



INSPIRING



AFFIRMATIONS

ARTICLES BY SRI SWAMI OMKARJI

**WRITTEN WHILE ON THE JOURNEY TO AMERICA
DECEMBER 1923 TO FEBRUARY 1924**



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Chapter 1 UNIVERSAL LOVE

Universal Love and perfect equality is the law of Nature or God. No one can mistake this unalterable law. We must love one and all equally. Before attaining perfection, it is needed that one should learn to love not only his neighbor, but even his enemy as his own Self. Then alone he can enjoy perfect Peace as he is filled with Universal Love. There can never be Universal Love if one has not learned to love all with perfect equality. By loving a particular individual more we are loving others less.

Our foes and revelers must be loved as we love our dearest and nearest ones. If not, our lot will be misery and anguish in suffering. Everyone whether great or small, rich or poor, Saint or sinner will be made to realize this unchangeable law even at the point of the bayonet.

It is perhaps just to make us realize this great law of Truth that our dearest friends forsake us, our nearest relations disappoint us and our closest disciples deceive us. All these teach us in one voice to rely on God and never to rely on a name and form. When our love is Universal, then alone all will be well for us.

When there is equality, there will be perfect love and peace. But so long as we rely on a name and form, it is impossible to be free from differences and exclusive love. When our love is Universal and when we see the same God in one and all, then none can deceive us or make us sorrowful. Until we realize this great law of Universality, we can never be free from difficulties. All the troubles and inconveniences, disgraces and downfalls are only to make us realize this Universal Law of Love and Equality.

OM! TAT SAT OM!

Chapter 2 AUTO SUGGESTION

The following auto-suggestions will be helpful if given earnestly to the fresh mind before rising from the bed. And again, one should examine for himself before retiring to sleep whether he is true to his resolutions or not, or how far he has succeed in his determinations.

1. I resolve to be filled with God-consciousness in every second of my time. At all times and in all things I will say mentally that I will see only God in everyone and in everything. As such I will not fail to see my own Self in everyone.

2. I will spiritualize all my acts. If I have anything to write, I will write only with God-consciousness, feeling the Almighty's presence both within and without. If I speak, I speak only with God-consciousness. If I think, I will do it feeling God's invisible presence. In all my works, I am determined to feel and face only God's presence for He is everywhere and at all times.

3. I will not allow a single second to pass without Divine consciousness, neither will I neglect to behold everywhere, anything other than God. In each and every tiny creature and even in every atom, I will see only my Divinity, for it alone is Truth and Eternal.

4. I will not allow an unkind word or an unsympathetic thought to go from me to the whole of humanity. Peace alone must be flowing from me continuously in rivers and torrents on one and all.

5. I am determined to live in tune with the Almighty as One continuous Divine consciousness. I will not forget this Holy and Omnipresent consciousness, even in the trying moments of my busy life. Peace!

OM TAT SAT OM!

Chapter 3 RECEPTION FOR THE DISSOLUTION

O Death take away this body, as I am tired of it; take away this individuality as I am disgusted with it; take away this finite consciousness as I am displeased with it. Oh take away this tiny life as I am unhappy with it!

My birthright is Universal consciousness so it is no wonder that I am tired of this body, disgusted with the individuality and displeased with the finite consciousness and above all, feeling with the tiny life.

I do not need any longer these finite forms and names of body and the ever changing world. I can no longer live in the grip of the monkey mind. Away with the body consciousness, away with this world consciousness, away with this physical consciousness! Away with this mental consciousness and away with all kinds of imaginations in spirituality, in the name of Religions.

I am the Divinity of Divinities, so I am thoughtless and mindless, bodiless and worldless. As the all pervading Truth or Divinity, how can I even delude myself engaging in finite things of the world? O let me shine in the Glory of my Divine Splendor, let me live in the splendour of my Divine Birthright of Millions of suns! I am all in all, the perfection of Unity, the One without a second!

O senses, mind, intellect and ego, today I am leaving all my connection with you! Pray merge or dissolve in your respective forces. Oh ye elements of body and world, go back to your source, the primal energy. Oh dear heart and sweet breath, pray reunite yourself with the Universal life. Now I am the Lord of Motion, I am alone the manifested and unmanifested. Nirvana I am!

OM SHANTI!

Chapter 4 THE EASIEST PATH

Let me dance with the ecstasy of Divine Joy for I have found out the easiest and the safest way for reaching the Lord of Love and compassion.

Verily this is an easy path, for even a child can tread on it. Indeed it can be called the weeping path, for we must weep and weep, if needed with broken hearts beating our breasts, until we see and realize the Lord. We should not stop from our weeping until the Lord blesses us with His boundless mercy. If one cries with heart and soul for freedom, surely he gets a vision of the Almighty Lord.

How blessed is the one who weeps always for the Lord! Some may laugh at the idea of this weeping path, but are you not to laugh at the people who are weeping for worldly things? Men are allowed to weep for money, children and for many other unreal things. Then why is not one allowed to weep for the Grace and Blessings of the Almighty Lord?

When all else fails, love alone succeeds, as such to a weeping devotee, God will be attracted. Throwing aside her toys, when a child weeps for her mother, what mother can be deaf and dumb? So also if we weep with heart and soul unto the Lord, giving up all worldly concerns, the Lord will be ready to embrace us immediately.

Above all, is not the Almighty Lord, the Indweller of all beings waiting patiently to be remembered by us sooner or later? So when all else fails this weeping path takes us directly into the presence of the Merciful God.

So let us weep, weep, weep only for God alone, rising above body, mind and world.
May God Bless us all!

OM! OM! OM!

Chapter 5 THE CHANGELESS DIVINITY

If I am God now, I must be God forever. If I am not God now, I can never be God even after eternity.

God or Truth is the same. It is changeless. It is the same yesterday, today, tomorrow and forever. Change is for the form and never for the formless Truth. O I am the formless Truth. How inexpressible is this joy of Divinity!

That which exists is One but it is called by many a name. Though called by different names it is still One without a second. God alone exists and in that God-consciousness nothing else exists, except its own inexpressible Divine Glory.

As nothing can exist other than God or Truth. What am I then, who am I? I am nothing but Truth and God alone. As Truth I am the All-pervading Divinity. All else is ignorance and delusion. World is the play of the false mind. As Truth I am the same in the past, present and future. There is neither time, space nor causation in me. I am above all these forms and names. Verily I am one without a second!

As such I am the Indivisible truth or the All-pervading God. When I am the truth now, I must be the Truth forever, even after millions of years I am not going to become God if I am not already God. Verily I am He!

I am God the Truth in this second alone, I am the Changeless Divinity.
OM TAT SAT OM!

May Peace be unto the All-pervading One!
OM! OM! OM!

Chapter 6 THE UNERRING LOVE

O Lord Jesus Thou art crucified and yet Thou art calm. Then why should I grumble now for these tiny environments of mine? Let me bear these petty things calmly without a murmur or complaint. It is my lack of faith in Thee that makes me fear my foes and revelers and that makes me to defend myself from the insults of others.

Oh Lord waste Thou not insulted a million times more than me? Did they not spit on Thy Holy Face? Did they not beat Thy Holy Body? Did they not crown Thee with thorns? Did they not nail Thee to the cross? Oh Lord, my Christ, what are my little things when compared to what thou hast borne silently at the hands of the wicked world?

My lord, give me strength and more peace to bear all insults and scandals ungrudgingly with joy and forbearance, for Thy Holy Name's Sake. While nailed to the cross thy sweet lips prayed for the salvation of those who crucified thee. Wilt Thou not bless now thine own child who tries to walk in Thy Holy Path?

Holy Father, the deep rooted ignorance of self-defense is making a wreck of this Divine life, bringing disgrace unto Thy Holy Name. Let the whole world blame me; let them say what they please, but let me not try to defend myself, let me calmly resign myself unto thy Holy Will. Give me the power not only to silently bear all the disgraces and troubles, but to pray in thy own memorable words for the salvation of my Beloved Brothers, who are trying to harm Thy Holy Cause. "Father forgive them for they know not what they do, bless them with Peace."

Chapter 7 MESSAGE OF SPIRIT

Are you the Spirit or Matter? What a simple question, even a child could answer it. But it is easy to answer and very difficult to stand by the answer.

Even an ignorant man rebels to admit that he is only a mere lump of flesh, But still from the most ignorant to the most intellectual philosopher seems to live, act and believe as if they are mere physical sheathes of flesh and nothing more.

It is an open truth that we are never these forms of flesh but the Spirit of immortality, if we are the Changeless Spirit, why this mad rush this worry and hurry and this breakneck speed? Is not the Spirit all the rest and Peace?

Can there be misery or pain in the eternal Spirit? It is free from all change and modifications. It is the attachment to the flesh which is the real cause of all pains, sorrows and miseries. Reliance on the body makes us helpless and miserable, and reliance on the Spirit makes us strong and happy.

When we believe that we are the Spirit why should we cling to the ever changing body? Perhaps our belief is not real it may be on the surface only. We believe intellectually and not practically. Hence, we are surrounded on every side with manifold pains, failures and miseries.

Let us spend a minute to analyze our own lives now. Let us be ashamed of the surface lives and outer beliefs! If we have real faith in our Spirit, why should we live always as these momentary bodies? Why should we identify ourselves with a name of Miss or Mister or Mrs.? Can we be contented with these outer names, being the Spirit or Truth?

The glorious sun cannot be hidden by a mere speck of a cloud. Let us not hide the truth any longer. Let us understand the Spirit, as Spirit even now not theoretically but practicality in our heart of hearts. There is much of theory in the world but what we need is a little of practice.

So let us assert our Spiritual consciousness. Let us rise above the body with the help of the Spirit in all Glory. Let us not bury any longer our Divinity and suffer the consequences of the same in the form of untold miseries and failures.

If we can take hold of our Divine Birthright, if we can live and stand by it, we are already free. As Spirit what can bind us? What can make the Spirit miserable or unhappy? Can Spirit ever be decreased or lessened? It is above decrease and increase.

As Divine Spirit, we are all Peace, we are all Strength we are all Bliss. We are ever free. We are free in the past, we are free in the present and we are free in the future. We are always free in spite of the momentary pains or miseries of the world.

Oh, the glory of this freedom, how can I express to you in cold words? Pray, try to feel it for yourselves. Lay aside even for the time being, your attachments to all forms and names and feel that you are nothing but the Eternal Spirit. As Spirit nothing can bind you, shake off your fancies, arouse yourselves from your long slumbers and vain imaginations, wake up the sleeping Lion of Divinity!

Chapter 8 CASTE

How very difficult it is to be entirely free from cast of every kind! Even on the steamer I felt astonished to find that people are filled with some kind of caste or the other. For when I offered some potatoes from the dish to the boy who was serving us, he refused to eat them saying that they were cooked by a Christian and as a Mohammedan it seems he is forbidden to eat from the hands of Christians.

In the first place there is the biggest barrier of color caste. The color alone is dividing the people in a sense into castes. The white caste and the black caste can never become one so long as they are steeped in ignorance.

But when there is love and feeling of Oneness, all colors and differences will disappear and the whole of humanity becomes one caste. These feelings of love and Oneness can be felt and awakened only by the Realization of the Self or Divinity. So long as one thinks he is separate from his fellow brothers he is already creating a caste for himself.

It is a pity people bring into practice even into extremes all that is non-essential, but they never care to put into practice all that is essential. What is near and dear is given up, namely, the brotherhood of Man and his Divinity.

Instead of dividing the children of the Almighty Father by the difference of mere color it is better to classify the whole of humanity into two castes, namely, good and bad. Those who have realized God may be classified as belonging to the Higher Caste and others as belonging to the lower caste, but all are bound to reach God sooner or later.

And so long as there is body consciousness "I" ness and "My" ness there is caste. The man of realization alone can be free from every kind of caste.

OM TAT SAT OM!

Chapter 9 VAIN TALK

Talk, vain talk, useless talk, life sapping talk, energy wasting talk, time killing talk, superficial talk and every kind of shallow and external talk should be avoided and must be given up by seekers of Truth.

What is the outcome of talk? Can we deceive God by mere talk or can we impart Him to others by means of vain talk? What is the aim of talk? It is nothing but wastage. What can be the use of simply talking? It is only to kill the precious time. What is it that makes one to indulge in God-killing talk? It is nothing other than ignorance.

Is not God above talk and above speech? Is God dead that men indulge so fondly in talking of so many unnecessary things? If God is alive why should one talk? If he is conscious of God how can he talk in the first place? It is always the empty vessels that give much sound and voice, a bee makes a buzzing noise so long as it has not tasted the sweet honey. In the same way men spend their precious time in empty talk just because they have not known what inner life is.

An ounce of practice is worth more than bags full of vain talk. One talks too much because God is not awakened in him. When he rises above talk, then surely he will be blessed with the sweet inner voice of the Almighty Father. Hearing which the voice that is within-the inaudible and inexpressible voice, one becomes silent to the external life. Hearing which he hears nothing else. Realizing it he realizes the goal of human life. Adoration's be unto such silent workers, the Masters of Blessed Peace!

May Peace be unto all!

OM TAT SAT OM!

Chapter 10 PRACTICAL VEDANTA

There is no liberation for any individual unless he learns to behold everywhere and in everyone the All-pervading Divinity alone, either in death or life. We must learn to see our Godhead even in our deadly opponents and bitterest foes. This alone is practical Vedanta, the religion of Love, Peace and Oneness. Where all is Love, there can be nothing like friends or foes. Foes are made by us and friends are also made by us. Bondages are made by us and so freedom also can be enjoyed only by us. All the burdens, responsibilities and duties are placed on our shoulders not by others but by ourselves. As such nobody can make us free. None can give us freedom. Each one must give freedom to himself.

