

SIVANANDA'S LETTERS
TO
GAJANAN



Dr. Arjun Anand
Dad



Maya Bena
and rep. from

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INTRODUCTION

Swami Sivanāṇḍa Saraswati is one of the living Saints, dwelling at Anandkutir Pishikesh (Muni ke Reti). He through his untiring Services of the humanity and other yoga practices perfected himself and as a true Sanyasin, has taken up the holy work of dissemination of spiritual knowledge. To work out this aim, the swami founded "Divine Life Society." This Society has now become a great spiritual centre of the world. Sadhaks from all parts of world visit Sivananda Ashram according to their conviniences and derive utmost benefit through personal contact with Swamiji Maharaj.

Swamiji Maharaj takes great delight in writting individual letters to thousands of his disciples all over the world. I am one of such fortunate sons who receive letters from Gurudeo. Every letter has the thrill of the Master's touch and stirs my heart.

Swamiji Maharaj has given me the privilege of bringing his letters in book form for which I am obliged.

Lastly I earnestly wish that all the readers may attain kaihalya through the practise of synathetic yoga which the Swami advocates for the present age to suit people of all temperaments.

With love regards and om.

Guruwar
20th July 50

Thy humble Sevak
Gajanan Sharma



GLORY OF RAM NAM

BY

SRI SWAMI SIVANANDA

Name of the Lord is the tree of spirituality. It is the destroyer of the impurities of the mind. It bestows supreme peace; eternal bliss and infinite knowledge. It infuses Divine Love in the hearts of the reciters. It is the fountain-head of all happiness. May that Name, the giver of Immortality, remove all your fears and bring solace and supreme joy to all.

Name of sri Ram is sweeter than the sweetest of objects. It is a haven of peace, It is the very life of Pure sou's. It is the purifier of all purifying agencies. It quenches the consuming fire of worldly desires. It awakens the knowledge of God which is dormant in our hearts. It bathes the aspirant in the ocean of divine bliss. Glory to Sri Ram and his Name.

In the inside of every object there is one Rama alone without any other interstice. Wherever I See there is Ram. He ever sports in joy. The whole word is His Lila In the flower, in the tree, in the sky. There is Ram, in the water, in the food, there is Ram. In the post, in the wall, there is Ram In the umbrella, in the pen in the paper, there is Ram. There is Ram everywhere. There is Ram everywhere. There is no world without Him. This universe is filled with Ram How can I descride His unparaelled Glory! Victory to Ram ! Glory to Ram ! Adoration to Ram and salutations to Ram !

Blessed be the pious soul who drinks uninterruptedly the nectar of Sri Ram's Name, which has been churned out of the ocean of the Vedas, which removes the impurities of the Iron Age, which lives constantly on the tongue of lord Siva, which is a sovereign remedy or unfailing specific to cure the disease of worldly existence and is life itself to Mother Janaki.

Tulsidas says: "Name is even superior to the Lord, because the Aguna and Saguna aspect of Brahman are tested and realised by the power of Name. Rama delivered a single Leby Ahalya, whereas the Name has purified crores of wicked men. Rama gave salvation to two of his faithful servants Jatayu and Sabari, but the Name has been the saviour of countless wicked persons"

He is not tired of emphasising the importance of Ram Nam. He says, "Blessed is the son and blessed are his parents who remember Sri Rama in whatsoever way it may be. He who repeats Ram Nam even through mistake can wear a pair of shoes made out of the skin of my body. Blessed is the out cast and Chandala who repeats the Name of Rama day and night. What is the use of high birth to one who does not repeat Ram Nam! The highest peaks of mountain give shelter only to snakes. Blessed are the sugarcane, the corn and betel leaves that flourish in the plains and give delight to all."

He further says: "The two sweet fascinating letters RA and MA are like the two eyes of the alphabets and the very life breath of the devotees. They are easy to remember and delightful to all. They are beneficial in this world and sustain us in the other world". He says "put this jewel.....Light or Ram Nam, at the gate of your door on the tongue, if you want to illuminate yourself, both in side and outside (in and out of yourself) all the world knows that by uttering the name even in its opposite way by saying Mara, Mara instead of Rama, Rama, the great saint Valmiki became Brahman Himself.' when such is the glory of repetition of Rama Nama, then what to speak of the glory of uttering the right and proper Name.

Every Name of God is filled with various Divine Shaktis and nectar. The means by which Sri Rama can be reached is to take

His Name and to remain saturated in it. Always remain drunk, imbibing the Lord's sweet Name. Let no ideas of Purity or impurity enter in your mind. There is no unholy object in this world. Should there be any; it becomes the holiest of the holy by contact with the Lord's Name. Illusion, notwithstanding all her efforts fails to get hold of him who remains deeply absorbed in the Lord's Name and Love. Glory to Ram ! Prostrations to Ram !

