



# *The Vision*

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DEDICATED TO UNIVERSAL LOVE AND SERVICE

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ANANDASHRAM, PO ANANDASHRAMA 671531, INDIA



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

*Om Sri Ram jai Ram jai jai Ram*

ॐ श्री राम जय राम जय जय राम

*Om Sri Ram jai Ram jai jai Ram*

## OFFERINGS



tongue, you have no other speech than

To chant the sweet and charming  
name of Ram.

O ears, you have no other music than

To listen to the glorious voice of Ram.

O eyes, you have no other vision than

To see the Divine image of Ram.

O mind, you have no other thought than

To meditate upon the Beloved Ram.

O body, you have no other occupation than

To wear yourself out in the service

of your Master, Ram.

— **Swami Ramdas**

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## FROM THE EDITOR

**F**or devotees or Sadhakas progressing on a spiritual path, Satsang serves as the much-needed fuel that propels their journey by clarifying their direction at confusing junctures and reinforcing their conviction amidst countless challenges. Our Master, Beloved Papa Swami Ramdas' Sannyas Centenary Saptah was such an occasion, in which over 800 participants immersed themselves in a series of Satsang sessions.

This issue of THE VISION carries the first part of the comprehensive report on the programmes held in the Ashram from the 24<sup>th</sup> to the 31<sup>st</sup> of December 2022. The second and third parts will appear in the subsequent issues. Its true purpose is to reach out to those who couldn't attend the programmes, by divulging the essential messages shared therein.

To describe a spiritual gathering, — its radiant ambience, sense of togetherness, subtle learnings and the lasting impact — is as hard as describing a river as it merges with the ocean. One can, at best, narrate what is happening on the surface; all the nuances and subtleties at the deeper level can seldom be captured and contained in words. Nevertheless, this report attempts to bring to the readers the salient points of

all deliberations during these Satsangs — discourses, messages, Kirtans, Bhajans, prayers and presentations.

Every Satsang stands on three pillars — Shravana, Manana and Nididhyasana (listening to/receiving the teachings, internalising/contemplating on them and practising/evolving with the teachings). This detailed narration of the Centenary Satsangs is aimed at kindling the readers to dig deep into IN QUEST OF GOD, Beloved Papa's first and perhaps the most widely read book that chronicles his renunciation and the ensuing countrywide journey as a mendicant.

Eventually, all our spiritual practices should enable us to accept every situation as ordained by Him. Listening to, reading about, getting Darshan of or being inspired by a Mahatma is a unique privilege; not many are fortunate to receive it. But, once the blessing is received, one should start investing in it as the seed capital to begin a new journey in one's life. As this report reveals, Beloved Papa's life and teachings offer us a treasure to lead a spiritually enriched life in which one will eventually reach the Source, just as a humble raindrop in the high mountains ultimately reaches the mighty ocean and becomes one with it. □

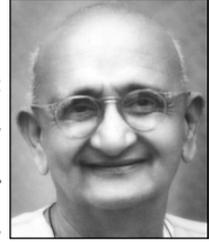
— **Editor**

## SATSANG — THE PARASMANI

By Swami Ramdas



Satsang means contact of Truth, which is God. Satsang can be had either in the company of saints or by conversing, singing or reading about God and His glories by a group of His devotees. God is ever dwelling in the hearts of all living beings. Satsang leads one to the realisation of Him. In other words, you first become conscious of this indwelling Reality and then identify yourself with Him and achieve eternal freedom and peace. Company of saints is an essential means for awakening the soul and making it progress rapidly in its march towards knowledge of God. The nature which you have to develop in order to enable God to reveal Himself in you in all His purity, light and joy is that of a child — ever cheerful, free, pure, guileless and enlightened. A man's temperament and outlook changes according to the company he keeps. If he associates with saints he becomes a saint, whereas if he associates with people who are immersed in worldliness and have no faith in God, he becomes like them. While in the former case one realises



perfect bliss and freedom, in the latter case he gets deeper in the mire of bondage and becomes subject to fear, worry and all kinds of miseries. Satsang is an invaluable means for the removal of the evil of ignorance that covers the soul and makes it oblivious of its immortal, radiant and blissful nature. □



## BELOVED PAPA SWAMI RAMDAS ANSWERS

**P***apa:* Many have seen saints and accepted them as Gurus. But they have profited little. They looked upon them as ordinary men. What is Darshan? You look upon the saint as God and in his presence you are transformed. Having come to the saint you are still not elevated — it means Darshan has not taken place.