If we have called one foe, it is in our power alone to call him a friend or God. It is ignorance of the Self alone that makes us see other than God. Either inside or outside there is nothing but God. For God alone is Truth and the only Reality.

What a blessed life it will be when we can see and feel our own Divine Self in one and all! Difference is nothing but duality and it is due to the weakness of mind. We must rise to the Realization of the Divinity in one and all. None can lessen us, We alone lessen ourselves by ignorance. If we are filled with God-consciousness in every second of our lives, we will behold nothing but God in everyone. Then the clouds of foes and friends will disappear from our Divine wisdom of loving and all-ness.

If weakness of foes still remains in us, the best thing will be to worship and mediate on the feet of our miscalled foes, praying to bless us with burning love and affection instead of with hatred and ill-feelings. If we can see God in the terrible, in the so-called sinful and wicked and in our miscalled foes, our salvation will be near at hand, here and now

Blessed are they that love their enemies as friends, nay as their own Self or God!

OM TAT SAT OM!

Chapter 11 THE SEARCH FOR GOD

Where is God? Is He far off or is He near you? Are you separate from Him or are you One with Him?

What is it that is seeing through your eyes? What is it that is hearing through your ears? What is it that is thinking in your brain? Is it not the Divinity or God? Is not God within and without? Is not everything God? Either within or without, above or below, is there anything other than God? When all this is God, how foolish of you to forsake this God vision and to expect God from outside of thee!

Is not God formless and all-pervading? If He has a name and form, He can come to you from your imaginary regions. When God is already one with you, how can He come to you? Your appealing prayers will not bring the Almighty Lord even an inch nearer to you. Your heart-rending cries cannot change the Eternal Father. Your long and loudest worships will not mar the changeless nature of God's love.

Then are these prayers, weepings and worships for the Almighty unnecessary and in vain? Are they to be avoided and given up? By no means. They are to be the means to the end, but they are not the end itself, Realization. Verily these prayers, weepings and worships are stages to make us realize the Divine Oneness and Allness of the All-pervading Truth. Through them alone one gets the knowledge of the Self or God. And Self-Knowledge alone is the Highest Realization. Realization of the Self is All-Knowledge. As such may all be filled with Knowledge of the Self alone, sooner or later rising above Prayers and Worships.

OM TAT SAT OM!

Chapter 12 FAITHLESSNESS OF MAN

Believe not in forms but believe in formless Divinity. Never believe or rely on man. God is love but man is faithless, for he will surely deceive you at the first opportunity. Everybody loves you for his own sake, one loves you only for the sake of his own personal interests and comforts. Nobody loves you to give Peace unto you, this is an unalterable law. Everyone must believe in it, sooner or later everyone will be made to realize it. None can give you Peace, you must give Peace unto yourself.

How foolish of you to expect Peace from others! Is not Peace within you? Can you hope to get Peace from friends, relatives and disciples? Surely you will be disappointed in such false hopes. Let your center be within, let it

never be outside of you. If you rely on others, misery and heartbreaking pains will be the result. Others cannot give you Peace, it must come from you alone. When you cannot give Peace unto your own self, how can others give Peace unto you?

As such instead of believing in man, believe in God. If you can believe in God even with a hundredth part of the belief and love with which you are trusting your friends and relatives, surely realization will be at your beck and call. God will be waiting to serve you with great pleasure!

As such let your centre of love or attachment be always within you on your own Self. Place it never outside of you, for the outside support will be transitory.

MAY PEACE BE UNTO ALL!
OM TAT SAT OM!

Chapter 13 RISE ABOVE THE UNREAL WORLD

Let the world go to the dogs, what is that to you? In what way are you connected with the world? In no way are you connected or concerned with the world. You are concerned only with the Truth thy Indivisible Self. The world is false, it is unreal. It is never permanent or everlasting. It is thine own delusion. It is the play of thine own mind. So rise above the mend and thou will be free from the delusion of the world.

It is nothing but ignorance of thine that makes thee to think of anything other than thy Self. Live in God, all will be well. The world will take care of itself. Forgetting God-Consciousness will you go about trying to save the world like a blind man leading the blind?

Who are you to save the world? Are you saved first? If you are saved you must be free from duality, and the world is nothing but duality, the play of the whimsical mind. If you are standing on the rock of Truth the world exists not for you. You are ever One without a second, for thine own Glory of Oneness there is neither name or form. From that Highest Plane of Divinity will you be able to run after the world, forgetting thy Living Self?

Dear Beloved One, cease from thy external search! Give up conceit, kill the ego, merge within! Be calm and thoughtless like the waveless ocean of Peace. Peace! Peace! Peace! For thee there is not world of duality or delusion. Thine is a spiritual world where there is no action or restlessness or the fever of doing good to the world. Indeed thou art bodiless, mindless, worldless and formless Divinity of Omnipresence! Verily thou art One without a second!

OM TAT SAT OM!

Chapter 14 THOUGHT THE DELUSION

Thoughts—bad thoughts, nay even good thoughts must be shunned and given up by men of Higher Life. Verily it is the thoughts that sap one's life and vitality especially in the higher stages of one's spiritual development.

It is said that by one's thoughts alone one rises and by thoughts only one falls down. Indeed by thinking wicked thoughts one falls down and by thinking of good things one rises up. But wherever there is good there is bad also. There can never be absolute good or absolute bad. If you think you are rising by your good thoughts there is a possibility of falling down by your bad thoughts also. Verily good and bad are inseparable. None can separate them, but one can rise above them. Bad thoughts are to be conquered by good thoughts. When one is free from bad thoughts and when he is filled with good thoughts then he must try to be free from good thoughts also.

Above all what is thought? It is nothing but delusion. Thoughts rise from the forgetfulness of Divinity. One should not feel elated just because he has risen above speech. He must be contented only when he rises above thought. Certainly there is a close connection between thought and speech.

Thought is the first stage and speech is the second stage. Thought is the cause and speech is the effect of the same. None can control speech unless he controls mental thoughts.

Thought alone develops into speech and makes one indulge in vain talk to express himself, forgetting the Indivisible and Inexpressible Presence of the Almighty.

As such for final emancipation one must rise not only above talk but even above thought also.

MAY PEACE BE UNTO ALL!
OM TAT SAT OM!

Chapter 15 REASON FOR CALAMITY

When one lives always on the Rock of Truth as One without a second, nothing can disturb him. When he forsakes that Divine Oneness, the Truth of Indivisible Oneness or Divinity, at once he will be knocked down with many bumps. Trouble after trouble, calamity after calamity and insult after insult will be his lot until he embraces the inevitable law of inseparable Truth.

In short all the troubles and disgraces will make us realize only the worthlessness of bodily life and the Glory of Spiritual life. What weakness or temptation can dare to approach the one who lives as nothing but Truth. No sorrow or misery can ever dare to near him. But in the very moment he forgets his Divine Birthright, he will be plunged into misery, helplessness and sinfulness.

Verily duality is another name for ignorance. Duality appears when unity is neglected or forgotten. As one hopes not to find sunshine in darkness, so we should never expect to enjoy endless Bliss or Peace body consciousness that is in duality.

Indeed happiness, eternal happiness, changeless happiness or the indescribable Peace is only in Unity where it is all one without a second. But it is never to be sought in the world of two days and in the momentary things of name and fame.

As such one should not forsake his Divine Birthright, the All-pervading consciousness at any cost, under any life.

May all be filled with Divine consciousness!

OM TAT SAT OM!

Chapter 16 THE STRENGTH

Strength is needed for one and all. It is strength alone that takes everyone to his desired goal. A weak person will be quite unfit for anything and everything. For at every step he will be encountered by numberless temptations and downfalls. He will be ever filled with misery and sorrow for they are the fruits of weakness.

The weak are always fit for the burning ground but never for serving humanity or for the Realization of the Self. As such one should exert himself even unto death to rise above weakness. If one gives way to little and tiny weaknesses, he becomes a slave of big blunders and other numerous sins in no time.

If one is filled always with strength both within and without, he would be an emblem of strength under all trying circumstances facing strength alone all around him.

What a loving and energetic word is strength! If one repeats simply the word strength-strength-strength, he will be an ideal of strength and weakness will never dare to approach him.

Strength of the body, strength of the mind and strength of the Spirit are needed for complete success in all undertakings more so in Self-Realization.

Strength of the mind is higher than the strength of the body and strength of the Spirit is more higher than the strength of the mind. So may all of us be filled with the strength of the Spirit in every second of our lives!

OM TAT SAT OM!

Chapter 17 EYES TO SEE GOD

If you cannot see God within you, try to see God outside of you, in others. If you cannot feel God's presence in your eyes, feel His presence in the eyes of others. Open your eyes, let them not be blind! Your eyes are not given for nothing, they are given to you only to behold God.

See the Divine Glory that is everywhere. What a great joy it is to feel His presence in everything, in every second continuously! How inexpressible it is! May I bury myself in the Glory of that Divine Illumination, let me not rise again to this body consciousness, let there be no name nor form for me.

Even if there is any name or form, let me behold in it also only my Divinity. What is birthright to me, is also birthright to every individual from the highest to the lowest. As such let me behold the same Divinity in every tiny creature. I am determined to see in one and all only the permanent life-sustaining principle, for "That" alone is Truth. Truth alone is eternal. Verily I am that Eternal Truth! When one feels and realizes this practically he beholds his own Self alone, in one and all.

When all is my own Self alone where is the cause to fear? When everyone is my own Self, where is the cause for envy or hatred? In the Truth is all Love, fearlessness and Divinity.

By beholding God everywhere, he beholds God within himself also. By feeling everything and everyone as God, he too will be nothing but God.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 18 DUTY OF SPIRITUAL STUDENTS

O let me not spend or waste a single moment of this life with body consciousness! for it is in the nest of dreams and delusions from which all sins and weaknesses originate. when one has risen above body idea he will be filled only with Divinity. When one is free both from name and form he will be merged only in the formless and nameless consciousness.

With all the grand and noble auto-suggestions, the body or flesh will be in constant conflict with the Spirit. And one who yields to the weaknesses or whims of the flesh will be a helpless worm in the unalterable laws of fate. But one who yields not to the dictates and whims of the body and one who treats the frail and momentary body as a carcass will be the Ruling Master of Fate.

Students of Divinity must be very careful of their precious time. They must see for themselves how they are spending their precious tiny moments. They must examine for themselves whether each moment is taking them inwardly or outwardly, whether they are developing physically, mentally and spiritually. When one is taking care of a tiny moment he can take care of the whole time. Then verily he will be above time, space and causation.

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All this must be done patiently, regularly and gradually. Often and often one should determine himself not to waste a single moment more in external life, in body consciousness. It is easy to say but all the difficulty comes when one begins to walk in the Path of Truth.

Thus by Self exertion and Self-examination alone one rises above the body and becomes One with the Divinity, where there will be no more conflict between body and Spirit, for it is all one without a second.

May all be filled with Divine consciousness often and always! Peace.

AMEN.

OM! OM! OM!

Chapter 19 DIVINITY

The real Peace is in the thought, "I have been the Divinity in the past, I am the Divinity in the present and will continue to be the same Divinity even in the future." One should not repeat this externally with the lips alone, he must repeat it feeling the Divinity internally. Divinity alone must be gushing out from every pore of his body. One should feel the Divinity in the fluttering of the leaves, in the blowing of hot winds and Divinity alone must be shining in the splendor of the blazing sun.

When both within and without it is all Divinity, what else can we see? When all this is Divinity, what else can we face? When nothing else exists except Divinity, what else can be other than Divinity?

Verily Divinity is in Infinity alone and it is never confined to finite things of name and form. Divinity is not to be imprisoned in body, senses or mind--divinity never exists in illusions and delusions. It is above the plane of thoughts and imaginations. Divinity exists where all thought ceases, it is above duality, it is oneness alone.

Divinity alone must be felt in one and all. Divinity must be seen in all eyes. Divinity alone must be heard in all ears. Divinity alone must be thought in all minds. Verily the aim of life is Divinity alone, so may all be filled with Divinity!

Peace be unto all!
OM! TAT SAT OM!

Chapter 20 SIN

Where is sin in the Glory of the Self? Is there anything like sin in the Splendors of my Divine Glory? Is there darkness in the blazing sun? How foolish is the very question. Similarly sin can never exist in Self or Divinity.

Then is there no sin at all? When seen from the Divine Plane of Oneness, there is nothing like sin; but when one lowers himself to the plane of duality, surely he encounters sins and all kinds of weaknesses and temptations.

Sin is not in Divinity but sin is in body-consciousness. Sin is not in unity but sin is in duality. Duality is nothing but ignorance and delusion, as such when seen from the highest plane there is nothing like sin.

Sin exists not in Truth. To be free from sins one must live in Truth as truth, as there is no sin in Truth. Truth is one without a second. Until one becomes Truth, there is not salvation for him.

In the words of Lord Rama Tirtha, sin is nothing but weakness and weakness exists only in ignorance or duality but never in Divine consciousness. When sin appears it must be crushed down by Divinity. Sin must be conquered by the strength of Divinity or Unity.

When all this is Truth without a second, where is sin? Verily sin is not in Oneness or Allness. Indeed sin is only in "I" ness and egoism. As such to be free from all sins and weaknesses, one must rise above individuality. He must be ever merged in the inexpressible Universality."

God if you think God you are
Dust if you think dust you are"

As such, one should never think of sin or weakness. He must be filled always with Divinity or Truth. Thus alone we can rise above sins or temptations

May all be filled with Divinity alone!
OM TAT SAT OM!

Chapter 21 ALWAYS REMEMBER

Divinity is not to be sold. Indeed it is not for sale in the market or bazaar. Verily we cannot buy it with money or other material things, still everyone will be selling their Divinity for trifling things. We find very few people who will not sell their Divinity for anything in the world.

