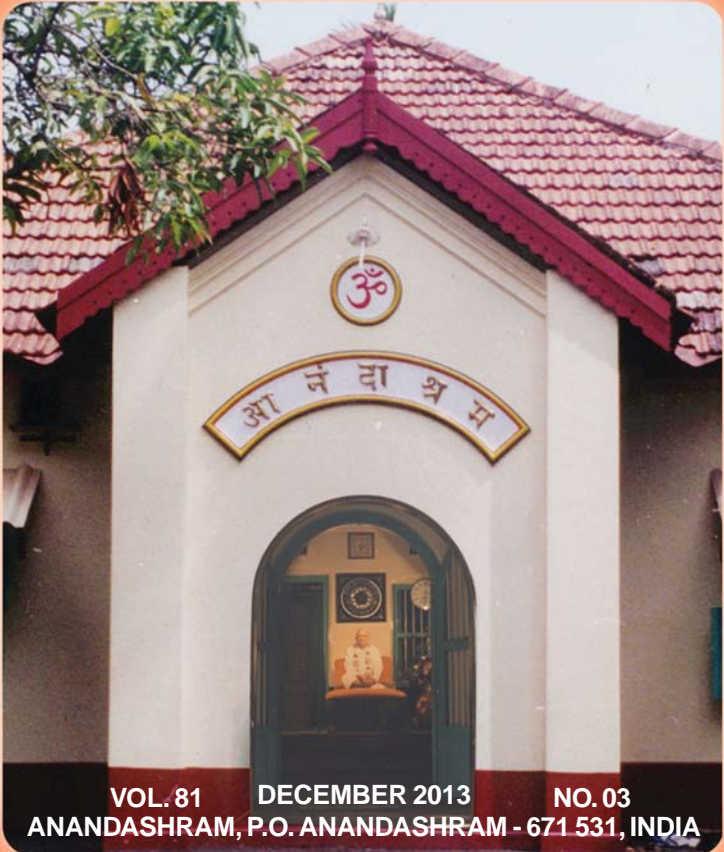


Rs. 40/- ANNUAL



The Vision

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



VOL. 81

DECEMBER 2013

NO. 03

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



Pujya Mataji Krishnabai
(1903-1989)

Beloved Papa Swami Ramdas
(1884-1963)

Pujya Swami Satchidananda
(1919-2008)

Om Sri Ram jai Ram jai jai Ram

ॐ श्री राम जय राम जय जय राम

Om Sri Ram jai Ram jai jai Ram

AWARENESS

YOU are aware of your Self,
 When thought is still and heart throbs
 In unison with the divine symphony.
 Your actions are ripples of a cosmic rhythm.
 God is this manifest-unmanifest Self.
 You are His essence, His image.
 Your light is love, your power is wisdom.
 Whatever you see is yourself – your glory.
 Verily, you are utterly He;
 All is He, all are you, all am I.

– Swami Ramdas

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

PO Anandashram 671531, Kanhangad, Kerala, India

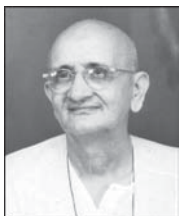
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SECRET OF POWER AND SUCCESS

By Swami Ramdas

(Beloved Papa's Sannyas Day falls on 27th December 2013. On this occasion let us resolve once again to intensify our Sadhana so as to attain the supreme aim of human life in this birth itself and thus seek HIS blessing to be able to do so.)

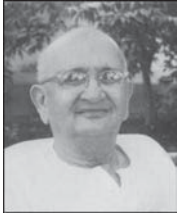


Man holds in him the seed of infinite power. This seed is the origin of heavens and earth – of the whole world and the creatures in it. When man realises that he is born of this seed, he opens up the channel, through which flows into him the light and power of this immortal seed. His weakness is conquered and inexhaustible strength manifests instead. His ignorance is dispelled and his heart is illumined with Divine knowledge. Doubt vanishes and unshakable faith takes birth in its place. Grief and misery are annulled and true peace and joy pervade his being. Thus life becomes a dazzling meteor radiating a divine and soothing brilliance. Such a man lives and moves in the world for the good of all – ever toiling for leading mankind along the path of light and truth. He sheds the rays of

love and kindness on all alike wherever he goes. He attracts and fascinates all those who come to him, by his sweetness, smile and innocence. His powers are unlimited, because his life is linked with the life infinite. Success and victory are like dogs that follow at his heels, because he is the conqueror of the hearts of men. Such are the men of the highest spiritual attainments who are the rare blessings of this earth – children of eternal splendour.