**Devotee:** What is the difference between Darshan and Satsang?

**Papa:** Darshan means contacting a saint and becoming elevated by his mere presence. Satsang includes Darshan also. In Satsang you can have your doubts cleared. You get encouragement for progressing on the spiritual path. It is important. When you are in Satsang you become free from desires. Thus you get spiritual elevation and strength. □

## CAPITALISE THE COMPANY OF SAINTS

By Mataji Krishnabai

**T**he contact and guidance of saints and seers can benefit the spiritual health of a person only if he knows how to get the best out of it and how to make the most of the opportunity. Otherwise, mere physical proximity is of no avail. A calf, which is frolicking about and returns to its mother only at intervals, is the recipient of the cow's nourishing milk, whereas the fleas, which settle down on the cow's body, do not get even a drop of it, but on the contrary, suck her life-blood. An aspirant should be like the calf and not like the fleas. □



## SATSANG – THE BEST WAY

By Swami Satchidananda

**T**o get over moods of depression, the best way is to engage yourself in Satsang. The company of saints and devotees has such a powerful effect on the mind that the mind is immediately lifted up. Chanting of Ram Nam after that will not permit the mind to come down. So, court Satsang whenever and wherever possible. □

## DEAR CHILDREN

### *Satsang And Penance*

nce there was a discussion between Viswamitra and Vasishta, the Guru of Sri Rama, on which was greater, the power of austerities or the power of the company of saints. Vasishta said that the power of the company of saints was greater. Viswamitra disagreed with him. The matter was brought before Lord Vishnu, who directed them to Mahasesha, the big serpent on whose head this earthly globe is supposed to be resting.

The sages went to Mahasesha and asked him which was greater — company of saints or austerities. Mahasesha said, “I have this heavy burden of the earth on my head. If you will just lift it for a moment I will be free to give you the answer.” Viswamitra suggested that he would apply the power he had gained by his austerities and lift the earth. He put forth all the strength he had gained by his austerities but the earth did not move. Then Vasishta came forward and applied the strength which he had gained by one minute’s company of saints, lifted the earth. Now Mahasesha said, “Your question has been answered.” ◻

*Source: Stories As Told By Swami Ramdas*

## EPISTLES OF SWAMI RAMDAS

Beloved Ram,

...Indeed there is no means greater than Satsang to keep awake the Divine Consciousness within us.

Satsang we get, in consequence of the purification of the mind. The mind is purified by constant repetition of Ram-Mantram.

Be bold, be cheerful, always. God — the Absolute Existence, Consciousness and Bliss — is in you. You are His form. To realise this, be ever conscious that you are under His guidance and control.

Give up all anxiety. You are in His hands. He is the Divine Mother and you are Her child. You are the form of Her form, being of Her being, soul of Her soul, life of Her life. Oh! She is all-in-all — She is all. You are all-in-all — you are all. You and She are one.

All thoughts ultimately merge themselves into the one Supreme Existence, the sole Reality, losing name, form and denomination. □

*Ramdas*



## **CONCLUDING PROGRAMMES IN CONNECTION WITH BELOVED PAPA'S SANNYAS CENTENARY**

**B**y the abundant grace of Beloved Papa, the concluding programmes in connection with Beloved Papa's Sannyas Centenary were held in the Ashram from the 24<sup>th</sup> to the 31<sup>st</sup> of December 2022.

These programmes, which were purely designed to give a boost to our Sadhana, were also a means to evaluate and consolidate our whole year's journey wherein the in-depth study of Beloved Papa's book, IN QUEST OF GOD (IQG), was undertaken.

Beloved Papa's journey, which began on the 27<sup>th</sup> of December 1922 at Mangalore and concluded after almost a year at Mangalore, as depicted in IQG, was brought out in the form of inspiring boards that were put up along the pathway from the Samadhi Mandirs leading to Srinivas (a building in the Ashram premises).

The programmes commenced with Akhand Ram Nam, which started from 6:00 am on the 24<sup>th</sup> and concluded at 6:00 am on the 31<sup>st</sup> of December 2022. The inaugural Satsang session was held in the afternoon on the 24<sup>th</sup> of December. Regular Satsang

sessions were held twice a day from 10:00 to 11:30 am and then again from 3:30 to 5:30 pm each day.

Every morning, devotees gathered at 6:30 am in the Panchavati and chanted Ram Nam in a slow and soothing tune; this was followed by Flower Offering in a very orderly manner.

Each day, the Satsang sessions commenced with a Bhajan; followed by the Ashir-Vachan of a Mahatma; followed by a talk given by Pujya Swami Padmanabhanandaji, the General Secretary of Divine Life Society, Rishikesh, who was in the Ashram till the 28<sup>th</sup> of December; thereafter, Pujya Swami Muktanandaji shared some thoughts on the revelations from the in-depth study of IN QUEST OF GOD; these revelations were given an added thrust through inspiring videos and Powerpoint presentations; and last but not the least, prayers were dwelt upon to give a fillip to our Sadhana.

Bhajan Sandhya was also held every evening from 7:15 to 8:15 pm. Soul-elevating Bhajans were rendered by different devotees on each day.