For nothing Divinity is sold or forgotten, unnecessarily it is neglected and forsaken. It is sold in talks and walks, it is sold in sleeping state. Is it enjoyed even in waking stage? Not by one and all, only by saints and sages.

Indeed we should not sell or forsake our Birthright, the Divinity for the worldly goods of the momentary life. Not only for worldly goods, Divinity is sold even for a few kicks or rebukes. When one kicks us we will sell or forsake our Divinity. Is not Divinity more valuable than unrealities? When one abuses us we will sell our Divinity--is not Divinity more worthy than abuses?

Anything attractive in the world robs us of Divinity. Often Divinity is sold even for a few dollars or cents. Then everyone becomes a slave of sensual things, selling or forsaking his Birthright. Divinity should not be robbed by the greatest joys of the world. It should not be exchanged even for the Emperorship. Neither should Divinity be

forgotten in the bitterest sorrows and disappointments, even crucifixion should not make us forget our Divine Birthright.

How foolish are they who forsake Truth for untruth and how silly and senseless are they who exchange nectar for poison! As such one should not forsake his Divinity even for a single moment under any trying circumstances

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 22 GOD EVERYWHERE

I feel Eternal Peace when I see everything as God. God is not in me alone, God is in one and all. God is not within only, God is without also. All this is God: everything is God, everyone is God, everywhere is God! When all this is God how foolish of me to see Him only within! What is within is without also. Forgetting the All-pervading God, how ignorant it is to seek for internal God.

I can never suffer when I fill everything and everyone with God. Verily I will suffer crucifixion when I behold in anyone other than my own Self or God. When I can see God in everyone and in every atom of space, at all times and under all circumstances, the God that is within me will take care of the Self. Thus alone one will be filled with Peace, Divinity and Unity.

As such for me there is nothing but God. I see my living God in the numberless tiny stones, I am facing my own All-pervading God in the form of the big trees and mountains. I behold and encounter my interpenetrating God in every whirl of the strong breeze.

When all this is God, indeed I am also God, for nothing else exists except God. Within, without, above, below and all around there is but One Indivisible and Omnipresent reality and that Reality or Truth is in no way separate from me. As there exists one Reality alone, verily I am that Reality. As such I am in no way separate or different from that Divine Truth. Verily within or without it is all Myself or Truth!

OM! TAT SAT OM!

Chapter 23 THE WAY TO TRUTH

The pitiable atoms are those who confine their Birthright, the All-pervading Self, to the bubble-like body. How foolish one must be to exchange an ocean of Boundless Bliss for an ocean of endless sorrow!

It is the forgetfulness of the Self which is the root of all ignorance. When one lives always in every second of his life as the Self, the one without a second, where is the cause for delusion or ignorance? It is the little "I", the individuality, that is making a wreck of Divine consciousness.

How true and noble are the great utterances of saints of yore, "Where the "I" is the Infinite is not and where the infinite is, the "I" is not". So long as one lives as a body he can never realize or understand what Infinity is. but when one lives as Infinity there will be no more body idea, the root of all evils and ills of human life.

So one should not under any trying or testing condition, confine his Birthright the Infinite consciousness to the finite and imagining consciousness of the body. One's Godhead must be asserted. The Godhead must be felt and enjoyed like a never ending continuous fire of Divinity.

The way to the path of Truth is not "I" but Divinity. The way to the path of untruth or hell is "I" alone. The consciousness of the little "I" alone is creating hells. So to be free from hell, one should rise above the little "I". One should live identifying himself with Truth or Divinity dissolving the little "I" in the inexpressible Universality, thus alone one attains the goal of birth and rises above future deaths and births.

OM! OM! OM!

Chapter 24 I AM NOT THE BODY

What do I care for this tiny body? Let it be weak or strong, I am not lessened by its weakness or strengthened by its power. What is it to me if it is sick or well? In what way am I connected with it? Let it be fair or ugly, it matters very little to me. Let it be rich, ruling a kingdom or poor, begging in the streets, it is all the same to me.

I lose nothing even if this body is going to perish at this moment. Nor am I going to gain anything if it is going to remain for a million years. It is the same to me whether it is worshipped or kicked. It is the same to me whether it is honored or disgraced for I am not the body, nor can I be ever the little mind.

Verily am I not bodiless, above body. Indeed I am bodiless and formless, I am One without a second.

These tiny and imaginary bodies are just like dew drops and before the splendor of the glorious Sun, every drop will be vanished.

So in my own Glory of Divine Consciousness, I am in no way connected or concerned with tiny bodies. I am the formless Lord of Divinity or Truth.

"I cannot die, though forever death
Weaves back and fro in the warp of me
I was never born, yet my births of breath
are as many as waves on the sleepless sea"

OM TAT SAT OM!

Chapter 25 I AM TRUTH

I am the past, present and future, nay I am above past. Present and future. I am in no way connected with time, space or causation. They are in me, all are in me but I am not in any of them alone

Nothing can contain me, I can contain the whole creation. In fact the whole world of phenomena is just a bubble in my Infinite Ocean of Divinity.

When I am one without a second, is there anything like wandering to me? Why should I go to the North or South? What is fund collection to me? Do I need the perishable riches of the world? Ignorance, ignorance, ignorance! In me the world exists not. In me the delusion exists not, in me the duality exists not. For I am the Truth, the Divinity, the One without a second.

If I sit in a train or steamer I sit as Divinity. If I see any individual I see my own Self in him. If I speak anything I speak only about my own Divine Glory.

Within and without in every atom of space, in every second of this life, I am determined to behold my own inexpressible Self, the Glory of millions of Suns.

I will not exchange my Divine Birthright, the Glory of Allness and Indivisible Love, even for the wealth, power or beauty of the whole world. Verily everyone and everything is within me!

May Peace be unto my All-in-all.

OM! TAT SAT OM!

Chapter 26 HAPPINESS AND WHERE IT IS

Happiness is the goal of all. Life itself is to enjoy that Divine happiness. Everyone works and lives only for that glorious happiness. Indeed all are working for happiness from the great saints sown to the poor creeping worm. But how very few are enjoying that Divine happiness.

O how very, very few can really understand what happiness is? O happiness, what is it? And where is it? Is it in external life or in internal life? If it is not in external life why are one and all searching externally, working day and night in the world?

If happiness is within how to find it? First of all how very limited are those persons who know that happiness is within them, in their own Self. If it is not in the things of the world is it in one's body or in the senses?

The sensual happiness is only for the beast of human life. Only beasts of burden can find happiness in the senses. Then is it in the mind or intellect? The intellectual or mental happiness is for men of surface life, for the dry Philosophers.

Then where is happiness? O it is above senses, it is beyond the mind and intellect. One must rise above this little "I" to get a glimpse of that Glorious happiness. When "I" is lost or forgotten it is all happiness.

The happiness is never in duality but in unity alone. It is never in individuality but in Universality alone. When one sees not another, when one hears not another, when one thinks not of another, when it is all One without a second, there is the mine of endless, changeless and boundless Happiness.

May all be blessed with Eternal Happiness!

OM! OM! OM!

Chapter 27 HELPLESSNESS AND WHY

At times one feels lazy, sleepy, weak and forlorn. What can be the cause of this helplessness, how can there be an effect without a cause? The cause is simple and it is well known to all seekers of Truth: it is the forgetfulness of the Divinity that makes them feel forlorn, hopeless and fit for nothing. In those moments of body consciousness life becomes heavy and burdensome and one feels that his very birth itself is a burden to the mother earth.

Then again there will come happy moments when one feels active, strong, hopeful and Divine. Then he feels that he can do anything and everything. Nothing will be impossible with such a soul. All life is in him, all strength is in him and all Divinity is in him. He feels all his life is nothing but sunshine. He is glad of his birth. He is not sorry for anything. In short, nothing can make him sorrowful or dejected.

What a great contrast there is between the former one and this happy one! The former is pessimistic in everything, as such he is miserable. And the latter is optimistic in everything and as such he is ever blissful. What is the cause for this great difference? What can be the reason? It is not far to seek.

The former is miserable just because he identifies himself with the unreal body. The latter is blissful for he identifies himself with Truth, the Divinity. When one lays his hand on Truth, when Truth is inseparable to him, what is there that cannot accomplish in the twinkling of an eye? As Truth he is one without a second. He is the changeless Divinity.

So when one feels lazy or weak at once he should understand that it is due only to this body consciousness. Thus by self examination he should shift his plane of thought from body consciousness to Divine consciousness. Thus alone he can remain ever unharmed or untouched by misery or ignorance

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May everyone identify himself with Truth alone!
OM! TAT SAT OM!

Chapter 28 EVERY MOTION IS AN EVIL

"Every motion is an evil." Is this a fact? Verily it is a stern fact and Truth when seen and judged from the Highest consciousness

"Every motion is an evil." Is there not motion in this writing, is there not motion in thinking? Verily all this is evil when understood from Divine consciousness.

"Every motion is an evil." Then is eating an evil, is drinking an evil? Undoubtedly, for is there not motion in eating and drinking? Then what about talking and walking? They are also nothing but evil as they are filled with motion alone.

"Every motion is an evil." Is every work an evil? Is everything that we do an evil? Oh, then what is there that is not an evil in this world of changing phenomena? Is my breathing also an evil? How dreadful! Is the beating of my heart also an evil? How fearful! Yet what an unchanging fact it is!

"Every motion is an evil." Then is there anything that is not an evil? Is there anything which is motionless? Certainly there is that Divine Truth, the All-pervading and Indivisible Truth. This alone is without motion and above motion for it is One without a second. All else is nothing but motion. Now cheerfully do I repeat that every motion is an evil.

Oh let me feel, let me understand and let me realize and become One with that motionless state or Truth consciousness.

"Every motion is an evil." So dear legs of mine walk no more, dear hands of mine work no more. Dear sweet breath of mine, pray do stop thy evil motion in future forever. Dear heart of mine let this heart-beat alone be thy last one. Verily "Every motion is an evil."

OM SANTI SANTI SANTI
MAY PEACE BE UNTO ALL!

Chapter 29 RESULT OF DELUSION

It is nothing but delusion that makes one weep for another. It is nothing but past Karma that makes one waste his precious life and energy for the sake of others instead of utilizing it in the service of God and in realizing the Divinity.

What are these attachments? What are these Bondages? What are these shackles? All these are due to our own delusion. We have brought them on ourselves wishing for them with heart and soul. Everyone is the master of his own destiny. But men being bound by ignorance and attachments are falling into the pits of mire that they themselves are digging.

Why should one attach himself to unreal things? Why should he not attach himself to Truth or God? Misery and sorrow and disappointment will be the result of attaching ourselves to names and forms, however near or dear they may be. Peace will be the result of attaching ourselves with the changeless Truth.

Knowing the burning effects of fire we are thrusting ourselves forcibly into the inviting jaws of sensuality and as an unavoidable result we are getting ourselves scorched up and burnt up both within and without with thousands of worries, miseries and perplexities.

Verily we will be compelled to reap from what we have sown. No one will reap for us, as such one should be careful in sowing the seeds of sins considering the unavoidable future of effects also.

OM! TAT SAT OM!

Chapter 30 GOOD-BYE TO DUALITY

Dear one, why so pale and dejected, why so gloomy and forlorn? Why so restless and fretful, why so miserable and brokenhearted? What can be the cause of these miseries and perplexities? What is the root cause?

My dear Beloved One, do not seek to find the cause of thy troubles in external things. Find it within. Merge within. Examine thyself. If you search within for the cause you will surely find it there. It is too simple and plain: it is the forgetfulness of thy Divine Self.

Is God dead, that you are so pale and dejected? Is thy Divinity killed, that you are so gloomy and forlorn? Has the Truth disappeared from the face of the earth that you are so miserable and brokenhearted?

Dear Sweet One, sleep no more. My dear lovely dreamer, wake up to thy sleepless state. Thine is the heritage of the Supreme Divine Consciousness. Thine is the birthright of the Glory of Universal Peace and Love. Thou art the fountainhead of Truth, Divinity and God consciousness.

Please do bid good-bye to thy drunken state of worldliness or duality. Nothing can kill thee, none can lessen thy supreme joy, no one can mar thy Divine Glory.

Then why pale and gloomy dear one? Be happy, cheerful and blissful in thine own Divinity! Dejection is thy ignorance, misery is thy delusion, gloominess is thine own imagination. Cheerfulness (Akanda Satchidananda) alone is thy hard cash and thine own Imperishable Property and living Truth.

OM! TAT SAT OM!

Chapter 31 WHO AM I

I am the fountainhead of Peace from where all the Philosophers are expounding their profound Philosophies. I am the source of all inspiration from where all the Great Saints of both East and West are giving out their Holy doctrines of Peace.

I am the seat of happiness from where Peace is flowing in torrents in all directions irrespective of caste, creed, color and nationality. I am the summit of Glory from where Divine sunshine is spreading both on the weeping and happy, whether they are in the sleeping, dreaming or waking state of life. Verily like that of the Glorious Sun, my love is the same and equal unto one and all.

I am the perennial spring of Divinity bathing the whole world in my one Divine Glory of Peace, Bliss and Blessedness! Whether near or far, whether known or unknown, all are my own dear Beloved Ones.

I am the primal cause of the world of form and name, supporting it with a part of my own Indivisible Power and Divine Love. Verily the whole world of phenomena is in me alone as a bubble in is the ocean!

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 32 TRUE LIFE

Life is not for fretting and worrying, life is not for wasting in the mire of senses. Life is not for the accumulation of perishable riches and not for craving the favors of worldly people. Life is not for groveling in darkness and life is not to hunt after name and fame.

Life, life, life--real life is away from these toys of the world. Real life is perennial spring of Divine joy, gushing out on all sides. Real life is away from the dual aspects of this momentary world.

