now revealing in human nature bring peace and goodwill on earth.

It is truly said by a Great One, "Individual peace paves the way to universal peace." Many of us wish that the world should become a place where all men may live with each other like the loving members of the same family in an atmosphere of tranquillity.

Man is selfish and seeks earthly power and glory by throwing the lives of his fellowmen into pain and agony, because he has not found inner peace and happiness through communion with the infinite peace and joy — God.

The present world turmoil is teaching a great lesson to mankind. It is man's failure to tune his life with God that has been responsible for this state. Man is solely occupied with the pleasures of the senses. Your task is, therefore, through direct communion with God, and the resultant experience of your spiritual unity and identity with Him, to transmit His radiance to others and awaken them to the awareness of a world-consolidating force — God.

When the sun shines, it simply sheds its radiance and the world is bright with its light. So also, when the sun of Divinity shines within you, you manifest naturally His powers in all their beauty and benevolence.

Prayer is not begging for earthly things for your own personal and petty satisfaction. Meditation is not for gaining any selfish ends. The aim is to elevate your soul so that it may be purified and become conscious of its eternal oneness with the Divine Spirit

and Power. True friendship amongst human beings can be based only upon the realisation of this unity of all life. So, if we really aspire to see the world freed from the chaos produced by destructive conflicts and wars, let us give up the unnatural differences amongst us born of ignorance, and through the knowledge of the Spirit, bind ourselves together by ties of immortal Love and thereby bring about peace and goodwill in the world. May we become the torch-bearers of Divine light, power and peace! May God's grace grant all the vision of Truth! May the blessings of the Almighty shower in abundance on mankind!

**O***ne who has no philosophical goal of life to strive for and yearn, he will not know what peace is and one who is restless thus, to him, where is happiness? In short to live in balance and sail safely upon the uncertain waves of the ocean of life, across both its smiling weather and stormy days, we must have constant perception of the Real. Without a drummer, the dancer's footwork cannot be rhythmic and keep perfect time.*

— Swami Chinmayananda

# PEACE BEGINS WITHIN

By Peace Pilgrim

## **P**ace Begins Within:

Ultimate peace begins within; when we find peace within there will be no more conflict, no more occasions for war. If this is the peace



you seek, purify your body by sensible living habits, purify your mind by expelling all negative thoughts, purify your motives by casting out any ideas of greed or self-striving and by seeking to serve your fellow human beings, purify your desires by eliminating all wishes for material possessions or self-glorification and by desiring to know and do God's will for you. Inspire others to do likewise.



## **Inner Peace And World Peace:**

We can work on inner peace and world peace at the same time. On one hand, people have found inner peace by losing themselves in a cause larger than themselves, like the cause of world peace, because finding inner peace means coming from the self-centred life into the life centred in the good of the whole. On the other hand, one of the ways of working for world peace is to work for more inner

peace, because world peace will never be stable until enough of us find inner peace to stabilize it.



### **Be In Harmony To Make Others Harmonious:**

My inner peace remains in spite of any outward thing. Only insofar as I remain in harmony can I draw others into harmony, and so much more harmony is needed before the world can find peace. This doesn't mean that I am not concerned about world happenings. A time like this calls for much peace prayer and peace effort. All right work and all right prayer have effect, all good effort bears good fruit, whether we see the results or not. In spite of the darkness in the present world situation I am not discouraged. I know that just as human life proceeds toward harmony through a series of hills and valleys, so a society has its ups and downs in its search for peace.



### **Be Peaceful**

If you want to make peace, you must be peaceful.



### **Discipline For Peace:**

When the God-centred nature takes over, you have found inner peace. Until that time comes, a partial control can be gained through discipline.

*Source: Peace Pilgrim*

# PEACE OF MIND

By Swami Parmananda



ind always keeps on moving from one object to another seeking pleasure. It never stops. The flower blooms for the purpose of giving fruit and when you get fruit the flower disappears. Mind gets pleasure in the fulfilment of its desires. But this pleasure is always temporary,

The real pleasure of the mind is to be with the Atman. Atman is bliss. Mind becomes blissful when it identifies with the Atman.