The Secret of Ramayana is control of mind. Killing the ten-headed monster Ravana of Lanka means the annihilation of the ten evil vrithis of the mind such as Kama Krodha etc. Sita is mind, Rama is Sudha (Brahma) Bringing Sita back from Lanka is concentrating the mind on Rama (Brahma) by withdrawing it from Vishaya (objects) and uniting it with Rama. Sita (mind) unites with Rama (Brahma) her husband in Ayodya (Sahasra Chakra). Mind merges in Brahma. This is briefly the Esoteric meaning of Ramayana This is the Adhyatmic exposition of Ramayana .

What a mighty power is latent in Ram Nam. Only those who have been devoted to it know. The scientists now declare that sound-vibrations have such a tremendous force that they can direct this power to silk fabrics and cleanse them of all dirt more thoroughly than a washerman could. Oh Ram ! When will thy realise that the vibrations produced by the singing of Thy Name will cleanse their very hearts, will purify their very souls will remove all the invisible dross accumulated all over themselves birth after birth.

The very name Ram stirs up within our heart of hearts sublime thoughts of the glorious son of Dasaratha. What an ideal of righteousness ! Oh Ram ! Beloved Ram ! Infinite Ram ! The Ram that resides in the heart of every living being, the Inner Ruler, the Prompter of all thoughts and actions, the Great Witness, the Light of Lights, the transcendental Ram who, is yet immanent. Enter into the hearts of all and assume Thy Real Form Limitless Existence. Perhaps only then will the hearts of present day men and women expand. Perhaps only then will even the devotees realise that the Ram whom they seek in images and shrines is waiting at their very door, hungry, naked, starving and suffering. Perhaps only then will man realise that you are in every particle of existence, that all religions are one, that all Gods and Goddesses are but

Your own Forms, that you are in the rogue as well as in the saint, that you are in the poor as well as in the rich, that you are in the smallest of creatures as well as in the Four-Headed Brahman, that the entire creation is but Thy virat Swaroop Only then will there be an end of all hatred, wars' riots, ill will & diplomacy; Only then will Man see himself in all and thus long to serve humanity selflessly

In this world of unrealities of Mayaic Jugglery of illusory deceptions of miseries unending of wickedness all around it is BhaJana of Lord's Name that serves as a silver lining in the dark cloud, as a fertile oasis in a limitless desert, as a cool shade in the scorching sun The bringing together of mighty forces in this age when each individual is enveloped on all sides by Maya's charms is an indispensable necessity. The overwhelming Power generated by this concentration of thought-power with Lord's Name sets at naught the machinations of the lower impure self of individuals

Selfless service to every living being in the world, looking upon everything as Ram, loving all and serving one and all-this is worship of imminent Ram :

*SALUTATIONS ADORATIONS PROSTRATIONS :
GLORY TO RAM NAM.*



With Truth and Prem in the name of Ram,

R. Srinivasan, Madras, Member, Divine Life Society.

(printed and Published for dissemination of Value of RAM NAM)

THE DIVINE LIFE SOCIETY

ANANDA KUTIR POST.

RIKHIKESH

President



SRI SWAMI SIVANANANDAJI MAHARAJ

KNOW THYSELF

Sixty-third Birthday Message of Sri Swami Sivananda Founder-President of the Divine Life Society.



O Seeker! Know what you seek, and, then seek. See you not that what you pursue here fails to give you what you truly seek and recedes like a mirage? Nothing on earth can give you supreme joy, everlasting happiness, unadulterated bliss. Youth fades like the evening flower, strength vanishes like the rent cloud the beauty of the body quickly gives way to the ugly death! Your pleasure-centres mock at you, for you have mistaken pain for happiness, night for day, mirage for water! The real goal of your aspiration, the true object that you seek, the one treasure without which you are restless, the sole purpose for which you live your life here, is the realisation of the imperishable bliss of the Godhead within.

Assert your existence as the omnipresent, splendid Light of the Eternal Spirit, the Atman. Stop all other speech, cease from all other work, withdraw yourself from all other thoughts, then that which shall open the majestic gate-way to the birthless and the deathless immeasurable Being. Be sincere, be patient, you shall reach That which is, that which you truly seek.

You work, you serve, you love, you give, because you want to know, where lies that which is not cut off by time, not snatched away by death, not infected by change and impermanence. You are a must-deer that runs fast to enjoy the fragrance of the musk, you are befooled by the notion that the Eternal Being is away from you. Close the door of the intellect, shut the windows

of the senses, retire to the chamber of the heart, and enjoy the sleepless Sleep of Nirvana. You are blessed. Your only duty is to realise God, to realise the Atman which is within you and everywhere. You have no other duty. You are born to carry out this duty, which includes all other duties, and without which, all other duties are only a child's play. Remember this !