Verily that real life is never in contraction, neither is it in exclusiveness. It is in expansion alone. It is in Universal Love alone. That true life is not to be wasted with unnatural hurries, worries and a thousand other imaginations of the fickle mind. That true life is to be felt, realized and enjoyed, ever filled with Glory and Divine recklessness.

Away you gloomy thoughts and false imaginations, you have no space in the true life! Away you ignorance and weakness, you have no real existence in the true life! Real life is nothing but the Splendour of Millions of Suns. How can the darkness of the world exist in such a Divine Glory and illumination?

Indeed life is only for enjoying, not the sensual things of the world of duality but to enjoy the Holy Divine consciousness, which is thine own Birthright, and that alone is thy real life!

MAY PEACE BE UNTO THE LIFE OF EVERY ONE!

OM SANTI SANTI SANTI OM!

Chapter 33 DEATH

There is nothing fearful about death. Death is only a change common to everyone that has a birth. Everything that has a birth must have a death, so over the inevitable laws of nature no one need think or feel anxiety or sorrow.

But what is real death? Ordinary physical death is never to be called a real death at all. Real death is nothing but Hell. Where is that Hell? That hell is in body consciousness. And where is life? Real life is in Heaven, but where is that Heaven? Is heaven in the sky, sun or moon? It is within thee alone, it is in Truth alone, in thy Divine consciousness alone.

Forgetfulness of thy Divinity alone is real death. For this alone brings untold miseries. This alone is the root cause of innumerable sins, this alone is the nest of all sorrows and dejections. As such Spiritual men consider the forgetfulness of the Self alone as real death, but never the ordinary death of mere changing forms. Blessed are they who fear not the so-called death!

As such everyone must try to be above death, ever filled with Divinity, never forgetting or exchanging this Glory of Blessedness and Peace for anything in the world under any trying circumstances, even for a single moment. Facing death cheerfully, may all rise to the state of Divine consciousness!

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 34 REAL JOY

Where is real joy? Is it in the things of the world, is it in eating and drinking, is it in playing and dancing? It is far away from the sensual plane because it is not in the plane of motion and restlessness.

Real joy is within me, in the state of Motionlessness. Verily it is a Blessed State, for Blessedness is in Motionlessness alone. Let those who can understand realize this joy of motionless state for themselves practically.

O travelers of Divinity, O Divine ones who are treading in the path of Truth, pray do come and have a plunge into this Blissful state of Motionlessness! Pray drink deep the sweet nectar of your own Divinity in the blessed state of Motionlessness.

This state of Motionlessness is not to be described and expounded, it is to be practically realized until one rises above body, mind and world. Motionlessness does not mean to remain like a log of wood or a huge stone. It is perfection and Infinite consciousness. This is nothing other than "Nirvikalpa Samadhi", the highest state of Realization, where all names and forms dwindle into nothingness.

Everything that is finite is nothing but a mass of motion and the Spirit alone is motionless. So the real joy is in the Divine Spirit alone which is free from every kind of motion.

OM! TAT SAT OM!

Chapter 35 I AM DIVINITY

I am the reservoir of deep wisdom, from where all the discoveries are coming and all the inventions are being made by the great scientists. I am the basis of all learning and knowledge from where facts and poetry are flowing in sweet tunes by Divine Poets.

Verily I am the origin of all that is dead and living and of all the things and beings of past, present and future. Verily all these have risen only from my own womb.

Indeed I am the goal of the high and low, rich and poor, of the animate and inanimate, of the manifested and unmanifested and in short of everything that has a name and form.

Verily all these in their own turn are bound to discover again in my own formless state of Divinity. The manifested will surely merge sooner or later into the unmanifested, so may all merge in Me.

Indeed I am all-Glory, All Peace, All bliss! I am All Happiness, all sunshine and I am nothing but floods of Divine consciousness. Verily I am the Divinity, the One without a second!

OM SANTI OM!

Chapter 36 MY RELIGION

My religion is a Religion of endless joy. Gloominess has nothing to do with my Blissful Religion. Misery or darkness can never dare to approach me!

To be happy, contented and peaceful in the Spirit or Self is the sum total of my Religion. My Religion is very simple, it is not complicated with long prayers or deep meditations, it is not even confined to temples or churches, neither to times or places. My Religion is all joy, all Peace and all Divinity.

My Religion is the Religion of an innocent child, nay even of an unborn babe. Either in death or life, in disgrace or in honor, in poverty or riches, in sickness or health, endless Bliss and cheerfulness is the ideal of my Religion.

My religion, though simple, is very contagious. Those who come in contact with me cannot help getting the infection of my blooming smiles. It is really a privilege to fill everyone that comes near me with a glimpse of my religion of joy.

My religion of joy and love is not the exclusive property of any individual or of a particular sect. It is the Birthright of every individual, so may everyone aspire to realize his own Religion of joy by merging deep within in his heart of hearts in the inner Self.

Let me bathe my all in my Divine Splendor of Millions of Suns! Glory be unto the seekers of religion!
OM! OM! OM!

Chapter 37 FREEDOM

In this world of so-called freedom everyone is bound at each and every step with limitations of name and form. For every step in every second, one ought to face something that has a limit and boundary. How wonderful is the freedom of this momentary and imaginary world!

God the Divinity, the fundamental principle of everything, has been ignored and forgotten and no one is mad after this Divine truth. Neglecting the Truth, the life giving distance of Divinity, men are running head-long after the so called freedom, to find it in names and forms, in laws and regulations etc.

Forgetting the living God, it is a pity to see people confining themselves to lifeless things of artificial civilization. If freedom is wanted, it must be sought in the living God who is nearer than nearest and ever One with us without a second. Verily real freedom is in God alone, who is Infinite Love and Bliss.

How mad are they who search for freedom in dead matter! It is the matter that binds one at every step, and it the Spirit or God that makes one free from the shackles of matter.

Verily freedom is in Spirit alone and never this world of name and form. If real freedom is wanted one must rise above name and form.

MAY FREEDOM BE UNTO ALL!
OM! TAT SAT OM!

Chapter 38 GREATNESS

O dear tiny individual where is thy greatness that you feel so much pride in this momentary life? Is thy greatness in intellect, in power or in riches that you think so much of yourself? Do you feel that you are a great something in this so called world of imagination?

If your pride is in intellectual learning, compare yourself with other masters of the intellect who have mastered all the sciences of the present age. What is your learning when compared to the adepts of deep learning and knowledge?

If you feel that you are proud of your power, compare yourself with the masters of giant power. In their strength and valour, what are you? It is a pity that instead of feeling ashamed of one's littleness and worthlessness, one takes airs of superiority calling himself everything.

O dear ego, if your pride is in your wealth, what have you to say of those Emperors and multi millionaires? When compared to the richest of the rich is not your wealth a mere salt sea-spray in the ocean?

Thou can never be great in the unreal, in the finite. The real greatness is only in the Spirit, in the Infinity. You are really great if you live in thy Godhead, if not with all thy learning, power and riches you are as useless as a carcass. So seek always thy greatness or power only from Truth or God!

OM! TAT SAT OM!

Chapter 39 THE GREAT NET

The world is a great net of that Divine fisherman and everyone who is conscious of the world is a fish struggling in the net of the world, restlessly and full of many a nightmare.

Whether one calls himself a Philosopher or a peasant, whether he calls himself a Pope or a sinner, whether he is great or low, everyone is irresistibly caught in this strong net of Maya or delusion.

Whether they are Masters of Divinity or lecturers of Vedanta so long as the scales of duality or difference have not dropped from their eyes, they are remaining only as inmates of this strong net of Maya which is made of time, space and causation.

In this net of the world there are many who are not even conscious of their helpless situation. It is a pity they are contented with the ties and bondages of the net. And there are a few earnest souls who are unceasingly struggling to come out of this miserable net of fame and name.

It is really very rare to find great Souls who have freed themselves from this strong net of the world. Unto such alone belongs the Nectar of Divine happiness, but unto none else.

Whereas the happiness of others can be compared to the happiness of fish placed on dry land. Verily the real happiness is within alone and never in the net of maya world!

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 40 THE SUN

Whenever I behold the Glorious Sun I feel a kind of inexpressible joy bubbling from the innermost recesses of my heart. Verily the Sun is a Divine symbol of the Almighty God. If I am asked to mention and show the Almighty in a manifested form, I will be the first to say the Glorious Sun alone is the living God of the Universe.

I wonder what would be the state and utility of this world without the life giving sun? Indeed the Sun is the life of the world. No other thing on the face of the earth has so many common attributes as the effulgent Sun when compared to God. It is beautifully expressed when the wise have declared that the Sun is only an image of the Divinity. Verily the Sun is not a dead and lifeless image of God but a living and self-shining reflection of the Omnipresent God.

Like God the Sun is both near and far, ever shining and in a sense the Sun has a form and is above form also. He is above increase and decrease. As God's mercy and love is the same to one and all, so is the Sun's glory and splendor the same to all, whether one is rich or poor, low or high, Saint or sinner.

As God is the origin and source of the whole of humanity and life, so is his sun. Indeed there is a sweet and indivisible relationship between the Almighty and the Glorious Sun. I wonder whether they are one and the same? GLORY BE UNTO THE SUN!

OM! OM! OM!

Chapter 41 WELCOME FAILURES

In this world of duality one has not far to seek to find sorrows and miseries. So long as one has a body, even if he is a Sage or a Pope, he too is not free from these unavoidable necessities of physical life or it is better to call it dual life.

The more spiritual one tries to be, the harder the circumstances and environments will come in his way. The harder the trials, still harder a saint must exert to assert his Divinity. Ups and downs of life are a common factor in every one's life.

Verily life is not worth living without these ups and downs. These alone give stimulus to the Spiritual development and thus open an early way for the realization of one's Birthright, the Divinity. Indeed these are the tests of our real strength in the path of truth. So no one need be discouraged by their failures and

disappointments, instead of fearing them one ought to welcome them. One must be ready to face anything and everything, ever keeping the goal of one's life in front of him.

So long as one is walking in the path of truth, realizing his Oneness with the Almighty, what necessity is there to be afraid of these momentary trials and failures? As the sea is not free from ebb and flow, so this life of duality is never free from joys and sorrows. As waves in the ocean are a part and parcel of the same sea, so these duality's of life belong to the physical world. None can be separate or be away from them, neither can anyone be free from the dual aspects of life unless he rises above duality and becomes One with Truth or Almighty.

MAY PEACE BE UNTO ALL!
OM! TAT SAT OM!

Chapter 42 THE KINGDOM OF HEAVEN

The Kingdom of Heaven is open to one and all irrespective of caste, creed, color and nationality. It is ever open equally for both rich and poor and for saints and sinners of all Religions and of all Nations.

The Kingdom of Heaven is not confined to Christians alone. Its doors are open both for the Christians and non-Christians, provided one is ready with the proper price to enter into The Kingdom of Heaven.

The Kingdom of Heaven is inviting the whole of Humanity irrespective of Religions and Nations into its broad and long stretched embrace. All are allowed to enter into it. There, there are neither concessions or privileges, provided one is hankering after truth with a burning desire.

The Kingdom of Heaven is near at hand. May you be a Mohammedan or Buddhist, Hindu or Christian, white or black, brown or dark, you are welcome into The Kingdom of Heaven if you want to enter into it with all thy heart and soul.

Verily The Kingdom of Heaven is the common property of all of us belonging to the whole of humanity. It is the inherited property of ours. Verily it is ours alone, our very Birthright!

Dear Ones do you want The Kingdom of Heaven? Have you made yourself fit for it? In the words of our Lord Christ, "Whosoever wants The Kingdom of Heaven, he must renounce the Kingdom of the World and all that is unreal."

If you are ready with the proper price of renunciation, indeed The Kingdom of Heaven is at hand for thee. It is ever ready for us, but unfortunately we are always satisfied with the momentary life and the world and we are not hankering for The Kingdom of Heaven. We are happy in the Kingdom of the body. Verily the mistake is ours alone, the Kingdom of Heaven is ever within us.

"Eyes have they yet they see not."

OM! TAT SAT OM!

Chapter 43 I AM CHANGELESS

Let the ship be rolling or steady, what is that to me? As Self Supreme I am not in any way affected with its rolling or steadiness. Let the ocean be rough or calm, what is that to me? As changeless truth I can never be decrease with the roughness of the sea, neither can I be increased with the calmness of the ocean.

I am not in any way connected with things of name and form and of their ever changing qualities. As Self I am without qualities, my nature is changelessness alone under all circumstances.

I will never be affected even if my steamer Banares is to be sunken or broken up, for as Divine Self, the vast ocean of water cannot drown me or harm me in any way. So also as I am the Divine Truth, the tiny flames of the blazing fire cannot burn me or harm me in any way. If I am a thing with a name and form I can be very easily drowned and burnt up in no time.

From the first to last I live on the central Truth, the basis of my life, namely: I am never a thing, but I am the nameless and formless Divinity. As Divinity, neither fire nor water, nor swords nor cannons can ever dare approach me. Verily I am the Indestructible Self alone, I am Eternally One without a Second. Shivoam, Shivoam, Shivoam!

OM! TAT SAT OM!

Chapter 44 I WANT PEACE

I want Peace and nothing but Peace do I ever need. I am born for this Peace, I am living for this Peace and I am ready to die for this Peace alone. Peace is all that I want, my prayers are for Peace, my lamentations and meditations are for this Peace alone.

What kind of Peace do you want dear child? I want the Peace that knows no change, the Peace that is changeless and which is the same yesterday, today and tomorrow. I want such a Peace which cannot be lessened or disturbed even by a thousand deluges of the world.

Dear Sweet One, if you want such a kind of inexpressible and indestructible Peace, pray do come unto me for you have no more space or work here, for such unchangeable peace cannot be had in things of name and form.

