

Gospel Of Perfect Life

# **GOSPEL OF PERFECT LIFE**

**BY**

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## **SPIRITUAL SOCIALISM**

Spiritual Socialism, Sama Yoga, is the fulfilment of all human hopes and endeavours. It is the pattern of a better, higher, purer, collective life in tune with the Soul that is one in all. The spiritual socialist sees all in the One and the One in all. The universe is his temple. The collective human soul is his God and dedicated service is his worship. To see all happy is his Self-Delight. The allness of the individual is the basis of this Socialism-to feel one with all in cosmic consciousness. Behold the flower that blossoms in the peace of the crimson dawn. Its smile is an ecstasy of self-giving. Its beauty is a poem of joy. Its perfume plays with the wind and spreads around for the health of all. The Aumful bees drink its honey and collect it in the hive for the good of all. The beehive socialism is the example of an active collective life. Behold the rain clouds woven by the solar heat from the tossing waves. What is drawn up falls as rain and cherishes earth with golden yields. Such is Spiritual Socialism which is a battery of two forces--the material Science and spiritual Yoga. Yoga is the psychic science of better life which trains the body, life, mind, heart, intellect and innate powers to a perfect harmony. Yoga is a life of beauty, harmony and energy in tune with the Infinite Spirit that is the core of beings. Yoga realises in meditation the unique One that is the Self of beings. It offers unity of consciousness that is the foundation of one world and one humanity. A scientific life set upon this spiritual harmony is the potent remedy for the ills of vital egoistic passions that rush to a sanguine nuclear holocaust. Spiritual socialism is the panacea for the war-worn world. This Gospel of perfect Life gives you in twelve treatises the graded Sadhanas of Sama Yoga.

## **GOSPEL OF PERFECT LIFE**

### **Treatise 1: Divinity**

#### **1. The Supreme One**

**AUM: supreme Light and Life of life He is,  
The inseparate ONE, Fulness of Bliss.**

Yogins in perfect self-identity realise the Supreme as the primordial all creating Sound, AUM, as the Supreme light of knowledge, as the One Life by which all things live and move and have their being and as the Abundance of inborn Delight which is never separable from life.

Aum is the essence of the Scripture. It creates forms and gives them names. It combines three sounds--A, U and M. A is the starting-point of all letters in all languages. It represents the Almighty Sat, the true Existence. U is Chit (Consciousness), the Universal Force (Shakti) of the Supreme One which sports as beings. M stands for the manifestation of God in the individual soul as Bliss. His Supreme Truth--light expands into the bliss of Universal existence through self-conscious Force or Cosmic Energy. This is the meaning of Aum.

Yogins in deep meditation see the Divine light shining betwixt their brows. God is the Light of all luminaries--the Sun, the Moon, the Stars, the flaming Fire and other effulgences.

Bliss is inseparable from the spirit of Man. It is per-vaded by God who is Bliss. To know Him, to feel Him, to keep self-identity intact makes life a continuous delight. To forget Him in the ignorance of egoism is misery. He, the Sound and the Light, the eternal Truth, is in us as pure Delight. Let us know Him thus and live in Him.

**The heart's Beloved, Universal One  
The Ocean of Delight is Heaven's Sun.**

The heart is where you put your hand and assert, 'I did this', and 'This is mine.' It is the seat of the Individual spirit, the God in the man. The same Divinity that dwells in our hearts, pervades the entire universe. All beings are filled with the Flood of Self-Delight. Like the radiation of the Sun, Divinity radiates Grace-Light from the heaven of Consciousness, the *Chit-akasha*. God is the true 'I', the spiritual 'I' in man. The world outside is the wider 'I', the individual universalised. When the senses are in-drawn to the mind, thence to the intellect, thence to the meditative heart and thence to the core of One's being, the ego 'I', the lower 'I' surrenders step by step to the true 'I', the spiritual 'I' and the Yogin becomes aware of the Supreme Flood of light which gives him bliss-thrills. Heaven is the mystic Sahasrara, the thousand-petalled lotus above the pineal region of the human body. The superconscious yogin rises to Turiya's peak to enjoy there the nightless day of endless Bliss and the unceasing glow of Grace and Peace.

There are two centres of realisation: One is the heart. Meditation in the heart gives peace and bliss. From this centre, psychic current flows up to the

White Lotus, the mystic Sahasrara. Following this upward current in his trance, the Yogin reaches the super--conscious plane of the cerebral region and attains Siddhi (perfection). There he lives in the utter union of self-identity with the Supreme, the Pure One.

**Eight-virtued Lord, is all-inclusive One,  
Eternal Goodness, Knowledge and the Known.**

The eight virtues are: immaculate purity, invincible power, infallible knowledge, perfect bliss, pure cosmic consciousness, unbending freedom, unattached attitude (as mere witness) and mastery over the forces of nature. God alone has these eight virtues. He is the Unique, the One without a second. There is nothing to equal Him. He is All, and All in all; nothing without Him, nothing beyond Him. He is the peerless Master of Souls, the Containee and the Contained. To know Him is to know all. In deep meditation and trance, He is known as Consciousness Delight. No need to go anywhere. You can know Him as your very Self by consecrated, concentrated, ingathered meditation. Love Him, live in Him, take refuge in Him. And He will lead you to Himself in the self that is you. There is none other to take His place. None can give what He can give.