Lead a life here which befits this glorious ideal of existence. Love all equally, for Atman alone is. Serve all without selfishness, for Atman alone is. Restrain from sensual indulgence, from passion, greed and anger, for these go against the truth that Atman alone is. Desire for name and fame, power and wealth contradicts the truth that Atman alone is real. Therefore, abstain from these desires and ambitions. Meditate on the Absolute Atman.

This is the message of truth for you all, the message that springs from the depth of Experience-Whole. This message has been heard by all those who lead the divine life, who adhere to these precepts of lasting value. Harken, again the Clarion Call of the Rishis and the Seers of yore; Behave not like animals, for your birthright is Divinity. Melt yourselves in the Love for That One Immortal. Lead a life of spiritual discipline which is the necessary means to Great End.

Become ye the messengers of Truth, which is the life and the light of this world. Reflect within yourselves this truth that the attainment of absolute perfection alone is the one Goal, and that is possible through the Knowledge of the Self within.

May the Almighty bless you all

Sivananda

Dated 20 2 1948

S^r Gaganan Sharmar

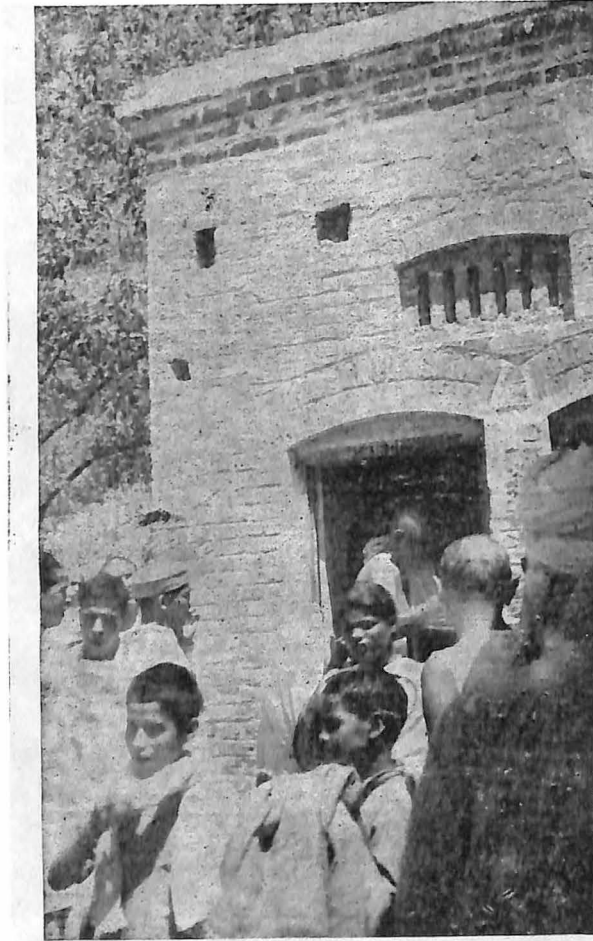
672 Nemo Nulayang

Adarak, + Solubak

I am in due receipt of your precious gift - "weaving
cloth" of plantain fibres etc. It's very nice
& suits me well, I am wearing it. It has come
just in time. How kind of you!

In view of your gift & period of medical treatment
before. Do not, serve to poor. Needs less
of non-attachments

My love to you
with regards,
Sincerely
S. S. S.



*Swami Sivanandaji performing opening
ceremony of Kutir on 11-4-1919.*

Dated, 14 11 1946.

Sri Gayamans

Belongs to you. Thy kind letter,
mantra note book and spiritual diary for Oct. 46.

Om Namo Narayane

Kindly send this please duly

Sashank Weeth in X mas.

Central greeting.

Ray Lord bless you

Benepula in Japan. Kri ten, meditation
study of Gita. Kindly send me
a copy of your spiritual diary
& mantra note book at the end of
every month

S. Srinivas

Rev. Immortal Self.

Salutations and adorations. Thy kind letter of 11-5-45 I have taken you as one of my beloved disciples.

Do not think any more of your worldly concerns than is necessary to determine your duty. Do your duty and leave the rest to God. Have your ideal, mottoes and principles. Adhere to them strongly and steadily.

Cultivate a very strong faith in God. Faith is the gateway to God. Always act with faith and determination.

Remember the saints and sages. Do prayer, japa, Kirtan regularly. Read daily religious books like Gita, Ramayan and Bhagavatam. These will sow the seed of faith and increase it till it becomes quite firm and unshakable.

You are always welcome here.

With prem and Om,

Thy own self,

Sivananda

Rev. Immortal Self,

Salutations and adorations.

Thy kind letter of 7-6-45.

Daily get up at 4 a. m. Do japa and meditation for at least one hour during Brahmamuhurta. Perform Sandhya in the morning, noon and evening daily without fail. Have one Ishta-devata, viz.either Rama, Krishna or Siva etc. Fix the mind on the Lord when you do kirtan. Close your eyes; do not look hither and thither. practise right conduct, Ahimsa, Satyam and Brahmacharya. Destroy worldly desires and cravings. Then alone Bhakti will grow

May you attain God-realisation in this very life.