Their lives are simple, their ways are playful and their hearts are free from the tinge of egoism. They ever roll in the ocean of undying peace and joy. If there is any desire still left in them it is this: that all mankind should enjoy the nectar of absolute bliss which they have realised. Every man by the mere right of his birth as such, can attain this supremely blessed state. Let him only recognise the immortal source of his being – let him only find his union and oneness with this source. This source is Divine – this source is the supreme God. Then strength, power, success, peace, knowledge and joy will ever be his. He will have fulfilled the mission of his life. The river will have reached the infinite ocean. The drop will have mingled with the waters of immortality.

BELOVED PAPA SWAMI RAMDAS ANSWERS



Devotee: How to stop the mind from running about even while repeating Ram Nam?

Papa: That shows your devotion to God is not sufficiently strong. Pray to God within you to grant you intense devotion. By Abhyasa and Vairagya you can control the mind. Now your Abhyasa is not continuous and your Vairagya is nil. Then how can you control the mind? Jnaneswar says, “First surrender yourself to God and then take His Name.” Surrender must come before repetition, not after. If you have got keen longing for God and God alone, even if you lose the whole world you will not mind. Whereas now your mind is restless even if anything goes wrong slightly here and there.

Vairagya comes through Ananya Bhakti – exclusive thought of God, “I want You and You alone, my God.” You are ever longing for God until He is realized. You want the joy of the Eternal. So towards transitory things there is dispassion, and towards God there is intense devotion. Both together – dispassion and practice of God-remembrance – will enable you to fix

your mind upon God. At present your devotion is nothing; there is no earnestness in it. Repetition is done as a matter of routine. Mind is as restless as ever. You read the Bhagavad Gita, but do not act up to the teachings of Krishna.

In his Sadhana days Ramdas found himself in a state where even if he tried to forget God he could not do so.

Devotee: Papa has written in the book IN THE VISION OF GOD about a Sadhu who did not find joy even though he had repeated God's Name for thirty years.

Papa: Because he was repeating the Name with the feeling that he was doing it. Let him repeat like that for 100 years, still he will remain the same.

Devotee: It is by God's grace that one starts repeating the Name.

Papa: But he must feel it. He goes on repeating day by day. He looks down upon others who are not repeating the Name. "I am repeating 20000 times. I fasted, went to solitude, saw so many saints." He takes pride in it. People praise him. He gets puffed up. The bandicoot is inside. Even if he repeats Ram Nam lakhs of times, he cannot improve.

Devotee: How can a Sadhaka know whether he is progressing or not?

Papa: Each one can read for oneself, if he examines his mind – what he is thinking, desiring etc. Where there are cravings, desires, hankerings – do you think the mind is in tune with God? So many people admit, “I am repeating the Name, but the mind is wandering. What can I do?” The cause is he thinks he is doing it. He must be humble enough to admit that God is doing it – not merely orally saying but feeling so. It must become a consciousness. Whenever he is told that he is repeating the Name, at once he must be able to say, “God is making me repeat God’s Name.”

Our sufferings are due to the assumption that we are doing everything. So we are asked to surrender, “I am nothing. O God! You are everything. I do nothing. O God! You do everything.” We must pray to Him so that we may remember Him. Then our ego will slowly leave us.

Devotee: Even if you do something bad, you can say that God made you do that.

Papa: All wrong deeds are based upon the sense of separation. When we surrender to God we are one

with all beings. When the sense of separation goes, we love all alike and we stop doing anything wrong. We are incapable of doing wrong.

So in the background, while repeating the Name, you must feel you are repeating the Name of God who is in your heart; you must become conscious of God within you. Then if you repeat the Name with faith, love and devotion, gradually you become conscious of God's presence within, without and everywhere. That is the result of remembering God through repetition of His Name. If there is not that remembrance, the repetition is mechanical.

