

Cosmic Riddles!

COSMIC RIDDLES

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1. RIDDLES, RIDDLES !!

Riddles, riddles everywhere, in and out, up and down, right and left! Humanity is confronted with problems--domestic, social, economic, cultural, religious! We live in a changing world--thoughts change, modes change, and deeds change, leaders change, governments change and times change out of recognition. But something, some inner urge seeks for a lasting peace bliss and power. The central Truth coos 'I'm Aum with every heart beat. But we do not know how to open the inner door and reach it. It is the living symphony of existence!.

Behold a watch: A living hand turns the key and it runs tickticking. The watch goes on saying 'O man, watch your word, act, thought, character and heart'. Even so a mystic destiny has given force to this throbbing heart which pumps up blood to the brain and feeds the nerves and runs the human mechanism. To rediscover this I-am-ness within is the way to solve the riddle of existence.

A gentleman had a faithful servant. He went one day on a pilgrimage with all the members of his family ordering the servant to take care of the door. The faithful servant was earnestly looking at the door all day long. He got sleepy. So he took the door home and spread his bed upon it and dozed.

Thieves looted the open house. The owner returned and saw his things plundered. Where was the servant? The owner in a flurry ran to his cottage and rebuked him. The servant humbly pleaded 'I obeyed you sir, to the letter... behold Master, your door is safe here'. 'Fool' cried the master 'by door I meant the house...'. Even so we care for the superficial and forget the fundamental. Our mind is extrovert; it must be introvert. The riddling problem must be deeply studied and solved from within.

2. CULTS AND CULTS!

Restless thought waves toss the mental boat. In dark despair, the lonely boat looks for a beacon of Hope. It struggles in the whirlpool of despair. It cries for a Guide.

Life in the world is a garden of pain and pleasure, brambles and blossoms, a thicket of lures and duperies, a cockpit of likes and dislikes. It is a vanity fare of bitter disappointments, gambling in name and fame and shadowy phantoms of vital desires. It is a tantalising lure which tempts but to dupe our hope.

Saints and scientists, ascetic and pragmatic forces have tried to squeeze the juice of bliss from this life. Ascetic bareness and pragmatic denial have not solved the riddle of existence. Science in the hands of political ambition has forged the Frankenstein of nuclear missiles to kill and dominate this little brittle planet. Or it sputniks up to arid moon and mars spending billions of people's money. From Gautama to Gandhiji saviours came with love and peace; but the world is all the same. Wars do not cease; from fear there is no

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release. Religions have left behind them a divided house of personality cults. Cults raise sectarian walls dividing mankind into rival camps. A and B and C are saints but they will not see one another. Man does not go well with man; for mind does not go well with mind. Every one talks of universal love and international harmony. But each acts for his own name and fame. Sect hates sect, math hates math, man hates man, cults blame cults with poor results. Brain does not harmonise with the heart. Enmity talks of amity. The vital urge surges wild. Animal instincts out-animal animals.

All prophets and perfect saints taught truth, love, faith, compassion, patience and unity. But we see a divided house of *isms*. Sectarian cults are swamped by I and mine monopoly. They collect men and money and proclaim their Avatarhood, Saviourship or Manifestations. A declares himself as reincarnation of Rama or Krishna. B proclaims himself as the Saviour of mankind, attracts people with his pomp and paraphernalia; sycophants hail him as God, build temples, begin ritualistic worships, spin miracle tales, and write books without inner looks. One day the immortal one dies of mortal disease and his body becomes dust. The worst happens; fanatics build Samadhi temples and shrines for his hair, nail, bones and clothes. Megalomaniacs encourage poets to weave Epics for them with cock and bull stories. Their pictures and amulets are held sacred and their ashes claimed cure-alls.

3. THUS SPOKE RAMANA

I lead the reader up the Arunagiri to the Virupakshi cave where Ramana Maharshi did tapasya. Myself, Ganapathi Sastri, Kapali Sastri and some devotees were sitting at His feet. A rich man came with his wife. He placed a plate of fruits at the feet of Ramana. Ramana at once gave the plantain fruits to the Cow Laxmi and the rest was distributed. The rich man said 'Bhagavan, You are our God. I and my wife adore your picture. We offer you sweet food every Friday. But I lost my child named after you. O God Ramana, would you not bring him back to us? You are Brahma, Vishnu, Siva, Arunachala.....'

Ramana kept an introspective silence. His lotus eyes were seeing the yearning heart of the rich man. I broke the silence by placing a chit into His lotus hand in which I had written: 'Bhagavan, are you this name and form? Are you responsible for the death of the child?' Ramana with a smile gave out a fine message: 'I am not body or picture'. Names and forms and attributes are only super-impositions upon the REAL I. Man must go deep into the heart and find his reality--the SELF-I. Without that no form-and-name-worship will awaken man to his reality.

A devotee interposed 'Bhagavan what would you do if Brahma, Vishnu and Siva came before you in form?' He smiled and said 'I will pity them saying O Gods why did you limit yourselves to name and form again? Names and forms are like bulbs. But what are bulbs without the current? Personality cults often go out of tangent with the fundamental Reality which is the heart of beings.'

One day a philosopher entreated Ramana Maharshi to allow him to declare a new religion called RAMANISM in his name. Bhagavan retorted 'your Ramanism shall be Ramanaasam. A religion around my name will add one

more separative circle to the innumerable personality cults dividing humanity. These religious encirclements prevent men from realising the Self-Truth. Establish yourself at the source. The within matters; the without shatters: Know the Self; you know God. The mind influenced by personality cults sees only skin and bones for which it builds tombs and forgets the unique Reality. A jaundice patient sees all as yellow. A man with green spectacles sees all as green. A post cover comes to you. You take the letter and throw away the cover. After reading the letter you fulfil its spirit. Even so a great sage comes with a message. Yours is to act the message of the sage.

**“Eko vasi sarva bhuutaanta raatmaa
Ekam rupam bhahudha yahkaroti
Tam Aatmasthan yesnu pasyanti Dhira:
Theeshaam sukham saasvatam Netareshaam”**

He is the unique One, pervading all beings. He is the Ruler, the Spirit, the I in all. He manifolds Himself as the many. They who behold Him as residing in their own Self, to them belongs eternal bliss and to none else. (Upanishad) Now let us make a study of prominent religions.

4. HARMONY OF RELIGIONS

Religion is a regenerating force. It reforms and transforms human life and leads it to Divinity. Religion, Dharma and Yoga are synonymous. They lead the evolution of humanity to Divinity which is pure life in Self conscious Truth and bliss.

The Self is one in all; The Truth is one-*Ekam Sat*. Then what is the need for so many religions which have divided the world into fragments of opposing creeds? Can we not live a collective life in cosmic-Soulhood? Why should there be so many religions built around so many personalities ? Let us solve this Religious riddle here.

VEDA DHARMA

Veda is the most ancient scripture. It is a collection of Truths realised by divine sages. We call its teachings Sanatana Dharma-the most ancient way of collective living conscious of the one Self that is in every heart. It is also called Vedanta. Brahman is the Supreme Divine that has become All by Its Self-will. He is the supreme who has realised the supreme as the Self-*Brahmavit apnoti param..* Its name is AUM. That is Truth-Knowledge-Infinite-Bliss. That rules over the universe. This omnipresent Reality is woven into people's soul. To live in its Truth leads to felicity. He who is conscious of this Self-God has no fear of Death. Realise that One in all; love all, serve all; be equal minded. Walk together; think together, act together. Live amicably together. Felicity comes by purity, unity, and divinity. Let all live a collective life in cosmic-soulhood.

Such are the teachings of the Vedic Rishis who prayed at dawn and dusk for the felicity and divinity of all souls.

Siddhanta is a synthetic religion. It adores the unique One in the heart-

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call it Siva or Vishnu or Shakti. Worshippers of God as Siva are Saivites. Those who adore Him as Vishnu are Vaishnavites. God is one Truth called by different names. He dances day and night in your heart. He plays as the universe of beings. Beings are moving temples. One can attain Godhood by moral purity, prayer and worship, meditation and Self awareness. Like a gem in the jewel, like salt in the sea water, like butter in the milk, Siva lives in the jiva and Vishnu too. Faithful surrender, dedicated service, introspection, inner communion, fervent aspiring call-these bring you nearer God. Siva means Pure Bliss, Vishnu means omnipresent Reality. They are two aspects of the unique One. The purity of Love and surrender is the key note of Siddhanta. Vedanta is Self-centric and Siddhanta God-centric.

Bhuddhism and Jainism

Both of them adore perfect masters as Gods. Buddha came with deep compassion to restore moral rectitude to a mankind fallen miserably into meaningless orgies. He stopped animal sacrifice and clan arrogance. Right aspiration, understanding, speech, action, livelihood, effort, right mindedness and meditation are the eightfold paths of Bhuddhism. Zen Bhuddhism aims at Sunyata or plenum void by deep meditation.

Jainism organised by Mahaveera adores five masters --Arhanta, Siddha, Acharya, Upadhayaya and Sadhus. He gathered a holy Assembly known as Samavasaranam and radiated his spiritual force for all men, women and animals too. Ahimsa (nonviolence) Satyam (Truth) Asteyam (non-coveting) Brahmacharyam (celibacy or sex-purity) and Aparigraham (non-receiving) these five moral disciplines (pancha Silas) are the vows of Jains. I had the joy of living with Zen masters at Tokyo. I liked their disciplined meditation.

Prophetic Religions

Judaism, Christianity, Islam and Zorastrianism are popular God-centric faiths. They adore Jehova, Father in heaven, Allah and Ahuramazda. They follow the Talmud, the Bible, the Koran and Zend-Avesta. Surrender to God and sacrifice of egoism are the two fundamental teachings of these four faiths. None of them encourage image worship. Love of God and service to mankind are the two principles of these *Semitic* religions. Christians are one body in Christ. Christianity is a dynamic religion expanding all over the world by mass prayer, cultural and social services. Schools, colleges, churches, orphanages, hospitals, health homes, seminars, flourish everywhere in the name of Christ.

Islam has strong faith in Allah, Rasul and the Koran. It condemns idol worship in any form. I enjoyed intense peace when I lived in a Mazjid and learnt Al Koran under Abdulla Moulvi. Attar, Rumi, Haffis, Bayazid and Alhillaj --all Sufi poets inspired me. Jalaludin Rumi's Maznavi influenced me even like Dante's *Divina Commedia*. 'O drop, find Thy Ocean; O atom, find thy whole, O soul, find Thy God. I went from saint to saint until God cried from my heart 'O Thou I-- Such is the appealing truth of Sufi Vedanta.

The Harmony

All religions are strung in the harmony of consciousness. All teachings of prophets are contained in one line'what is to you harmful do not do to

others' *Atmanah pratikulani paresham na samacharet*. This is the golden rule of Christianity too. 'Do unto others as you would others do unto Thee'. God and the highest Good are one says Plato. 'Be good do good' is a simple teaching of religions.

Harmony is a term, a message: H means harmony of the Head and the Heart! A signifies harmony of Art and Beauty; R means harmony of Races and Religions; M signifies harmony of Men and Manners! O signifies harmony of the Orient and the Occident and Y means harmony of Yogas and Yogins. Let us build up this harmony in our collective life and live a life in the purity, unity and divinity of Cosmic soulhood.

5. CULTURE UNITES

What is culture?

Culture is the life of art and the ornament of knowledge. Knowledge unites and ignorance divides. Culture is the unitive force of religions and the creative power of nations. It is an immortal force of beauty and harmony that stands the stress of changing times. Nations, politically different, are made one by culture. The ancient Greece is gone; but Homer and Plato remain with us. The proud Roman Oligarchy is no more; but Dante and Virgil are our masters even to day. The Tzar's Russia is no more; but Tolstoy and Pushkin inspire us even today.

We remember England when we read Milton and Shakespeare, Shelley and Byron. China has undergone revolutionary changes and has suffered torturing woes. But Confucious and Leotse still live in our hearts and give us light and leading. India was a prisoner in the hands of foreign forces for about 500 years; but none could imprison the Gita, Ramayana, Bharatam or Sakuntalam. Vyasa, Valmiki, Kalidasa, Kamban and Valluvar are gaining life and influence as ages pass on.

Jesus, the prince of divine Culture, was crucified by human barbarity; but who could check the Bible voice? It is gaining strength every day.

Poet's Heart

Goethe the author of Faust and Maister created his own university: he was not a degree man; his father taught him something; but he learnt many things himself. To look at the sky and wonder at the stellar bodies was a hobby of his childhood. His mother one day remarked 'What favour do you expect from the stars and the sky?' 'Mother', said the child, 'the sky brings out the sun and the stars, and I shall bring out something bright and great from my brain one day'. He wrote and sang for the delight of writing and singing. He poured his subjective emotions and the imprisoned sorrows of his individual life in the first part of Faust. The second part is a reflection of his objective ideals and struggles. He was restless like Faust who failed to see peace in science, art, love, philosophy and civilization. The eternal problems of humanity remained unsolved; 'The night in which no man can work is closing upon me' said he and breathed his last crying 'MORE LIGHT!' Geothe had a number of enlightened friends. Schillar, Schopenhaur, Napoleon, Pestalozzi and many other great men loved him for his genteel manners.