With prem and Om,

Thy own Self,

Sivananda

Rev. Immortal Self,

Salutations and adorations.

Thy letter of 5-9-45.

You are welcome. You may come over here and do Sadhan.

With prem and Om,

Thy own Self,

Sivananda

Priya Atman,

Om Namo Narayanaya.

Your spiritual diary for the month of January, 1946.

Kindly try to get up little earlier. Increase your Japa. Be regular in your meditation.

Observe Mown daily for two hours. Mowna of speech will lead to Mowna of mind. Do regular charity.

Observe Brahmacharya. This is the basis foundation and very pivot of spiritual life. Serve the needy in whatever way you can. Help the poor with a disinterested spirit. Thus purify your heart by untiring selfless service and regular charity. Daily devote at least 15 minutes for Mantra-writing. This will develop the power of concentration.

What virtues are you developing? What evil qualities are you trying to eradicate? Be sincere and earnest.

Without sincerity and earnestness, you can hardly achieve success in this path.

May you become a true sadhak !

With best wishes,

Anandoham: Thy own Self,

Sivananda

Rev. Immortal Self,

Salutations. Thy kind letter of 2-3-46 and diary for Feb.

Please devote more time for japa, meditation and kirtan. The senses are your real foes. They draw you out and perturb your peace of mind. Do not keep company with them. Subdue them. Restrain them. This is not a day's work. It demands patient and protracted Sadhana for a very long time. Do not give them what they want. Then they will obey your orders quite implicitly. Speak the truth. Never hurt the feelings of others. You may meditate on the Lotus of the heart, as mentioned in Gita. Please go through "Concentration and Meditation" which can be obtained from the S. P. League, Rikhikesh. You will get necessary instructions from it.

May Lord bless you! With prem and Om, Sivoham.

Thy own Self,

Sivananda

Immortal Self,

Salutations. Thy diary for March.

Craving is an intense desire. Through repeated action, the smoking habit has been deeply rooted. You must not give any leniency to the mind, which is deluding you every moment. Think of the great harm smoking does to the body. It brings irritable heart, "tobacco heart," amblyopia and other diseases of the eyes and nicotine poisoning of the whole system. Various other nervous diseases and impotence also develop. Leave this habit completely. You can gradually eradicate all the evil habits by Abhyas and Vairagya. Feel that these are impediments in the spiritual path. Have a strong desire for God-realization only.

May Lord bless you! With prem & om, Sivoham

Thy own Self,

Sivananda

Immortal Self,

Salutations and adorations.

True happiness lies in virtue and inner soul and not in earthly possessions.

Do not apply reasoning to what is unthinkable. For knowing what is beyond mind, you must not rely on logic but on sacred scriptures or srut (revelation).

Do you know what are hatches, imatches and despatches ? Hatches are births, matches are marriages and despatches are deaths. Find out that one supreme, undying Being who is above matches and despatch and be blissful for ever.

Give up the foremost place to religion and sadhana and a secondary place to domestic and social life.

May the divine light lighten your spritual path;
With prem and om.

Thyown self,

Sivananda

Immortal Self,

Salutations. Thy diary for April.

The spiritual journey is long and weary. There is much to be done by way of spiritual sadhan. Life is short. Time is fleeting. There are many obstacles on the path. Apply yourself diligently in spiritual practices and discipline the indriyas. Control the mind. Have a well regulated life. Concentrate. Meditate. Realise and rest in your Sat-chit-ananda sweroop. Know Thyself and be free

Scrutinise your motive. Look before you leap. Don't repent later on. Think seriously. Remember Him and attain immortality and eternal peace right now.

Work unselfishly with redoubled force and energy. Universal love is the gateway of Moksha.

With prem & om,

Thy own Self,

Sivananda

Beloved Self,

Salutations and adorations.

Ignorance is always the root cause of fear. Wherever there is duality there is fear. In Adwaita alone there is no fear. Who is to be afraid of whom, when one beholds oneness everywhere

Rise above the world-consciousness through daily meditation. Enter the divine consciousness. Manifest the divine through sadhana or concentration. Transform the human nature into divine nature by developing devi-sampat. cut asunder the net-work of desires which brings distress and misery in the end through japa, prayer, meditation and set-sang.

Leave the past. Live in the present. Have intense faith. Aspire fervently. Surrender yourself at the Lotus feet of the Lord. The divine grace will surely descend on you.

May He enlighten you in the spiritual path! With prem and om,

Thy own Self,

Sivananda

Blessed Immortal Self,

Adorations. Your spiritual diary.