All the modifications of the mind — anger, greed, lust, attachment, repulsion etc. — merge into consciousness when it is one with the Atman.

Source: *Inner Peace*

**A** calm mind has great power, it generates calm around it — a field of peace in which anger, fear and violence can subside. By learning to calm the mind, each of us can become an instrument of peace.

— Eknath Easwaran

## DEAR CHILDREN



wandering monk passed by the courtyard of a monastery where he heard two groups of monks arguing about the temple flag fluttering in the breeze.

“It is the flag that moves,” one group argued.

“No, it is the wind that moves,” argued the other group.

Back and forth they argued, responding to the logic of the other side, coming up with new rationale for their respective positions. But it just came down to, “It is the wind that moves, it is the flag that moves.”

After listening for a while, the itinerant monk interrupted them and said, “If you look more closely you will see that it is neither the flag nor the wind that moves — what moves is your mind.”

This story is a reminder of how easily we fall into “either-or” thinking. It doesn’t matter what the subject is, we are fully capable of taking sides and then feeling the need to prove ourselves “right.” The lesson of “seeing ourselves seeing” is a necessary one if we are to develop the witness awareness that peacefully watches habit.

*Source: [www.huffpost.com](http://www.huffpost.com)*



## EPISTLES OF SWAMI RAMDAS

**B**eloved Ram,  
 The Supreme Truth, by the realization of which alone the soul attains real peace and bliss — which is the sole object of its quest — can be reached only by throwing up all external crutches and aids of every kind, however useful and necessary they might have been at one time. So Ramdas hammers on: “Behold God within you and then behold Him everywhere, as all the manifested worlds. Don’t adhere to the lower planes and seek satisfaction there. Soar up into the regions of your transcendent Being. Aspire — aspire — aspire — until the highest goal is reached.”

Ramdas’ message is, “Absolute Perfection i.e., complete liberation, peace and joy.”

*Ramdas*

***If you want peace of mind give up fault finding. If you find fault at all, find out your own faults and shortcomings. Learn to treat everyone as your own. No one is alien to you. The whole world is yours.***

— Ma Sarada Devi

## **ANANDASHRAM NEWS**

**15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE:** The total Japa received in the third round of the 15500-Crore Nama Japa Yagna For World Peace in the month of June is 180 crores. The grand total of the Japa done so far in this round now stands at 5816 crores.

**PUJYA SWAMIJI TO VISIT SOUTH AFRICA:** Pujya Swamiji is scheduled to visit South Africa for a month from the 25<sup>th</sup> of August 2019.

**‘HARE RAMA’ NAMA SAPTAH:** The devotees of Sri Avadhoothendra Saraswati Swamigal from Andhra Pradesh will be visiting the Ashram and conducting a ‘Hare Rama’ Nama Saptah from the 20<sup>th</sup> of September. The Saptah will conclude in the morning on Pujya Mataji’s Jayanti Day, the 28<sup>th</sup> of September.

### **BELOVED PAPA’S MAHASAMADHI DAY**

*Beloved Papa’s 56<sup>th</sup> Mahasamadhi Day will be observed on the 5<sup>th</sup> of this month. On this sacred occasion, THE VISION offers its humble homage to Beloved Papa with a prayer for the speedy spiritual progress of all, culminating in eternal happiness.*

# PRAYER FOR WORLD PEACE

**By Swami Omkar**

Adorable Presence,

Thou Who art within and without

Above and below and all around

Thou Who art interpenetrating

The very cells of our beings

Thou Who art the Eye of our eyes

The Ear of our ears

The Heart of our hearts

The Mind of our minds

The Breath of our breaths

The Life of our lives

And the Soul of our souls

Bless us, Dear God

To be aware of Thy presence

Now and here.