On his way to Moscow, Napoleon saw Goethe and said 'I go to conquer

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Russia by my sword !' Goethe gave him a copy of his Werther and said 'conquest comes not by sword; but by Culture !' This single message made Napoleon start schools and spread education as soon as he went to France with the shame of defeat in Moscow. Schillar was a man of fire and action; Goethe was a man of reflection, repose and harmony; both of them moved very amicably; how? Schillar says; 'Goethe had a culture and a loving force that touched me at all angles; it is not for his genius that I adore him, but for his character which has never deceived me. High integrity, earnest sympathy, refined manners and sincerity of purpose, these are the qualities that I loved and adored in him'. These are the blossoms of real culture.

Vedantic Ecstasy

Goethe's Faust and Shakespeare's Hamlet are remarkably Vedantic in essence. They reflect the heart of the Gita and the Upanishads.

We meet such lines of Vedantic ecstasy in the Faust of Goethe:
Beauty buds and blossoms in the Eternal
There was no world until I bade it be
I bade the moon through her changes run
To light my path the day began to shine
The hand that decked the earth green was mine.

This reminds us of the Upanishad:

'I am the stimulator of the tree of existence! I am as He is in the Sun. I am the centre and source of immortality. I have overcome the whole world. I am the splendour of the sun'. Goethe saw the glow of the infinite in everything. He had the psychic vision to see the heart of things.

Culture Enriches Life

Real culture enriches life. Ruskin the Champion of Truth and beauty says 'there is no wealth but life and no culture without life-value'. He was an artist, a word painter, an exquisite writer. One day he thought that mere writing cannot satisfy man. 'That man is the best who has the widest helping hand. Let every day begin a new life, new culture of *fello feeligs!* He gave away £ 20,000 for education and for helping the needy and the forlorn. This is Culture of the heart, compassion, fellow-feeling and wide charity. Such was the Buddha, who renounced royal luxury to find out a remedy for the misery of the desire-ridden world.

Cosmic Vision

There was a Tamil saint called Tayumanar. A king gave him a rich shawl. An old woman passed by shivering with cold. The saint handed over the shawl to her. The king resented his action saying 'how dare you give my shawl to this hag!' 'Not hag, sir. It is to the *Universal Mother* that I gave the shawl', retorted the saint. This saint would not even pluck flowers for worship: 'When I see a flower', sings he 'Thou smilest in its bosom; how shall I pluck it! When I raise my hands in salutation, Thou art in my own heart! My heart blushes before Thy presence. How to salute Thee!' This is cosmic consciousness by which one identifies himself with the pure soul in all. This psychic identification

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is the acme of Culture. It is otherwise called spiritual realisation of the Self in all. That is the very consummation of Culture.

Compassion

Lord Buddha was welcomed into the Tusida paradise. He stood on the threshold of heaven and looked down; millions of lives on the earth were suffering from lust, desire, bondage and misery. The lord of compassion said 'Until there is a single soul left in the world suffering from misery I shall not enter the gates of heaven again. I shall go to the world and serve mankind.' Behold the culture of compassion!

Greek Culture

The ancient Greece saw culture in the Olympic games and herculean muscles. Ajax, Hector and Odysseus were the flowers of its national culture. Socrates began a new era in the thought world: 'Know yourself, teach yourself; enquire yourself and find out yourself'. This was his teaching. He taught that virtue was wisdom. Socrates did not write a sentence; his disciples Xenophon and Plato collected the life and teachings of that great soul.

Plato gave all importance to *Idea*. He considered that everything seen or felt by the senses is an expression of *Idea* sculptured on matter. So matter must be sound. He gave importance to gymnastics, games, music and literature, crafts and military training. He tried to produce dynamic personalities who were leaders of the society, and good servants of the state.

Aristotle's aim of education is to make people virtuous. The seed evolves the tree; even so life grows from the soul. Both matter and soul, seed and tree must be cherished. He built a system of culture for the all-round perfection of body, vital and the mental.

Roman Culture

Rome on the other hand developed oratory and rhetoric. An orator that can sway the audience with his eloquence, a man of good manners, sound heart and brilliant brain--passed for its ideal man. Shakespeare brings out the rhetorical genius of Rome in his Julius Caesar. Take for instance the passionate speech of Brutus:

'As Caesar loved me, I weep for him; as he was fortunate I rejoice at it; as he was valiant I honour him; but as he was ambitious, I slew him. There is tears for his love; joy for his fortune; honour for his valour, and death for his ambition. Who is there so base that would be a bondman? If any speak, for him have I offended. Who is there so vile that would not love his country; if any speak, for him have I offended. I pause for a reply'. The citizens cry 'None, Brutus, none' and he continues 'Then none have I offended'. The climax of his oratory creates a justifying emotion in the audience. But Anthony raises his gentle voice with refrain in 'honourable man'.

When the poor have cried, Caesar hath wept
Ambition should be made of sterner stuff;
Yet Brutus says he was ambitious

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And Brutus is an honourable man.
You all did see that on the Lupercal
I thrice presented him a kingly crown
Which he did thrice refuse; was this ambition?
Yet Brutus says he was ambitious
And sure he is an honourable man.
Oh judgment thou art fled to brutish beasts
And men have lost their reason 'bear with me;
My heart is in the coffin with Caesar
I must pause till it come back to me

The pause of Brutus had an emotional effect. The pause of gentle Anthony had a counter effect; it carried conviction so that the audience felt 'there is much reason in his sayings'; Anthony begins to read the Will of Caesar with the words 'If you have tears, prepare to shed them now...' He points out the stab-wounds on the body of Caesar and gently sways the heart of the audience to the climax of sweeping emotions so that they cry 'seek, burn, fire; kill, slay; let not a traitor live'.

Corneille and Racine

The ideal Roman heroism and oratory are seen in all the plays of Corneille, the great French dramatist, especially in his *Horace*: Horace stabs his own sister for she cursed Rome. With the blood soaked epee he declares: 'Thus is punished any body who weeps for the enemy of Rome; Whoever abuses the fatherland loses his family sympathy; Vengeance upon him, prompt vengeance, is but just'. The dignified lucid style of Racine, the King among French dramatists reads like Kalidasa, with a spiritual touch to the emotions of life. His *Atalie*, *Iphigeni*, *Andromaque* and *Easther* are masterpieces of pathos and spiritual heroism unparalleled in style and substance. Greek and Roman cultures swayed the thought force of Europe even up to the eighteenth century.

Read Shakespeare's lines on man; 'What a piece of work is man! How noble in reason, how infinite in faculty! In form, in moving, how express and admirable ! In action how like an angel! In apprehension how like god ; the beauty of the world! The paragon of animals; And yet, to me *What is this quintessence of dust.*

Imperious Caesar, dead and turned to clay, might stop a hole to keep the wind away' justifies the saying in *Othello* 'A soldier is a man; A life's but a span'.

6. VOLTAIRE AND ROUSSEAU

In the later eighteenth and in the nineteenth century came a new secular awakening and fiery spirit of freedom. Hell or heaven, is or not--that's not our concern. We are in this world; education is necessary for good citizenship and for the physical, vital, mental, vocational, moral and aesthetic progress of a country. The ideal must also be practical. The spiritual must also be rational -- this is the thought that dominated the writers of New Era revolution. Voltaire and Rousseau led the mass mind. Rousseau's *Social Contract* based government on the consent of the governed and dreamt of a Republic with universal suffrage. That dream was realised eleven

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years after his death. Liberty, Equality, Fraternity -- these three words that he gave, became the battle cry of the French Revolution and following that the American War of Independence and later on the thundering Russian revolution.

His Emile was an original treatise on education; it outlined a natural and spontaneous culture without any dogmatic watertight regulations imposed by the Church. Locke's Treatise On Government must have influenced Rousseau. Rousseau has revolutionised the world by a stroke of his pen and so Voltaire, a born rebel and genius. His Oedipe, Irene and his wonderful Candide full of wit, irony, sarcasm and acute judgment have won him a niche in the gallery of dynamic thinkers and writers. Rousseau insisted upon a sound body. First four years physical training, up to twelve, training of the senses, then intellectual training and then moral and technical training, were his plan. He was faithfully followed by Pestalozzi and Forebel, the two great educationists held in honour by the world. Natural, progressive, harmonious development of all the powers and capacities and character of the human being and natural methods of training – this was their aim and endeavour. The world took a new turn; the old orthodoxy and dogmatic religion was yielding to the new scientific rationalism when the Industrial revolution and scientific discoveries changed the heart and mind of the world.

The universities of Oxford, Cambridge, Paris and Berlin gave importance to science and arts. Professors like James Bowman Lindsay and Kelvin, Davy and Cavendish gave their entire life for scientific researches. They were true to Science and invention just as Tiro was true to Cicero, recording in his own short-hand the words of his master. James was a bibliophile, 'encyclopedia out of order' as people called him. He improved upon Hertz's Waves and sent electromagnetic waves across the Tay. Marconi saw his wireless experiments and then discovered his famous radio. James led a single life and spent his all for Science. Lord Kelvin, professor of natural philosophy in the University of Glasgow, made research for fifty three years. This simple, patient, sincere prodigy worked out the transmission of electric impulses through the cable. He constructed the Mirror Galvanometer for receiving weak circuits over the cable; he made a syphon recorder for submarine telegraph; he constructed the Standard thermometer used in thermodynamics and he made a new mariner's compass. He knew the treasures and powers of Nature; yet he believed in God. Science is a help to religion; 'go on with Science; you will be forced to believe in God' said Kelvin. Great scientists and discoverers like Mary Curie, Marconi, Edison, Einstein and C.V.Raman were really Yogins who lived in identity with God manifest in Nature. Their objective concentration was as strong as A Yogin's subjective introspection.

But the new era of scientific intellectualism has not solved the inner problems of man. It has aggravated the ambition of totalitarian regimes and endangered welfare states. It has stimulated a dangerous armament race in rival camps and threatens to blast the head of human beings to pieces by an atomic crash or a cosmic ray or a hydrogen bomb. The discoveries are wonderful. Science is adorable. A gram of plutonium liberates energy at the rate

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of 1000 Kilo Watts. Using the waters of the Colorado river, U.S. produces 2.5 million K. W. a day. Switch a bomb! A town is ruined! Ah, deadly weapons of mass murder! Science has been misused and scientific intellect misled. Science is very good! Prof. Vladimer Negovsky restored life to several people clinically dead and got the Stalin prize worth about 100000 roubles (Rs. 1,18,756). They have created even artificial men who can work all the day by mechanical adjustments. The cyclotron and the atomic energy are real wonders. But in spite of all these ingenious inventions, problems of poverty, ignorance and restless fear and anxiety confront nations. Savants like H. G. Wells, Alexes Carrel and Einstein, not to say Mahatma Gandhi, have warned the nations against their scientific excess and war mania. Men of science do not know where they are going; but they must know that they are leading the world to destruction. Bertrand Russel says 'The present time is one in which the prevailing mood is a feeling of impotent perplexity. Our lives become balanced on the sharp edge of a hypothesis without complete conclusion. Science can deliver goods if only man knows what is good for him and takes delivery. Man is confronted by conflicts of Man and Nature, man and man, man and himself'. How to end these conflicts and bring peace to a world torn and hacked by political butchery? How to bring a mutual understanding between the two entities East and West? How to save Asia from aggression and Europe from oppression? The answer is in the words of St. Francis: 'Let there be Light' and I say let cultures unite. The divine culture of Asia and the dynamic culture of Europe, the Spirit of Asia and the Science of Europe, the heart of Buddha and the brain of Newton, the words of Christ and the acts of Gandhi must unite in the deeds of Edison and Marconi. The reforms of Confucius and the introspections of Leo-tse must blend with the genius of Faraday and Laurence. East and West must make a common cause with the problems of humanity everywhere and by mutual sympathy and interchange of knowledge and by mutual help, achieve that *unity of consciousness and culture* which alone can fulfil the great ideal of One World and One Humanity under one vast heaven pervaded by one Pure almighty Force and Grace. This Union can be achieved by a special Sama Yoga.

The word Yoga means union; it is yoking the human soul to the Pure Divine Entity within the heart. It is reunion of the elements and principles of the human synthesis and living in the consciousness of supreme Purity, Truth, Knowledge, Bliss and Peace that are latent in us. It is a union of the two forces of life, the matter and the spirit, like the two currents of a dynamo.

1. We are all one family of progressive souls under one heaven.
2. We have a soul, and a Pure Almighty Grace is breathing in it. We must find it out and live in tune with Truth-Light-Bliss.
3. We of Asia must remember and follow the Gita, the Upanishads, the Yoga Siddhi, Bible, Dhamma Pada, Koran, and Kural. We must recognise our prophets like the Buddha, Christ, Krishna, Confucious, Leotse, Ramalinga, Appar, Mahatma Gandhi, Ramana and Aurobindo.
4. We as Asians must regain our spiritual hegemony attain Yoga Siddhi and spread the spiritual radiance far and wide. We must be missionaries of Soul-force and Yogic-Light.
5. We of Asia, to whichever country we may belong, must recognise the

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scientific genius the of West and learn arts and sciences and mechanical contrivances and modern inventions from the Western scientists.