Feel: the same Atman that is in you or in the temple, resides in the innermost recesses of the heart of those poverty-stricken, ignorant masses also. Love them as you love your own Ishta Devata. Serve them with Atmabhav. You may meet with apathy and even hostility in the beginning. But if you always entertain thoughts of love, you will win. Rest assured of this. Love is life hatred is death. Expansion of the heart is life, contraction is death. Man should die, but once, a miser dies a thousand times, a weak selfish man dies a million times; one filled with hatred dies every second of his life. Have large heart. Behold ! Feel the Atmic strength ! Be perfectly selfless ! Love all. Sarvam Khalvidam Brahma. All this indeed is Brahman. There is naught else, naught else !

Please devote some more time in meditation. Mental Japa can be practised always. In course of time it will become habitual. Please be regular in your study of religious books. Serve the needy. Whatever opportunity comes, try to help the poor in whatever way you can. Be vigilant and alert. Plod on steadily.

May Lord. bless you !

Thy own Self,

Sivananda

Immortal Self,

Adorations. Thy kind diary for June and mantra note book.

The aspirant should always try to find out the defects in sensual objects or sensual life. The cause for birth, death, old age, disease, pain in sensual desires. By entertaining the mitya drishti (unreal nature of worldly objects) and dosha drishti, the mind will not run towards worldly objects. Praty-shara will come by itself. Then only the double withdrawal will be more effective and produce lasting results.

Withdrawal of senses from objects can be done through the practise of devotion to the Lord also.

When the subtle undercurrents of Vāsanās die, when all Rajas is squeezed out, when the lurking appetites in the corners of your Antakarana are destroyed, when the subtle pride, egoism are eradicated, then only you will enjoy lasting bliss. There-fore direct your efforts in purifying the mind first.

Carry out your spiritual sadhana at any cost. You will reach the goal.

May Lord bless you ! with prem & om,

Thy own Self

Sivanand

Immortal Self,

Salutations, Thy Kind letter, and diary for July and mantra note book.

Never mind repeated failures in your sadhana, Despair not. Do not give up the struggle or the sadhana. Stand up and again fight the turbulent senses and mind. Each failure is a stepping stone to success. You are nearer success each time. You must succeed in the long run.

Make courage your rosary, desirelessness your holy thread, discrimination your deer skin, dispassion your silk cloth and meditation your sacred bhasma or holy ash.

You may do Siva pooja mentioned in your letter in the evening. Burn the fire of lust and anger through purity and forgiveness. Body-idea sex-idea, lust and egoism are very, very deeprooted. The earnest sadhak only, who struggles hard to eradicate these will know this. Continue the fight unceasingly. You will succeed eventually in their annihilation.

While observing Mowna, think of the lord and his attributes. Rise above body and mind and think of Atman. With Prem & Om,

Thy Own Self.

Sivananda

Priya Atman,

Salutations and greetings. Thy diary for Aug. mantra /M/ book and resolves for Sept.

You need not resign the job. Even now you can lead a well-regulated moral life. If there is a will there is a way.

Knowledge of the Eternal is most precious, because it cannot be taken away or consumed. This Knowledge can be attained if you are thoroughly established in Yama and Niyama (right conduct). Be pure in thought, word and deed. Purity is the passport to the domain of eternal bliss.

Do all actions in a spirit of detachment. Love not the world and the objects of the world, as every thing is perishable. Love the lord seated in all. It is the only Reality.

Wishing you peace, bliss and immortality,

With Prem & Om,

Thy own Self,

Sivananda

Priya Atman

Salutations, Thy diary for Sept and resolve form's
for Sept. and oct.

Stick to the resolves, the lower mind will always
try to deceive you. Be on the alert By controlling a
desire your Willpower will increase. You will have mo-
re inner power to fight with the senses and mind. You
will have to experience this your self, by actually contr-
olling your desires.

Place before the mind the fruits of Self realisation,
such as Immortality, Eternal bliss, Supreme peace and in
finite knowledge. Also think of the defects of sensual
life sensual pleasure is momentary, deceptive, and im-
aginery. It is an enemy of Brahma gyana You will de-
velop real Vairagya.

My you be endowed with Viveka!

Thy own Self,

Sivananda

2 - 4 - 47

Beloved Self

Salutations and adorations.

Received the offerings to the lord. the clothes were used for decorating the Murti of Bhagavan on the Sri Ramanavami day Lord Krishna is wearing it even now. It will be permanently used for dressing Sri Murlimanohar whose blessings are ever with you The lord blesses those whose heart is emptied of personal reservations, who have surrendered them-selves in to-to. You are blessed.

May the lord send you his compassion and grace for your spiritual uplift !

With prem & Om,

Sivananda

1 - 7 - 1947

Priya Atman,

Loving pranams.