Take the Name and associate with the Name His attributes – all-pervading, infinite, nameless, formless; He dwells everywhere; He is love, peace, light, joy, wisdom, power; you feel elevated, enlightened. You are thus raised from the human to the Divine plane by merely repeating the Name with all faith, love and devotion, and are always in a state of ecstasy – unbroken ecstasy. You may call it Samadhi or whatever it is. The joy will pervade every part of your being. It is not like going into Samadhi and coming out of it. Here there is no going and coming. At all times while sitting, walking, going, sleeping, dreaming, waking you feel the ecstasy. This is called Sahaja Samadhi.

Devotee: Joy in sleep also?

Papa: Everybody is enjoying during sleep. In dream also you are in ecstasy. Joy is the same in all the three states – no difference. Ecstasy dissolves all differences. Formerly you depended upon external conditions at all times. When established in peace within yourself, you have joy in all places, in all conditions, at all times. Normally you are always happy. You are eternally in a state of Samadhi. It is the really genuine state.

By the power of God's Name you can remove all deep-rooted desires in you. Then your mind ceases to wander. In that state, mind is not there. Then what remains? Only Atman or Brahman; and you know that you are that Brahman – Satchidananda. So you are always in a state of bliss. Always in the sense, beyond all conditions; not bound by time, space and causation. That perennial ecstasy is yours. It is the mind that obstructs the flow of bliss by putting on a veil of ignorance. When the veil is removed, you have waves and waves of Ananda. That is God! He is Satchidananda, and the whole universe is the expression of Satchidananda. Expression of Satchidananda must be Satchidananda. When the veil of ignorance is removed you are always That. You stand revealed as God Himself.

WORDS OF PUJYA MATAJI KRISHNABAI

You are all concerned only with your external phenomena, the flowering of your own personality outside, whereas I am concerned with your blossoming within. That is the reason why I pick your faults and point them to you. I scold you all but if you take a completely wrong slant about my scolding, become grave and draw yourselves away from me, the whole purpose of my scolding is lost. Not only that, what little progress you may have made so far is also lost.



Those of you who speak of Tyaag (renunciation) do so only for show. I know what a struggle I have to make you part with your old clothes, old vessels, etc., so that I can distribute them to the poor! My whole purpose in cleaning you up of your old stuff to which you hug is only to instil in your hearts a broader vision, which is absolutely necessary if you want to progress on the path to Papa. Papa's eternal being is signified by utter emptiness, total void, and you must also be equally empty within and without and give up your

sense of possession altogether. I want you to at least make a beginning in this direction.

The one prevailing obsession in you seems to be to create a good impression in the world so that the people should say nice things about you. This is carried to such extremes that, at times, you shun and spurn even the love of your own children. If your child comes rushing to you, to be taken into your arms, you will scold it and turn it away lest his grubby hands spoil the new sari you are wearing! When you deny your child your love, what love do you expect it to show to you when you grow old and have to depend upon it for everything? You let your children grow up starved for your love and affection, and yet expect them to be dutiful and kind to you in your ageing days!

Every natural instinct for spontaneous love and charity, with which a child is born, is killed by the parent who teaches the child to be possessive and acquisitive. Many a child gets scolded or even beaten for sharing its sweets with other children. You will spend any amount on fashion and bedecking yourself so as to create a good impression in public but would think twice before spending on charity or alms!

TRUE RENUNCIATION LEADS ULTIMATELY TO ETERNAL HAPPINESS

By Swami Satchidananda

But for renunciation, we would not have had our Beloved Papa. But for renunciation, we would not have had many of our saints like Pujya Mataji, Shankaracharya, Gautam Buddha, Bhagawan Ramana. Thus the list goes on endlessly.



What is renunciation? Renunciation is a necessary stage in the life of a spiritual aspirant. In a state of intense dispassion, the aspirant wants only God and gives up everything that stands in the way of his spiritual progress. Presuming that his possessions are responsible for his being earthbound, he gives up all that he possesses and also gives himself up to God. This is a natural development in the life of a Sadhaka and proportionate to his progress the earthly possessions drop off from him by themselves without any serious effort on his part. His effort then is only to keep his mind centred on God constantly and never to lose communion with Him. Such a Sadhaka, in a very short time, reaches his goal – the realization of his oneness with God in His Nirguna and Saguna aspects

which gives him the experience that everything is God and that because he is one with God, he is everything.