**Guide of devoted love, who caused to be  
Heat and Light and Air and Earth and Sea**

God caused all living things to be, and gave men love as the means of life. He is manifest in all living beings and in the five elements wherein they live. He is manifest in Nature, who, like a Mother, forms and fosters life. Nature is His personality and power. The ethereal vault of heaven is the infinite storehouse of His Power. The electrons, protons and neutrons, whirling invisibly in space release tremendous forces which work wonders on the Earth.

From the ethereal sky, Air was evolved. Air is the vital breath of all life, of men and brute, bird and fish as well as of vegetation. From air, Fire emanated. The sun, the moon and the stars are aglow with the energy of Fire. The Sun's rays form the source of light, of warmth and of vital energy. They contain Vitamin D. They are the harbingers of health. Without warmth, life cannot exist. The temperature of the blood must be constantly steady at 98.4F.

The sea is as wonderful a creation of God as the sky. It is a vast storehouse of water. The sun draws vapour from it, and forms the clouds which shower rain on Earth to sustain her--the green Earth smiles and yields the golden grain as food for all her children. Thus, by God's grace, from the heavens to the earth runs a chain of manifestation of the elements from which bliss flows to all living things. God alone can give us such wonderful sources of bliss. Unto Him alone, we surrender ourselves.

**All things are His; His Will rules over all;  
All is Himself, He is common to all.**

God is the heart and soul of every created thing. The Universe is His form. It obeys His will. Human life can prosper harmoniously together only if the vital-mental ego'I' surrenders to the Divine 'I' the immanent Reality in every being. The world and all things that are, belong to Him alone. They be-

long to nobody else. The earth is a commonwealth of His creation. No individual can claim it, in part or as a whole, as his own. Hence all humanity should live and can live as one family in God's universal home. His command, as head of the family, is heard in the conscience of every person. If it be obeyed, no outside force is needed and everyone might be a princely inheritor of the Divine Grace.

## 2. That Which Is

**Transcending name and form and attribute,  
The One Supreme exists; pay Him tribute.**

Names and forms are creations of the human mind. Nature knows no name. Forms attributed to God are the supramental concepts of yogins. They symbolise the attributes of God. Their purpose is to help concentration. The attributes of God are themselves given by the devotees who desire to personify Him. God is impersonal, pure Reality, Splendour, Bliss. He is beyond names and forms. Sugar assumes several forms as sweets. It is known by different names in different languages. But its quality does not differ with these different names in the different languages. It does not differ with the differences in form either. The nose cannot be mistaken for the tongue, merely because it is called *nak* (the Tamil name for tongue) in Hindi. The sun is known as Ravi, Sol, Soleil, Suraj and Nayiru in Sanskrit, Latin, French, Hindi and Tamil respectively. But the same sun is meant by all; it does not change with the changes in its name.

The devotee must look beyond names and forms and attributes. He must look at the transcending Reality that is Truth. He must look through the veil of names and forms at the core of True Reality within. Then only will he see that Shiva means the Bliss Divine, Visvanath signifies the Universality of God, and Vishnu His Omnipresence. One electric current manifests itself in electric lights, electric fans, electric stoves, in the trams and the cinemas. The out-going mind sees the external variations. The in-gathered mind, concentrated in the heart, sees the One in all the various names and forms. Be conscious of that One, always, everywhere and in every person or thing. All quarrels over the names and forms of the several religions will then cease to be.

**People paint Him variously; but know  
One only is; and unto That they bow.**

Men see things through the spectra of their mind and they see the colourless One in variegated colours. They therefore, call the Unique One variously; Allah, Jehova, Tao, Ahura Mazdan, Brahman, Brahma, Shiva, Vishnu, Narayan, Shakthi are some of the names they give God. And they quarrel over these names, unaware of the truth that all these names denote the only One who is All and All in All. There is no 'my God', or 'your God' or 'his God' or 'her God'. The Christian's Father in Heaven is never different from the Hindu's 'Shiva upon the Kailasa' or the Muslim's 'Allah in Paradise'. For, God is Truth; He is the spirit immanent in matter, the Immortal in mortal forms and names. Religious bickerings, sometimes developing into political wars, arise out of ignorance. One God, one universe, one pure Spirit pervading all—that is the truth. Just as all the trees of a grove have their roots in one common piece of land, all things in nature have their origin, their support and their life in

the One Supreme Divine. Know Him, feel Him, in your inner self, and be equal-  
visioned.

**Subdue the senses five; the King in court  
Through love behold Him in the fivefold fort.**

Eye, ear, nose, tongue and skin are the five sensory organs. Sight, sound, smell, taste and touch are the five sensations. These tempt men away from their inner peace. They must be subdued. The mind too must obey the spirit who dwells within. Then only deep concentrated meditation is possible. Through meditation and concentration, one becomes conscious of the Pure Indwelling Spirit, holding court in the citadel of the human body. This citadel is ringed in by five encircling walls. These fivefold walls or sheaths of the human body are:

**1. The gross material body;** this is made up of all the five elements and comprises the skin, hair, muscle, tendon, vein, artery, nerve and bone. This is the outer coat of the human being. All differences of colour, caste or clime are seen in this body alone. This is known as the food sheath or ***annamaya kosha***.