Thy kind letter. *Spiritual Diaries of your goodselves and wife and Mantra Note Book.*

Do not worry. Be patient. Chalk out a minimum quota of sadhana for every day. Do it without any break. with patience and sincerity, with perseverance and earnestness, you will have to march boldly in the path of Truth. Plod on. Thou art sure to succeed. Have immense faith in god. Do complete self-surrender to him. Pray for his mercy in trying conditions. His devotee never suffers. With the grace of the lord every thing will be alright. So give up all worries and anxieties and by resigning yourself to him take every situation that comes to you, however adverse or calamitous from the worldly point of view, as for your good and good only. stand like a rock. Thou art not the perishable body. You are not living and enjoying. Thou art that. Reflect on this and meditation. You will be free from worries.

Always be cheerful. Smile away your worries. Thou art the abode of unalloyed joy and illimitable peace.

May you have the Grace of the lord ! with best wishes,

Thy own Self,

Sivananda

24 - 1 - 48

Priya Atman,

Salutations. He cannot be regarded to have renounced the world altogether who has merely withdrawn himself from worldly possessions. But he, who, living in actual contact with the world, finds out its faults, who is freed from every passion and whose soul depends on nothing may be said to have truly renounced the world.

The spirit cometh and goeth. Therefore, you will have to be careful always in nourishing and protecting your spiritual samskaras with burning vairagya intense and constant sadhana and burning Mumukshatwa. Increase your good samskras. Develop them.

May you attain immortality in this very life !

Thy own Self

Sivananda

13 - 3 - 48

Blessed Atman,

Salutations and adorations.

Thy kind letter of the 29th February.

Every action of sadhaka should be guided by the voice of the Conscience or the Lord Inside; or by a Proper evaluation of the greatest good. Place yourself at His Lotus Feet and humbly request Him to illumine your conscience. Then introspect and find out whether attending the Sadhana Week will be productive of more good or sending the expenses as donation. If the Lord decides in favour of the latter, then consider that you are at Rikhikesh, go through the programme in your own home with the Bhav that you are attending the S. W. at A. K. The Lord will surely bless you with inner communion with us all here.

May God bless you !

Thy own Self,

Sivananda

17 - 3 - 48

Beloved Self

Salutations and adooations. Your Diary for February to hand.

The lack of regularity in your routine is impeding your progress. Even if you are doing but little, you must always make it a point in spiritual sadhana to be punctiliously regular. There is no other imperative rule for a sadhak. Be regular, and it is no easy joke too. But then you are aiming at the gain of no cheap victory, you have to pay the right price, to Procure the genuing stuff.

The more you are regular the more you will be reinforcing your WILL and with a staunch Will nothing is impossible for man. To cut off any habit to such a person is but to wish it; he can never be "polluted" by anything, tempted by nothing; he will rein supreme, undaunted by circumstances, tranquill at all ocassions, balanced, peaceful and happy. You must develop your WILL and the easiest excersise for it is to regulate your routine and to stick up to a decided plan of work everyday religiously.

May you grow firmer and firmer established in steadiness of character and in your mental poise.

Thy own Self

Sivananda

28th June, 49

Priya Atman,

Loving Pranams.

The hallowed portals of "Sivanagar" are ever wide open to His Beloved Children - specially so to you who have dedicated your life for His Divine Cause. Don't you think that it is immensely beneficial to go over here on Gurupurnima Day, in spite of the few inconveniences and uncomferts to which you may be subjected ?

May God bless you with an unruffled life of peace and poise ! May Almighty shower His choicest blessings upon your noble wife and your blessed child !

Eagerly looking forward for your Darshan.

Thy Own Self.

Sivananda

9-8-49

Blessed Self,

Adorations.

You are a very intelligent man. You can argue reason and ratiocinate. You need not be taught that the body is perishable, that the body is short-lived, an abode of disease and subject to decay and death. Still, why are you attached to it like a teeth? Give up this illusory attachment to a Mayaic product.

Be attached to your own Innermost, Immortal Soul and be free for ever.

With prem and om,

Thy own Self,

Sivananda

Adorations.

Priya Atman,

Through repeated failure to find true lasting satisfaction and happiness in material objects of this world, you arrive eventually at discrimination, right understanding, wisdom and true knowledge. Knocks and blows, pain and miseries open your eyes to transcendental divine things and generate aspiration for the Divine.

Use intelligently life's foes. Obey the law. Abandon wrong thinking and wrong action. Lead the divine life practise humility and self-surrender. You will not be a blind victim of circumstances. You can overcome disorder and disharmony. You will enter the path of victory. No evil will harm you. You will become a supere man.

May you shine as a dynamic yogi in this very birth!

Thy own Self

Sivananda

Immortal Self

Salutations and adorations.

As a result of tapascharyr done in many previous births, a spark of spirituality is left alive in man's inside. Childhood passes into boyhood, youth intervenes and the child becomes man-all the time the spark is within, just waiting for an opportune moment to burst forth into a conflagration

When you utter the Lord's Name with faith and bhav, when you do total self-surrender, then is that moment for the spark to manifest itself. Offer the flower of mind to the Lord in full bloom. Enter the realm of Divine Life and realise your own divinity !