Dear One, say "GOOD-BYE" to this world of delusion, for your sphere of Peace is not in the plane of duality. You are to renounce all that is near and dear to you, the forms that you have adored in ignorance must be cast aside. The names that you have worshipped so far must be left and forsaken if you want to taste that Infinite Peace.

First bid "God-bye" to thy physical sheath which is the nest of all thy dreams. Verily real peace is far from the senses, mind, intellect and ego. It is beyond the plane of consciousness. Dear child, if you are really hankering after Peace, do follow me with a pure and single-mindedness, leaving aside all that has name and form, for indeed the sphere of Peace is only in the Nameless, Formless and in the Fathomless Divinity! Pray do come and merge in thy Changeless, Invisible and Inaudible Peace, verily this is thy Birthright!

MAY PEACE BE UNTO ALL!
OM! TAT SAT OM!

Chapter 45 CONTROL OF MIND

Which is the most hard and difficult task in the whole world? It is the controlling of the wandering mind. For those people who have not yet tried to control it, the task of controlling may appear very easy but never difficult. But when one begins to control the mind by putting a stop to its wandering faculties, then alone he realizes the impossibility or the difficulty of controlling the fickle mind.

It is said that men can play with poisonous snakes, fight with no weapons with tigers and lions, one can enter into burning fire and can do any other difficult and improbable thing, but when it comes to the control of the mind, it will be simply impossible.

It is also written in the sacred scriptures that one can swim at a stretch even the seven oceans, play with the mountains placing them in the hand and even devour the sky or the world, but it is not so easy to control the mind. One can do anything and everything but not have control over the mind.

In Bhagavad Gita also (the Bible of the Hindus) Arjuna, the Individual Soul, asks Lord Krishna, the Universal Self, about the impossibility or impracticability of controlling the mind. He answers that it is easier to control the air or wind rather than the fickle mind.

Undoubtedly it is a hard task, more so for the people who are attached to the momentary things of the world, ever leading surface lives. Yet for spiritual people, who have risen above senses, they by persistent practice and renunciation can surely control the very fickle mind. Verily non-attachment is the way that takes one to the control of the mind. It is always the attachment alone that makes everyone bound and kept a slave to his mind.

In short eternal Peace is in control of the mind alone and no where else. Unless the mind is controlled and conquered, the Divinity cannot be revealed or manifested.

MAY PEACE BE UNTO ALL!
OM! TAT SAT OM!

Chapter 46 CIVILIZATION

Many are fond of knowing external things that are far, never caring to know of internal things that are near by within themselves. Some are adjusting themselves to know the beauties of stars, planets, etc. Some others are using binoculars to see the things of the world, namely, the beautiful scenery. There are some others who are busily engaged with all their heart and soul in examining the metals, rocks, etc. There are others offering their lives who are working to understand the growth and life of plants, etc., namely, of the vegetable kingdom.

It is a pity there are many men, calling themselves benefactors of humanity, who are engaged in cutting the throats of dumb animals to understand the inner workings of the animal kingdom.

We need not search long for those others who are engaged in the study of man, cutting and examining the dead bodies of mankind. If it was allowed by the laws of the world we would not fail to find a few more generous benefactors cutting and examining the living human beings also.

Thus the civilization is progressing on, endlessly and shamelessly with no firm basis of its own, in the external life of the world, ever forgetting and crucifying the Living God, the very basis and foundation of our lives.

I wonder when Humanity will offer itself to know the Living God, The Almighty, instead of wasting itself on mere dead matter, calling it progress and civilization. Verily real civilization is the Realization of God that is within and without.

OM! TAT SAT OM!

Chapter 47 UNITY IN DINNER TABLE

It is a matter of great consolation, rather of wonder, that many nations are very catholic only in the matter of diet, though not in the matter of religion and God. They are freely allowed to eat anything and everything from anyone. How generous and broadminded they are! It is a pity their tolerance and generosity is only in matters of eating and drinking.

It is most funny and strange that some of these dishes are of sheep's tongue, ox tail soup, kidneys, etc.; I am glad they have not included in their universal diet, man's tongue and human brains also! As far as diet is concerned they give full justice, I wish and pray that same justice and catholicity would be given also in the matters of religion and God.

But when it comes to religion, they are very bigoted and behave like fanatics, criticizing and attacking innocent people belonging to others sects and denominations. Some people cannot go and pray in the same temple or church with a fellow belonging to some other creed.

This intolerance and inequality is only in the name of God or Truth. When it is in satisfying their animal instincts, their desires must be fulfilled, let it be from anyone and at any cost.

Really toleration must be shown in spiritual matters, but not in drinking and eating alone. By this I do not mean to discourage common brotherhood in the matters of diet, etc., what I mean is our first toleration and catholicity should be toward God and Truth. Let our homage be first God. May we be all one in God, filled with tolerance, catholicity and love!

OM! TAT SAT OM!

Chapter 48 THE GREATEST MAN

Somewhere in one of the chapters we have dwelt on the impossibility of controlling the mind. The mind in itself is so tiny and is it hard and impossible to control it? Perhaps by the great Napoleon it was said that 'Impossible' is a word found only in a fool's dictionary. As such for fools alone the control of the mind must be impossible, but not for seekers of Truth, whose joy is no longer is sensual things, who have risen above the plane of duality and who are living for God and Truth alone, Unto such at least there will be nothing hard or impossible.

Really unto men of Realization, of all the things, control of the mind appears as the most easy and natural task in the whole world. What is impossible for the worldly will be possible for the spiritual. Verily it is truly said in the Scriptures for such men of realization, the control of the mind is easier than separating the petals of a flower or even closing one's eyelids. This may appear as strange and unbelievable to the worldly ears, but what a grand fact it is when seen from the highest point of view.

Undoubtedly motion is in duality, verily there is motion in separating the petals of a flower or in closing the eyelids. In a certain state of Realization saints prefer even death to the slightest motion of the body.

The Sage or Yogi is the greatest man, for he has conquered the formless mind. Such rare souls find misery and unhappiness in the mere motion of the mind, and Peace and Eternal Happiness in its firm control. Indeed the changeless Bliss belongs to the Masters of the mind alone.

MAY BLISS BE UNTO ALL!

OM! TAT SAT OM!

Chapter 49 WANDERING NO GOOD

Dwelling on the past from the point of spirituality helps one to rise above all worthless activities and works. For my part, the examination of my past works so far makes me realize the worthlessness of the future works also; then what is the use of this feverish rush and restless spirit of sacrifice even in the name of Religion or Humanity?

Like a rolling stone gathering no moss, I have wandered from one end of the world to the other end and am still engaged in wandering aimlessly, wasting the precious energy and time in the name of public or spiritual good. So far I have organized Santi Mission and have done similar works here and there. But what good have they done to me? The vitality and life has been sapped physically and mentally and I felt exhausted and even disgusted. Above all, spiritually I feel I am neither decreasing nor increasing. My wanderings have not made me any wiser, I am as I Am.

When such is the case and result of my past, what is the use of wasting any more time on these unreal works of the momentary world? Calling the world unreal and momentary, why should I work for the unreality? Why should I not live eternally in the Real or in God consciousness rising above all work?

If I continue my life in the same channels as in the past I may organize some more Missions here and there. Suppose--let me think--, that I have organized millions of Santi Missions, will that help or increase my Divinity in any way? When such is the unavoidable future, it is better to rise above all works, even if they are Holy works.

In Bhagavad Gita also, work is said to be the way only for an active man, but for a silent man cessation from every kind of work is said to be the salvation. As such may I be free from all works and activities also!

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 50 HOW CLOSE IS GOD TO ME?

When God is flowing in the form of these tears of ecstasy, why should I try for another God?

How close is God to me?

When God is flying in the form of these tiny flies, why should I search for another God? When God is creeping in the form of these little ants, why should I hanker after some other God?

O when God is blowing in the form of this fine breeze, why should I be deaf and dumb to my nearest God? When God is shining on me in the form of the beautiful sunshine, why should I be blind to the omnipresent God?

O my God of Peace, my God of Bliss, my God of all in all, adoration be unto thee! Thou art within and without, art Thou not in this book? Art Thou not in the pen? Thou art everywhere! Thou art the God who is writing these simple thoughts. Indeed thou art everything! Verily I am ever one with Thee!

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 51 SELF KNOWLEDGE

5-2-1924

Realization of the Supreme Self is Self Knowledge. When one realizes the Self, he is called a man of Self Knowledge. When one realizes the functions of the mind, he must be called a knower of the mind, who has understood the mental state. When one realizes the body, he must be called a man who has realized or understood the physical body.

When one realizes the material things of the world, such as money, houses and lands. He is a man who has realized material property. But true Peace, the eternal Peace can be had only by realizing the Universal Self, the Paramatma. Eternal Peace is in Self-Knowledge alone, but never in the knowledge of the body, mind and other worldly things.

Material knowledge is concerned with the external life. Self-Knowledge is concerned with internal life. Material knowledge is connected with the known world. Self-Knowledge is connected with the unknown world of thoughtlessness.

Knowledge of the world can be had by the functions of the mind and senses toward worldly things. But knowledge of the Self can be had by the cessation of the senses and the dissolution of the mind into Infinity. One who desires Self-Knowledge must seek inner life, rising above the senses and mind. He must be free from all thoughts.

Inexpressible and Infinite Bliss is the reward of Self-Knowledge. Verily endless Peace is in Infinity alone and never in finite things. Worry, hurry and restlessness is the nature of the material world or of external life. Verily endless misery is in finite things of name and form.

As such one who wants freedom from worries and bondages and one who longs for eternal Peace must rest in the inner life, resorting himself to Self-Knowledge, the realization of the All-pervading Self Knowledge alone. So all must be filled with the knowledge of the Self.

OM! TAT SAT OM!

Chapter 52 THE INNER VOICE

Hush, hush hear thy Soul's inner voice Dear Beloved, so long as you are busy with the outer things you can never hear thy inner voice.

Dear One, are you not tired of these outer things? Will you not try to hear thy inner voice? Do you want to hear thy inner voice with all thy heart and strength? If so pray do come and stay with me for a while. Make thy body comfortable and steady. Think no more of thy plans and duties.

Pray do sit for a while calmly to hear thy inner voice. By hearing this inner voice alone thy heart's thirst will be quenched, but never by running hither and thither with feverish haste after shadows and hobgoblins. Thy inner voice is ever ready to commune with thee, but it is a pity that thou art not responding to the voice that is within, ever busying thyself with the various voices of the world.

O dear tiny senses, pray draw your activities within even for the time being. O dear mind of mine, pray stop thy worthless wanderings even for a while and hear thy Soul's inner voice. O dear mighty intellect, merge within even for a second to hear the Soul's inner voice. O little ego, pray dissolve thyself in thy own inner consciousness to hear the inner voice!

When every sound is hushed and everything is dissolved, there speaks the Soul's inner voice, in all its Divine glory, in the depths of the inner most recesses of the Omnipresent Self. O dear one, merge more and more within thee to hear thy soul's inner voice, for this alone is thy own dear Divine Birthright.

Hush, hush, hear thy soul's inner voice, hearing which one rises above birth and death. May all be blessed with the inaudible and inexpressible voice of the Divine Self!

OM! TAT SAT OM!

Chapter 53 DARKNESS OR IGNORANCE

In the sun there is never darkness whether it is day or night, then why should there be darkness in the Sun of Suns?

Verily the darkness is only in the world, but never in the sun. So also, darkness or ignorance is only in the body but it is never in the Spirit or Atman. So long as there is the consciousness I am an individual having a form and name, I can never be free from ignorance. When I am conscious of my Divine Birthright, the glory of Millions of Suns, there no darkness can ever dare approach.

At times even the Sun appears to be filled with darkness but that is only when hidden by a mere cloud. The cloud passes off in no time. It never touches the real Sun. In the same way the experiences and hard trials of the world will be appearing to hang heavy on a spiritual soul, but these are also passing clouds of tests and events. These shadows of the world can never touch the Divinity, as clouds never touch the Sun.

So one should never give way to these passing events of life. But he should be ever living in Divinity, always keeping the outer sun as a symbol of his inner state of Divine consciousness. For beginners of Religion concentrating on the rising Sun or setting Sun, chanting the sacred syllable "OM" helps them a great deal in raising them from the plane of the physical to the plane of the spiritual. A regular and systematic practice is surely needed for realizing one's Holy Birthright, the splendor of Millions of Suns.

The sun is so Pure, Divine and Glorious as such how much more the inner sun must be filled with floods of purity and oceans of Divinity and Peace. Verily I am all Glory!

OM! TAT SAT OM!

Chapter 54 OM

Even gods cannot describe the effects and beauties of chanting Om. When the very gods, namely, the Divine ones fail to describe the beauties and benefits of chanting Om, how much less can these tiny individuals describe the joy and effect of chanting Om.

But anyone can understand for himself who sings Om in the right tune, making himself one with Om. The inexpressible Peace of chanting Om, the indescribable joy of singing Om, the incomprehensible meaning of Om is not intended for writing or expressing, it is more or less intended for the inner life and never for the outer life.

In short when everything fails to give you the needed stimulus for thy spiritual life, just try this simple remedy of chanting Om and you will feel in no time that you are progressing physically, mentally and spiritually. When all kinds of medicines provided by doctors and philosophers fail just take this simple medicine of swallowing, digesting and chanting this wonderful Om. At once you will feel its ready effects.

Chanting of Om with feelings of love and Oneness is the only medicine for all mental diseases, particularly the deepest sores of ignorance will be healed by chanting Om. Deep rooted sorrows will fly away by singing Om, the darkest sins will disappear by repeating the sacred Om and the heaviest burdens will be lightened in no time by breathing Om. By eating and drinking this Holy Om, one will be a dynamo of strength and power.