Renunciation alone has produced saints – renunciation, not necessarily external but renunciation of sense of possession and sense of ‘I’ and ‘mine’. After their attainment, they may possess everything and live like others, at the same time without a sense of possession – ‘I’ and ‘mine’. The first acid test of renunciation, according to our Master Beloved Papa, is that one should be prepared to beg for food from amongst those known to oneself.

Saints tell us that though they themselves had to take the extreme step, others need not have to go through such hardships. In fact the hardships appeared to be hard only for the onlookers. Those who were actually passing through the so-called hardships never felt so, as their mind was fully absorbed in God and they were above body-consciousness.

How it transforms: A marked change in the life of a householder in the year 1922 brought about such a transformation that he progressed unimaginably fast on the spiritual path and, in a very short time, rose from the human to the divine, from an ignorant person to sainthood and thus a blessing to humanity. This

was the renunciation of Vittal Rao who later blossomed as Beloved Papa Swami Ramdas. He was so much absorbed in God-thought that everything worldly fell off from him.

After taking to the order of Sannyas and for a few years, Beloved Papa was moving about in different parts of the country without possessing anything, without knowing where he could get his next meal, where he could lay his head and rest for the night. He was not conscious of his external conditions or discomforts, for, his consciousness had gone beyond his body. He never felt he was undergoing any hardship. He felt whatever came to him was from God, whomsoever he met was God Himself and whatever happened was by God's will. Thus everything in His life was divinised. Then where was the question of feeling of sorrow or hardship?

Sincerity in his renunciation and after-effects of the momentous transformation not only took him to the supreme heights of God-realisation, drowning him in the peace and bliss of God, but also transformed thousands and thousands of spiritual aspirants, giving them the support and guidance and leading them to the highest goal. He was all bliss and peace because

he was continuously in tune with God and radiated that peace and happiness to one and all who came in contact with him. His heart-pourings and expressions of his lofty experiences inspired earnest aspirants everywhere – awakening them to the Reality, leading the more advanced ones to the supreme goal. This continues even after Beloved Papa shuffled off his mortal coil and will continue. This is the result of one individual's renunciation. Beloved Papa's life and teachings only confirm that true renunciation and unconditional surrender lead us to God and grant us everything, ultimately eternal happiness.

A few years ago one devotee who used to be very intimate with Beloved Papa, once asked, "Papa, some years ago you renounced everything – all possessions and comforts and as a result you are now blessed with a big Ashram and all sorts of comforts. I would also like to renounce everything provided I will be assured of such comforts and possessions after a few years."

Beloved Papa laughed and replied. "When Ramdas was wandering as an itinerant Sadhu, he never felt that he had renounced anything. When he was trying to keep his mind centred on God constantly, many things fell off from him by themselves and his only

aspiration was to realise God. He had absolutely no thoughts of the future. He wanted only God. Therefore he 'got' God. Because God is everything, he got everything. He possesses everything without the sense of possession. Everything belongs to God”.

From the talk of the devotee as stated above, it is clear that he was prepared to renounce everything only if he was assured of a comfortable life and all possessions a few years later. It means his eye was on 'a comfortable life and a big load of possessions' and not on GOD. This cannot, therefore, be called renunciation.

Not deprivation but paving the way for abundance. Renunciation is a word not very palatable to householders. The very sound of it frightens them of the immediate deprivation of their worldly possessions. The general tendency of householders is to applaud others when they take to Sannyas, and discourage and dissuade in all possible ways if any of their own family members shows even a slight inclination to renounce the family ties or take up serious spiritual studies/practices. They unfortunately, by the illusory power of God, think only of the immediate impact but do not care to foresee the distant future.

They do not realise that it is only the perishable that the seeker tries to renounce and that too for gaining the Imperishable. Of course one who renounces does so spontaneously, without calculating the pros and cons of his action. He cannot but renounce, for, when he is ripe, things fall off by themselves. He has no anxiety about his future as he is fully in the hands of God. So, no one need be afraid of renunciation. Though it appears to take away everything perishable, it is only to give you the Imperishable. May everyone imbibe the lofty ideals of renunciation and attain eternal happiness!