**2. The vital body, (Virya Sharira):** This comprises the net-work of sensory and motor nerves, including the brain, the sympathetic system, the ganglions, glands and hormones. This is the fountain-head of the vital breath which is life. It is full of life-energy and links the material body with the mental body. Hunger and thirst, love and hatred, and all other temperamental activities belong to this body. Hatha Yoga is concerned only with the conquest of these two planes, the vital and the physical. This is known as the ***pranamaya kosha***.

**3. The subtle mental body (Sukshma Sharira) :** This is known as ***manomaya kosha***. It comprises the mind and the five senses of cognition. The thinking mind is *manas*, the intellect *buddhi*, the emotive mind *chitta*, and the egoistic feeling, *Ahamkara*; these are the four components of the mind. The mind is tossed about by the egoistic feelings of 'I' and 'mine' and is in perpetual agitation, swayed to and fro by the strong gusts of hatred and love, likes and dislikes, conceptions of good and evil, and other dualised contraries or *dvandvas*. The three categories, *satva*, *rajas*, and *tamas*, the pacific, the passionate and the plumbian belong to this plane.

Mind is the thought-centre. Verily, it is made up of a bundle of thoughts and desires. The intellect discerns, the mind thinks, the chitta records and egoism asserts and activates. The *manomaya kosha* veils God from man.

The conquest of mind is mightier than the conquest of the entire outside world. Raja Yoga is concerned with this conquest.

**4. Gnostic body** or the supramental plane is above the region of the intellect and the mind. Mind is like the twilight with its shades of light and darkness, and with its dim phantasies and dual contraries. Gnosis is seeing things as they really are, sensing the unity behind the apparent multiplicity. The Gnostic plane of consciousness is the abode of intrinsic equal vision. All attempts at forming a world union, an universal State, a commonwealth of

united nations are futile without the attainment of this plane of Consciousness which is beyond the reach of mere intellect. Complete surrender of the ego 'I' to the Divine 'I' in man is the only way to reach this plane of harmonious vision called ***Vijnanamaya kosha***.

5. And, lastly the **bliss-body** or the ***anandamaya kosha***. This is the casual body. Divine delight can be felt only on this plane. Deep meditation and complete self-surrender and remaining devoid of all thoughts and mental activities constitute the way to attain to this plane of Consciousness. The pure Atman, the King who reigns supreme is within, beyond these five outer enfolding *koshas*, the Self of all selves, the life of all lives, directing everything, witnessing everything, and unattached to the results of activities in these five planes. To know Him, perfect control of the senses, of mind and thought is an imperative requirement.

**Within the heart, as Knowledge-Self He is  
Whose holy Grace ordains abundant Bliss.**

Real delight flows only from the realisation of the Inner Self whose nature is All-Knowledge. Self is the thing to be known. By knowing it all is known and no other thing is there to be known. It is the Essence of knowing. It is the Truth-Consciousness, the Sat-Chit, the Truth-Light, in each one of us. And it is attainable only if the holy grace flows like honey from the blossom of Divine Energy which only blooms in an atmosphere of concentrated devotion and serene meditation.

**Awake, arise and Heaven's Kingdom see;  
Within thyself lies that Felicity!**

Awake from the mental delusion and the seeming tangle of dualities. Rise above the intellect, to higher planes of Truth-Consciousness-Bliss. Reach in consciousness the White lotus, the *Sahasrara*, and behold the Kingdom of heaven there whose King is the Pure Eternal One who is the Self of yourself. He, the King-Spirit is All-Consciousness; He radiates Himself everywhere. The impurities of the lower nature never trespass into that Heaven of the Purest. Be steeped in the flowing current of conscious Energy; that is supreme Felicity, eternal Delight. That is Spiritual Rebirth and Life in the Heaven of God.

### **3. Manifestation**

**Know ye the Knowledge-Sun whose rays of Grace  
Pervade in full, and everywhere in Space.**

The pure Spirit dawns like the rising Sun in the placid horizon of the peaceful void free from the mental clouds. Just as the material Sun manifests itself radiating Energy everywhere, the Divine Spirit manifests itself as the Knowledge-Sun radiating spontaneously its creative Energy. All life is the Radiance of That Exultant Spirit; and hence Life in essence is Delight. Since the Divine Spirit is all pervading, in every Life, Life Divine is also omnipresent and one must have the consciousness to realise the truth. The Supreme and His Energy are like the Sun and its rays, whiteness and milk, like sweetness and sugar. The radiance of the Sun is the same light as its flaming self. The radiance of the Bliss-Divine is the same unbounded Bliss of His Grace. And

hence, the truth of life and the Spirit is Bliss and Bliss alone.

**Supreme Master, the unbound One looks on;  
His presence provokes five-fold works anon.**

Creation, preservation, destruction, involution and evolution are the five-fold action that takes place in the all-witnessing Divine Presence. The Pure Supreme is unattached to these incessant activities. He remains the eternal witness and the passive background. His Presence radiates the Cosmic Energy which creates, sustains, uncreates turning the wheel of evolution up and down. The sun rises; the rays spread out spontaneously, and paint the universe with wonderful colours of living beauty. Its very presence causes flowers to bloom, awakens bird and animal life and activates all creation. New flowerbuds sprout; old flowers fade and fall and decay into dust merging in the soil whence fresh plants sprout and grow and yield fresh flowers again. The five-fold process thus goes on eternally, every moment, at every place throughout the entire universe. The Pure One simply looks on unconcerned, a blissful Witness of the unceasing play of His Cosmic Force.