Verily deepest hells will be converted into beautiful heavens by feeling the spirit of Om. Gloominess will be replaced by blooming smiles of joy immediately by realizing Om.

Logic, Philosophy and Science may yet be blind to realize the greatness of Om, but still it remains as a stern fact and unchangeable Truth.

May Glory and Peace be unto my Divine Mother Mariya and my devoted Brother Entriaken!

MAY PEACE BE UNTO ALL!

Om SANTI AMEN

Chapter 55 THE DIVINITY

25-12-1923

When I am the Self of Selves, the Divinity of Divinities, the One without a second, why should I always be conscious of the particular body? It is indeed too wicked of me to confine my All-pervading Self to a tiny body, as I am One with all, I must feel always unity with All, but never with an individual body and with finite consciousness.

Let me feel that I am the Indivisible Divinity, the One without a second, not only now but forever. Indeed I am above body and above this world of two days, oh let me not forsake this Holy consciousness, even if this body is cut into inch pieces!

What is death to me? What is crucifixion to me? I am above these changes for I am the Changeless. Yesterday, today, tomorrow and forever I am the Changeless Divinity, as such in every second of this bubble-like tiny life let me live only with my Universal Consciousness, but never with the finite consciousness of this unreal body. I am the Divinity!

OM. SANTI. OM. AMEN.

Chapter 56 EVERY DAY IS A CHRISTMAS DAY

Peace be unto all. So soon a full day has passed away, O Lord, how far have we progressed in realizing Thee? Every day is a Christmas day, when one lives in tune with the Almighty Lord. Even the

birthday of our Holy Christ will be an unholy day when one lives in vain with body consciousness, forsaking the Spirit of the Divine Christ,. As such dear Beloved One, let us be filled in every second of our lives with the Holy Spirit.

O Lord Jesus, thou art within and without, Thou art animate and inanimate, thou art the Christian and non-Christian, the Holy and the unholy, verily Thou art everything and everyone! Indeed all this Thou art alone, as nothing else exists besides Thee. Bless us with a continuous vision of beholding Thee alone in all our troubles and joys and in all our disappointments and successes!

O Lord bless us the behold Thee in the sinner and saint, in the poor and rich, in the neglected and down-trodden, in the orphan and forsaken outcast, nay even in the lowly creeping worm. O my merciful and all compassionate Father, grant me this simple desire of taking this finite life in the very second of forgetting or neglecting Thy Infinite Life. Let these eyes become blind when they cannot behold thee everywhere. Let this body perish immediately when it tries to live without Thee. My life is in Thee alone, and without Thee it will be death for me. My Heaven is where Thou art and my Hell is where Thou exist not. As such my Lord, let me not confine thee to temples and churches but let me behold thee in every atom of space and at all times and under all trying circumstances. Verily I am ever One with Thee!

OM! OM! OM!

Chapter 57 I AM INFINITY

27-12-1923

MAY PEACE BE UNTO ALL!

I am the one without a second, as such I need nothing but Truth. Even Truth is not separate from Me. Verily I and Truth are one but never two.

When I feel I am only a body I desire to possess many things. In the finite there is nothing but misery and restlessness. There is not joy in the finite things. Their real joy is only in the Infinity and the Infinity is my Birthright. I am ever One with the Infinity. Misery and ignorance are the results of the forgetfulness of the Infinity.

When I feel I am the Infinity, the all in all, I will have nothing else to desire. Real Peace is in Divine consciousness alone. As such let me feel that I am the Infinity, the All-pervading Self alone in every second of my life.

All my desires are fulfilled when I live in Truth. No harm or disease can dare approach me when I am One with Truth. Indeed I am nothing but Truth, either in the past, present or future. Verily Truth alone exists and nothing else exists besides it.

OM! TAT SAT OM!

Chapter 58 RISE ABOVE THE MIND

28-12-1923

We do all our works through the help of the senses. Our senses are dearer to us than all objects of the world. Still there is a higher thing that we love better than the senses, and that is the mind. Without the help of the mind the senses will not be useful unto us. The mind is the master of the senses. But is the mind the highest thing? There is something higher than the mind, it is the Self. Without Its help the mind will be nothing, everything is done only by the presence of the Holy Self.

It is the mind that makes one a sinner or saint, so we must be careful and ever watchful of the mind. The mind will be the friend of one who can control it. It will be the enemy of one who cannot control it. There is peace when the mind is calm, there is misery when it is fickle and wandering. Somehow the mind must be controlled. One must rise above mind to have a glimpse of his Divinity, but how to forget or rise above the mind? The senses are forgotten when we engage ourselves deeply with the mind. So also, when we meditate steadily and calmly on our glorious Self we can rise above the mind. When the bubble-like mind is dissolved in the ocean of Divine consciousness, there exists only the nameless calmness of the sea. Indeed it is inexpressible and must be felt by thyself.

MAY PEACE BE UNTO ALL!

OM! OM! OM!

Chapter 59 THE JOY SUPREME

29-12-1923

What a great joy it is to feel that I am in the stones, in the plants, in the birds and animals, in the whole world and to feel that I am all in all and One without a second! Indeed this joy or ecstasy cannot be described but can be felt by one who has risen above body and the world. Indeed I am in the baby and in the old man, in the High Priest and in the lowest sinner. Verily I am in every atom of space!

Indeed this joy of feeling my Oneness with the crowned Emperors and the uncrowned beggars, with the high and low, with the animate and the inanimate is simply inexpressible. Blessed am I that I was born to feel this love and Oneness with my all in all! In fact there is neither birth nor death to me, I am above change. I am the manifested and the unmanifested. This manifested world is just like a ray in the glory of my unmanifested state of millions of suns.

Oh I shall shower oceans of love and bathe the world in joy, I am Sat-chit-Ananda, I am bliss absolute!

MAY PEACE BE UNTO ALL!

OM! OM! Om!

Chapter 60 THE INVISIBLE LINK

30-12-1923

I felt my eyes moistened with tears of love and sympathy when a beautiful bird came and sat by me. O dear lovely one, what is it that is making me feel for you? From all appearances we are entirely different from each other, still an invisible love is drawing me towards you. Thou art different from me in name, form, size and in qualities. Thou art fair and I am ugly, thou art calm and I am restless to a certain extent. Though we are different both externally and internally still we are connected with some unseen link of love and Truth.

My dear Beloved Self, in the form of a tiny bird, how beautiful it is to feel and practically realize that I am you! All these differences are not permanent, they are only for the time being. The invisible link with which we are connected with each other is eternal. If not why should I feel for you, why should I shed tears thinking of thy Divine love? Oh dear Sweet One, I love you with all my heart and soul, for we are one. Do not think that I am expecting any response from you for my love, my nature is to love for the sake of love. Verily I am nothing but floods of love, as such let me bathe you in my boundless love! O dear Divine One, live in Peace, that is all the response that I need from you.

My Peace be unto thee and unto all is the prayer of this humble brother of thine!

OM! TAT SAT OM!

Chapter 61 OUR ENEMIES

31-12-1923

Our enemies are both external and internal. Nobody cares to think of an internal enemy, everyone is anxious to conquer the external enemies. The external enemies will not harm us so much as the internal ones. Mind is the leader of our internal enemies, so we must try to conquer the mind. By conquering the mind we can conquer the whole world. One cannot have Peace by conquering the whole world, even if he becomes an Emperor, unless he conquers the internal foes. It is a pity that all are engaged only in external fights but no one tries to fight internally. In fact we are dead to the internal world and to the internal life. We are satisfied with the external life, as such we find very few who are seeking internal life.

We get angry when anyone disobeys us. Why should we not get angry with our mind which is always disobeying us, by wandering here and there? For instance, one wants to meditate on the Almighty Lord. He sits for meditation and he requests his mind to think only about God, but as soon as he closes his eyes he will find his mind running to the other end of the world. How fickle, unsteady and wandering it is! Indeed it is the mind alone that is making a havoc of the Divine lives, as such our anger should not be on the external foes but must be directed only against the mind. When we cannot conquer the mind that is within us, how can we expect to conquer others? When we can make our own mind obey us, we can make others also obey us. So every sensible man should get angry with his own mind but never with others. When the mind is calm all will be calm.

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 62 RELY ON SUPREME SELF

1-1-1924

We should never place our trust outside of us, we should not rely on others. We must rely always within on the Supreme Self. If we trust in friends a time will come when they will neglect us. If we believe in relations and even in our parents, they too will neglect us when their interests are not served. Even if we trusting our beloved disciples, they too will forsake us at their earliest opportunity.

One loves another for the sake of his own Self. How true are the words of the Holy Vedas in saying that a friend is not dear for the sake of the friend, but for the sake of the Self. A husband is not dear for the sake of the husband but he is dear only for the sake of the Self. Even a child is not dear for the sake of the

child but is dear only for the sake of the Self. We love everyone so long as they will be helpful unto us. As such it is better to love only the All-pervading Self that is both within and without.

We should not merely love the forms but we must love the formless. By relying on a form and name we will surely fall down. The riches of an Emperor will not help and give us Peace, the love of the whole world will not take us nearer to Truth. But loving the Self, ever relying on It will give us Peace. We are already "That" by living in Self or Truth.

Verily the unmanifested alone is the changeless Reality, all else is unreal and momentary. As such for final emancipation we must love and rely on the unmanifested alone, never deceiving ourselves with names and forms of friends, foes, disciples etc.

MAY PEACE BE UNTO ALL MY FORMS!
OM. SANTI. OM. AMEN.

Chapter 63 GIVE UP

2-1-1924

MAY PEACE BE UNTO ALL!

If one is conscious of the physical body he has to suffer the consequences of the same, for it is full of diseases and maladies. Living in a body no one can be free from sickness, so one should try to live above the body.

If one is conscious of his finite mind he has to suffer the consequences of the same also, for the finite mind alone is the cause and root of all diseases. Possessing a mind, it is very difficult to be free from the snares of its attachment and delusions, as such one should rise above the mind and its finite conceptions.

If one is conscious of the world he should be compelled to bear his heavy cross, tossed up and down by a sea of its own calamities and disappointments. The worldly attachment, however little it may be, is of the nature of contagious disease. So one should live at all times above the world. Living in it, one should be unattached like a lotus in a pond.

Verily misery attends one who is conscious of the body, mind or world. Indeed somewhere there is always trouble, either internally or externally--the trouble of mind, either knowingly or unknowingly, or trouble of the world at sometime or the other. As such one should give up these three great obstacles of one's Realization. Unto him alone belongs the priceless treasure of Eternal Peace and unto no one else.

MAY GOD BLESS US ALL!
OM! TAT SAT OM!

Chapter 64 MEDITATION

3-1-1924

MAY PEACE BE UNTO ALL!

Oh let me give up meditation, what shall meditation do for me? Meditation is intended for those who live in duality as finite things. One who lives as Infinity requires no meditation. When I am the Divinity, the One without a second, why should I meditate in the first place? For the Divine Truth there is no need of meditations. Verily meditation begins in duality and finally ends in Unity. Meditation should be practiced only when one is in ignorance, when he forgets his Divine Glory of Oneness and Universal Love. Indeed one ought to do meditation not to get anything new, but he should do it not to forget his Divine All-pervading Spirit of Divine consciousness.

Meditation is a plane of Super-consciousness. It is beyond the senses and it cannot be grasped by the finite senses. Indeed it is all Peace and Oneness, it is indescribable Peace and inaudible Peace. It is to be felt by Itself, as such it is vain to search for meditation in lectures and books. Meditation cannot be formed into round pills for free distribution and for the convenience of swallowing. Everyone must swallow his own Pill of Divinity. The pill of Divinity is ever within, one should not forget it. It must be digested silently until it becomes one with all forms and names. Realizing it one returns not to the plane of senses nor hankers after the various practices of meditation. Indeed he lives in Peace and verily he is nothing but Peace.

I AM SAT-CHIT-ANANDA!
OM! OM! OM!

Chapter 65 FEEL THE TRUTH

4-1-1924

Feel and feel the Truth. Always be filled with Truth and do not neglect or forget It even for a single second. Then alone you can hope to remain unharmed both physically and mentally and no criticisms or silly questions can affect you. When you are listening to any one or to anything, listen with the consciousness that you are the Divinity; if you are speaking, speak as Divinity. Really then nothing can affect you, nothing can

deceive you. You will then remain unaffected under all trying circumstances; but if you try to live without thy Divine consciousness, thy life will be helpless and frustrated. As such do not exchange thy Birthright for anything in the world. Live in Truth in every second of thy life. As nothing else exists except Truth, see the Divinity alone, within and without. See the Divinity, face the Divinity and feel the Divinity alone. Neglect not to see thy Divinity in both friends and foes.

A mother will not get disgusted or angry with the ignorance of her children. She loves them all the more for their ignorance. So dear one, love the haughty criticizer, if needed even thy reviler because verily they are thine own babies. They are still in an undeveloped stage of baby-hood, so love them and develop them all the more in all ways. It is thy bounded duty, for all are thine own.

MAY PEACE BE UNTO ALL!

OM. SANTI. OM. AMEN.

Chapter 66 THE PRICE OF TRUTH

5-1-1924

Verily how hard is the path of Truth! It is harder than walking on the sharp pointed ends of thorns or needles and it will not be comfortable like drinking coffee or milk. Indeed this path of Truth will be not only hard but even impossible for the worldly minded people, however for those who are ready to pay the proper price for, them it will be easy and safe. For the men of inner life even the walking on the points of needles or thorns will be soft and comfortable like that of walking on roses. The higher the price we pay, the greater the joy we feel and realize.