FLY A KITE ACROSS THE RIVER

By Dada J P Vaswani

A distinguishing characteristic of a person who lives with God is his forgiving nature. Has someone wronged him, exploited him? If so, he forgives even before forgiveness is asked. And he lives a life of beauty and blessedness. Such a person is indeed rich.



I was reading about the Niagara Falls. A bridge had to be built across the falls. For this, they needed

to fix a rope across the river to start the suspension bridge. The waters of the river were too swift and turbulent to take the rope across in a boat. What did they do? They flew a kite across the river. When it reached the other side, a cord was tied to its string. Finally, a rope was tied to the cord. That was the beginning of the suspension bridge that spans the Niagara Falls.

Have I fallen out with someone and been separated from him by a gulf so wide that it cannot be bridged? Let me fly a kite to him, of loving thoughts and forgiveness. A telephone wire can be the string of the kite – and a bridge of reconciliation built by a mere phone call. Forgiveness is the precious lubricant which keeps all our relationships smooth and friction-free.

Let us learn to forgive. Thomas Fuller said, “He that cannot forgive others, breaks the bridge over which he must pass himself, for every man has the need to be forgiven.” An individual grows or evolves to higher levels of consciousness in the measure in which he is able to express the quality of forgiveness. All our great ones have been men and women of forgiveness. Even so, forgiveness is not the monopoly of the great. Simple souls, humble men and women

have practised the art of forgiveness to perfection.

A house in which a man and his 10-year old daughter lived was attacked by outlaws. The father died in the scuffle. The outlaws spared the life of the girl, Melanie, but blinded her. Ten years later, Melanie was sitting by the roadside, when she heard footsteps and a voice which frightened her. “Who is it?” she called out, “Be careful, because I am blind.” “I know who you are,” replied one of the outlaws. “I am the man who killed your father and blinded you. I just tried to hold up a passer-by and he shot me. I am going to die. I beg you to forgive me.”

Melanie shuddered with anger but controlled herself, forgave the criminal and exhorted him to repent. When the man was dead, she groped for his eyes and gently closed them like a loving daughter.

Forgiveness, in contrast to retaliation, is not an instinctive or spontaneous impulse. If we are hurt, almost as a reflex, we are conditioned to think, “I’ll fight back – I’ll do to you what you did to me.” On the other hand, forgiveness has to be cultivated. It is a well-considered, well-thought-out emotional choice that we make to forgive freely, those who have hurt us. Because forgiveness does not just consist of

mouthed the words, “I forgive you”. It involves letting go of anger, resentment, hurt and bitterness. It allows us to heal the other – and be healed ourselves in the process.

The ‘F’ of Forgiveness is Freedom. Forgiveness sets us free from the hurts, which otherwise would continue to prick us, for as long as memory lasts. Observe a moment of calm; think thoughts of forgiveness towards everyone.

Source: The Times Of India Ahmedabad; Aug 2013

DEAR CHILDREN

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!

The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean he was really friendly. So I asked, ‘Why did you just do that? This guy almost ruined your car and sent us to the hospital!’ This is when my taxi driver taught me what

I now call, 'The Law of the Human Garbage Truck.'

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally, just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life is too short to wake up in the morning with regrets, so... Love the people who treat you right. Pray for the ones who don't.

Life is ten percent what you make it and ninety percent how you take it! Have a blessed, garbage-free day!

THE DIVINITY THAT A CHRISTIAN PRIEST SAW

Seventeen year old Sudhamani (Mata Amritanandamayi) developed a deep urge to learn tailoring. She started pestering her parents about it. It was the period when Sudhamani was



possessed by deep yearning and love for Lord Krishna. Her formal schooling had been stopped long ago. After waking up at 3 am, she would have continuous domestic chores to attend to, almost right through the whole day, till she retired to bed at 11 at night. Despite all her back-breaking work, Sudhamani would find time to pray to Lord Krishna, sing glories of him and incessantly chant his Name.

With the condition that she should not slacken in her domestic chores, her parents permitted her to attend the tailoring classes for one or two hours a day. These classes were conducted at a local Church at Klappana, an adjacent village.