**The Seer sees the One from whom emerge  
All universe and into whom remerge.**

Water from the sea evaporates and pours again as rain to come back to the sea as rivers. Even so, the universe of beings emerges from sentient Power of the unique One and returns to merge again in the Divine Power. It is the source and culmination of the stream of creation. It is the root and shoot and flower and fruit and seed of a further growth of life. He who knows this secret is never affected by the passing in and out of things, by gain and loss of circumstances and surroundings and by the involution and evolution of life. He has his firm foothold in the All-pervading Spirit within him, and is as He is.

**Whose temple is the boundless universe,  
His moving temple every being is.**

The lord who pervades the microcosm, pervades the macrocosm too. Animate or inanimate, finite or infinite everything is His temple. The Lord of the little individual is equally the Lord of the vast undivided whole. He is present in the seen as well as in the unseen. Every soul is His sanctum. So every soul must be held in respect. He shines in the sun, and shines likewise in the heart of every one of us. Just as he plays in the wide universe, he plays in you, in him, in her, in that, and in everything. If He is realised in the individual Self, his omnipresent Self in the universe is also realised.

**Give up thy selfish vanity, my soul;  
Mother, the Divine Grace will make thee whole!**

The Gracious Energy of the Divine is personified as the Mother, the mother who makes human existence a poem of perfect beauty, harmony, strength, light and Power. All goddesses are personifications of the Grace which knows no sex. The Divine Grace descends freely into all pure receptive souls. Purity is freedom from egoism, lust and envy. The Ego—I is the root of all bondages. It is the vitiating stain of the mind. From that arise all passions, desires, anger, envy and other hostile forces which impede the spiritual progress. Just as the stain in copper goes with scrubbing, the stain of ego in

the human soul vanishes with spiritual disciplines and meditation. Surrender to the Inner Divine, concentration, consecration, disinterested service, renunciation of vital desires and attachments, denuding oneself by giving up selfish attachments to things of the world, sacred studies, the service and company of true saints, serene contemplation, and silent meditation are the spiritual disciplines which are steps to divest oneself of egoism. The ego gone, Grace fills the void and its alchemic touch transmutes the soul enabling it to realise the Divine. All souls are children of the Divine Grace. The Grace is ever ready to take the human soul in her hands of love and foster its growth and progress to Realisation. Throw off self-sufficient egoism and trust in the Divine Grace; surrender your all at Her feet and follow Her Will like a passive child. The ego-I gone, the Divine-I will wake up in you abright with the splendour of Consciousness Bliss!

#### **4. Worship**

**Speak out and pray with tender heart and true  
Steeped in love; the Lord will answer you.**

Prayer has a very significant effect in one's psychic wellbeing. It stimulates fervour. The heart gets rooted in the Love Divine and the mind becomes one-pointed. The prayer must come not from the lips, but from the heart; it may take the form of a song or a mantra: but the best prayer is inner communion in calm serene peaceful meditation. Silent meditation touches the Divine centre quicker than words. The universal Friend is ever with us ready to respond to our aspiration, to the call of our hearts in anguish and distress, and to extend his healing hand. His answering voice will cure us of the pain of separation and make us whole. He knows what to give and when; he will lead us step by step to perfection.

Here is an ideal prayer:

Hail supreme Light, Silent Witness, my heart's Beloved! Lift the curtain of my mind which hides Thee and manifest Thy Splendour! I am, because Thou art in me, Life of my life, the thought of mind, the Thinker, the Beloved of my heart, the Witness of my acts and the Actor! My life is Thy play; my thoughts and words and deeds are Thy expressions. I am the eye and Thou seest ; I am the ear and Thou hearest; I am the tongue and Thou tastest and speakest. In the quiet sanctum of my heart, I stand before Thee, worshipping Thee with love and devout meditation, I place the garland of my aspiration at Thy feet. My entire being is an offering unto Thee. Transform this crude ore into pure gold to crown Thy head as diadem . This is my prayer to Thee, Lord of my Destiny. Make of my existence the sceptre of Thy Rule. Shy and silent, my soul beckons to Thee Supreme Lord, to pour down the rain of Thy Grace and quench the thirst of my seeking soul to rouse my Cosmic Force from the lowest centre of my Psyche that it may reach the white thousand-petalled Lotus of Sahasrara where my pilgrim soul shall enjoy immortal Bliss with Thee, O Sachchidananda!

Naught have I to offer Thee, save the silvery flow of my prayerful tears, save the gold-red gleam of my passion to be one with Thee, O measureless Knowledge-Wealth ! Enlighten my soul, I pray Thee. Make me Thy Prince, Eternal King lording over Space and Time. Let Thy healing touch be balm

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unto my aching pain. Illumine my ignorance with Thy Gnostic Light; let my life blossom into beauty in the perpetual summer of Thy smile. Be thou the panacea that removes all my mental, vital and bodily ills. Raise me beyond the twilight of the mind to the high conscious plane of Thy rapturous Bliss-Light. Let me be a child playing in Thy presence, doing Thy Will in this world, radiating Thy energy, basking in Thy love and harmony, blissfully in peace. Let me be strong in Thy strength, iron-willed, tender-hearted, and equal visioned, calm, serene and placid, master of myself and my environment. Let my heart be evergreen with vernal brightness in the eternal spring of Thy smiling presence. Make me a dynamo of Thy omnipotent Power, a pure channel for Thy master will to flow, a gem to crown Thy triumphant glory. Enchanter! Pour the strains of Thy golden flute, calling me to Thy side, leading me from joy to greater joy.