### **24<sup>th</sup> December 2022:**

#### **Afternoon Session — 3:30 to 5:45 pm:**

The Satsang session on the 24<sup>th</sup> of December

started with a Bhajan sung by Smt Uma Bhat, RAMA DHYANAVE NINAGE SHRESHTA MANAVE, a Kannada composition by Beloved Papa. In this inspiring Bhajan, Beloved Papa addresses the mind by guiding, requesting and advising it to dwell on the Divine.

This was followed by a video on the 65<sup>th</sup> Shloka from the VIVEKACHUDAMANI. This Shloka makes it abundantly clear that only by delving deep into a subject — in our case, it is Beloved Papa's book, IN QUEST OF GOD (IQG) — through regular and persistent efforts to contemplate, reflect and meditate on the theme we can unearth the treasures of the messages contained within it, and certainly not by merely reading the text at a superficial level.

*Aaptoktim Khananam*

*Tathoparishilaadyutkarsanam Svikrtim*

*Niksepah Samapeksate Nahi Bahih*

*Sabdaistu Nirgacchati*

*Tadvadbrahmaavidopadesha*

*Mananadhyaanaadi Bhirlabhyate*

*Mayakaryatirohitam Svamamalam*

*Tattvam Na Duryuktibhih*

Swami Ranganathanandaji, in his book, THE MESSAGE OF VIVEKACHUDAMANI, explained it

thus: “As a treasure hidden underground requires (for its extraction) competent instructions, excavation, the removal of stones and other such things lying above it and (finally) grasping, but never comes out by being (merely) called out by name, so, the transparent Truth of the Self, which is hidden by Maya and its effects is to be attained through the instructions of a knower of Brahman, followed by reflection, meditation and so forth, but not through perverted arguments.”

Pujya Swami Muktanandaji then shared some thoughts on the overview of the in-depth study of IQG.

Ashir-Vachan sent by Pujya Swami Tejomayanandaji of Chinmaya Mission was shown to the devotees, which was then followed by a talk given by Pujya Swami Padmanabhanandji on SWADHYAYA.

The session concluded with the soul-stirring Bhajan, TUM ASHA VISHWAS.

### **Bhajan Sandhya — 7:15 to 8:15 pm:**

Sri Satish Kamath from Mangaluru rendered inspiring Bhajans.



**25<sup>th</sup> December 2022:****Morning session — 10:00 to 11:30 am:**

The session began with Sri Anil Nair rendering selected verses from Guru Stuti. This was followed by the Ashir-Vachan sent by Ramana Charana Tirtha Nochur Sri Venkataramanji of Tiruvannamalai. Thereafter Sri Sunder Iyer sang the Bhajan, AAJ MERI BINATI.

Pujya Swami Padmanabhanandji then shared some thoughts on BEING EQUANIMOUS WHILE INTERACTING WITH THE WORLD OUTSIDE and also on HOW ONE CAN LOOK FOR GUIDELINES DURING SWADHYAYA.

Sri Ramdas Prabhu then rendered the Bhajan, MANATAL VAKKAL SEYALAL.

A video with words of Beloved Papa on WHAT IS SPIRITUALITY was then shown; followed by a Bhajan composed by Sri Ravi Savanal and sung by him and Smt Asha Savanal, SRI BHAVANI SHANKAR, UMA MAHESHWAR.

Reverend Lawrence Koler and Mrs. Catherine Koler, devotees of Mother Hamilton from Seattle, USA, released the book, SITTING AT THE FEET OF RAMDAS, on the joyous occasion of the Jayanti of Mother Hamilton.

**Afternoon Session — 3:30 to 5:15 pm:**

The afternoon session commenced with the Bhajan, UTTISHTATA JAGRATA, in Kannada composed by Sri Venkatesh, AKA, Venky, a devotee from Bangalore.

This was followed by Pujya Swami Muktanandaji reading the prayer, THY GLORY, composed by Swami Dayananda Saraswati.

Pujya Swami Muktanandaji then shared some thoughts on Beloved Papa's journey starting from Mangalore and concluding in Mangalore as described in the book, IN QUEST OF GOD, with the help of a PPT.

He also shared thoughts on some of the points from the QUINTESSENCE OF IQG, as brought out in the book, STRESS TO SERENITY.

To reinforce the theme, a PPT on DAILY LIFE AND DAILY SADHANA, with the inspiring words of Pujya Swami Chidanandaji Maharaj was shared. Thus, the evening session came to a close.

**Bhajan Sandhya — 7:15 to 8:15 pm:**

Sri Raghavendraji and party from Hyderabad rendered deeply inspiring Bhajan.



**26<sup>th</sup> December 2022:****Morning session — 10:00 to 11:30 am:**

This session began by dwelling on the Shlokas on Prathasmarami. This was followed by the Ashirvachan sent by Swami Gautamanandaji Maharaj of Ramakrishna Math, Chennai. Thereafter, Pujya Swami Padmanabhanandji spoke on HOW TO MAKE THE OUTER LIFE COMPATIBLE WITH INNER ASPIRATION.