With prem and o.n,

Thy own Self

Sivanand

OM

1st. April, 1950.

Children of Divine Life !

Divine life is god-life on this earth. Divine life is life in tune with the infinite. It will transform you into divinity. It bestows joy; peace, bliss, prosperity and moksha also on you.

Divine life has no creed of its own. It represents the essence of all creeds. Divine life is not a new religion. It represents the synthesis of the fundamentals of all religions. It aims at harmony, peace and unity. It is god's work. The society is only a channel for his will to flow. In kaliyuga sanga-sakti is very powerful.

Collective sadhana will bring the power of all to the aid of each. Collective work has miraculous results. Collective force is the sakti of Virat.

We are all his instruments. That is the greatest blessing. To be his perfect instrument is to realise him to become he himself.

May you all attain kaivalya moksha in this very birth.

Sivananda

Om

COURSE OF SADHANA

(By Shri Swami Sivananda, Rishikesh, Himalayas)

ध्यानेन आत्मनि पश्यन्ति केचित् आत्मानमात्मना ।
अन्ये साङ्ख्येन योगेन कर्म योगेन च अपरे ॥

Dhyanena atmani pasyanti
Kechit atmanamatmana
Anye sankhyena Yogena
Karma Yogena cha aprey.

Meaning:—: Some by meditation perceive the Self in them by the mind, others by devotion to knowledge and others by devotion to selfless service.

—Bhagavat Gita (13—24).



1 BRAAHMA MUHOORT

Get up at 4 A. M. Answer calls of nature Clean your teeth and wash your mouth. Take bath where possible. Arrange to sit for Dhyan as quick as possible, for Braahma Muhoort is extremely favourable for meditation on God.

2 ASAN

Practise to sit in one Asan only, preferably Padmasan or any convenient pose in which you will be able to sit for long hours without physical strain. Sit erect with body, head and neck in a straight line. Sit for at least one hour from 5 to 6 A. M. at a stretch without any physical movement.

3 PRAYER

Offer mental prostrations to ancient Acharyas, your own Guru and Ishta Devata. Pray that all beings be happy, be peaceful and be blissful. Recite a few prayer Shlokas that will produce sublime thoughts. Pray for knowledge and devotion only.

4 JAPA

Do Japa of Ishta Mantra mentally from 5 to 10 Maalas (of 108 beads) daily.

5 DHYAN

Before going to actual meditation, practise simple Pranayam for two minutes. Feel the indwelling presence of the Lord of form in you. Think of the attributes of the Lord, such as purity, love, perfection, all pervading intelligence, bliss-absolute, omnipresence, omnipotence, omniscience of Him in and around you. Meditate now on the form of Ishta Devata. When the mind runs away from the object of meditation, repeat Ishta Mantra this will steady the mind. Have another sitting for meditation at night. Do not neglect meditation as it is most important. Regularity in the practice of meditation is divining of one-self for God-realisation.

6 SWADHYAYA

Read one chapter or ten verses of the Bhagavat Gita daily with meaning or any holy text which will increase your psychic and spiritual culture.

7 PHYSICAL EXERCISE

Practise Asans, Surya Namaskar or any useful exercise for physical movement of the body in some form best suited to you.

8 FOOD

Take light, simple food. Have a balanced diet. Fast on Ekadasi days or take milk and fruits or root only. Offer every food you take to God.

9 SEVA

Do some selfless service for one hour daily or for one more or hours on Sundays and holidays.

10 ENERGY

Practise abstinence of speech and also be free from worldly thoughts for two hours daily and four to eight hours on Sundays and holidays. Observe celibacy according to your age and circumstances. Restrict the indulgence to once a month. Decrease it gradually to once a year. Finally take a vow of abstinence for whole life.

11 SLEEP

Go to bed early or not later than 10 P. M. A rest for more than six hours is not necessary.

12 SPIRITUAL DIARY

Maintain a daily diary from the day you begin Sadhana. Stick to your daily routine at any cost. Never say tomorrow, for that tomorrow never comes. In your practice of Sadhana in seclusion, the spiritual diary maintained, takes the place of an absentee Guru, for it reminds you to be regular in your daily habits and spiritual practices.



Hari: Om Tat Sat.

Even a ray of your light during meditation will lighten your path. It will give you great deal of encouragement and inner strength. It will goad you to do more sadhana. You will experience this ray of light when the meditation becomes more deep and when you rise above body-consciousness.

You have yourself built the walls of your prison-house through ignorance. You can demolish the walls through discrimination and enquiry of 'Who am I?'

When the electric lamp is covered by many wrappings of cloth, there will be no light. When the cloth is removed one by one, the light grows brighter and brighter. Even so, when the Self-resplendent Atman which is covered by the five sheaths is stripped of the sheaths by meditation on the pure Self and the practice of 'neti, doctrine, the Self-luminous Atman reveals itself to the meditator.