May the river of my life ever empty itself into the Bliss-Ocean of Thy Existence. Let Life Divine be my breath. Strike at the root of my pride and my fear and all other evils that beset me, and make me simple bright and plastic like a child with all the charm of its innocence. Let me serve Thee alone and let me bow my head to none but Thee, Lord of my meditations, Lord of my silence, dynamic witness of my thoughts and actions!

Blessed are they that know Thee, for they are Thine to care and protect. Blessed are they that are simple and free from the ego—I; for they are the children of Thy Grace! Blessed are they who have faith; for they work out Thy Divine Will. Blessed are the pure in heart; for they are ever in Thy Presence. Blessed are those who are sincere; for they are in the royal path of Thy Realm. Blessed are the true; for they attain the Life Divine.

Seekers find Thee; Seers see Thee and become beacons of Thy light. They who give their all for Thee become rich with the abundant wealth of Thy Grace, for sacrifice wins Thy heart; self-giving gains Thyself. Pouring myself in surrender at Thy feet, I mingle with thy Ocean of Bliss in silent Meditation! AUM AUM AUM! Hail Purity! Truth! Bliss!

**Love and Truth are forms, of God in soothe  
Worship Him With heart-felt love and truth.**

Mere offerings of flowers, and oblations of food and mutterings of mantras are of no avail. God cannot be reached by such means. He is the peak of Love's aspiration and pinnacle of Truth's heights. He can be reached therefore only by love and truth: Even without outward formalities, He can be invoked and his Grace will flow if you love Him as you love yourself and serve Him truly by serving all creatures. Love unites your heart to the Divine who is all love. Truth in thought, word and deed purifies you and makes you perceive the identity between your soul and the Supreme Soul. There is nothing anywhere which is greater than Love, and higher than Truth.

**The inner contact free from all bondage  
With psychic sense is worship of a sage.**

All attachments intrude the soul's freedom of inner communion and dis-

turb the mental equipoise and obstruct our concentration. The senses lead the mind astray, and the out going mind scatters our store of energy. The true sage sees and feels the Inner Divine with his psychic sense or pure consciousness. He is detached from objects which allure his five senses of act and feeling, and binds himself firmly to God. He has no other attachment but the Divine attachment. Attaching oneself to the Divine means fixing one's mind solely on meditation and living in communion with the Divine Consciousness. No worshipping of idols in any form is meant here. The Sage, the Yogin worships the Divine not with flowers that fade away, but with the blooming eternal flower of Consciousness (Chaitanya). Fixing the meditating mind on the Divine Centre (the heart or the White Lotus of Sahasrara) is truly binding oneself with the Divine. To watch the vibration of cosmic energy and be conscious of one's oneness with the true Divine Self in the plexus of the heart or in the higher regions, is to be in touch with Him. This is the truest form of prayer which purifies the entire being and fills the heart with bliss and the life with spiritual freedom. Dynamic consciousness during meditation unites the individual soul with the infinite.

**To feel that all is I and mine is grief,  
To feel that all is God's, blissful relief.**

The ego-I feels "I am this and all these are mine" and leads on to endless troubles. Desire and greed, envy and hatred, pride, haughtiness, gnashing of teeth and waging of wars are all outcome of this feeling of I and mine and mine alone. However great a man may be, he is but a limited embodied being; he can never equal God nor usurp His throne. He cannot properly govern his own microcosm, leave alone the macrocosm of God's wonderful creation. He cannot save himself from disease, senility and death and grief. How can he pretend to save the universe? God alone can save him even as He alone can save the entire universe. If he would save himself, man must surrender himself entirely to the Divine in the heart. Real surrender is to merge the wandering mind in the Pure Divine self, which is the God in man. By this sincere psychic meditative surrender, the ego-I will pale into insignificance and perish; and the Divine-I alone will act in the human instrument; the Divine Grace will pour continuously into the being.

**God the Parent-Self Himself will give  
To those who give themselves and in Him live.**

On surrendering one's self to God, God takes possession of the surrendering self and becomes its father and mother. Father-like, He protects it from danger and Mother-like, he nourishes it to perfection. With the love of a mother and the fostering care of a father, the Divine parent of all creation, leads the surrendering soul by steps to everlasting Bliss. Only the simple faith of the child who surrenders himself to his parent's care is wanted. One must obey God's laws even as the innocent child obeys its loving parents.

The human soul is transmuted into the Divine by constant self-surrender, even as iron becomes red with heat by constant contact with fire. God is ever ready with His gift. He gives Himself to everybody. Ask and you will receive. He is there with outstretched hands. He will clasp you to his

bosom and save you, if you seek refuge in Him. Call and He will come to you. Trust Him; and He will lead you to bliss. Speak out and He will whisper unto you answering words of comfort. For, He is ever near you enthroned in your innermost heart.

This lesson of self-surrender is the central teaching of the Gita and the Quoran, the Vedas and the Agamas.

How man attains Godhood by self surrender, by unswerving love, truth and meditation will now be considered.