Pujya Swamiji's talk was followed by the Bhajan, NEE ENNA GAANATTHE, in Malayalam; and then Pujya Swami Muktanandaji shared some thoughts on a small PPT giving the gist of Beloved Papa's talk on the POWER OF PRAYER.

As usual, the morning session came to a close with the chanting of Ram Nam and Arati.

**Afternoon Session — 3:30 to 5:15 pm:**

The session commenced with the inspiring Bhajan of Mirabai, CHALO MAN GANGA JAMUNA TEER; followed by Pujya Swami Muktanandaji explaining the deeper meaning of the prayer, ADORABLE PRESENCE, composed by Swami Omkarji Maharaj of Sri Shanti Ashram, Thotapalli Hills, EG Dist. Thereafter, Pujya Swamiji continued

elaborating on the essence of IQG through the points from the QUINTESSENCE.

The evening session came to a close with Gandhiji's favourite Bhajan, VAISHNAVA JANATO, composed by the saint, Narsi Mehta.

### **Bhajan Sandhya — 7:15 to 8:15 pm:**

Sri Ponkamaraj Swamigal and his devotees rendered thrilling Vittal Bhajans.



### **27<sup>th</sup> December 2022, Beloved Papa's Sannyas Centenary Day:**

#### **Morning session — 8:55 to 11:30 am:**

The much awaited day had finally arrived... The session that morning started with Flag Hoisting and Pujya Swami Muktanandaji explained the significance of hoisting the flag.

The Shlokas from SANNYASA SUKTAM were then dwelt upon. This was followed by the Ashir-Vachan sent by Revered Mata Amritanandamayi of Amritanandamayi Math.

Thereafter, Pujya Swami Padmanabhanandji Maharaj explained HOW TO BECOME RECEPTIVE BY IDENTIFYING COMPLETELY WITH THE

MASTER and also on PRACTISING THE PRESENCE OF GOD.

Pujya Swami Muktanandaji then shared some thoughts on the importance of Beloved Papa's Sannyas Centenary Day.

Mass Ram Nam Initiation then followed. It symbolised rededicating ourselves to the Supreme Ideal on this joyous occasion of Beloved Papa's Sannyas Centenary Day.

Pujya Swami Muktanandaji then continued sharing some more thoughts on the words of Beloved Papa, Pujya Mataji and also led the devotees to experience stillness through the words of Beloved Papa and Revered Swami Sivanandaji Maharaj.

The session came to a close with a soothing, slow chanting of the Divine Name and Arati.

### **Afternoon Session — 3:30 to 5:15 pm:**

The session began with deeply inspiring Bhajans rendered by Sri Srikrishna Udipi. Thereafter, Pujya Swami Muktanandaji continued sharing some thoughts on BELOVED PAPA'S JOURNEY FROM MANGALORE TO MANGALORE. This was followed by the PPT: THE TRIALS OF A TEACUP. Pujya Swamiji also stressed on the need to write self-

originated prayers; and with that the session came to a close.

### **Bhajan Sandhya — 7:15 to 8:15 pm:**

Sri Ranga Pai and party, from Manipal, Karnataka, rendered wonderful Bhajans that evening.



### **28<sup>th</sup> December 2022:**

#### **Morning session — 10:00 to 11:30 am:**

The session began with the Bhajans rendered by Sri PS Krishnamurthyji and family from Mumbai. This was followed by the Ashir-Vachan sent by Ma Devaki, of Yogi Ramsuratkumar Ashram, Tiruvannamalai.

In his talk, Pujya Swami Padmanabhanandji Maharaj, shared some thoughts on HOW TO SPIRITUALISE ALL ACTIVITIES.

Pujya Swami Muktanandaji then shared his thoughts on two PPTs: GOD'S CLINIC and GOD'S REQUEST.

Again, this session too came to a close with Ram Nam and Arati.

#### **Afternoon Session — 3:30 to 5:15 pm:**

This session also began with Bhajans rendered by Sri PS Krishnamurthyji and family from Mumbai.

Pujya Swami Muktanandaji then continued to share some thoughts on BELOVED PAPA'S JOURNEY FROM MANGALORE TO MANGALORE and QUINTESSENCE OF IQG as brought out in the book, STRESS TO SERENITY.

A video with the words of Pujya Mataji on SADHANA was also shared. The session came to a close with Pujya Swamiji sharing inspiring and deeply touching anecdotes from Pujya Mataji's life.

### **Bhajan Sandhya — 7:15 to 8:15 pm:**

Smt Shrutilaya Murugan from Chennai rendered soul-elevating Bhajans that evening.