Our spiritual culture and their scientific culture must unite like the heart and the brain in a body.

6. Science must be used for the constructive and progressive evolution of humanity. For instance atomic energy can be used for heating and lighting purposes and not for making weapons for mass-murder. By love and compassion nations must unite and form one world union.

7. SONG OF UNITY

Unite, Unite, Unite Oh Souls!
Unite and play your roles
Unite in mind, unite in heart
Unite in whole, unite in part
Like words and tunes and sense in song
Let East and West unite and live long!
Trees are many; the grove is one
Branches are many; tree is one
Shores are many ; sea is one
Limbs are many; body is one
Bodies are many; Self is one
Stars are many; Sky is one
Flowers are many; honey is one
Pages are many ; book is one
Thoughts are many; Thinker is one
Tastes are many; Taster is one
Actors are many; the drama is one
Nations are many ; World is one
Religions are many; Truth is one
The wise are many; Wisdom is one
Beings are many; Breath is one
Classes are many; College is one
Find out this One behind the many
Then life shall enjoy peaceful harmony.

8. SAMA YOGA CULTURE

All prophets and saints came with messages of love and peace; but the world is all the same. Sages kindled inner light but it was eclipsed by the mental gloom after their advent. Shankara taught 'be conscious of the Brahman that thou art;' Buddha taught compassion, Mahavira nonviolence, Christ patient sacrifice, Rasul faith in God, Krishna surrender, Ramakrishna devotional fervour, Ramalinga unity, Aurobindo spiritual serenity, and Ramana I-am-ness. Yet we see a divided world of personality cults. Neither pragmatic activism, spiritual passivism nor the existential psycho-analysis of modern thinkers have solved the riddle of life. The time spirit rebels against official ortho-

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doxy and slave obedience just as it resists totalitarian dictatorship of Fascist arrogance. Science must enrich material life and Yoga must build up inner strength and energy. Sama Yoga or spiritual socialism brings a harmonious blend of the physical, vital, mental and psychic forces with the immortal Spirit that is the Divine in man. It effects a synthesis of work, love, knowledge, energy, psychic spirit and inner communion which is kept in all the normal activities of existence. Just as one current flows and manifests as air, light, heat, sound etc., one fundamental energy generated by the Spirit, expresses itself as thought, word, feeling, action and emotion. This energy comes by devotional fervour by chanting of mantras and by holy company. To be aware of the same Spirit in all beings and make life an efflorescence of that unique One is Sama Yoga. The Collective life of humanity conscious of the Spirit is Spiritual Socialism. The human society of varied thought currents is united in the Self-Spirit that is the core of beings.

The Sage of Sama Yoga envisages a collective life in the Spirit in which every one has his place, his duties and obligations and every one lives conscious of the equal Self in all. The intellectual, heroic, industrial, commercial and servital functions of the society are organised keeping intact Self-consciousness. Thus the Spiritual progress, cultural uplift, military prowess, agricultural and industrial standards are kept intact and every one is the master of himself and a servant of the social unit. Self-consciousness is the root. Watering the root is cherishing the fruit. This is Spiritual Socialism, an integrated life of humanity in tune with the Central-Self.

The time-spirit has given a rude shake to traditions. We have to meet the challenge of the atomic age in which barriers between nations and nations are overthrown by telecommunications. The old despotism of group mentality melts away before the flaming manifestation of the latent Spirit. When the Self-Spirit awakens in men and branches out into freedom of coexistence then the tree of human existence shall smile out flowers of spiritual fragrance and put forth ruby-fruits of Divine sweetness. This is Spiritual Socialism.

9. LINGUA UNIVERSUM

The riddle of existence is beset with hard problems. The Book of life is printed with dark despair and doleful disappointments except for a few golden lines of pleasure and treasure, here and there. The first and last pages are gone ... We read stories of fear, anger, greed, treachery, betrayal, perfidy, lust, greed, envy, hatred, passion, disease, death ... Vital passions overthrow mental peace. The gilted get up contains tragedies woven from comedies of existence. Tartuffs, Iyagoes, Don Juans, and Flastaffs, play tragic discords in the concord of conjugal life.

Forward thinkers of the world look for a World Union, World Government, World Community, World Federation and as a consequence for a World language too, (Lingua Universum). For, language is a force that unites hearts. There are 2000 languages in the world today. A link language is sought eagerly, by which all can communicate heart to heart. One current links up several manifestations of electricity. We have mono-substantiality in Science. By

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Yoga we can bring together all religions. By inner communion we can bring together hearts. Under the Vedic Dictum of *Ekam Sat*, we can bring together philosophies. But how to bring together tongues ? Hunger is one. The Englishman says I am hungry; the German says Ich bin hungrig. ' Je suis faim; il faut manger' says the French-man. 'Buk; khana hona' says the Hindiman; Ootamada beku says a Kannadaman, Akali; bhoncheya valanu says an Andhra. 'Pasi Sappidanum'says a Tamilian. But when food is served all are satisfied. All eat happily and say Thanks, Merci bien, Spaciba (Russian), T'OU FU(Chinese), Sayonara (Japanese), Danke says the German, Donki says the Africase. The smiling face and thanking hand indicate satisfaction.

At the beginning was sound AUM, Sabda tanmantra born of ether. There are four types of expressions : 1. PARA- the soul's silent expression. 2. Pasyanti psychic expression. 3. Madyama mental speech and 4. Vaikari verbal speech. Lord Dhakishinamurti showed chinmudra in silence and the four sages before Him understood the realisation and atonement with the Divine when the mind is rid of lust egoism and karma. The Sages understood His silent expression of the highest knowledge. The blind Homer and the blind Milton sang their famous Illiad and Paradise from within.

The Polish occultist Ludwag Zammanof invented an artificial international language and named it Esperanto which means hopeful. It had a Germanic-Slave-Romanic origin, expressing ideas with a number of suffixes. Its spelling was phonetic. Patro-Father. Ino-woman. Patrino-Mother. Add O for noun, A for adjective, I for verb, E for adverb: Vermo heat; Vermi-to heat ; Verme-hotly. But Esperanto lost its hope as an international medium.

French was used as an international medium for some years until English took its place now. The difficulty is, there is no congruity in languages. There is difficulty of writing and intonation. The Bengali writes Laxmi and pronounces it as Lokki. There is Gender difficulty in Hindi, Sanskrit, French etc. Munch is 'whiskers' in Hindi; it is feminine. We must say 'Muncha ati hai'. In Sanskrit Tara is masculine, Bhaarya feminine and Kalatram neutral. All mean a wife. The Chinese and Japanese languages have a number of strokes. You have to pile a number of strokes before you write Jungo-Fo (husband) and She-Dze (wife). Confucius says 'Within four seas all are brothers' (Si hai, Si nui Kaihunti). A number of stroke letters are needed to put this idea in writing. The old Cantonise is superseded by the modern national language, Mandarine. But this too is difficult to read and write. In Japan the Kanji letters have superseded the old Katakana and Hirakana. The modern Nippon-Go too has many stroke letters. You can say Ohaio Gosaimas, Sayonara, (Greetings Sir, goodbye Sir); But to write them with hair brush is a hard painting. All the Asiatic languages depend upon the well developed European languages for sciences and modern technologies.

Enfin, we will enumerate here a few spoken and written languages that have stood the test of time. The ancient Sanskrit, Greek and Latin languages live in modern languages.

CHINEASE (60), English (35), Hindi (30), Russian (20), German (15). French (12), Italian, Bengali, Urdu etc (7), Tamil, Telugu (4), Guzarati, Malayalam, Kannadam (2). Tamil, Telugu, Malayalam, Kannadam and other Dravidian tongues have no Gender difficulties like the Sanskrit and latinised

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languages. In European languages unnecessary letters abound in words which make spelling very difficult. For man you write L' Homme in French. Why so many letters for a monosyllabic word?...

English is the unique language that has a perfect scientific development. It is spoken in all continents. I visited Japan fifteen years ago... Then they spoke 'You eat my house, I eat your house... I love you because I rob you; for there is no L in Japanese, no R in Chinese. I visited Nippon five times and during my visit in 1970 I found a tremendous change. They spoke English finely, and even their music adopted English tunes.

I had a talk with Bernard Shaw a month before an accident took away his aged life. He wrote his dramas with his left hand in short hand. He read a scene from his famous drama PYGMALION and imitated the Cockney cacophony of the little flower girl Eliza Doolittle—Ow cez be- ooa san (O is it your son)... Prof. Higgins tries his best to teach the flower girl of Piccadilly the right articulation of English. The whole AYOT LAWRENCE, (the mansion of Shaw) rang with laughter as he read the scene. B. Shah has offered a fortune to reform English which he accepts, even like Sri Aurobindo, as a link language for humanity. Lingua Universum as we can call it. He wanted to increase the alphabets to fifty two and make the language phonetical. He wanted to reform even stenography and find a uniform script for all languages. If we make phonomorphological reforms on the lines of Shaw we can very well adopt English as a Common medium. No language remains the same for two hundred years. The English of Chaucer is different from that of Shaw.

We must take into account the tremendous growth of science and technology and the new expressions and idioms that are daily pouring into the language. Thousands of abbreviations have enriched English recently: ADMG (AD MAJOREM DEI GLORIAM to the greater glory of God) DOM (Deo optimo maximo; to God the best and greatest), says the religious man. The scientist joins ICOSPAR (Indian Council of Space Research) and serves NASA (National Aeronautic and Space Administration) to blast up Arya Bhatta. The merchant attends AITUC (All India Trade Union Congress.) Mr. Sethna inspects TERLS (Tumba Equatorial Rocket Launching Station). PM addresses UNESCO (United Nations Educational, Scientific and Cultural Organisation). How many new terms have come into politics: I.Y.C. Indian Youth Congress. I was staying in Riga with the young Consomols... I heard such talks as 'We will dwarf ICBM with our SS18, a huge missile with multi war heads rushing 960 Kms. One explained to me the SODAR TECHNIQUE to measure atmospheric parameters and thermal velocity of lower atmosphere for a safe landing of planes. Implosion, (detecting under ground nuclear devices), Mycology, study of fungus, Fourth estate (Press), Generation Gap, Gun boat diplomacy, Shuttle diplomacy, Third World (nonaligned group), Green and White revolutions. Thus innumerable new terms are flooding English: The Earth is a wonder rolling through space. In word, in deed, in thought and action we must establish harmony which is the beauty of life. Let everyone speak his mother tongue and use English as the Common language. This can solve the language riddle and affairs can go on smoothly by mutual understanding.

10. INTERNATIONALISM

MAN

There is one sky-bound-home for all. Let all live here united in the soul. This is the urge of times. All nations must become one body. Internationalism unites hearts and nations and notions. Clashes of self-interests have broken to pieces global-existence threatened by the atomic vendetta. Man must live with mankind in happy concord.

Man is a social being. Unity is the bloom and breath of his life. All men walk upon one sea-bound earth cherished by the same sun and rain. One soul breathes in all bodies which are combinations of the same elements. The individual soul must feel its universality. Equality of vision, unity of consciousness and harmony of living are the formulae of the universality of man.

THE WORLD

This planet which homes our destiny rolls between Venus and Mars, between love and war. So it has become a battlefield of fissiparous tendencies and group prejudices. Life in this world is a struggle of evolving souls from plant to animal; from animal to man and from man to the coming superman. For this evolution and elan of beings it has been created by a supreme force in Nature. All battles and turmoils shaking and quaking the world are a rustling mark-time of that vital evolution. Life is a battle between prattle and rattle. It is the uncontrolled tongue and the uncontrolled vital passion that instigate the weaponed war-demon. The demon in the human subconscious cave comes out to impede the progress of peace and virtue. This impediment leads to conflict of minds and the mental conflict leads to conflict of national self-interests. This self-interest, rather selfish interest, results in a volcanic eruption of vital egoism which ends in destructive wars and cataclysms. When man cannot sympathise with man, when selfish egoism, envious greed and mischievous calumny strut in the name of political diplomacy, bombs are burst, constructions of ages disappear in the hellfire of atrocities. In a fit of anger and jealousy the little-minded man breaks institutions built by the hard labour and sacrifice of mighty souls. Man must be humble before that great universal force which is the omnipresent life of lives. Socrates was proclaimed the wisest man because he knew his own limitations. Mahatma Gandhi once said, 'I am conscious of my limitations and this consciousness is my strength. It is the knowledge of my nothingness that has saved me from the oppressions of fame and name.' Examine yourself every day, every minute and take stock of your vices and virtues. Repent for your vices and promote your virtues. This is the way to goodness. The divine forces of Truth, love, purity, peace, probity, gentleness, courtesy, devotion, sincerity and mutual help are on the defensive today in the battle of power politics. They proclaim, 'Peace, Peace; we are for peace' on the poor radio which echoes any sound produced by man to the best of its wave length. They make pacts in the name of oceans but their terms are swept away by the billows of the same ocean! Pact here, tact there! And this is diplomacy! My God! Men break words and then they break heads.