The click and clatter of the tailoring machine sounded like a rhythm for Sudhamani and she sang songs on Krishna while doing stitching in the machine. In between she would get overwhelmed by her emotional love towards Krishna and her tears would wet her clothes. The priest in the church who was about 75 years old, felt very surprised and impressed with Sudhamani's demeanor. While all the other girls would while away their time chitchatting, it was so refreshingly different to observe Sudhamani shedding tears of love for God and singing glories of Him.

Sudhamani's younger brother Satheesh would accompany her to the tailoring class as an escort for her. Till Sudhamani finished her classes he had to sit there idling. One day Sudhamani asked him "Why don't you join the prayers inside the church?" "How can I? Aren't we Hindus?" he asked. "Why should it matter? Ask permission from the Priest, go inside and pray" said Sudhamani. Satheesh began to do that and it became his regular practice.

There was a cemetery adjacent to the church. For hemming work, Sudhamani would take the clothes with her, get into the cemetery and do the needlework in there, undisturbed by any visitor. She had no fear of ghosts. In fact, she was seen conversing with the departed souls, listening to their woes and offering solace to them. She found the ambience most suitable for meditation and at times she would be seen sitting there deeply immersed in Samadhi.

Observing Sudhamani intently, the Priest once commented to Satheesh, "Look. Your sister is no ordinary person. She will become great one day".

Sudhamani's tailoring classes soon ended and she stopped coming to the church. The old priest got a transfer order and he too had to leave that place.

Before leaving, he felt a deep urge to see Sudhamani. He sent word for her and Sudhamani came to meet him.

On seeing her, tears welled up in his eyes! He said, “My dear daughter! I got a transfer from here. I have decided to retire and spend rest of my life in spiritual practices in quest of the Lord”. With a heavy heart, he took leave of Sudhamani.

What was the divinity that the old Priest could see in young Sudhamani decades before she was known to the world, cutting across the religious barriers? It is the same divinity that thousands across the globe experience in Amma today. Many devout Christians even from West consider Amma none other than their beloved son of God, Jesus Christ.

Amma used to say, “Where there is true divine love, there cannot exist any barriers of religion, caste or sect”. Her own life is a testimony to it.

Courtesy: Mata Amritanandamayi Math

EPISTLES OF SWAMI RAMDAS

Beloved Mother,

Indeed Sri Ram is the sole doer. His Divine Shakti is alone responsible for all activity, movement and

change in this universe of name and form... So the ego sense is utterly false. Complete surrender to the Divine Will or Shakti brings about our identification in spirit with the changeless and immortal Truth. ...Bhakti is the beginning; Bhakti is the end. In the middle, there is Jnana which gives us the knowledge of immortality, of our oneness with God... Bhakti leads to Jnana; but even afterwards, Bhakti continues, elevated, enlarged and enlightened. It gives us the universal vision of God. God is the friend of all creatures. He is all-loving and all-merciful. He is our master and mother. We are His servants and children. We can be His true servants and children, ever fearless and always blissful, only when we have realised, through love, our oneness with Him, Him who is within and without, and everywhere...



IN MEMORIAM

As willed by Beloved Papa, 3 ardent devotees of the Ashram for several decades were called by HIM in October and November:

Sri K V Subbaraman, known to all as Athan Mama

(aged 89), dropped his mortal coil on the 11th October at Coimbatore.

Sri Sunil Damania, was called by Beloved Papa on the 21st of October at Mumbai. He developed some uneasiness and within a short time passed away.

Smt Rajam Kasinath (aged 61) passed away on the 7th of November at Bangalore. She had been ailing of cancer for some time. She was peaceful at the time of passing.

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

ANANDASHRAM NEWS

15,500-CRORE NAMA JAPA YAGNA FOR WORLD PEACE: The total Nama Japa for world peace received in the month of October 2013 is 250 crores. The grand total of the Japa done so far now stands at 5436 crores.