### **29<sup>th</sup> December 2022:**

#### **Morning session — 10:00 to 11:30 am:**

This session too began with the Bhajans rendered by Sri Krishnamurthyji and family; followed by the Ashir-Vachan sent by HH Sri Sri Muralidhara Swamigal, Madhurapuri Ashram, Maharanyam Village, Tamil Nadu.

A video made by Reverend Lawrence Koler and Mrs. Catherine Koler, devotees of Mother Hamilton from Seattle, USA was shown. This video was made from the video clips of Mother Hamilton's visit to the Ashram in 1957-58.

As usual, this session too came to a close with Ram Nam and Arati.

### **Afternoon Session — 3:30 to 5:15 pm:**

The session started with enthralling Bhajans rendered by Sri EPS Mani family from Mumbai, Pune and Coimbatore.

As the video of Mother Hamilton's visit to Anandashram wasn't over, the rest of it was shown in the afternoon session.

This was followed by an inspiring video of Pujya Swami Satchidanandaji on HUMAN BIRTH — THE GATEWAY TO LIBERATION. Pujya Swami Muktanandaji then shared some touching anecdotes from Pujya Swamiji's life, and deeply dwelt on the message of the video by sharing some quotes from the VIVEKACHUDAMANI, etc. Thus, the afternoon session came to a close.

### **Bhajan Sandhya — 7:15 to 8:15 pm:**

Sri Krishnamurthyji and family rendered riveting Bhajans.



## **30<sup>th</sup> December 2022:**

### **Morning session — 10:00 to 11:30 am:**

The morning session began with the Bhajans

rendered by Smt Gita Prakash from Mumbai. This was followed by the video of the Ashir-Vachan given by Swami Sadyojat Shankarashram of Sri Chitrapur Math, Shirali.

Pujya Swami Muktanandaji then shared some more thoughts on the QUINTESSENCE OF IQG.

The session concluded with Bhajans rendered by Sri Krishnamurthyji and family, followed by Ram Nam and Arati.

### **Afternoon Session — 3:30 to 5:15 pm:**

In the afternoon session, Pujya Swami Muktanandaji continued to share some more thoughts on Beloved Papa's journey. The session came to a close with the enthralling Bhajans rendered by Sri Krishnamurthyji and family.

### **Bhajan Sandhya — 7:15 to 8:15 pm:**

Sri B Rajendra Shenoy of Kanhangad rendered Bhajans in the evening.



## **31<sup>st</sup> December 2022:**

### **Morning session — 10:00 to 11:30 am:**

The morning session started with the Bhajans rendered by Ms. Shruti Range Gowda, Smt Uma

Bhat, Smt Lalita Ramasubramanian. They sang Bhajans from the collection called PREM SUDHA, compositions of Beloved Papa translated into Marathi. This was followed by thrilling Bhajans rendered by Sri Anil R Nair.

Pujya Swamiji then shared some thoughts on the gratitude felt by all for the abundant grace showered by Beloved Papa in the form of facilitating the programmes.

A video of Pujya Swami Padmanabhanandaji's concluding message was then shared with all. The session came to a close with Ram Nam and Arati.

### **Afternoon Session — 3:30 to 5:15 pm:**

The afternoon session started with Bhajans rendered by several devotees. This was followed by synchronised Yoga postures shown by small children and a dance by a little girl.

Thereafter, Pujya Swamiji continued with dwelling on the QUINTESSENCE OF IQG from the book, STRESS TO SERENITY.

The session concluded with Sri Sunder Iyer singing the Bhajan, MOKO KAHAN, and Sri A Ramchandran singing HEY GOVINDA, HEY GOPALA.

**Bhajan Sandhya — 7:15 to 8:15 pm:**

Ms. Amita Ghugari from Pune sang enthralling Bhajans.

**Ushering In The New Year — 2023:**

A special Ram Nam session was held from 9:30 pm to 12:00 am, followed by Pujya Swamiji reading the New Year's message. After the message, all chanted Ram Nam again for another 10 minutes. Thus, the concluding programmes in connection with Beloved Papa's Sannyas Centenary came to a close.

Beloved Papa, by His abundant grace, also made it possible to live stream the programmes on YouTube. The videos are available on the YouTube channel: Papa's Sannyas Centenary Year, the link to which is: <https://www.youtube.com/@papassannyascentenaryyear6102/streams>

As mentioned before, in spite of the fact that an unprecedented number of devotees had visited the Ashram for the programmes, every programme went off in an orderly manner, with all participating in the programmes most enthusiastically. All glory to HIM for facilitating everything! □



## SOME MORE DETAILS...



As the report reproduced above only gives a brief idea of all the sessions, the gist of the talks, Bhajans, videos, PPTs, etc. will be shared in this issue as well as the March and April issues.