There are five means by which perfect tranquility or emancipation can be attained. These form the highest happiness. They are sat-sang or association with the wise, discrimination between the real and unreal, dispassionate, enquiry of 'Who am I', and meditation. These are called Heaven. These are religion. These form the highest happiness.

Life is unfolding of the latest capacities of the soul. Lead the divine life. Generate sublime divine thoughts in your mind through meditation, japa, kirtan and study of sacred scriptures.

Worship is the unfolding of the bud of the flower of the soul. Worship is life. Worship bestows life eternal.

Bask the body in the physical sun-light. Bask the soul in the sunlight of the Eternal. You will have good health and everlasting life.

Bathe in the river of life everlasting. Plunge in it. Take a dip in it. Swim in it. Float in it. Rejoice !

Om ! Tat-Sat !

THE SOCIETY'S CREST

Man is a complex being, varying vastly in temperament, one from another. It is through a beautiful, rational combination of his different faculties that an all-round spiritual development is possible. It is with this objective that Sri Swami Sivanandaji has expounded to the whole world his Yoga of synthesis, i.e., a combination of Seva, Bhakti, Yoga and Gyana—thus to enable every one to have the benefit of all these Sadhanas. The Divine Life Society founded by him is ceaselessly working to disseminate this knowledge of a Divine Life of service love, meditation and realisation.

The Society's crest seen above brings out this ideal beautifully, through the details of its design. The central Pranava (OM) represents the ultimate Goal, viz, the realization of the Infinite Self. This is attained with the dawn of knowledge (Brahma Jnana) represented by the brilliant rising Sun. The highest Knowledge and the highest devotion (Para Bhakti) are identical. Knowledge emerges spontaneously out of the fullness of mature love for the Lord. The heaving ocean waves stand for this Bhakti. The multi-petalled lotus surrounding the above symbolises the mystical Chakras, through which the Kundalini passes in deep meditation to unite with Siva in the Sahasrara Chakra. It is untiring selfless service that purifies the heart thoroughly and qualifies one for the practice of Bhakti. Dhyana, and ultimately for attainment of the Knowledge. Such Karma Yoga or service done as worship offered to the Lord is represented in the crest by the two hands holding flowers. The Divine Life Society under the inspiration of its saintly Founder is propagating this integral Yoga of the four-fold path to enable every type of person to achieve all-round perfection in life. We pray that the Lord might inspire us to engrave this inspiring crest upon the tablets of our heart! May we all strive selflessly to awaken and illumine humanity through this universally applicable Yoga of Synthesis!

GLORY TO DIVINE LIFE BRANCHES!

The following extract from a letter received by Sri Swamiji maharaj is interesting and revelatory !

My prostration at thy lotus feet. Having come to know of the Divine Life Society and Swamiji Maharaj through the local branch of the Society. I feel myself specially blessed. From the moment of my contact life has become different and purposeful, and I hope to grow in spiritual stature and to be lifted up by Swamiji Maharaj to greater heights of spiritual endeavour and achievement. My eyes are now opened to the fact that I have practically wasted my.....years of life; but all anxiety is now at rest, as I have taken refuge at thy feet and have no doubt of being saved and taken to the goal in this very birth.

* * * * *

I pray for Swamiji's blessings and directions to shape my future career in such a way as to reach the goal of life with the least possible delay I am also anxious to have Darshan of Swamiji and fall at your lotus feet so that I may imbibe spiritual vibrations from thee physically also.

[Divine Life Society's Branches have a glorious future Every man to whom the Divine Life Message is carried indirectly contributes to the spiritual success of the messenger—the worker. Play your part in Divine Life fully and well, and enter the Kingdom of Immortality. —*Editor.*]

A NOVEL GURU-DAKSHINA

It is no doubt only an ordinary insurance Policy taken out by Sri Nathu Ram, Store-keeper of the Indian Institute of Fruit Technology, Delhi, from the Oriental Govt. Security Life Assurance Co., Ltd. But a novel and significant feature has been added to it by the fact that the insurer's nominee to whom the benefits accruing from the Policy has been assigned to is his Guru-Sri Swami Sivanandaji Maharaj. Needless to say, by this wise act, the devotee has insured his life with the Lord Himself ! May Sri Nathu Ram live long !

SRIMAD BHAGAVAD GITA

(Text in Devanagari. Word-for-word as well as a running translation in English and a most illuminating commentary. by Swami Sivananda)

The Gita is being more and more recognised as the most authoritative universal Moral Code and guide to practical conduct. But this it will not be, unless it is interpreted properly. It is no exaggeration to claim that Swamiji's commentary has been widely acknowledged to be the most helpful of all such publications. Out of print for some time in spite of incessant demand, a new edition of this is getting ready in the press. Orders are registered and supplies will be made according to priority. Make your reservation before it is too late.

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