SWAMI MUKTANANDAJI AND TEAM VISIT UTTARAKHAND: Pujya Swami Muktanandaji and a team of devotees visited some parts of Uttarakhand in late September. The visit made us aware of the gravity of the devastation that has taken place. Even

to reach Uttar Kashi from Rishikesh was a big problem. By and large everyone there depends upon tourism for their income as there are no industries and nobody has extensive agricultural holdings. In many places roads have been washed away with the result the onrush of tourists has virtually stopped.

It gave us great joy to see that many spiritual institutions have come forward to extend a helping hand to many who are affected. The party also witnessed the students of Doon School wholeheartedly involving themselves in cleaning and clearing the debris.

As spiritual aspirants we have to take it that Beloved Papa brought about such a catastrophe to make us feel oneness with the Creation who need solace and help.

The party also met Swami Premanandaji of Sivananda Ashram, Swami Janardhananandaji of Brahma Vidya Mandir, Hari Om Swamiji, Brahmachari Ramji, Dr. Tulsidas Ghube, Ms. Archana and Col. Arun Mamgain of the Tata Relief Committee at Dehradun. All of them are deeply involved in the relief work in various ways. Through this visit Beloved Papa enabled the Ashram to identify some areas for seva.

SWAMI MUKTANANDAJI AND TEAM AT DEHRADUN: Pujya Swami Muktanandaji and the team also visited Sadhana Kendra Ashram at Dehradun. Words are incapable of expressing the abundant love showered on the entire team by Revered Sri Chandra Swami Udasin, who is the spiritual head of the Ashram and all the devotees. Revered Swamiji has been observing silence since 1984. The main activity of the Ashram is to encourage the visiting devotees to take to the inward journey through 4 meditation sessions. The picturesque location of the Ashram coupled with the loving dedication of the inmates leaves an indelible impression on the devotees visiting there. The loving care of Pujya Mataji Krishnabai was explicit in Revered Swamiji. The party was also taken to the school nearby where a harmonious blend of ancient and modern approach to education is seen.

From here the party proceeded to Purkal Youth Development Society, a project initiated by an elderly couple, Mr. and Mrs. Swamy. Motto of the school is, "Our attempt at the school is to use teaching skills that develop leaders who could influence positively the world around them. Integral education aimed at the ability to think, the cultivation of character attributes,

and basics of life and career skills are all part of our mission.”

Pujya Swamiji had interaction with the students and teachers there. Through this Beloved Papa reminded that whenever an expansion takes place in an individual, He takes care of everything.

REVEREND YOGACHARYA DAVID HICKENBOTTOM'S VISIT: Reverend Yogacharya David Hickenbottom of Seattle, USA, visited the Ashram for a couple of weeks in October along with his wife Carlaji. He is the spiritual successor of Yogacharya Mother Mildred Hamilton who had started a spiritual movement called THE CROSS and THE LOTUS based on the ideal, “Dedication to the realisation of God and service to Him in all forms”.

Mother Hamilton and her husband Rev. Ralph had close contact with Beloved Papa since the 1950s. Rev. David and devotees have been visiting Ashram since the late 1990s and were greatly inspired by Pujya Swami Satchidanandaji.

The spiritual flowering in Rev. David is expressive in the form of his loving, caring, humble and Sattwic nature. This has endeared him to one and all. Everyone in the Ashram enjoyed the company of Rev. David and Carlaji.

During his various informal get together and in the Satsang he shared the following thoughts.

- “God resides in our own heart.” This is the cardinal teaching of the great saints. Our sadhana is to get over of our opinion that God is far away from us and that He is out of our reach, and realise His presence within us.
- All efforts made like reading of scriptures, staying at spiritual institutions is to experience God within us as Love which flows spontaneously and unconditionally.
- When this experience is attained, we surpass all differences and dualities and selfless love spontaneously wells up towards all and compassion is felt towards all.
- Overall God-experience necessarily includes the Impersonal which is direct and springs as unconditional Love as reflected in the lives of saints who have realised the Truth.
- Seekers of Truth need to practice patience and try to see the Divine everywhere.
- Constant chanting of God’s Name should not just become a discipline. The chanting must cause a

positive addiction to the joy and peace that it radiates in the chanter.

- The chanting can be practiced silently in the background of our day-to-day activities and routines like walking, driving etc.

FROM THE EDITOR

We have been told by all spiritual Masters that God, who is Love, dwells in our heart and that when we are conscious of this at all times, we will be able to bring out LOVE in its fullest measure.