### **GIST OF THE TALKS GIVEN BY HH PUJYA SWAMI PADMANABHANANDAJI MAHARAJ**

Some of the talks given by HH Pujya Swami Padmanabhanandaji Maharaj of Divine Life Society, Rishikesh, are shared in this issue:

#### **SWADHYAYA (24<sup>th</sup> December 2022)**

It was a very good decision to have taken up the Swadhyaya of Beloved Papa's first book, IN QUEST OF GOD. In fact, we are all devotees and at some point, a vague desire may crop up in our mind: "I should have Darshan of God."

#### **Seeing The Divine Within And Without:**

Usually when Arati starts, people standing in queues will converge closer to the sanctum and then close their eyes. Why should we stand in front and close our eyes? That is because we don't just want to see God outside in the idol, we also want to see Him within. We see Him once and then say, "Don't be there, be here in my heart!"

If we ask, “Where is God?” Invariably all religions will say, “God is all-pervading. He is everywhere.” If He is everywhere, why don’t we see Him? Then where is the need for an idol or a temple? God is all-pervading but we are not able to behold God without some aid; we need something outside, and therefore the need for external worship. This is one aspect.

The other is that God is Antaryami. There is an English word, ‘Emanuel’, used in the Bible, which means, “God, with you!” So, invariably everyone accepts that God is within us and also without us. It is because we are unable to behold Him within, that we are unable to behold Him without also. Wherever we look, we should see Him alone! Papa had that experience and he wanted all of us to have that experience too. It is to gain this experience that this Swadhyaya is required.

### **Three Kripas Required For Imbibing The Knowledge From Scriptures**

You can read any number of scriptures: Bhagavatam, etc., but there is a likelihood that you may not understand anything. In his commentary on the Upanishads, Shankaracharya said, “When the Masters speak to you or when you read scriptures, some people understand, some people misunderstand

and some people understand it differently.”

For imbibing the knowledge of the scriptures, three Kripas are required:

- **Bhagavan’s Kripa:** Bhagavan’s Kripa is always there.
- **Kripa of the Shastra:** The scripture should bless us. It should open itself up to us. In order to receive the Kripa of the scripture, we do Puja. We pray to the Bhagavatam, the Ramayana, and specially the Vedic Mantras, as they are made in a particular metre. The Vedic Metres are called the Chandas. The Mantra is protected by the Chandas. They will reveal the knowledge to us only if we are eligible to have it. So, before chanting the Mantras, we should pray to the Chandas, “Please bless me, please reveal the knowledge contained within you, and make me understand.”
- **Atma-Krupa:** Our own Kripa is also required. We should be really earnest in our endeavour. If earnestness is lacking, however much we read, we will not understand. Initially the Atma-Kripa will not be there. But if you keep on reading again and again, then one day the indwelling Presence

will reveal the knowledge from within, little by little. Therefore, if we persevere with persistence, we will find that new flashes, new ideas will keep coming. We will also become more and more receptive.

Pujya Mataji asked to read IN QUEST OF GOD 11 times, Swami Muktanandaji made it one year and if you go on reading it still further, Atma-Kripa will come. Beloved Papa's Kripa is already there, Shastra-Kripa is also there, Atma-Kripa will come and help us understand our Real Nature.



## **BE EQUANIMOUS WHILE INTERACTING WITH THE WORLD (25<sup>th</sup> December 2022)**

What should be our attitude when we interact with people or the world? They will involve us with the pairs of opposites: sometimes we will be happy and sometimes unhappy. Some people will glorify us and some will abuse us. In such situations, what should be the attitude of a devotee? In all situations where a devotee is ignored, insulted or ill-treated, he or she will not react. This we will find in Beloved Papa's journey throughout too. No matter what happened in Papa's life, he accepted it as willed by Ram and

obeyed, because the other person was always Ram for Papa.

When we are interacting with the world outside, God in the form of the world need not always be kind, sometimes He may be rough with us too. At those times are we able to say, “Oh! I am very happy!” This is not easy for everybody. However, throughout his journey you will find Beloved Papa has done it. This is what is called Titiksha. You will not even consider the wrong done as an insult, we don’t even recognise it. So, the devotee will neither feel happy, nor unhappy, he will have equanimity and peace. He will not get carried away by pain or pleasure. He will be content with the feeling that everything has been accomplished, nothing is left to accomplish. This gives a state of equanimity while reacting with the world outside. **It is a sign of our spiritual strength.**



## **LOOK FOR GUIDELINES DURING SWADHYAYA**

Knowingly or unknowingly, everyone is in quest of God. All may not be full-timers. But in most cases, we do not get the desired result because we have not

been searching in the right place. We can find our path to God.

*(Pujiya Swamiji then explained how we can find our path to God by giving an example from the Bhagavatam:)*

Sri Krishna once took the calves for grazing in the forest, without Balram. At that time, the serpent Kaliya had taken up residence in Kalindi, a tributary of the river Yamuna. Kaliya's venom was extremely poisonous. Its fumes could kill the birds flying over the river.