## 5. Godhood

**Be pure in heart and know, that God as Bliss  
Creates, Protects, and uncreates all this.**

God is absolute Bliss. Bliss-conscious, He creates the entire universe and sustains it and unwinds it again into Bliss. Bliss, in reality, is the fundamental basis of the individual as well as the universal life. The pure in heart see the Divine Bliss pervading themselves and their other-selves. To them every thing is a flow of bliss, a play of the bliss-consciousness of God. The impure are unable to feel this Bliss since their heart is dimmed and the vision covered by the stains of egoism, of pride and lust and the impression of dual perception. To them also comes, in course of time, the Grace of God which transforms beings, even as the goldsmith purifies the ore and makes it gold. The Divine Grace gives them other births and bodies to get rid of their stains of lust and egoism by repeated struggles to escape the rounds of birth and death. Tired at last of this seemingly endless struggle, they thirst for the liberation which God's Grace alone can give. This ardent thirst brings natural surrender of the human soul to the Almighty Will. Then the heart and mind are purged of all mental dross and shine crystal clear. In that clarity of vision, the lover and the beloved become all bliss.

The washerman soaks the soiled clothes in mud and cow-dung and boils them together and beats them on the rough surface of the stone-slab, to remove the dirt from cloth. Likewise, God soaks the human soul in experiences of life on the mental, vital and physical planes in order to rid it off the past stains and impressions that dim the true vision of God in the heart and render it pure. Thus rendered pure in heart, the human soul senses, sees and experiences the Divine Bliss in and out, everywhere and always.

**Truth, goodness, resolve, service and control  
Of self, are steps to reach the Purest Soul.**

God is the ultimate truth. He is the purest One. One must reach the purest Soul throbbing in the psychic centre to be conscious of the inner Divinity. These are the steps towards that: One must be true to himself and to the world around. One must practise the virtue of goodness and do disinterested service for the Divine in all beings. By firm resolve and continued practice (which go by the name of *tapas*) one must withdraw the outgoing senses and turn them inward and bridle one's desires and curb one's passion with watchful vigilance. One must develop *vairagya* or non-

attachment and train the wandering emotive mind to concentrate on the meditation of the Divine Consciousness. By conquering the ego-self and dissolving it in the Divine consciousness, with the help of these five qualities, the human being is transformed into the Divine.

**True love, firm faith, high-minded sympathy  
These three guide the pure-hearted devotee.**

The pure in heart are true in love. They are the true servants of the Divine supreme on earth. They are the Divine equally in all. Their love is different from animal man attachments. For they love the True beings. True love sees God in all men and Shakti, His energy, in all women. The devotee's faith is firm, for it is not a blind faith. He sees the flaming Divine Spirit in the lamp of existence. He sees That and adores That alone. He is in tune with the Infinite. His heart beats in sympathy with all created things. For he sees everything as an embodiment of That, and he sees himself as That. Service to others therefore becomes service to his own self, to his several altar egos. Such service widens the soul confined within him till it expands and merges with the universal soul. Such unselfish service purifies all life with overwhelming love.

**Seek ye the Lord within, by serene mind  
Free from lust anger which delusions bind.**

The vulgar mind is stained with the sex passion, lust with greed, avarice, with delusion and with raging anger which comes when the passion is frustrated. Peace of mind is broken then. Man lives in fear of men and wages perpetual wars on his neighbours. Thwarted passion makes his thoughts turbid and turbulent. The mental energy goes to waste; the senses are perturbed and get perverted; nerves go weary with conflicting excitements. Disease leads to speedy death. Like epidemics which affect the bodily health, passion and rage and delusion affect the vital-mental body adversely. One must be careful of his moral purity, if a pure healthy psyche is required. He must fear passions just as he fears pestilences. Because only with a serene, sublime, tranquil psyche can God be felt and realised as pure Consciousness-Bliss.

**Not led astray by roving thought, remain  
And see the flaming splendour in the brain.**

There is a psychic expanse deep within the human brain; it is the inner psychic void, Chit-Akasha, pervaded by the Divine Consciousness, just as the space between earth and sky is pervaded by air. The root of this Consciousness runs deep into the heart. A subtle current of energy flows through a psychic cord which connects these two centres of divinity. The consciousness rooted in the heart blossoms and bears fruit in the brain. This current radiates the warmth of peace and serene quietude in the heart, and it sheds effulgent light in the cerebrum. This inner void is where the spinal cord, the sensory nerves and the motor nerves touch the *pineal* region. This meeting place is the upper psychic centre. The three fundamental threads of sensation, the spinal cord and the sensory and motor nerves,

form the triple strands of the wick which by the illumining touch of Divine Consciousness makes the *pineal* region an eternal lamp of bliss. When the supreme Light shines there, the human body sheds light about it, like an electric bulb when the electric current is switched on. But the mind like the inside of an electric bulb must be an enclosed void. Agitating thought must be excluded from it and expelled, if the light is to shine eternally with the flame steady and serene, flickerless and one-pointed. Only in that light is concentrated meditation and uninterrupted communion with the Divine possible. Only along those beckoning rays of Light-Bliss can the seeker ascend from the region of the heart to the top most centre of his psychic being and bask in the everlasting joy of that splendid vision. Steady meditation on that Light illumines the triple sheaths of the mental, the vital and the physical bodies and radiates from the realised Yogin's face and presence.

## TREATISE II: THE UNIVERSE

### 1. The Universe

**Behold the world's a temple of the light  
Playing bodied in souls by day and night.**

The world is a wide temple whose blue dome is the starry sky. The Divine light plays in it as sun, moon, and luminaries. The manifold souls form the body of that Light. So regard the individual as well as the universal life as the Lord's own. Service to beings is sacred worship.