WORLD FRIENDSHIP

President Wilson tried his best to make the world safe for democracy. He organised the League of Nations at Geneva. But his league of nations

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has failed before the league of passions. Even some of his countrymen refused to accept his views and a furious mob struck him down so that his left arm was paralysed. 'Develop the forces of righteousness and keep down injustice' was his last word. Abraham Lincoln rose from a log-cabin to the President's chair in the White House, by dint of honesty and self-reliance. He freed negroes from slave labour and broke the pride of colour-prejudice first. 'Right is might. Every human being has a right to live freely and no government can endure half-slave and half-free' said he. He maintained the principle of a government of the people, by the people, for the people. The Southern States resented the abolition of slavery and waged war with the liberating North. And a felon shot dead Lincoln, the apostle of Liberty, in a theatre. The murder of Lincoln, the murder of Gandhiji and the cruel murder of Luther King remind us how the human nature plays Macbeth and Othello in the theatre of actual life. The history of humanity is red with the blood of martyrs and weeps with the tears of Les Miserables.

Walt Whitman is an apostle of larger humanity 'I know that the Spirit of God is the brother of my own' says he. 'And that all the men ever born are also my brothers and the women my sisters and lovers. Comrado, I give you my hand! I give you my love more precious than money. I give you myself before preaching of law. Will you give me yourself? Will you come, travel with me? Shall we stick by each other as long as we live?' O ! What an affection! This heart of Whitman is the soul of unity and internationalism. But who understood him? His Leaves of Grass was treated as a trash by the votaries of dollar and dagger! The first to hail him as the prophet of new humanity was Emerson, the great thinker. The second to appreciate Whitman's Leaves of Grass was an young English lady, Gilthirst by name. She saw a big something in him and hurried to Manhattan with a view to marry Whitman. But the grey old Whitman said, 'I marry your eternal soul, my sister !' Gilthirst adored him and called him the true brother of humanity. 'Those who love shall become invincible' said the wise Whitman, before he breathed his last. Has the world understood this message of love? 'Love is life; beings devoid of love are mere skin and bone' says St. Valluvar. Swing open the doors of the heart for virtuous love. Welcome all movements that bring together humanity. We see one horizon encircling us. The heaven has no narrow cunning corners. It has no folds of mystery. Be open-hearted like the great eternity spreading above us, in all its divine majesty! 'He who sees the infinite in all things sees God', says William Blake. Man is nobody without that infinite entity which is the soul of beings. Pure thoughts, loving hearts and high-minded aspirations have a force mightier than the electronic waves. Think the thought that creates good things and constructively helps progress. Any thing that pulls down the brother man and destroys his good things and his good institutions is a Satanic thought and act. We can never encourage scandalous Satans and Mephistopheles! They must be put down by God-force and that is the whole teaching of the Vedas and the Gita.

Thought is man; thought is life. The thoughts of Jefferson were architects of the liberal humanitarian democracy of America. Liberty is won in the mind before it is won in the country. For, as Epictitus says "the inner liberty of the soul is the secret of happiness". Soul is the bedrock of life and nations. Every movement of peace and bliss must have its impress. All our political

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idealisms, from monarchy to anarchy, from socialism to fascism, have failed to restore peace to the world states. Even Lake Success is far from success in maintaining balance among nations; for, ambition is in excess. How many international institutions have been swallowed by the yawning gulf of Time ? Human nature must transform; the vital egoism must succumb to the Higher Power that rules the world. Bow to God and hold your head up before men; listen to conscience and act boldly. The human nature must transform from within and life must be an efflorescence of the soul and acts, the dictates of the virtuous conscience. Feel soul to soul, see heart to heart, and do what is good and keep off from what is bad.

Peace is deep seated in the heart. It is not in the diplomatic tongue of politicians. It is not in paper-agreements. The heart strings must be touched by love, sympathy, truth and sincerity. Then mind shall not rebel against mind, man against man, nation against nation, and peace shall gently settle upon the earth like music upon a well-tuned harp. Peace comes by the joy of self-identification. No grief, no division, no dissension ! 'Let men be conscious of the one Soul that has become the All', says the Upanishad.

SOCIAL HARMONY

When beings are thus united in the Soul, caste, creed, race and religious differences shall not be possible. We must think in terms of humanity and leave off our petty narrow-minded, selfish, sectarian and communal egoism. One Soul breathing in and One Pure Force moving all souls -- this we must remember always. Just as the body lives in tune with life, life must live in tune with the soul and the soul with the Pure Spirit, the God in man.

11. GAIN, GIVE, LIVE

Love and hate run riot with each other. Destiny is nowhere straight. Praises kiss; blames kick. A rich man lost half his money in a gambling booth and wailed his lot with a friend. The friend led him to a drinking booth. 'Let us drink and laugh:' said he. The rich man lost the remaining money in drink. He danced, laughed, rolled, and died singing... 'Solid loss, liquid laugh. The empty life is off.' Poet Verlain died drinking. Moliere died laughing, St. Francis died singing. Alexander died amidst his treasures, holding up his empty hands. Press and platform passions are swept away by hectic maelstroms of party rows. Men and women cry to heaven with pains of oppressive grief and anguish.

Life is bitter in the workaday world. How to make it better and sweeter ? Life is a glitter of lust and lucre; how to transform it into a centre of peace and power? The vital mind tempts human life and entangles it into dark thickets of cares and anxieties. Can we find hope and redemption from this dark inferno of misery? 'Yes' says a Hope within:

Sages have carved out broad-based paths for evolving souls. There is the path of pleasure--*preyas* and there is the path of

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peace, felicity and dispassion called *Shreyas*. One is the path of attachment and the other better path leads to detachment. Isha Upanishad says 'Enjoy detached' - *Thyaktena bhunjita*. This is the missing link—detached enjoyment. The kernel inside a coconut is attached to the shell, the shell to the fibre covers. The sweet coconut water is the life and soul of the coconut. The kernel absorbs it ... and when it absorbs all the water, it becomes dry and detached from the shell. Even so, the life begins with study as a celibate, then enjoys as a family man attached to wife and children, then detached life begins ending in renunciation. You eat for hunger. Food nourishes the body and the waste goes down. When hunger is satisfied even animals seek no food. The wealth gained by hard work is spent in supporting one's family and giving to the needy. Gain, give and live and rise above I and mine to 'All is Thine, O Lord' are the three vital points in life. There are two forces of existence. One is the material scientific force. The other is the Spiritual Force, attained by Yoga. Science in the hands of warmongers is used for the manufacture of lethal weapons for mass murder. It must go hand in hand with Yoga and provide the means for better life. Yoga can solve inner problems of life and Science, material problems. Sama Yoga accords a perfect scientific life in tune with the pure Self whose nature is peace, bliss, love and light.

IS it a new religion? No; It is not a man-made religion. It is beyond religion; but contains all that is good in religions. It is a collective life of spiritual socialism which is a balanced synthesis of scientific empiricism and graceful divinity. It expands from the Pure Spirit that is the quintessence of all beings. It is the Truth of our being, the central conscious force that enables the nerves to act, the lungs to breathe, the heart to beat, the eyes to see, the ears to hear, the nose to smell, the blood to flow, and the limbs to move and act. It is the Pure Spirit that thinks in the brain and feels in the heart. We live when it lives in us and we die when it leaves the body. But it is an immortal force beyond birth and death.

But you are not conscious of that; why? You hear a song on the radio; you are not conscious of the electronic force behind it. You see a television; your mind sees, hears through eyes and ears; it is not in the force that produces sounds and images. You see talkies and wonder at the shadow images that play on the silver screen; but you are not conscious of the projector light that silvers the screen upon which the images play.

We are living in a new age of material wonders. Man measures the depth of oceans and the heights of heavens. He flies aloft like skylark. He conquers time and space by mechanical means. Time and Space are coming very close; the world is becoming very small. The voice of distant nations is heard on our table radio. Distant actions are televised before our eyes. Machines have defied manpower. Mass productions are supplying quickly our wants. Life has widened and expanded unduly. Science is quickening the progress of nations in the material field. Man has plenty to enjoy objectively.

But *subjectively*....? Has man found happiness? Is science able to satisfy his heart and restore peace in his mind? Is man able to find time to think

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calmly in the din and bustle of the busy town life ? Has he time to stop and spend an ingathered moment amidst the hectic speed of the hurry-scurry life set in motion by the ambitious needs of the modern luxury hunt? A man has a high mansion with all modern decorations; he is provided with rich dishes; he has servants at his command. His senses are feasted by art and beauty. He has radio, television, motor, plane, films; he has name and fame in press and platform. He is a popular minister. With all these bright points of life, is he happy? Is he bright within? A fever breaks his health. A rival party shatters his public renown. The death of one near and dear makes him mourn. A strong pen stroke in the newspaper disheartens him, critics irritate him; lovers exploit him; friends desert him; kith and kin betray him; the life of material comforts loses its charm upon him; age weakens him and home dissatisfies him. The worldly wealth and pleasures surfeit him and make him sickly. Something demands in him " Is this life? Is there no delight here? Where is peace if it is not in the objective life ?" A deep subjective hunger possesses him. It cannot be satisfied by outward glow and glamour.

A bulb burns. We see the light in the bulb. Does it come from the bulb? The current stops; now switch on ; no light comes. So which is the source of the light ? the current. One electric current manifests itself as light in the bulb, as air in the fan, fire in the oven; coolness in the frigidaire, and sound in the radio. Current off, all these are dead. So, there is a life current in all bodies by which they live, move, breathe, see, hear, speak, feel and act in so many ways. That life current flows from a mysterious something, just as the electric current flows from a dynamo. That dynamo is actuated by a mechanic. This body is the mechanism of Nature; the Spirit is its life energy and the divine Power is the soul. The Mechanic is the Divine who gives it life. The divine is the reality of all beings, the ' I' in our heart. It is the central core of the being. It is the fulcrum of our psychic entity. It is the central object of realisation which comes by Yoga. Yoga begins with 'Atmavichar' with the enquiry of 'who am I', Yoga ends with the realisation of that I, by self-enquiry and meditation.

12. INNER LABORATORY

Scientists have made experiments in labs and have revealed life-expanding truths. Our Saints from their heart's cave have brought out psychic truths and forces for the spiritual rebirth of humanity. Scientists have discovered atomic forces and saints atmic forces. Scientists have enthused astronauts and our Yogins have created atmonauts. A Yogin's Cosmic force is more powerful than the force generated from a plutonium plant. The cosmic consciousness of real Yogins can radiate to far off lands and transform minds. A Yogin sitting in his cave self-immersed can open the heart of thousands to self-awareness. He can bring about ecological and environmental changes for the better. If thousand Yogins are united in inner communion with God, we can avert the thermonuclear holocaust threatening humanity today. This psychic work in the inner-laboratory is called Yoga-Sadhana.

Surrender Ego

The world is like a space boat manned by a mysterious cosmonaut. We are a limited number of crew. The crew must obey

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the captain. The Captain shall lead us to higher planes of peace and bliss, if we surrender our ego to Him. You all know the story in the Kenopanishad where Indra, Vayu and Agni could not shake an atom of the Divine Spark. Uma, the Cosmic Force reveals at last the might of the supreme Divine who is the thinker in the brain and seer in the eyes and actor in the nerves. The silent Yogin with the Divine Spark aglow within, can redeem the human world from fear, ignorance, slavery and suffering. The rapacity of scientific warmongers can be changed by the capacity of a self-gathered Yogin, established in untrammelled peace and inner harmony. I call upon you all to practise yoga for the good of yourselves and the world. Come out of your narrow sectarian barricades and group prejudices and walled creeds and dogmatic forts.

Let us cultivate Purity in thought, word and deed, unity by inner Communion, and let us cultivate love of God by cultivating pure love for mankind animated by compassion, weaning the mind from the illusion of phenomenon. Vedanta establishes the mind in the Noumenon, and says 'I am That'. One is the means and the other is the end. Yoga is like the bees that seek flowers for honey. Vedanta is like the bee that settles in the heart of the flower and enjoys the honey of Self-bliss. Yoga-Vedanta is a perfect synthesis of life in the purity, unity and divinity of Self-identity with the God-in-man. It raises the human life to the hierarchy of Freedom from all bondages. It establishes man in his natural state 'Sahaja Sthithi' of Self-knowledge and Self-Bliss. Yoga prepares you for the examination and Vedanta answers the question of life. This is Sama Yoga--a synthesis of Religion, Vedanta, Yoga and Science.

Rest in God; trust in Truth; then you need not be afraid of atomic blasts. Ram is greater than bomb. O, they waste millions of hard earned money in making nuclear weapons. O Saints and Yogins of India, heap your Atmic balms by Japa and meditation. Crores of Ramnam can counteract atom bombs. Be near God by inner communion. You need not fear man and his scandalous betrayal. Take shelter at the feet of God. His Grace shall protect you through thick and thin. Man's vanity and self-willed arrogance take so many attractive shapes to divide soul from soul and souls from God. Yoga tries to unite all souls in God. Vedanta helps to realise God in the Soul.

Ordinary life is tied to the senses and the mind. It rambles in the forest of lust, greed and envy and suffers the slings and arrows of the obdurate Maya. To bring this life back to the natural home of the inner man and yoke the mind to the soul and the soul to God is Yoga. Vedanta is to realise that Self-God in us by silent contemplation and reflection. Vedanta begins where Yoga ends. Vedanta is beyond sectarian religions and personality cults which divide mankind out of recognition.