Krishna jumped into the river, fought and defeated Kaliya. At that time, bad omens were seen in Gokul. This worried Yashoda and Nand as well as all the Gopas and Gopis. They went out in search of Krishna. They tried to locate him by looking for his footprints in the midst of the footprints of his friends and the hoof-marks of the calves. Bhagavan's footprints had certain marks, which helped them locate His footprints. They followed the footprints to the river.

Among so many 'Pada' (footprints) they located the 'Pada' of Bhagavan.

In the scriptures, there are so many 'Padas' (words). Devotees can look at different dimensions in

the scriptures and bring out some aspects that are very interesting. I have heard of people speaking about the Shabdalanakar, the beauty of the poetry in the Bhagavatam or Narayaneeyam; some say there are certain areas where they explain the astronomy and astrology; some people speak about the grammar; so many other aspects are also there.

Likewise, devotees who undertake Swadhyaya should find out the Padas in the book, the areas that can help in the quest and find out what knowledge it imparts.

*(Pujya Swamiji illustrated this further through two more interesting anecdotes:)*

After the Kurukshetra war, all the Kauravas were dead or dying. Only the Pandavas were left and the five sons of Draupadi — the Upa-Pandavas. As Ashwathama was very upset about Duryodhana dying, he snuck into the Pandava barracks and killed all the Upa-Pandavas. Draupadi cried seeing her dead sons. Arjuna promised to find the person responsible for the atrocity and bring back his head to her. Thus, Krishna and Arjuna went in search of the culprit and found him to be Ashwathama. A battle ensued and Ashwathama was captured. Arjuna

did not have the heart to kill him; so he tied him with a rope and brought him to Draupadi.

As Draupadi watched him coming, crestfallen, she did not see him as the person who had killed her sons but as the son of their Guru. She prostrated to him and asked Arjuna to set him free.

Will we be able to tolerate or adore the person who harms us? Throughout his journey, we find that Papa had done that. Swami Sivanandaji Maharaj said, “Bear insult, bear injury! This is the highest Sadhana.”

*(Pujya Swamiji further emphasised this point through another anecdote from the Ramayana:)*

Kaikeyi asked for a boon from Dasharatha and compelled Rama to go to the forest and give the kingdom to Bharata. When Bharata came to know of the situation, he was not happy with the decision. He scolded his mother and did not want to accept the kingdom. Kaikeyi’s mind changed too. Bharata then said, “I will go and bring back Rama.” Kaikeyi said, “I will also accompany you and request Rama to return.”

Rama, of course, insisted that the vows had to be fulfilled. So Bharata took the Padukas of

Rama instead. Rama knew that usually when someone is upset, they will attack the person they think is responsible for the problem. Therefore, at the time of departure, His last words to Bharata were, “Adore your mother. Never be angry with her.”

When Rama returned from the forest, Bharata’s first words were, “As instructed by you, I have adored my mother all these years.”

In our interaction with the world outside, there will always be something that we don’t like. Everything will not be to our taste or pleasant. In such situations will we be able to see Bhagavan in them? Only with the attitude: “Ram commands and Ramdas obeys,” can we bear insult or bear injury. **When someone hurts us, we should not even take cognizance of it. This is the quest.**

These are the ‘Padas’ — guidelines — to look for in scriptures. In IN QUEST OF GOD also Papa has put such ‘Pada’. Papa should bless us to be able to notice them first. Pray to Papa every day, “Please help me to understand things properly, as they are. And also help me to behold Your Presence everywhere.”



**MAKE THE OUTER LIFE  
COMPATIBLE WITH INNER ASPIRATION  
(26<sup>th</sup> December 2022)**

Beloved Papa said that our outer life should be compatible with our inner aspiration. What is aspiration? Your thought is your aspiration, “As a man thinketh, so he becometh.” In other words, it is your inner personality.

Outer actions, or your outer life, what is it? Action is the product of thought. Thought becomes action. You think and then you act. Thought evolves into action. Desire is the cause and action is the effect.

Everyone has some aspiration or the other. So, whatever your inner aspiration is, your outer activity should be compatible with that. Hence, for a successful and peaceful life, whether you are a seeker or a non-seeker, the inner personality and the outer personality should be compatible with each other.

**Moral Law Is Dharma**

Sometimes we do something and then we regret it. Two thoughts come to mind: one is that we have done it and the other is that we feel sorry about it. That is because all thoughts come from the mind and the mind by its nature is fickle and makes us think in

terms of the pairs of opposites. To quote Hamlet: “To be or not to be, that is the question!”

There are two personalities in our inner life too: one gives good advice and the other gives wrong ones. Even the worst criminals have some moral values. Moral law is in the mind of every person. Dharma-Bodha is there in every one of us. When a mother asks the child to share something saying, “You are a good boy, please share the biscuit with the other child.” What makes the child give the biscuit? The child does not understand what is good and what is bad. But something touches him and that is the undeniable Truth. It is not something that is understood. It is! It ever exists! That is the moral compass within all. Basically, we are Divine, Amritasya Putraha! Beauty is God, intelligence is God, goodness is God! The moment we are reminded of our Real Nature there is a feeling, “I am That!”