Beloved Papa says, “LOVE is the one dominating power, which should rule us through all our mental and physical movements. Just as sap is to the plant so love is to our life. It is not that love is not within us; it is not that love does not influence our lives; but we are unconscious of these processes. When we are unaware of its existence in us, we are like the tree in which the sap is dried up. And then life becomes insipid, crude, harsh and self-centered and most unhappy. Let love be our God - God that reigns in the hearts of all beings; the love that has become the entire universe; the love, the infinite spirit that fills the worlds and transcends them all.”

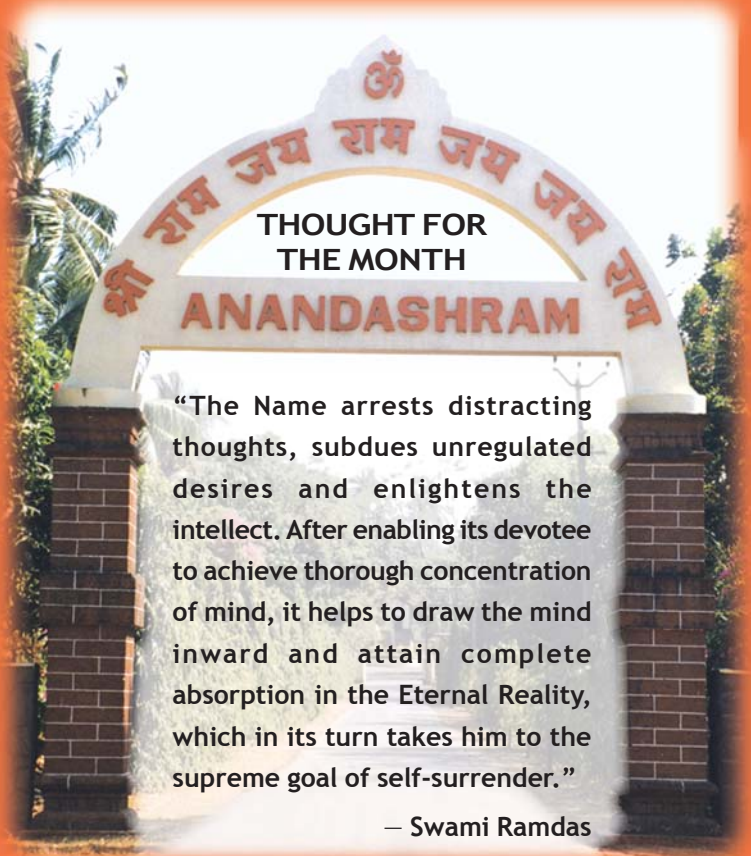
Every householder should ponder over this vital aspect of life and dwell on the same daily and try to see how he reacts to events and individuals with this vision. Thus when love fills our mind, we come to see all beings and creatures as near to our heart. A life thus lived is considered to be a pure spiritual life. Many a time we may forget or fail. Does not matter. We keep on trying. We have been assured that constant and persevering efforts will succeed. So every day at supper time, thoughts should be shared with every member of the family on the salient aspect of Love. Unless and until this Love is kindled in the family first, it cannot be made to come out at the professional life or in social life.

– **MUKTANANDA**

The object of your life is to be happy yourself and give happiness to others. In fact, real delight consists in so adjusting your life as to make it yield joy to others. If you have faith in God, use this faith in cultivating patience and equanimity. Faith always goes with cheerfulness, resignation and peace. Be childlike – not childish – be blissful and a free child of God. Reveal your innate divine nature, and diffuse around you always love and joy.

- Swami Ramdas

R.N.: 3047/57 || Registered: KL/KSZ/8/2012-14
Lic. No. KL/PMG/NR/WPP/1-1/KSZ/12-14
Licensed to post without prepayment
Date of Publishing: 01/12/2013



“The Name arrests distracting thoughts, subdues unregulated desires and enlightens the intellect. After enabling its devotee to achieve thorough concentration of mind, it helps to draw the mind inward and attain complete absorption in the Eternal Reality, which in its turn takes him to the supreme goal of self-surrender.”

— Swami Ramdas

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