Divine life is a polarity of Yoga-Vedanta. It is real Hinduism, verily INDOISM, introspection and Self-realisation. Yoga leads you step by step like a motherly nurse to the portals of the Self which is God in man. Moral purity, devotion to God, steady pose, breath-control, ingathering and fixing the mind and Self-finding are disciplines in Yoga. Vedanta begins with the enquiry 'Who am I' *KOHAM* and ends with the answer 'I am I, the Self.' *SOHAM*. Self is the Divine in man. To be Self-conscious is the living symbol of inner realisation. It is to live in the Truth and be the Truth or *Sat* and know the

nonself as *Asat*. Yoga liberates the soul. From amoeba to Adi Shankra every living being is *Sat*. Behold a typewriter. All its keys strike at one central point. Otherwise the machine cannot move and produce impressions. Even so all sadhanas must aim at the central I-Self. I-self effect and all-Science effect must strike at one Sama Yogic life.

13. LIVE, LOVE, SERVE

Gather all for a joyful life;
Live all for the joy of all
Free, free like the flowing torrent
Like a fertile garden fed by the river
Like sweet music sweeping across a flute
Let us live doing good for all the world.
Like dark rainy clouds let us be gracious;
Like the sea that gives its abundance to the clouds
Let us give ourselves for the common good
Let us radiate Wisdom like the Witnessing Sun.
Let us serve humanity like forces of Nature.
Like fragrant blossoms of the blissful dawn
Let the universe shine with our felicitous smiles.
Let our hearts be knit in the Beloved's love
Like a wedding garland of various hues.
To God in humanity let our life be a sacrifice.
Like that of a tender Mother tending her darling,
Like a mango tree that offers all fruits to men,
Like a lamp that gives itself to spread light
Let us glorify humanity with our service.
The Seer-Poet weaves immortal wreaths of divine Love
Stringing his psychic dreams in the beauty of Nature Even so let us make
existence a Poem of living Art Breathing upon the earth a New Life of Inner
Delight.

14. INNER MECHANISM

When you are awake, you see only this physical body. The body is your physical mechanism. When you sleep you do not feel the body; the senses cease to function, but the breath is going on automatically. Your involuntary muscles work; you get dreams. Who dreams in you? It is something behind the mind that dreams. It is something behind the mind that sees the dream and brings into play during the dream, all your past impressions. They play like a picture in the limelight. They play in our brain. By this you must understand that there is an inner mechanism within.

The inner mechanism is the Mind. The mind has got four functions. 1. Perception through senses 2. Emotion through feelings. 3. Egoism through notions of I and mine. 4. Discrimination by the intellect. It is through this, our functional mind, that the soul sees the world and acts.

Mind is like the cogwheels of a watch. Something from behind moves it.

Beyond this mind there is a psychic principle in us. It is the principle of love and energy. It is in the heart. Behind this and deep into the core of our being is the pure Spirit the Divine 'I' in us. There are two 'I's in us. One is the

egoistic 'I' which asserts itself as 'I' and 'mine' in the mind. It will drag us away from the divine principle and lead us into snares of lust, greed and envy.

The other 'I' is the Atman or Pure Spirit in the core of our psychic consciousness. This is the reality of our being. Peace, Bliss, Power, Light and Knowledge are its Nature. Purity is its very form.

15. PLANES OF CONSCIOUSNESS

How to realise this Spiritual 'I' in us?

To see a king, you have to obey his laws, win his love, cross the portals of his palace, walk through several corridors until you reach his presence. So also you have to transcend several planes of consciousness that surround the king in you, that is the Pure Atman.

What are these planes of consciousness? What are their functions ?

There are seven planes of consciousness--Three lower and three higher and one link-plane.

1. **The gross material plane** : This is our physical body. It comprises of the skin, hair, muscles, tendons, bones, veins, arteries and nerves. This is the outer coat of Atman. All differences of caste, clime, colour, race and pedigree belong to the body. This plane is fed by food.

2. **The vital plane** : This comprises of a network of nerves, including the brain, the sympathetic system, the glands and ganglions and hormones. What we call life is caught in this network. It descends from the vital world. The vital is life-energy. It links the material body with the mind. Hunger, thirst, passions, hatred, love and all temperamental activities belong to this plane. A pure vital disseminates plenty of strength and energy. A weak vital is full of bad emotions. A perverted vital like a volcano emits anger, lust, passion, jealousy and other dangerous humours. This vital plane must be thoroughly purified and conquered if one wants to lead a better life.

3. **Mental plane** : It is the subtle body. It comprises of the mind and the senses. The thinking mind, the intellect, the emotive mind and the egoistic feelings--these are the four components of the mind. The mind is a bundle of desires, egoism and thoughts. The pure mind is in tune with the Atman. The impure mind follows the egoistic 'I'. The egoistic mind is affected by the vital. It is swayed by likes and dislikes, love and hatred, good and evil and other contraries. The mind has three qualities, pacific, passionate and plumbean. It is a thought-centre. Its function is to think, discriminate, record impressions and to receive perceptions. Mind must be completely purified in order to discern what is behind it and to reach the sanctum of the Pure Atman. The Body, Vital and the Mind are lower planes. They form the matter the nature and the field of our being.

4. **Gnostic plane** : The gnostic plane links the lower with the higher nature and spirit with the divine in us. This is Vijnana the supramental link plane. It is above the intellect. The mind divides; the gnostic plane unites; it is a plane of intrinsic equal vision. There is no egoistic assertion or stormy passion in this plane. The realisation of this plane is the way to unite humanity. Man conscious of this plane sees everything as an equal spirit. Man now lives in the vital mind. That is why his life is agitated by passions and

impure thoughts. He must evolve himself to the gnostic plane in order to realise his higher self. There is an equilibrium in the gnostic plane. It is full of psychic consciousness. It develops from the heart. To maintain gnostic equilibrium is the secret of health and delight. Above this are higher planes.

HIGHER PLANES

5. **Bliss plane** : This is the first higher plane (Anandamayam). It is in the causal body. Here you feel felicity and delight of the Spirit. That is the centre of our being. You must maintain the gnostic equilibrium by a spotlessly pure life in order to attain Bliss.

6. **Pure knowledge plane (Chinmayam)** : This is the plane of inner knowledge and self awareness. When this plane is reached, our being is permeated by a warm divine energy and all the lower planes are conquered and sublimated by that energy.

7. **Truth plane (Sanmayam)**: This is the plane of Truth Light. Here is the Pure Spirit in us and as we reach this plane, we feel ourselves at home. Our nature finds rest in a Supreme Truth-Consciousness-Bliss. (Sat-Chit-Ananda). By long tapasya I found out three more planes--Plane of purity, Peace and Light-Shuddam, Shantam, Jyotirmayam embedded in silence. These planes are attained by the mounting consciousness on reaching the seventh plane. It is reached by inner silence and super conscious Trance.

But, do not be confused by these words. You can very easily recognize these planes as your mind and heart mature. Simply know that there are so many secrets and mystic parts of your being. A botanist will place before you all the parts of the plants from taproot to stamen, pistil and pollen. He knows the process of pollination. A layman will feel it difficult to comprehend all this; but he will like to eat fruits of the tree. For him, we must say, dig a pit, plant the seed, water it, it will grow and put forth fruits.

16. MEDITATION

Now I shall tell you how to attain the fruit of your life. Your heart is the field. Sow into it love of the divine. Manure it with faith. Feed it with psychic devotion and inner communion. A plant wants air and sunlight. You cannot supply them. They must come from above. Even so, your spiritual aspiration, must receive the divine grace and light. For this, you must pray and meditate with all the fervour of your heart. Purity, love, faith, aspiration, devotion, prayer and meditation, are the several rungs of the ladder of realisation.

There are two calm hours which promote meditation: The crimson dawn and the ruddy evening. Meditate before the rising sun and the setting sun for half an hour. That is enough. You will get a settled peace and the mental agitation will be pacified.

But I don't want you to expose yourself to winter-cold or summer-heat nor suffer any inconvenience. You can very well meditate in a clean calm room where there is no outside disturbance. When the weather is fair and when there is facility you must meditate before the Sun. Just as the sun shines in the firmament, the pure Atman shines in your being.

Cosmic Riddles!

By meditation you get purified. When the mind becomes pure and lucid like a crystal, the senses are controlled. The restlessness ceases. You become ingathered. The mind sinks into the heart. The psychic consciousness wakes up slowly and promotes and intensifies meditation. In very deep meditation, you feel a vibration. A conscious force circumambulates in your being. It is the pure Cosmic energy and as the vibration increases the energy intensifies; all the impediments fall off and a bliss-consciousness wakes up in you. It is pure bliss that is your Atman. Atman is not seen by the eye or imagined by the mind. It is experienced in perfect silence and calm peace.

17. PURITY IS DIVINITY

At the beginning, the mind will wander like a drunken monkey. You will find no rest when you meditate, you will feel sleepy also. But, if you persist in meditation, day by day, you will get the better of the mind. The mind is the sensorium. It is the storehouse of many impressions. They make it restless. They afflict you through dreams when you are asleep. To control this wandering mind, you must purify your life first and then you must purify the vital. Then you must purify the mental. Purification is the first step to Realisation. Purity is health. The body must be pure in and out.

Diet

Keep the body clean and the clothes and surroundings neat. Keep the private parts washed clean, whenever you answer calls of nature. It is very important for bodily purity. The diet must be clean, pure, substantial and upto the hunger point. You must not take anything unless hunger calls you. You must stop eating when nature is satisfied. Morning, milk and honey and steamed cakes (iddalies) or fruits; at noon, rice, bread, vegetables, curds or butter milk; in the evening, roti, vegetables, milk and fruits will do. All concentrated food stuffs will affect your stomach. They will create constipation. You must make it a point to keep a clean bowel before eating. At least it must evacuate after breakfast. If the colon is clogged or if the tongue is coated and smells bad, you must fast taking five mouthfuls of water every hour. Fasting is the best remedy for all alimentary troubles.

Sun-bath

Take sun-bath at 9 am. or 5 pm. Expose your body to the evening sun and walk to and fro. When you go afront, look at the sun; when you turn back, close your eyes and imagine that the sun is the light of your heart. You can also lie down and expose the whole body to the sun. When you perspire, you can take bath. Have a tub and take spinal-bath whenever you feel uneasy or tired. That will refresh you. After spinal-bath you can take whole bath. Swimming is an excellent exercise, especially swimming after sun-bath. So much will do for the body. Body is the foundation of life. You must keep it pure and lead a clean life.

Vital Purity

Life is your vital body. It manifests itself in your breath and in your heartbeat. You are feeling the breath and heartbeat. Blood and breath, heart and brain, nerves and glands are the life centres. To keep the nerves clean is to keep life pure. Nerves debilitate, weaken and become impure by bad thoughts, bad blood, bad company, sex intercourse and by strain of the body and the

brain. You must keep the nerves pure, strong and agile. *How to train the nerves in purity?*

You will draw a programme for the day and begin to fulfil it. Rise up in the morning at 5 a.m. Take rhythmic walk. Take deep breathing exercise. Then tell your prayers. Meditate for a few minutes. Then take bath. Read a holy book and contemplate before the light and create a tranquillity of the fresh dawn. The nerves will be dynamic and calm when the heart and brain are so.

At 8 a.m. take breakfast and go to your daily work. Do your work with concentration and with a delightful interest. Don't strain yourself. Don't get agitated. Don't worry yourself. Do not get impatient. Do not get angry. Have forbearance. Anger and impatience weaken the nerves. Gaze at the sun between intertwined fingers, meditate for ten minutes and then take your meals. Do not speak when you eat. Take one hour's rest after the heavy meal in the noon. And then attend to your usual work. At 5 O' clock take a walk in the golden sun or do some manual work. Take bath at 6 pm. and meditate for half an hour. Light the lamp and read a holy book and then take your meals. After supper, stroll in the pure air for ten minutes and then steep yourself in studying good books and improving your knowledge. You must have a good light (vegetable-oil light is good for the eyes). Avoid too much glare. Put a shade round the light if there is glare. At ten O' clock record in a diary all the happenings of the day. Repent for your faults. Pray to God, for purity and prosperity. Then go to bed, with a pure heart.

18. GLORY OF GAYATRI

Unique Mantra

Vedas are the treasure house of spiritual intuitions and seer visions. They are mantras of the real. Mantras are the rhythms of psychic vibrations in the mystic spiritual centres of our being.

Gayatri is the Mantra of mantras, the epitome of Vedas and keynote of its teachings. It is the unique mantra of purity, unity and divinity. It polarises the human being with each repetition, nourishing existence with a transforming nectar. Down the current of ages, it has flown into the soul of humanity. It is a routine repetition of the high-souled Hindu nation. Gayatri Upasana is a powerful Sadhana which opens spiritual centres and kindles divine powers pent up in them. It awakens cosmic forces and bestows sovereign powers. Initiation in the Gayatri begins a new life, a life reborn in Self-consciousness.

Crisis

There is a crisis of character today, a nemesis. The ancient social order rooted in Brahmacharya, branching into conjugal felicity, flowering into the joy of good progeny and bearing the fruit or Self-delight; that great order is gone. We see disorder everywhere. Learning as a student, loving as a youth, renouncing in mature age and ending life as a yogin--this is the ideal of human existence. In all these stages the main Sadhana is Gayatri Japam.