This is all that we ask of Thee.

May all of us be aware of Thy presence

In the East and the West

In the North and the South.

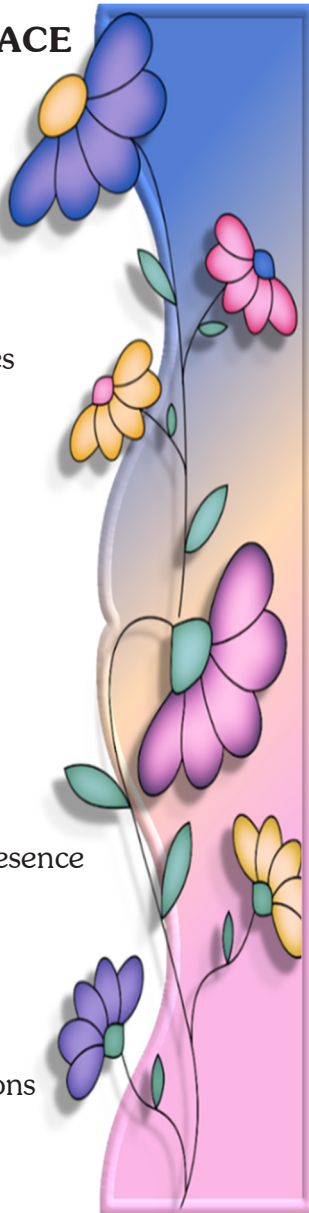
May peace and goodwill

Abide among individuals

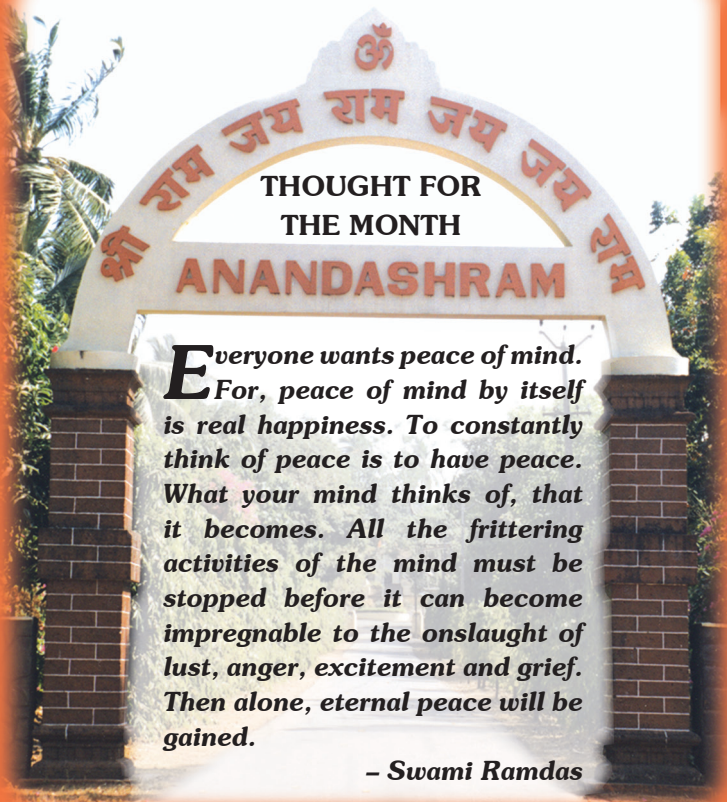
As well as communities and nations

This is our earnest prayer.

May Peace be unto all.



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**E**veryone wants peace of mind.  
For, peace of mind by itself  
is real happiness. To constantly  
think of peace is to have peace.  
What your mind thinks of, that  
it becomes. All the frittering  
activities of the mind must be  
stopped before it can become  
impregnable to the onslaught of  
lust, anger, excitement and grief.  
Then alone, eternal peace will be  
gained.

– Swami Ramdas

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