**Behold the Lord the Life of life diverse;  
His unique Grace plays as the universe.**

God is the one life that breathes in all lives. His unique Grace plays in the world as beings and forces of Nature. The light in the Sun, the coolness in the Moon, the heat in the fire and the coldness in water, the sweetness in the mango fruit and the sourness in the lime—all these are manifestations of his Grace.

**Regard the vast heaven and earth as God;  
See His play in even the humblest clod.**

God has assumed the form of the universe. He is the soul of everything. Everything has a mission in the creation of the Lord. Nothing is negligible. Littleness is something the greatness of which we do not know.

**The moving body is a tiny world  
Whose King is seated in the heart; behold!**

The body is a microcosm. God, seated in the heart of every being, rules over its destiny. The body is a dynamo of His Cosmic Force. God the Mechanist, guides its activities. Feel Him!

**In Nature's body, God is pure Spirit;  
Regard all lives—a single chain of That.**

Nature, the body, the Spirit and the Divine are the component parts of our being. The senses of acting and knowing, sensations, the vital nerve currents, the thinking mind, the emotions, ego, intellect, the three modes and many other subtleties are contained in the body of Nature. Nature has changing forms and different modifications. The Pure Spirit is immortal and immutable. All that live form a ceaseless chain of this living Spirit.

## **2. Reality of the World**

**Why quarrel over 'is or not', O man?**

**Live and serve the world as best as you can.**

God, Spirit and the world are triple entities of one truth. The world is a changing constant; it is relatively real. Do not waste your time pouring over volumes written upon the 'is or not' of the world. It is now before your eyes and shall be long after you. That day is far distant when the sun may cool or the sea may overflow and destroy the earth. The world is a garden meant for your labour and perfection. The world is an evidence of God, its Father. Shadow shows the presence of a substance. Live in the world without egoistic attachment like a boat on the water, like the perfume in flowers and like a fruit growing on a tree.

**See not the world by dim dividing mind;**

**In Gnostic Light, regard the Truth behind.**

The mind is a Pandora's box of endless conundrums, egoistic attachments, desires and dualities. Mind perverted by the senses, torpedoed peace. It must be won and surpassed. It cannot solve the riddle of existence. It cannot see the One in the many. The Gnostic Supramental Light alone has that unity and harmony of equal vision. It sees the real Spirit behind the confusion of multiplicities. The mind sees the ramified modes. The Gnosis sees the one root that supports and nourishes the tree of existence. The Gnostic vision can be developed by constant meditation upon the wide sky far above the myriad stars.

**That which exists is One and all is That;**

**That which divides is mental self-conceit.**

That truth of things is one: It is the pure Spirit in embodied beings. The mind fed with self-conceit and egoism cannot see this harmony of the equal Spirit. It struggles through a tangle of modes and dualities. It sees branches and not the tree, sun-rays and not the sun. All differences of caste and colour are a perversion of the divided mind. The gnostic vision alone can see that harmony of the Spirit into which all beings blend.

**The Lord on earth has wisely measured things;**

**Behold the banian fruits and the pumpkins.**

God's measure is the fit and right measure. High or low, great or small, everything is fitly proportioned by Him. A tall banian has tiny fruits; for they will not injure any one while falling down. The pumpkin creeper can have big fruits: they will not injure any one. If the banian has as big a fruit as the pumpkin, it is sure to break itself and the head of creatures as

it falls down. Be where God has placed you and do His will cheerfully.

**Through rolling changes of the living earth,  
Know ye the changeless One which is the Truth.**

The world changes by sudden upheavels, by wars and quakes and floods. But the Earth-Spirit persists through all these changes. The silver screen behind the play of a thousand scenes never changes. One unique Light lights the lamps of life. One basic note is the soul of several tunes. Keep to that One; the many will not confuse you.

### 3. Nature

**Con thou Nature, the open book, with zeal  
Live by Nature and reap the knowledge real.**

Nature is the open book of saints and poets. She holds the key of Truth. The majestic sky, the radiant sun, the twinkling stars, the soothing breeze, the roaring sea, the smiling flower, the beautiful day and the mysterious night, the silent hill and the singing stream are books of knowledge to sages and poets who know how to live in tune with Nature.

**Nature is the wordless teacher who speaks,  
Profound wisdom for the student who seeks.**

The students of nature learn truth directly. God speaks from the heart of Nature. The peaceful golden dawn, the happy bird singing in sylvan beauty, the free flowing music of the hill-stream, the Sun, earth's architect, rain clouds cherishing earth, trees that give fruits liberally, are all scriptures of golden truths for thinkers and seekers.

**The sun-rays draw the seas which pour as rains!  
Hail sweet Mother, Thy Grace the world sustains!**

Mother Nature, how sweet you are, how liberal! Thy Grace sustains the earth. The spherical earth rolls like a wheel; the sun-rays, like spindles, draw vapoury yarns from the vast ocean and weave clouds that pour out rains to cherish the fair earth.

**My heart adores Nature, the great Mother  
Whose mystery works wonder on wonder!**

Not a word except the eternal symphony of her active dynamism! Nature brings forth beings on the lap of her bounty and works countless wonders. In the veil of night she prepares the day and in the open day she plays as lives. In the calm and storm, day and night, she works patiently without a fuss. Hail Nature!