Votary

The votary of Gayatri invokes Savitri, the God of Light and knowledge. He adores *Bargus* the conscious force of the God of light and that light leads his evolution from man to superman, from jivahood to Sivahood.

108 Times

Every one must have a rosary of 108 beads and do Gayatri mentally repeating the mantra 108 times before the rising sun and the setting sun. This must become a national discipline. If the whole nation is thus steeped in Gayatri-Japam collectively for half an hour every day (15 minutes in the morning and 15 in the evening) a tremendous spiritual regeneration shall be effected. The hostile forces that impede our progress shall be dispelled.

Gayatri

(1) Repeat Aum eight times in ascending cadence and eight times in descending cadence ' like Sa ri ga ma, pa da ni sa ' Sa ni da pa ma ga ri sa... This is one Udagata-this will set in vibration the psychic planes. Then repeat

Aum Bhur Bhuva Suvah

Tat Savitur varenyam

Bargo Dhevasya Dhimahi

Dhiyo yo nah prachodayat

Paro Rajasisavdom

This is the meaning of the great mantra. God is AUM. He is Sat, Chit, Ananda -- Truth consciousness bliss. He pervades the physical, vital and the mental planes. He is the supreme Savitri, Lord of Gnostic Light, the impeller of illumined thoughts. Let us meditate upon His glorious conscious energy Shuddha Shakti. Let us live in that Thought-Light by inner communion. That light shall impel our thoughts to higher planes of Divinity so that our human life becomes Divine life. It shall take us to the dizzy height of Transcendence.

Creative Mantra

This Vedic formula of higher evolution was hymned by Visvamisra who created five stellar worlds by the force of Gayatri. Gayatri is the saviour of the singer. It Must be done after proper initiation by a pure yogin. Done every day sincerely, it unfolds spiritual potentialities latent in our being. It must come from the heart centre (anahata chakra). It will dispel darkness and reveal the great Self-I luminous like lightning in the blue cavern of the heart.

Savita and Bargus

Savita is not the outer Sun of the Solar system. It is the inner Sun of Truth Light. It is the power that moves all things in Nature. It is a palliative for all afflictions planetary as well as mental and physical. Bhargus is the pure cosmic energy that gives health, wealth, power and felicity. It restores the power lost in work and thought.

The Sadhana

Gayatri Sadhana ingathers the mind and fixes it in the focal point of the heart centre. India shall regain her glory as the shining light of nations by adoring Gayatri. Gayatri obliterates the evils of past deeds and gives new hope and energy to the votary.

Gayatri Brings Prosperity

A brahmin begged a rupee from Birbal, the minister of Akbar. 'Sir, I will give you daily two rupees; just keep on doing Gayatri at home' Said Birbal. Accordingly the brahmin repeated Gayatri and was enraptured by its delight. He forgot money and Gayatri Devi brought him felicity. Akbar himself adored and built him a Gayatri Sadhan. Pure souls continued Gayatri Japam there and its vibration brought peace and plenty to the land. Devas won the battle against the dark hostile forces by repeating Gayatri. Vidhyaranya built an empire by dint of Gayatri-radiation. Samartha guru Ramadas and St. Thyagaraja did Gayatri along with the Ramnam and attained rare divine powers. Sage Purnananda initiated me in the Pranayama Gayatri which developed divine forces in me and saved me from terrible trials in life. Gayatri is a mantra that protects--*Gayantam tryanti iti Gayatri*. I have symbolised the full Gayatri in the Yoga Samaj prayer hall and also shown the purity, unity and divinity planes and also the Truth Light descent which is the gift of Gayatri Sadhana.

Paro Rajasisavad Aum.

Brihadaranya Upanishad throws light on the Gayatri. The fourth Turiya foot of Gayatri is Paro Rajasisavadom.

It means. 'Hail transcendent Truth that brings peace and bliss'. There are subtle sadhanas of Aum-kara Pranayam, Pranadharan, Gayatri Pranayam; but they must be learnt patiently from a Master Yogin after doing thousands of Gayatri for a long time. Japasadhan promotes concentration and meditation and radiates peace and energy around for miles and miles. The nation prospers by Gayatri.

Hail Mother Gayatri, we invoke Thee dawn and dusk. Grace our vision, purify mind, unite our people and divinise our existence. O Cosmic Force of God, descend in our lotus heart. Make us strong, and invincible. Let us realise in our collective life the benign Vedic Truths.

March on heroes holding up the flag of Vedic AUM. Raise the trumpet call of Gayatri...

Like thunder clouds and running streams, like shining stars and smiling flowers, like poet's dreams and prophet's voice, like Mother's heart and Master's art, let us love, serve, give and live for the good of the human race. Let us behold a transformed super race. Be broad like sky, deep like sea, bright like sun, gentle like breeze, firm like a hill and flow on like a stream. Peace for all! Bliss for all! Aum Jaya Aum!

19. SUBLIMATION OF SEX ENERGY

Gayatri promotes Brahmacharya and sublimates sex energy. Sex energy is the vital force of our being. To conserve it is life; to disperse it is death. Brahmacharya, inner silence, food regulation, compassion, tranquillity of the mind are the five disciplines of Tapasya. But sex is a riddle; He and she crave for mutual contact. They lose the vital energy in dreams and by secret vices. The vital energy is meant for race propagation. It is the seed of the race. It is the elixir of life. This precious nectar is wasted often in wanton pleasures and crazy indulgence.

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The student life must be properly directed for acquiring Knowledge, arts, sciences, technical skill, and social efficiency. By yoga the students must cultivate Cosmic energy, intuition, introspection, meditation, and spiritual stamina. The teacher must be an exemplar. He must engage the students in life-elevating activities. Students must not be allowed to see obscene pictures nor read obscene literature nor seek obscene company. They must be taught the value of control and character. They must be taught easy asans (Sarvanga, Matchya, Jaya, Pranamudra Asans), Inner Pranayam, Rhythmic breathing, and meditation. They must be initiated in the Gayatri Japam, Surya Namaskar, Naturopathy, and trained in agriculture and horticulture, spinning, weaving, carpentry, smithy etc., according to the individual taste and skill. 'Shuddha Shakti Aum Jayam' is a powerful mantra which they can repeat with every breath. 4 am is a valuable time of peace and serenity. The students must quickly rise up, answer calls of nature, clean themselves and do *chara pranayam* for five minutes with a mental repetition of the above mantra and begin prayer and meditation seriously. No room must be given for sexy thoughts and secret vices and wet dreams.

Constipation is also a cause of wet dreams. Dream is a vital-mental phenomenon. All vital passions play in the mental curtain. Anxieties, too much eating, going to bed with loaded stomach, vain gossip, jealousy, irritability, cunningness, infatuation, dirty thoughts of the opposite sex, seeing bad pictures, curiosity to see sex parts and such things result in night emissions. Jayasan and tub bath before going to bed and pranayamas can prevent such happenings. All must have sound sleep between 10 pm. and 4 a.m.

20. PERFECT HOME

Perfect Brahmacharins can enter married life.

A man and a woman are compliments of each other. They are like two poles of an electric cell. Family life is an electric battery. Man is its positive current and woman the negative current. She is static and he is dynamic. Love feeds these currents. Inner communion is the wire that connects them both. They are two realities of one existence. To transform the human energy into a dynamo of spiritual energy is the object of marriage. Marriage is bringing together the two currents of existence. The currents must be pure and dynamic so that the power and light may manifest in existence.

Home is a university of self-culture. Home is a miniature world. The world is a collective home. So a perfect home is the nucleus of a perfect world. Nation begins at home. The world widens from home. The home is run by man and woman knit together in conjugal love. Man and woman are purified and perfected by the various experiments in the home laboratory. Both of them are one soul in two bodies. First they must realise this soul contact. For this, both of them must meditate after prayer in the dawn, after sunrise, before every meal and before bed time. They must keep their heart and their mind elevated. They must study soul elevating books and scientific books and discuss higher things in life. They must unite amicably in all domestic affairs. One must not try to deceive the other or do things in secrecy without the knowledge of the other. One man must live with one suitable woman and one woman with one suitable man. If they go astray, their life will be a fray. There will be no peace, no harmony and the home will become day by day a

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cockpit of envious quarrels, and egoistic feuds. A chaste wife helps the perfection of man by her love and energy, by her service and devotion and fulfils his life purpose. A chaste man regards his wife as his very soul and keeps her smiling. Chastity is the very life of domestic existence. A chaste homely life is a heaven on earth. It radiates a spiritual force, for woman is the fire of energy. When man meditates with her, he gets energised. Both of them must keep their body very healthy. Even the sex propensity must follow nature. When they are strong and the elements are dynamic, the mind is unperturbed and the heart is full of psychic love and when the private parts are free from disease, when the impulse compels and the aspiration for a progeny is strong and when both parties consent, then the union can be had. There must not be any compulsion. Every compulsion is a violence. The normal desire comes once a month. A healthy intercourse promotes health and a healthy progeny. A violent stormy misbehaviour makes man sickly, miserable and wretched. The mind and the heart must be trained in self control. The best way of doing this is to steep them in the spiritual happiness which is thousand times greater than sensualities. As I have already told you, the husband and wife must meditate and pray regularly. They must take Sunbath hip bath and spinal bath. They must read good books and worship God. Their diet must be simple pure and nutritious. When a child is born, they must live like brothers and sisters for four years. There must be a spacing of four years at least, between one delivery and another. Then only the concerned parts of their being will be strong. When the passion is in excess and when the vital revolts, go into solitude. Do Jayasan, Pranayama, and take a rhythmic walk vigorously. Take ten mouthfuls of water, do Nowli and Uddhyan and then meditate. Meditate upon the impurity of the body and the purity of the soul and pray to God that He should make your life better, purer and holier. Both man and woman must practise Sama Yoga Sadhana.

Sex-Psychology.

Sama Yoga includes emotional integration of conjugal life too. Conjugal life too has its riddles. There must be intense psychic relation. One must feel as a compliment of the other. Sex energy can be sublimated by Tantric Sadhanas. This does not imply any libidinous necromancy, nor panchamakara affair. It is a united life which is an efflorescence of the equal soul. Man is Siva; Woman is Shakti. Home life is a dynamism of these two divine forces. That is Sama yoga Tantra.

For this life, one must have a thorough knowledge of the procreative mechanism and how to keep it clean and controlled. Uterus disorders, glandular rigidities, libidinous congestions in the abdomen lead to hysterical fits, ravings and resistings. Man is puzzled; mental doctors, psychiatrists, and sorcerers empty his purse. The disgusted man seeks asceticism without understanding woman's psychology. She expects responsive, love and affection and deep sympathy. The dry man shows wry face and a misogynist attitude. Hence the lady's mind suspects him and takes peculiar turns. So many complications vex sex life. Man's attitude and woman's aptitude must change home atmosphere. Beauty and harmony of relations must be restored. Mutual suspicions must be cleared. They must study elevating books and discuss life-ennobling problems. Then there will be amicable peace in the family. The progeny also will be good and bright.

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The family life yearns for progeny. The mother's heart throbs to embrace children and breastfeed them. Man wants children to perpetuate his race. The time spirit wants family planning and restricting the birth rate to two or three. Hygiene wants a spacing of four or five years between one child and the next. Economy says enough ... one plus one. A platonic relationship must be developed by the couples after getting two or three children. Even a cow shows control until it cries for another calf. The man power must be transformed into a divine energy. And the woman's shakti too can be transformed into Ojas and Thejas by Yoga. Youths must be trained in spiritual discipline. They must be told the value of procreative seeds. They must be guarded from secret vices. Debauchery must be banned. Constant wastage of vital energy leads to dryness, frigidity, impotence and venereal diseases, detrimental to a healthy life. Behold how flowers are fertilised and how they develop fruits. The female substance builds the body of the child and the father's substance builds the mind and the character. Hence both must be perfect in health and character. Their ideals, aspirations and capacities must be of a high order.

Women are by nature receptive and helpful. Treat them with sincere love and they will affectionately respond. Read to them good books; take them to sages and holy places. They will imbibe quickly spiritual ideals. They will train children too on high ideals. They will be the first to start Yoga Sadhana when they find it fine for mind and mankind.

Read more about health problems in *Yoga for All and In Tune with Nature*.

21. SUBLIMATE EMOTION

The mind is a bundle of desires and past impressions. The intellect discriminates between good and bad. You must first handle the intellect properly. In every act of your life, demand two questions whether what you are doing is good or bad, is healthy or filthy, is noble or ignoble. If the act is good, ennobling, healthy and conducive to your progress and purity, do that act. If it is the opposite, use your discriminative will to put it down. For this, egoism must be completely conquered, because it asserts itself and obstinately does a thing which the intellect does not allow. This egoism must be surrendered to a higher principle, to a pure Master or to the Divine. This is the essence of all spiritual sadhanas--immolation of egoism to the spiritual master, or to the Omnipotent Divine who lives in our heart and leads our destiny. This surrender is not very easy. It takes years for the egoistic man to surrender himself to the higher truth. Contrary emotions pent up in the Chitta, the emotive centre, will agitate and raise an insurrection to rouse up egoism. So you must control your emotions. Emotions are created by perceptions and conceptions and past impressions pent up in the lower mind.