As expressed beautifully by our Lord Christ, if we want the Kingdom of Heaven we must be ready to renounce the Kingdom of the World. All kinds of attachments and worldliness must be given up before treading in the Path of Truth. Then alone one can feel the beauty and illumination of inner life. Things done by halves unwillingly will never give us the desired results. If one wants pearls, he will have to plunge himself deep into the ocean, heedless of his life. In the same way if we want Gems of Spirituality, we must dive deep into our Inner Self, sacrificing all that is finite and worldly. Such a burning desire for Truth already takes us half way to Truth.

OM. SANTI. OM. AMEN.

Chapter 67 WHERE IS PEACE

6-1-1924

Peace is not found in fasts and prayers, neither can it be found in rigid postures and concentrations. Peace comes to one who has risen above body, mind and world. Peace comes to one who is no longer conscious of his individual "I" the little "I" must be crucified, before enjoying a glimpse of that Divine Peace. The individually must be merged and dissolved in the Universal Divine Consciousness of Divinity. Then there will be neither I nor he nor she, it is all one inexpressible Peace!

In fact one gets Real Peace, the changeless Peace, the Eternal Peace only through Universal forgetfulness. One must forget everything as a whole. He should not be conscious of external life or even of internal life. He must be free from duality, then alone he enjoys the Eternal peace, the Divine Birthright of every individual.

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 68 THE SOURCE OF POWER

7-1-1924

One should not waste his energy--physical, mental or spiritual, especially when he is on the way to Spiritual Realization. In every second of this life the Spiritual energy must be conserved but should never be spent recklessly. If we are working physically we are wasting some energy, if we are speaking we are wasting some energy and if we are thinking then also we are wasting our energy. Every thought carries with it a little of energy. If one stores up mentally, physically and spiritually all the energy, he will be the source of all Power and Illumination.

Verily thoughts are things. Every thought in its own turn brings its own effect. As such we must be very careful of our thoughts and vain imaginations. If you can control the faculty thinking, then he will be a dynamo of Power, Peace and Plenty. So an aspirant of Truth must be free from all thoughts both good and bad. Indeed he must rise above thought, verily Bliss is in thoughtlessness alone.

MAY PEACE BE UNTO ALL!

OM. SANTI. OM. AMEN.

Chapter 69 A HUMBLE PRAYER

8-1-1924

O Lord, Thou art Omnipresent, as such let me see Thee everywhere! O Lord, Thou art both within and without, as such let me realize Thee internally and externally. O God Thou art with form and without form, therefore let me feel Thy presence both in form and formlessness. O Merciful Father, Thou art the animate and inanimate, as such let me extend my feelings of Oneness and love into each and everything. Verily Thou art the past, present and future, as such let me live in Thee continuously, forever, as nothing but truth. Thou art in the living and dead, as such let me behold always nothing but thee either in death or life.

O Divine Father, thou art never dead, as such let me not forget Thee even for a single moment. Do not allow a single breath to pass from me without breathing the Holy Spirit. Make me live always in turn with Thy Infinite Love. Let me bathe myself in the Glory of Thy Self-effulgence Holy Lord, do not make me forget Thee even for the time being. Never make me live without Thee. Let me live always in Thee alone, rather take away this tiny life of mine than that I should forget thee.

O Lord, what inexpressible joy it is to feel my indivisible Oneness with Thee! O God I pray not to please thee, but ever to abide with thee. I worship not to praise thee but always to feel thy Holy presence. Indeed Thou art not in need of my vain prayers and empty worships, but I know I do them only to strengthen myself, to live with Thee ever feeling thy Holy presence in every second of my life. As such my God, make me to see Thee, face Thee and realize Thee alone in all forms and at all times, in all my thoughts, words and deeds!

MAY PEACE BE UNTO ALL!

Thou art Akanda Sat Chit Ananda, So am I!

OM! OM! OM!

Chapter 70 THE SUBJECT

9-1-1924

Peace be unto all.

Remain always as the Subject, then you will surely reign in thy prestige Glory of Allness. Verily as Thou art One without a second, Thou art the Subject alone, the Witness of everything. If you feel Thou art nothing but the Subject, you have nothing else to desire, you have nothing else to achieve and you have nothing else to possess except thy Birthright--the Divinity. As such remain always as the Subject and never as the object.

If you feel that you are not the Subject, but a tiny object, you will have many more things to wish and desire and there is no peace in finite things. The real Peace is in Infinity alone. Thy only bondage consists in thinking yourself only an object, forgetting thy Indivisible consciousness. If you feel that you are the Subject, One without a second, verily Thou art free from all bondage and fetters in this every second alone.

OM! TAT SAT OM!

Chapter 71 TRUTH TO BE REALISED

10-1-1924

MAY PEACE BE UNTO ALL!

The Truth is within me and I am in Truth also. How close is Truth to me? How inseparably One we are! In fact Truth and I are not two but One. How blissful one would be if he wakes up to this inevitable law of Truth. Surely he lives in Truth as Truth, surrounded by Truth. Verily all this is Truth, within and without the Truth alone is existing. How plain and simple is Truth. The Truth is glaring and Self-shining, but we are blind to it.

Having eyes we are not able to see the all-pervading and interpenetrating Truth. "Eyes have they yet they see not." "Ears have they yet they hear not." Indeed the Truth is beyond sight and hearing. If it is separate, one can see It or hear It, but how can it be beheld when It is all in all and One without a second? It is a thing to be felt, experienced and realized, but not a thing to be achieved or bought or even grasped, for Thou art already the Truth, the One without a second.

OM! OM! OM!

Chapter 72 SIGNS OF GOD-REALIZATION

11-1-1924

PEACE BE UNTO ALL!

When one has risen above honour and dishonor, above fame and name, we can really call him a Religious man of practical life. A man of Realization will not be attached to the outside world. Whether honoured or disgraced he will be the same. The highest joys of the world cannot elevate him, the meanest scandals cannot depress him for he has risen above duality.

"Woe unto you when all men speak well of you". This is a saying of invaluable worth. We should not give way when people flatter us, this will lead us unto darkness and body consciousness. We must be happy when people speak ill of us, for this will make us to near the Truth more and more. One should not have the desire of getting the worship of the whole world, this is almost impossible. Not only this, these external worships and honors will in fact harm and decay the saints. As such they are not to be wished for by men of Spirituality.

Above all one must be true and sincere in his nearest Self, but not to the opinions of others. Those who are not relying on their inner Self will be in need of outside opinions, but those who are ever enjoying the Glory of Divinity need nothing from the external world as they are fully contented in their Self. Unto such alone belongs the mine of Eternal Truth!

OM! OM! OM!

Chapter 73 HOW TO BE GODLY

12-1-1924

God helps those who help themselves, as such we must be constantly trying to rise from the mire of ignorance or duality. Often and always we must be filled with God-consciousness instead of body-consciousness.

If we desire God-consciousness with heart and soul, nothing can prevent us from enjoying it. When there is no desire in us for God or Higher Life, even the Almighty Lord cannot help us. When our minds are not hankering after God, we will not care to see Him even if He were standing in front of us.

We behold what we have within. If there is God-consciousness within us, we will certainly see the same externally also. If there is worldliness in us, we see the same everywhere. As such one should be filled always with God-consciousness.

If we are not dead to the lower life and if we are not living for the higher life, even Christs and Krishnas will be useless unto us. When you love them, they too will love you. When you worship them, they too must worship you in return. If you feel your oneness with them, they too will feel their Divine Oneness with you. As such one must exert his best to realize the Almighty with all his strength, then alone the Lord will help him.

OM! OM! OM!

Chapter 74 MY OWN GLORY

13-1-1924

I am the Sun of Suns. My Splendor is of Millions of Suns. Indeed it is indescribable and inexpressible, verily it can never be perceived by the physical eyes. As no darkness can appear in the blazing sun, no fickleness or weakness can dare to approach my Divine Splendor of Millions of Suns. Within and without me there is nothing but Divine Light. It is One without a second, nothing else can exist besides it. The Divinity alone exists as the all in all, pervading all space and permeating every atom.

When I am shining in the glory of Millions of suns, what is body-consciousness to me? As the sun is spreading light dispelling darkness, my Divine Effulgence is diffusing light and Peace into the four corners of the whole world, making me to rise above forms and names. I am the Divinity, the Light of Lights, the All-pervading consciousness. Let the body remain or go, what is that to me? Let the mind be fickle or steady, what is that to me? Verily I am above body and above mind, they are not in any way connected with me. As I am One without a second, nothing can bind me. I enjoy in my own Glory of Peace and Self-effulgence.

Peace be unto my own Self, which is in the form of all in all!

OM! OM! OM!

Chapter 75 RENUNCIATIONS

15-1-1924

Renunciation alone leads to perfect emancipation. Realization is the outcome of renunciation. How can one realize God unless he renounces everything? One must renounce body, mind, world and the little "I" before having a glimpse of the great beyond of God. Some confine renunciation to Monks and hermits. Renunciation should not be confined to any man or to any sect; even a simple householder devotee, who is worshipping his Almighty Lord, must surely renounce everything of the world, for becoming one with God.

There is no Peace except in renunciation. There is no real joy except in renunciation. There is nothing but perpetual misery in every kind of attachment, as such eternal joy is in complete renunciation alone. When one has renounced body, world, mind and everything, what else has he to think or to desire? So renunciation is the first and most important step in treading the path of Truth.

When there is no renunciation all our efforts will end in pains and agony. To become one with the Reality one should renounce all that is unreal and momentary, he should also rise above name and fame. For him everything must be God, then surely he will live, move and have his being only in God.

OM! TAT SAT OM!

Chapter 76 RELIGION OF LOVE

16-1-1924

Anything that binds us back with the source of all joys and with the origin of everything must be the goal of human life. Everyone must know and realize the thing that binds him with the Truth or Reality.

However rich we may be, money cannot bind us with the Almighty Truth. It rather makes us to live far from Truth. Even our friends, relations and parents can never help us in realizing the Truth. Anything external cannot help to bind us with the Truth, then what is that thing that helps us in uniting ourselves with the All-pervading Spirit? It is the Religion of Love, Peace and One-ness. Religion alone makes us realize God, the fountainhead of all happiness and peace, and this Religion cannot be realized in one jump. It must be systematically followed in a regular and persistent manner, then alone man will be able to realize his Oneness practically, with the Almighty Father.

God is the Spiritual property or the Divine heritage of every individual and Religion is the path that leads all to this same God.

May all realize the Goal of Human Life!

OM. SANTI. OM. AMEN.

Chapter 77 TAKE CARE OF THOUGHTS

17-1-1924

Attachment to the worldly things is the cause and root of all mental imaginations. Mental imagination in the life of worldliness makes a man hollow and vain, unnecessary imagination eats up one's vitality and makes him weak and helpless. Constant imagination on the unreal creates in us a strong attachment for the same and finally leads us to the unreality alone.

No one can be free from the inevitable law of cause and effect. If one imagines always good things, he reaps only the fruits of his good thoughts. If one indulges in bad thoughts, as surely as night follows day, the effects of his bad thoughts will visit him in the form of disappoint, misery, etc. As such one should be always careful of his thoughts.

The present existence of one's whole being is made of his past thoughts. It is the sum total of all his past. In the same way the future also will be determined by one's present life and its thoughts. When one rises both above good and bad thoughts, he becomes free of all future births. Verily thoughtlessness brings emancipation right here and now alone. Peace will be the treasure of those who have risen above thought.

OM! TAT SAT OM!

Chapter 78 ENJOY YOUR BIRTHRIGHT

18-1-1924

Dear children of Immortality, are you not tired with these physical lives? Are you not feeling disgusted with this individual consciousness? How long will you imprison the All-pervading Divinity in the tiny bodies of yours?

Dear Divine Ones, will you not come out of your cages of flesh and blood? Come out of your dark holes to enjoy the glorious sunshine of your Holy birthright! Have you not slept long enough in ignorant sleep? It is high time to rouse yourselves to your Divine consciousness!

Be not satisfied with little and momentary things. How long will you stand like trees rooted to the earth? The trees are wafting their cool breeze all around them, are you no better than trees? Wake up to your Holy consciousness and let Peace flow in torrents toward the whole of Humanity! Live not as forms, but as formless Divinity. For thou art nothing but the One Supreme Divine consciousness that is pervading from the atom to the biggest Sun.

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 79 WHERE IS REAL PEACE?

Peace be unto the Universal whole but never to the individual body or self. The real joy or peace lies only in the expansion of one's heart, but never in crookedness or in narrow-mindedness. When love is boundless, there Peace will be plentiful and eternal. Where love is limited, there peace will be momentary and unreal.

The real peace is in Infinity alone, but never in the finite things or in individual consciousness. Blessed is he whose heart is attached to Universal consciousness and Divine Love. Cursed is he whose heart is attached to individual consciousness and to self-love. The path of Divine Love takes one into the gates of Universality and God consciousness but the crooked path of selfish love takes one to destruction and misery.

These are the unchangeable laws that can never be altered either for the sake of the learned or rich. Every one must reap from what he sows. Above all twice blessed one must be whose heart and mind are as calm and peaceful as a waveless ocean, unto such alone Eternal Peace belongs.

OM. SANTI. OM. AMEN.

Chapter 80 WHERE IS GOD?

20-1-1924

Where dost thou search for the Almighty God? Dost thou search for Him in hills and dales, can thou find Him in forests and caves? Wilt thou confine Him to temples and churches, art thou trying to find Him in books and saints?

O dear Beloved One, extend thy vision of the Almighty God. When God is All-pervading, art thou not to see Him everywhere? Is He only within thee, is He not without also? Is He not everywhere? Do feel Him and realize only His presence here, there and everywhere!

In fact there is not an atom of space where God is not. He is in every atom. Is He not in the poor laborer and in the High Priest, as well as in the lowest sinner? Verily He is all in all, He alone is blowing in the winds and flowing in the rivers. He is dancing in the waves of the sea and indeed He is shining in the Glorious Sun. He is One without a Second, nothing else exists except Him, as such it is nothing but ignorance to confine Him to a particular place or to a name and a form.