The Divine and the devil operate within us. When our Divine nature works through the mind, we do the right thing. If our aspiration is to attain the Divine, then our outer personality should also be Divine. Making the outer life Divine is called Dharma.

We must earn our happiness without depriving another of His happiness. Then after we earn our

happiness, we can share our happiness with others, it will make us even more happy. But if we can make another happy by sacrificing our own happiness, it will make us really very happy.

### **Constant Remembrance And Offering Everything To God:**

Constant remembrance of God will remind us of our Real Nature and help us align our outer and inner life accordingly. Cultivate virtue and eradicate vices. Spiritualise all activities.

Shankaracharya says, “Whatever I do, it is Your Puja; wherever I walk, it is Your Pradakshina; whatever I behold, it is You.” Whatever you do, offer it to God. That is the way to align our inner and outer personalities and make them compatible.

*(To Be Continued In The Next Issue...)*



## **ANANDASHRAM NEWS**

**15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE:** The total Japa received in the third round of the 15500-Crore Nama Japa Yagna For World Peace in the month of December is 200 crores. The grand total of the Japa done so far in this round now stands at 14476 crores.

## LIST OF PUBLICATIONS IN ENGLISH

Sr.	Book Title	Price (Rs.)
1	Ashram Seva	30
2	At the Feet of God	85
3	Call of the Devotee	130
4	Dive Deep and Soar High	120
5	Gita Sandesh	110
6	Glimpses of Divine Vision	60
7	God Experience, Vols. 1 & 2 (Set)	240
8	Gospel Of Swami Ramdas, Vols. 1 to 3 (Set)	750
9	Guru's Grace	150
10	Hints to Aspirants	100
11	In Quest of God	150
12	In the Vision of God	285
13	Krishnabai	80
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15	Letters of Swami Ramdas, Vols. 1 & 2 (Set)	240
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35	Viswamata Krishnabai	70
36	With My Master	90
37	With the Divine Mother, Vols. 1 to 3 (Set)	540
38	World is God	210

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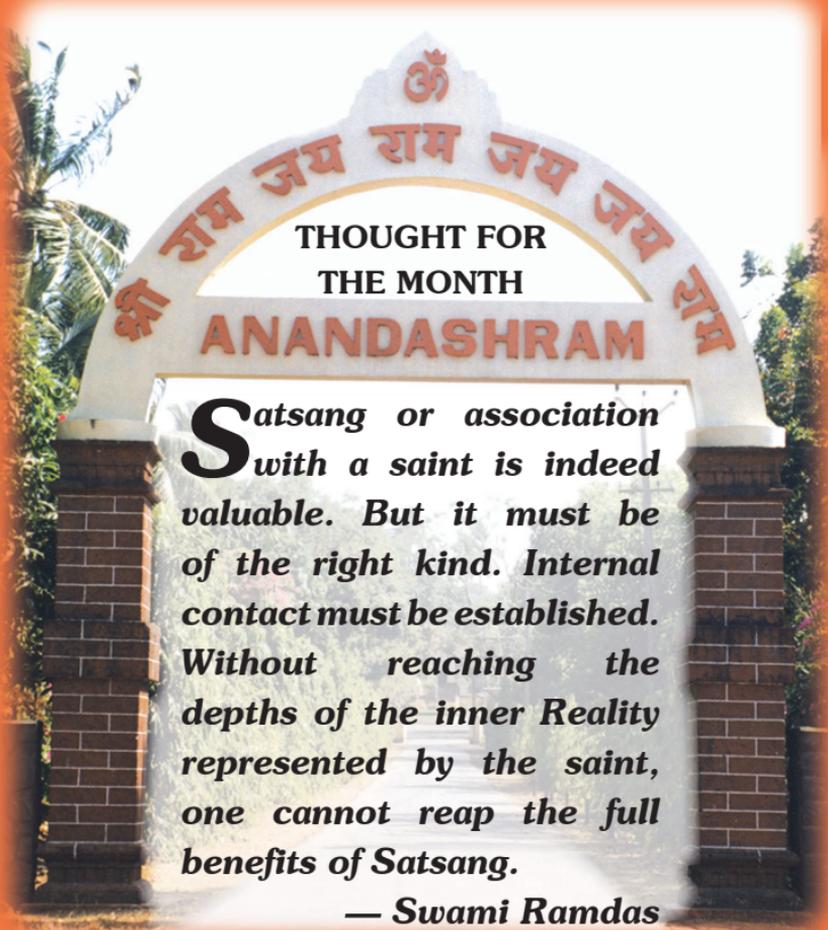
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