When we see something attractive, mind is distracted. Egoism claims to have it and reason is perturbed and we are stupefied. How to sublimate this emotion?

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These emotions are of the lower nature because mind belongs to the lower plane of your being. You must develop higher spiritual emotions. This can be done by fervent prayers, by divine concerts and by living in the presence of saintly personalities. You can read their life and teachings, contemplate over them and try to follow them in every day life. Divine Masters inspire us and make us holy. An ordinary thread in a garland is perfumed by the flowers. Even ordinary souls in the company of or conscious of Divine Masters are easily charged by the Divine current. Choose a Master, surrender unto Him and follow Him through thick and thin. But do not hate other masters. Behave like a chaste housewife in a family. She is devoted to her husband but is respectful towards all members of the family. You must be conscious of the divine in the Master and realise the Divine in yourself.

22. GREAT MASTERS

Human soul seeks a Guiding Light, a Master. But Masterdoms are self-assertive groups seeking name and fame. Where is the Master who can awaken Truth in the seeker silently?

KUNG FUTZE, the great Chinese savant sought wisdom from Leo Tse, a born sage. The Sage touched his heart, closed his mouth, pointed to the wide sky and smiled, Kung understood. He closed his mouth, opened his heart to inner communion and steeped himself into silent contemplation. 'Great men seek within; none understands me' was his last word.

I have lived with silent masters like Sri Aurobindo, Ramana Maharshi, Sai Ram, Jnana Siddha and Meher Baba. What they taught me in silence no books nor speaking saints taught me. I began silence as a boy when the Divine Grace descended into me. I entered Yogic silence whenever I was inspired to write a monumental work. Quarter of a century of silence at the feet of the silent AUM (Aurobindo - Mother) made me what I am. Silent Sahavas sitting at the feet of Meher Baba kindled a new dynamism in me. I have met rare Siddhas in my life who have given me their spiritual force by an embrace. India has such mystic sages even now immersed in self-luminous trance in mountain caves and forest glens. Divine sages take a soul-birth to raise humanity to divinity. They do not proclaim themselves nor have they the ambition to play glamorous pontifical roles. They come like rain clouds, pour out their teachings and disappear into infinity just as air disappears into the ether and ether into the subtle heavens. A real master who has realisation of the Pure Almighty Divine in him lives in solemn silence and dynamic peace. His Light shines beyond the mortal ken. His very presence has a vibrating spiritual aura. Real aspirants who are fortunate to come within the ambit of his radiant presence are blessed. They feel a new awakening, a new transformation. If you approach him with all your devotion and sincerity, if you keep yourself pure and receptive, if you call with a fervent aspiration, his force shall respond wherever you are. You see a handy transistor picking up local broadcasts. The force of a Yogin travels thousand times quicker than the electronic forces. But you must be pure and open to receive his radiation like a TRANSISTOR. The Master has a childlike simplicity, sky-like openness, a flow of natural grace and compassion. He identifies himself with all and knows things from direct intuition. He sees hearts directly without any medium. He is

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not a mystery monger nor a thaumaturgist. He sees the soul value of things. He has an esteem for true lovers and seekers. He embraces in his soul pure lovers. He gives himself to those that give themselves to him. He lives for the better life of humanity; he works for the purity, unity and divinity, for the freedom, equality and enlightenment of humanity. He self-identifies with receptive souls and pours himself into them.

But the ordinary man puts forth hasty questions. He rushes to idolise him. Sir, shall I fall upon his feet a thousand times? Shall I make a big image of him and celebrate festivals with drums and pipes? Shall I build him a big monastery and offer him horses and elephants and cars and palanquins ? Shall I hold a conference and raise donations ? Shall I offer him a sumptuous purse? Shall I build a big monument for him... Sir ? Shall I place his picture in all public places for worship ? Shall I hail him as God, collect donations and disciples for him ? Shall I create a new Religion in his name?

Shut up! No personality cult here. A true Master does not want any of these, dear Sir ; keep his words in mind; follow them and transform your life. Spread his Gospel of Purity, Unity and Divinity. Practise his Yoga and start Yogic centres of Spiritual Socialism in suitable places for seekers. Above all, realise the Pure One in the heart; direct your friends too, to realise that. The Master leads you not to his feet nor his foot-wear but to the pure freedom of life in the Almighty Divine. Do not place anything, any mental or vital impediment between the Pure One and your soul. Have a direct communion. Do not create religions in the name of persons who come and go. That will divide humanity still worse. Close up all sectarian camps and unite humanity in the unique Self.

23. LIFE VALUE

Then the seeker understands and says:

That is very good Sir, your words satisfy me. The divisions and quarrels in the unique world of mankind are due to the plurality of sectarian creeds. I do feel that all should adore one God as members of one humanity and live as children of one Almighty Grace.

This is For All

Sama Yoga is equal to all just like the sky, rains, air, sunlight and the earth. I have already told you the meaning of man and woman. Woman has every right to take equal share in this mission as man. The Self has no sex. The harmony of family life need not be disturbed. We want to make entire life a Yoga. Our Yoga has life value. One must be a celibate student, a fertile householder, an unattached seeker, a realised sage and a pure saint. Such saints must be free from bondages; their life must be a sincere and genuine consecration to Yoga and service. They must live in Divine Communion all their life; they should not have any vital craving. They must regard women as embodiments of cosmic energy and man as cosmic light and bliss. Family men have many problems of life -- social, political, economic, commercial, professional, industrial, educational, etc. Let them spare at least one hour daily for Yoga at sunrise and sunset; that is enough. At other times let them work for the family and the country with a spirit of consecration. Let everything they do be purified offerings to the Divine. On holidays they can spend more time

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for spiritual practices. They can meditate and pray with the family group. For, we want to build a spiritual socialism by inner communion. Let each family dedicate one or two children for yoga and train them in a Yogic Centre. They must have the spirit of dedication.

Train children

Now about children; how to train them ?

Children must be trained in a pure atmosphere. Their brains are plastic. Impressions created and habits formed in childhood become a second nature. So the home must be made a healthy moral and spiritual Kindergarten. Parents should tell them the stories of saints, heroes, scientists and adventurers and make them tell others the same stories. Through good songs and games and actions, children can learn many useful things. They must be shown educative pictures and be made to build useful toy-machines. They must be provided with mechano-boxes. Morning and evening they must be made to pray and meditate with the parents. Children must be allowed to mingle freely with each other affectionately and talk about what they have learnt. They must be trained in self help and self-reliance. At six regular schooling can begin. This is the first course. Within twelve years they can learn the mother tongue, lingua franca and English, the universal language. History and geography can be taught through films. Elements of physics, chemistry, botany, zoology, mathematics, mechanics and engineering must be taught by interesting experiments and illustrations. Between the ages of 12 and 16, they must specialise in an industry like agriculture, carpentry, smithy, textiles, pencil-making, paper-making, printing etc., along with their regular lessons. This is the second course. The third course is an expert course. Students must be trained as experts in any two academic or technical subjects. At eighteen begins the practical professional course.

Course of Training

To achieve so much there must be a course of training. The consecrated children are given away to Yoga centre in the third year. Up to six they are trained in moral discipline, cleanliness, picture stories of great saints, in story telling, garden work and sundry services, useful to the centre. Then they learn small industries like cover making, paper cutting, making kindergarten gifts, spinning, clay modelling, painting, etc. They must learn by heart many sweet inspiring verses and songs recited by elders and teachers. They must also attend prayer and meditation.

Now the student works in farms or factories to stabilize knowledge. Military training is also given. Girls who do not like military training can take up medical or fine art courses. At 24, students must travel and see the world around for one or two years and then find a post or run a business or industry useful to the country. Then they can marry and settle in family life. Parents are obliged to give sound education to their children and the latter are obliged to bring credit to the family, serve their parents and the community.

24. YOGA CENTRE

It is a good plan; but how to find out an institution for such an ideal training.

The community must build such Centres of Yogic Culture. Ten acres of land will do for an ideal Centre. There, ideal teachers can live. Schools can be raised for giving academic, technical and spiritual instruction. A farm can be added to the school. The students can work in the farm or industrial institutions for four hours and learn in the school for five hours. One hour must be spent for recreative sports and physical exercises. Two hours must be given for meditation, prayer and spiritual study. Two hours for bath, cleaning clothes, cooking, eating, etc. One hour for free discussions; three for private study and six hours must be given to sound sleep. Not a single minute must be wasted in gossip, sloth, laziness, quarrel, etc. The atmosphere must vibrate with prayer, study, industry, songs and spiritual energy. The community must set apart a tenth of its net income for this educative mission. Teachers shall be trained for the purpose in the pure Yoga Centre. Teachers must be chosen from consecrated souls.

Consecrated Souls

Consecrated souls are the life of humanity ; they are the upholders of the Sama Yoga Dharma. They are the Leaders of humanity. They do not live for selfish name and fame. They live for the All-in-all in all. They are the apostles of peace and unity in the world. They must scatter the seeds of Pure Life and remove the impure weeds and perilous poison-parasites from the universal life. They must unite in their life the ancient Yoga and the modern Science. They must practise Yoga cultivating perfect knowledge, universal love, inner harmony, energy, spirit of service and sacrifice. They will spend five hours in prayer, meditation, and holy study. They will spend three hours in inner and outer purification and Yogic exercises meant to build up the body, vital and the mind. They will develop psychic force and the cosmic fire. For this they will do intense group meditation. They are obliged to master regional, national, and universal languages, modern sciences and specialise in one useful industrial science by which they must live and serve the society. A Sama Yogi must not beg; must not depend upon others for food and clothing. He must earn his creature comforts by doing some work with the brain, pen, word or hand. He can be employed as a teacher, engineer, doctor, editor, printer, artist, etc. But he must fully consecrate his all for the mission of Pure Yoga. He must not seek even liberation for himself. If anybody offers any thing, he must re-offer it to the Sama Yoga mission and take what the mission gives. He is not for private hoarding. He conquers lower vital nature, craving, attachment, and such evils. His life must soar above the ruts of ordinary existence even like a plane which must fly far above trees, hills and mansions so that it may not hit any impediment and crash. He must cultivate boundless goodwill and equality of vision. He must pray daily for the good of all. He must map out his path with care and accuracy and follow the chart of life laid down by the Master. He must be free from lust and egoism which are the origin of sins. He must take only vegetarian diet and persuade people to do so. He must prohibit violence, anger and intoxicants. He must

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be a model man, a true saint, and a heroic Yogin. He must not run away from the world into solitude, but he must face the problems of the world and clear the path for the pure spiritual life of humanity.

From six to twelve, children will be taught and made to practise the rudimentary principles of all religions, Yogas and systems of philosophy. They will learn about the inspired seers and saints of the world. Their inner Communion will become steady. They will be taught the necessary languages and sciences and will specialise in one language, one science and one art useful for the mission. Twelve to sixteen, they will do intense Yoga and meditation to raise up the cosmic fire and lead it to Sahasrara, opening all the plexus. Their genius shall be awakened and that shall determine their course of life. They will be taught Yogic exercises to control the emotions of the heart and mind. They will specialise in an industry by which they can make an honest living. Sixteen to eighteen is the period of missionary training. During this period they shall realise their Pure Spirit and develop cosmic consciousness along with cosmic energy. They will often go with the elder missionaries for propaganda and social service. They will be given chances of developing the spirit of service and sacrifice and also radiating the yogic dynamism. They will minister in mass prayers, sermons and meditations. They will lead divine concerts. All the materials needed for their spiritual, cultural, social, and economic services shall be ready by this time. They will be given training in constructive work and in self-defence too. They will be despatched to several centres to start schools, hospitals, rescue homes, industrial institutions and publications. They will do spiritual service along with some useful cultural, medical or industrial works. For instance, a Yoga missionary as a Nature doctor will settle in a village garden, building a small hut. He will grow a herbarium there; he will go round the village to treat patients. He will go from house to house and teach people the way of better life in tune with Nature.

He will give sadhana to aspirants. He will demonstrate health films. He will address mass prayers and discourses on the life and teachings of holy Saints. He will gather a pure life circle around him. He will start schools and invite a Teacher-yogi to conduct it. The latter will spread the Gospel of Perfect Life among students. Thus the work and the army of workers shall expand every day. The consecrated souls are obliged to do Yoga practice for six hours, improve knowledge and culture for six hours, serve six hours and take rest for six hours. Their personal hygiene and body building is included in yoga. Full time workers shall be given volunteers to help their mission. They will earn their bread too by dint of social and spiritual services. They shall not beg. No work no food. No service, no life. No Yoga no service. The existence shall be a synthesis of meditation, prayer, knowledge, love and service. They will go to all parts of the world and serve humanity unselfishly.

25. DEDICATED SERVICE

We want men and women for our mission; they shall be given all protection. The centre will look after them. They will be given good education and trained for Yoga and service. They will be posted to preaching work in one centre and that centre shall look after their needs. Until the last, their service shall continue in a suitable manner. Their Yogic force shall keep them healthy and fit.