OM! TAT SAT OM!

Chapter 81 REAL GREATNESS

21-1-1924

MAY PEACE BE UNTO ALL!

"If a man foolishly doth me wrong, I will return to him the protection of my ungrudging love; the more evil that comes from him, the more good shall go from me". Such are the memorable words of Lord Buddha.

What a great joy it is to love all, irrespective of caste, creed, color and nationality! What a great privilege it is to shower blessings of peace and love even on those who are harming us!

Indeed real greatness lies only in loving our own venerable enemies. Anyone can love his friends but he alone is the great person who can love his so called enemies with all his heart,. For to a Holy man all are God and nothing takes the nature of an enemy. All these differences are only for the ignorant but never for the man of knowledge. He sees his own Divine Self in one and all, such is his blessed life of love and equality. Unto such alone Eternal Peace belongs. Verily such alone realize the goal of human life, spreading on all floods of Light and oceans of Love.

OM! TAT SAT OM!

Chapter 82 DISSOLVE THE MIND

22-1-1924

Peace is the result when the mind ceases to function with the objects of the world. Restlessness lies in the functioning of the mind with the momentary things. The mind should not think of anything and in the highest stage it should give up even thinking of God. In that Super-conscious stage there can be no thinking at all. When one is on a lower plane his mind thinks of lower things and when he rises to a higher plane, he naturally thinks of higher things. But for perfect emancipation or Peace, one must rise both above lower and higher planes. He must be above thought, then alone he can enjoy Real Peace.

Verily Peace lies where one sees not another, where one hears not of another and where it is all one without a second. There the mind neither wishes nor desires to possess anything. In fact when it is all One, the very mind itself dissolves and becomes one with the Infinity, this alone is the Highest state of Realization, realizing which one cares not even for the rulership of all the worlds.

May all rise above mind!

OM! OM! OM!

Chapter 83 KILL THE DESIRES

24-1-1924

There is no happiness in running after enjoyments. Desires are never gratified by yielding and by becoming slaves to the sense objects. The more we gratify our desires the more they increase. The mind becomes more and more restless and powerless.

Real strength is in control of the mind. When the mind is calm and controlled, one will be as source of Strength and Peace. Real happiness lies when one rises above mind and its desires but never in satisfying the whims and fancies of the fickle mind. The fire of desire can never be thus quenched. By adding to the fire one stick after another, the fire will increase but will never decrease or disappear. In the same way our desires will never be appeased by satisfying them. One should try to avoid and to rise above all that is low and sinful, then alone one can be happy and peaceful.

Verily one should try to divert his mind from the external life to the internal life. In the external life it is all restlessness and strife, whereas in the eternal life it is all rest and harmony. When one is conscious of his Divine Birthright there is no reason for him to yield to the lower life or temptations. As there can be no darkness in the bright sun, so there can never be ignorance in Divinity or Truth. So by merging in God alone, one will be free of lower life or desires.

OM! TAT SAT OM!

Chapter 84 FATE

25-1-1924

Thought is another word for fate. How true are these words when practically understood and realized in our daily lives! Verily we become what we think. If we are constantly filled with Golden Thoughts we surely reach the Heaven of Blessedness. If we are filled with wicked thoughts we will surely reach the hell of miseries, through the inevitable law of our own Karma. Indeed, everyone must reap what he sows, no one can be free from the hands of his own wicked or good deeds.

As every bud is bound to bloom in its own time, so every thought must be fulfilled sooner or later. If one indulges in worldly and wicked thoughts, he will surely reap the result of the same in his external life. Everyone is bound by his own thoughts. As such if one lives always being filled with Holy and Spiritual thoughts, he finds himself surrounded with Blessedness and Peace always. What we feel internally we experience externally. Indeed thoughts are things, every thought carries with it its own weight and strength. So one must be careful of his thoughts and imaginations. It a great thing to rise above them, but if one cannot be free from thoughts, one must at least try always to be filled with Holy thoughts.

OM! TAT SAT OM!

Chapter 85 TEN POINTS

- 1) Restlessness is in external life and Peace is in internal life.
- 2) When we are connected with Truth it is all Peace, but when we stand aloof from Truth, the result will be restlessness or misery.
- 3) Where Truth is, there is nothing but endless bliss.
- 4) When one is filled with God consciousness verily he is filled with Truth and Peace.
- 5) Truth, Peace or God denote the same Reality.
- 6) Peace is in Infinity but never in finite things of name and form.
- 7) God is within and without, He is everywhere, in fact He is Omnipresent. He who feels his united Oneness with the Almighty verily becomes one with the Lord, forgetting his individual existence.
- 8) Fools can never know what real work is. They think bagfulls of talk alone is real work, or wandering from place to place like a rolling stone is work. They cannot realize the greatness of silent work.
- 9) How blessed are they who can realize that the highest and most difficult and blessed work is only mindlessness or rising above the mind. Here is action in inaction.
- 10) Verily he is a hypocrite who, sitting in a cave closing his eyes, thinks of sensual things and meditates on the objects of the world instead of meditating on the Almighty Lord, feeling His presence both within and without.

MAY PEACE BE UNTO ALL!

OM! TAT SAT OM!

Chapter 86 ALL ARE IN ME

27-1-1924

In Me are the Suns and moons, in Me are the stars and planets. In Me are the oceans, mountains and in Me alone is this whole world of phenomena, as a tiny bubble is in the ocean of Infinity. Birds are in Me, animals are in Me, all creatures are in Me. Men are in Me, babies are in Me, all life is in Me, all are in Me!

Nations rise from Me, creeds have sprung from Me. Religions are projected from Me and everything is from Me. Everyone is from Me, from Me they come, in Me they are and in Me they are revolving and finally will merge in Me.

O the Glory of Universality, the Bliss of Oneness, the Joy of Allness! The Peace of Indivisible Love must be searched for within oneself, but never should be sought in the external world and in things of name and form and in duality.

Within, within alone is the mine of Akanda-Sat-chit-Anandam, and verily Thou art That. There is but One Truth and that Truth is Thyself, all else is ignorance. One thing alone exists and all else is delusion. Verily I am that! Shivoham!

OM! TAT SAT OM!

Chapter 87 I AM THE ALL IN ALL

28-1-1924

MAY PEACE BE UNTO ALL!

I am the Lord of Lords, the All-pervading Self! I am the God of gods, the One without a second. When I am the All in All, what need have I for the favors of the worldly rich? I care not for the riches of the whole world, I care not for the frowns of the ignorant or the learned. I care only to live in my own Self, as One without a second.

As I am the Almighty Truth, can I be ever made brokenhearted or miserable? Misery and sorrow are in ignorance and duality, they are not connected with Me, the Truth or Divinity. I am never the object, I am the Subject alone. As Omnipresent Subject, nothing else can exist besides me, as such I have nothing to seek other than my own Self, which is no other than I. Indeed this is inexpressible and must be enjoyed and felt by Truth-consciousness. Verily I am God!

OM! TAT SAT OM!

Chapter 88 I AM THE ALL-PERVADING SELF

29-1-1924

I am not the body, I am not the senses, I am not the mind and I am not the intellect--then who am I? I am the master of all the senses, mind and intellect. The body belongs to me, but I am never the body. The senses belong to me but I am never the senses. The mind belongs to me but I am never the mind. So also I am never the intellect but the intellect belongs to me. As Master of all, I am One without a second.

Verily I am God, the Master of the whole Universe. The world belongs to me but I am not the world. The world is in Me as a ray is in the sun. In fact even this is my own imagination when seen or understood from the Highest plane of Truth. In the Glorious Sun we can never expect to see darkness. In the same way in my own Divine Glory of allness and Peace, there never exists this imaginary world of name and form.

I exist in my own Glory, beyond the senses, body, mind and intellect. I am the all-pervading Self of formlessness!

OM! TAT SAT OM!

Chapter 89 THE WAY IS NARROW

"Enter ye in at the strait gate for wide is the gate and broad is the way that leadeth to destruction and many there be which go in there at. Because strait is the gate and narrow is the way that leadeth unto life and few there be that find it", how true are these Holy words of the Lord Christ!

One can understand this more practically when one begins to tread on the path of Religion or Wisdom. When we begin to walk on the path of Knowledge, we will not be always visited with joys and happiness. On the other hand, we are filled with discouragement's, difficulties and many other inconveniences. We should not begin to walk in the Divine path expecting the compliments of the world. We will be surely disappointed in such hopes. On the other hand, we must be ready to bear silently all the troubles and disgraces without a murmur.

For the sake of the child, a mother makes any number of sacrifices. For the sake of a nation, a warrior offers his life. In the same way for the sake of Truth or God, a devotee makes sacrifices. He feels

contented with his external environments. What does it matter to him so long as he enjoys the presence of the Divine within and without?

But it is a fact to be remembered that troubles are always for the good and the righteous. If we can bear them calmly, our final path will be beautiful and peaceful.

The worldly path which is broad and lovely in the beginning, finally ends in misery and ignorance. As such one must choose his path, considering both the consequences and the goal of life.

MAY PEACE BE UNTO ALL!

OM. SANTI. OM. AMEN.

Chapter 90 WE MUST JUDGE OURSELVES

1-31-1924

Everyone rushes forward to judge others, but never thinks of judging himself. How easy it is to criticize others, but how very hard it is to criticize one's own inner weaknesses and shortcomings!

Real development begins when one judges himself, when one begins to examine his inner propensities; but never while criticizing others, jumping to hasty conclusions. The energy we spend or waste on others in criticizing and correcting their faults and defects, if utilized for our own development, how good it would be and how soon we would reach God!

As such in the case before judging others we must judge ourselves. "Judge not that ye be not judged", is the noble teaching of the Lord Christ. But often human nature is prone to the weakness of judging others, instead of judging its own life.

As said by our Lord, people try always to remove the mote in the eyes of their fellow brothers, keeping the beams in their own eyes. Let us be free from our own beams in the first place, then alone we can be fit to point out others' faults. As such let us be pure, innocent and Divine. Let us be always filled with God consciousness, then we can think of the faults of others if time permits us.

OM! TAT SAT OM!

Chapter 91 TAKE CARE O MIND!

1-2-1924

O Mind, do not be dejected or sorrowful, thou art merely nothing but Truth. As such, live in every second of thy wanderings in tune with the Infinity. Do not be affected with little things, thou will feel sorrow and misery when thou forget or neglect thy Divinity even for a single moment.

Forgetfulness of thy Divine nature alone is creating this world of differences and miseries. If thou can always live in Truth as Truth, nothing can ever disturb thee. As such let the flame of Divine consciousness be burning in thee, steadily and continuously. Then alone thou can be above all weakness and misery.

When you can be true to your inner Self, nothing will ever disturb you. The whole world cannot make you forsake your Holy consciousness. Thieves enter into a house when there is no light and when one is not on his watch. In the same way, when you are sleeping, hiding the Truth by neglect or forgetfulness, then surely Satan or ignorance will silently enters thy inner heart and makes a wreck of thy Divine life.

As such dear Beloved Mind, thou must be watchful, not only when doing prayers and meditations but in all thy acts and various duties of thy life. Be connected always in every moment of thy life with God or Divine consciousness. Then alone thou can be eternally happy.

OM! TAT SAT OM!

Chapter 92 IGNORANCE AND DESIRES

2-2-1924

Ignorance is the root of all desires. Each sin and every desire has its root only in ignorance of the Self. Forgetfulness of the All-pervading Self alone is the cause of all delusions.

One who ever lives as nothing but he Almighty Truth or Divine consciousness will not be able to stoop to lower things or ignorance. He lives as glorious Truth, as the never ceasing fire of Divine Knowledge. Thoughts of weakness or wickedness can never dare to approach him. Verily nothing else can meddle or disturb him who ever lives as One without a second.

Desires alone create the world and its bondages. When one frees himself from desires, verily he rises above all bondages. Then nothing can fetter him. The easiest way to rise above desires or delusions is just to take hold of one's Divine Birthright, the glorious Heritage of man.

It is said that man is made or created in the image of God. As such, man is not a mere lifeless image but he is the Almighty Truth, as Truth is One without a second.

When one takes hold of this Truth and lives in it forever, for him there will be neither world or delusions. Verily such a one lives as Truth in his own glory of Self, unconscious of all names and forms. Indeed he has risen above deaths and births.

OM! TAT SAT OM!

Chapter 93 THE WORLD

3-2-1924

Intelligent men have invented many useful things for the happiness of man: Scientists have discovered many unknown things for the good of the world, Philosophers have found out many underlying principles of Truth or Religion for reaching God in a systematic way. Doctors have prepared innumerable medicines for curing the numberless diseases of the frail body and Yogis (the masters of the mind) have pointed out many easy ways for controlling the mind and for attaining Peace. Many others have done many other things for the good of the world in all its phases of life.

But it is a pity no one has ever succeeded yet in discovering a path or in preparing a medicine that serves the whole world. From time immemorial, nay even from the beginning of the world, not a single individual has ever succeeded in pleasing or satisfying every one in the world.

Even the best of the holiest men have not been spared by the world. The world spares not even saints and God-Incarnations. When the Son of God himself was crucified, at the hands of the world, why speak of little creatures like us?

If one spends his time in speechlessness (Mouna), he is called a lunatic by the world and if he spends his time in talking and in preaching, he is called vain and talkative. If one lives in a cave, spending his time in God, he is called ignorant or a good-for-nothing and if he goes about always traveling from one place to another, he is called a vagabond. Indeed there is no end to the censure and criticism of the world and as such, none can please the many-tongued world.

PEACE BE TO THE WORLD!
OM! TAT SAT OM!