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We respect all true Saints and sages but adore God above all. We are wide like the sky and unique like the horizon. The Pure Almighty Grace shall be the sole object of our invocation, meditation and realisation. All are equal centres of that mighty Force. The realised elders shall be respected; they will be seated high so that their cosmic force may spread around. But none is placed on God's throne. There will be One God, one world, and one humanity--There is no religious bias, no sectarian division, nor separative egoism in Sama Yoga. All are equal Selves in God-consciousness. This mission is meant to unite East and West, North and South; China, India, Japan and other Asiatic countries with America, England, France and all other Western countries spiritually. The whole humanity East or West, North or South can come into its horizon.

26. PREPARATION

Men and Women in this world must know twelve things and serve their purpose. They are elaborated in the Gospel of Perfect Life. There are three parts in life: Preparation, Presentation and Consummation.

Divinity

God is the Pure almighty one and to attain Him by prayer and meditation is the aim of life. We can be conscious of God in the pure Soul.

The Universe

The Grace of God manifests as the universe of beings and becomings through Nature. The relation of God in Nature and the development of cosmic energy by living in tune with nature are the two achievements of a Yogi. The Yogi considers universe as the temple of Nature where the Divine Grace plays as creatures.

Dharma or Law of Life

Dharma is the power of the universe which leads to Self-perfection and all perfection. Love, truth, purity, unity, divinity, peace, freedom of conscience, non-injury, nonviolence, inner tranquillity, gentle useful words, holy study, chants; service of saints and sages, social efficiency, self-control, sex-control, earning one's livelihood by an industry and self sacrifice for the good for all. These are the fundamental laws of collective life. Hatred, vanity, falsehood, perfidy, talebearing, adultery, gambling etc., are the vices to be avoided.

Education

Education is compulsory for all. Self-knowledge, world-knowledge, scientific-knowledge, psychic development, fine arts, instructions in all branches that are necessary for the present age. English, National and Mother tongues, geography, history, mathematics, social study, a paying industry, detailed anatomy, pathology, health-science and military training--these shall be acquired by Sama yogins during youth-hood.

Universal Love

Universal Love shall be developed by gentle manners, courtesy, friendship, by good personality, neatness, compassion, mercy, non-injury, harmlessness, truth, patience, forbearance, nobility and graceful behaviour.

Character

Character is very important in Sama yoga. The yogi sets an example of purity, unity and divinity for all. He finds out his misgivings every day and reforms himself. He maintains a diary of events and progress in life. He avoids bad habits, falsehood, treachery, envy, calumny, vain gossip, boasting, anger, lust, greed, etc. Love and purity shall be his two companions in life. He will behave respectfully towards others. He conserves his vital energy by celibacy.

27. PRESENTATION

Marriage

The celibates after finishing education marry by psychic love. Both sides must have the advantage of good education, character, zeal for love and life and service. Both must be advanced in yoga and science. Sex-Science shall be taught to both. The husband must be fixed in an employment; he must be able to earn and support the family when marriage takes place. The wife manages home and the husband goes out and earns the means of living. Once married to a proper match, no other sex contact is allowed. Divorce shall be very rare. The widow and the widower can remarry, if the age, body and status permit. Or they can dedicate their life to the service of humanity.

Family Life

Family Life must be harmoniously organised. The country starts with home. Father, mother, children, relatives, friends--all shall do their respective duties and every work shall be a contribution to the domestic economy and harmony. A beehive harmony shall prevail at home. The family shall work for a decent living. Poverty, ignorance and slavery shall not enter its portals. One fourth of the income shall be invested in a bank for future needs and industrial developments. From the rest, a margin of one-tenth shall be set apart to aid the Sama Yoga mission. Family members shall avoid jewels, luxuries, vanities, debts, intoxicants, quarrels, intrigues and litigation. They must meditate morning and evening together and pray for peace and joy of all.

These are the necessary festivals that family men shall observe.

Birth day, Death day, Education day, Efficiency day (when the youth gets his degree of proficiency), Marriage day, Saint's day, Hero's day, National day--These shall be observed by concerts, prayers and meditation.

No impediment is placed between God and man. Pictures of Saints adorn the walls to create a holy atmosphere. The elder members of a family can initiate, lead the prayer and meditation. No other ceremony is needed. Flowers are beautifully arranged in vases. They are not thrown on idols. Aum-Light in seven-colour circles, is our symbol--Aum Suddha Shakti Aum (Hail Pure Almighty Grace) is our mantra. A social feast may be held for the sake of congregational unity during festivals in which rice, vegetable compound, Iddalies, (black gram cakes), sweet fruit salads, fruit juices, soaked beans and such vitamin substances shall be served. No intoxicants shall be used by the members of the mission. Work is the 9th item of our Sama Yoga mission.

Consecrated Work

Purity in thought, word, deed, in efforts, in life and living, in actions and movements and collective spirit in work and common enjoyment of its fruits is our aim. No member is separate from the group at large. Every one is a worker; each must work for self-maintenance and to help the communion. Every work shall be a dedication to the pure One, the Self-I in all. The work shall be adapted to the needs and environments. The inner balance shall be kept always in work. Each shall concentrate in his chosen appointment. Work must contribute to the progress and wellbeing of the communion. Agriculture, horticulture, spinning, weaving, pottery, tool making, small scale industries, large scale, heavy industries, engineering, fine arts, machinery and such useful works are encouraged here according to needs. The family can be supported by any useful work. No harmful crops like tobacco, tea or coffee shall be raised. The land wasted in raising harmful crops can be utilised for food crops. Useful fruits, grains, cereals and pulses can be grown. The fruit of the work must go to a general Cooperative society which distributes things according to needs. None shall starve and none hoard beyond needs. Wealth of all goes to the good of all.

Money Power.

Money is a power. You must make money by honest labour and put it to a good use. You must be a good trustee of the property that is in your command. Money power today is in the hands of hostile forces; it is wasted in evil sensualities. The money power must be won back to Pure-Divine Service so that it can cherish good institutions and promote education, industry and constructive works. The country's money must be utilised for its reconstruction.

Politics and Civics.

That is our tenth item. Every member must take interest in the progress of the nation and humanity at large. The world belongs to humanity. Every man and woman has a right to draw the fullest advantage of this field of self-perfection and evolution.. Each has a right to work, vote and live here comfortably. Every one must take part in the defence of the country and humanity. There shall be parades each month for all. There shall be a national militia to keep peace in the country and international militia to maintain peace in the world. Any country oppressing its people or other peoples must be prevented from doing evil by the International Council. The whole administration shall be run by efficient and well trained citizens. Taxes collected from trade, industry and surplus incomes shall be spent liberally for Education, Economic reconstruction, Industries, Justice, Police, militia, foreign relations, propaganda, promotion of arts and sciences, researches, mining, for Sama Yogic mission that shall spiritualise, purify, unite and divinise the land and to train missionaries for universal peace and felicity. The whole political machinery shall run with the current of spiritual communion. It shall be a Yoga of the human aggregate with the Pure Divine Spirit in all. This is otherwise called *Spiritual Socialism* or Sama Yoga communion. This is based upon the wide unity of souls in meditation, and Yogic culture and good education. The human society lives conscious of the unique spirit in all, loving and serving one another. Every one's life is a sacrifice for the common good. Each lives for all and all for each. One God, one world, one humanity and one communion of souls is its motto. Spiritual Socialism is our aim. One world union, one

government and one Sama Yoga life for all is our fond hope.

28. CONSUMMATION

But it will take long for the world to realise this great ideal of Spiritual Socialism. Sama Yoga is the short cut.

Yoga is inner communion with the Pure Spirit which is our Divine principle. The human must surrender to the Divine and live, love, know, work and progress in its consciousness. Consecrate work and fruit to the Pure One. Meditate, pray, sublimate the mind by steeping it in Divine love and service. Keep the gnostic equilibrium within--You will get Yoga.

Gnostic Equilibrium

The Gnostic equilibrium (Jnanasambandam) is a consciousness that keeps the balanced connection between the body, mind, heart and soul. It is the force that links Matter with the Pure Spirit. It can be felt only in deep inner communion. Keep a tranquil mind and a peaceful heart; go on with meditation; you will be aware of it. It leads to the mysteries of the inside. It holds the key to inner balanced peace. Body, vital and the mind are the realms of the material nature. Mind is a subtle body just as body is gross mind. It is our servant, not the master. It thinks, asserts, feels and wanders through the senses and brings in sense impressions. Go beyond the senses; sit alone, contemplate. Simply watch the mind as a witness from behind. Mind is refined matter, a subjectivised object; body is a crystalised mind. Both are conducted by the Ida-Pingala-Sushumna nadis (sensory-motor-spinalis). These subtle nerves are controlled by Prana. When the Prana is controlled, the mind is also controlled. Stand aside and watch the mind and the breath. Mind will calm down gradually. Yogi must focus it then in the heart. Heart is the psychic centre. It is the root of the Divine Principle in men. As the mind loses itself into the psychic-consciousness, a vibration is felt in deep meditation; the gnostic force is felt now like an electric current; it is all energy. It is the driving force of the human mechanism. An equipoise is felt in the being and a balanced peace and satisfaction is experienced in the heart. Continue meditation and you will feel the Truth-Consciousness-Bliss. In complete silence of the tongue and the mind, the Gnosis works dynamically and the higher planes are reached smoothly. Too much talk is an enemy of Yoga. Silence is its friend ! Aum! Mum.

Silence

Silence is not mere stoppage of speech. That will not do. It is control of the tongue, the vital passions and the wandering mind. Silence is creating inner peace and tranquillity. Silence of speech can aid this inner silence. Observe silence on Sundays and holidays. Do not talk while you eat. Do not talk before finishing your prayer and meditation in the morning. Talk to the point otherwise and keep silence after 9 p.m. Engage yourself in a serene work quietly. You will get deep concentrated ingathered inner peace. Then you can move in the world calm and silent within, unperturbed by the change of events. Silence fulfils life in the Soul.

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Pure Bliss Consciousness and a dynamic life in that consciousness -- This is the final achievement.

Here is the Twelfth point -- Yogic consummation. The perfect Yogi radiates Pure bliss to thousands of receptive souls and becomes a centre of Spiritual energy. He lives in the Divine Bliss and moves in the world unattached like the air. He spontaneously works for the purity, unity and divinity of humanity.

29. HOW TO ORGANISE

This is the work we want at present. A Sama Yoga Centre can be started in natural surroundings and peaceful atmosphere. You can find out a piece of land and make a well. Ten acres will do to begin with. Fence it around so that the atmosphere can be kept clean and pure. Create fruit gardens and raise food crops and cotton in five acres. Make the centre self-sufficient economically first. Then raise a Communion Hall. There shall be at the Sanctum a bright round mirror surrounded by circles of seven colours denoting seven Psychic planes. Light a lamp before the mirror. Start meditation, prayer, holy study and discourses; then start a school, a hospital, a poor house in which the helpless can work and live. Raise an industrial institute in which students can work and earn their livelihood. Take first fifteen students for training in Spiritual Socialism. Then expand. Train ideal teachers too. Hold Yogic camp for a month or two. Select willing souls for the missionary work. If hundred souls form an ideal Yogic Centre and live a pure life that will serve an example to all; the centres can be expanded as facilities are available and more centres can be started in course of time in suitable places.

Three Sections

We have three sections in the Sama Yoga Centre. One for pure family men; they must live according to the rules laid down for family men. They must be technicians experts in a serviceable craft and give the centre six hours' service daily and meditate for an hour with the congregation; they must take vegetable food; they must slowly leave off ordinary sensual life and settle in Yoga through prayer and meditation. If they are employed elsewhere they must support themselves and serve the Yoga centre for two hours daily and follow its discipline. If not they must live outside the campus.

Those who have four children must take the vow of celibacy. One child must be trained as Yoga missionary. The Celibate group studies in the Sama Yoga college leading pure life free from sensualities. The third is the Pure Yoga group; the Sama Yogins therein lead an ideal life of love, service, prayer and meditation. They are the leaders of the centre. All the three groups are equal workers for the progress of the Pure Yoga Centre. You are conscious of this mission; you have Psychic opening, sincerity, truth and sacrificing spirit and your family too. You can today begin the pure life of Spiritual Socialism. Sing all with me the Peace anthem.

30. PEACE ANTHEM

Peace for all, peace for all,
For all the countries peace !
Joy for all, joy for all,
For all the nations joy!
A rosy morning peace,
A smiling summer joy! (Peace)

All for each and each for all,
This is the golden rule;
Life and Light and Love for all,
For all that live our love! (Peace)

Work and food and clothes for all.,
Equal status for all,
Health and home and school for all!
A happy world for all! (Peace)

No idle rich, no more beggars,
All are equal workers;
No more fears, no more tears,
The heart is full of cheers! (Peace)

No atom scare, no fat mammon,
No room for war demon;
Like leaves in trees, like rays in sun
We are one communion,
One Divine communion!
The good in you is good for all!
Your life is life for all.
The God in you is God for all,
Your love is love for all ! (Peace)

For he or she or it or rest,
This collective life is best.
This Universal Life is best,
North or South, or East or west. (Peace)

Peace for plants and birds and beasts,
For hills and streams and woods,
Peace in Home-land and air and sea,
Dynamic peace we see.

**PEACE FOR ALL, PEACE FOR ALL,
IMMORTAL PEACE FOR ALL!**