**She does Her will on earth, Her active field;  
Attune thy life to Nature, human child!**

Nature is instinct in all creatures. She stimulates the latent forces in man. Live in consonance with Her will and way, O human child; and she will make you happy and healthy. Scorn or slight Her; and your life shall be wrecked on the rocks of misery. Natural life is health and unnatural life, disease.

## **4. Beings on Earth**

**Each life is meant to fulfil a mission  
Ordained by God, the Lord of creation.**

The world is an ever busy workshop of limitless scope. Each life is a mission with a definite work to do. Eating, drinking, sleeping, procreating, and fostering are all animal functions common to man and beast. There are special duties besides these, imparted to man and woman by the Divine Will. That is his or her mission. That is the inborn work of life. Life takes a body to fulfil it. Body is only an embodiment of work. God gives the capacity and the intelligence to man to fulfil his life mission. Through art, poetry, writing, teaching, philanthropy, patriotism, yoga, disinterested service and through many other benefactions, man can do unselfish work widening his soul and liberating his spirit. Work left undone, entails rebirth.

**Action measures the play of birth on earth;  
The Grace supreme leads all to home of Truth.**

Life comes on earth to fulfil a work: One has to come and return until that work is thoroughly done. The cycle of rebirth is a chariot of destiny driven by Karma. The Divine union is its goal. Life mission is the paper that one has to answer correctly in the vast examination hall of Existence. He who wastes his time away from his purpose and fails in the examination, has to return and reappear for the test. None can sit in the hall of ordeals beyond his time. All have to deliver their answer papers and leave as the supervisor rings the bell. The Grace of God ordains man for his mission and leads him to fulfilment through an evolutionary process. 'Follow the Grace and fulfil the work and be free' is the message of human birth.

**Beings evolve to attain true oneness  
With the Perfect who neither comes nor goes**

God is never born and He never dies. He who is caught in the cycle of births and deaths cannot be God and he cannot liberate souls. God's Grace descends in purified souls to help humanity.

Humanity is a successive incarnation of the Grace, progressing towards perfect atonement with the Divine. To be conscious of the Divine and live in tune with the Divine Will is the natural way of perfect living.

**No man, no woman; no woman, no man;  
The equal pair make universe run on.**

The male and the female are the two component parts of existence here. One is the counterpart of the other. The electricity of life is the union of these two currents—the static masculine and the dynamic feminine. Man has no manifestation without the woman and the woman no existence without man. Man is light and woman is love and beauty. Man is strength and woman energy. Family life is an equal-hearted union of he and she for self-perfection and for the perpetuation of the race.

**Leave off antipathies which are evils  
Of the deluded mind; by truth it stills.**

All likes and dislikes, all egoistic self-assertions, prejudices of caste and colour, and all vanities of birth and pedigree are born of the illusive mind of divisions. Rise above it. Still the mind by self-conscious vision of the Equal Spirit animating all. Then caste and race bias will disappear and all souls can repose in the inner spiritual unity and live ensouled in the Divine Grace.

## 5. Existence

**Of what avail is human birth if it  
Knows not its own Godhood, the Infinite.**

The human is the mask of the Divine. Godhood is the reality of man. The soul evolves through cycles of births and deaths towards this consummate Godhood. It is its native state. Freedom in Godhood is its birthright. Man is born to be reborn in divinity.

**Attain home-rule within and then enjoy  
Thy play on earth as witness, God's envoy.**

Self or Home Rule is complete mastery over the mental, vital, and physical nature. By that, mastery over the external nature becomes easy. Swarajya or the inner rule is attained by the purity of devotion and meditation. Samrajya or the world sovereignty is attained by the dynamic energy developed in the Yoga of attaining self-rule. The Yogin knows his mission, he is a powerhouse of the Divine Grace. He acts in the living world unaffected by the results of his actions. His play is only a self-expansion of the Divine Spirit in him. He enjoys the play as an eternal witness allowing his purified Nature to carry it on. He keeps himself identified with the eternal Spectator within, even while he plays his active role in the Drama of Existence. Perfect self-control and equipoise in Spiritual consciousness is home-rule; expansion of the peace and power of that serene equipoise is world-rule. The world must be ruled by the divine radiance of the Self-rule.

**Countless actions conduct the active world;  
Play on thy play, as heroes bold!**

The material world plays in your mental screen. You are the lamp of witness in the magic lantern of existence. You see the world through the sense-lens. Keep the Lamp attitude and go on with the play. Play your part like a bold hero. Act in the living present, achieve the game of life in a sportive spirit. Scenes of love, hatred, murder, wars and peace reflected in the limelight, never affect the Lamp within. Keep this attitude when coming into contact with the panorama of names and forms of the phenomenal existence. Be active, passive within. Find rest in the Eternal Spirit and play life like a champion.

**Conquer boldly the world by strength of will;  
Spurn Death and enjoy life's delightful thrill.**

Do not seek easy ascetic escape. Face the problems of life. Defy even death by the Divine Consciousness in your Spirit. Life is not a dream and death is not its goal. Conquer the world by your spiritual energy. Be a bold challenge to its enigma. Immortalise your life by service and sacrifice and live long in the heart of humanity.

**True fulfilment of this world's existence  
Comes when all life's a self-efflorescence.**

Life in the matter finds its fulfilment in the spiritual life. Human life fulfils itself in the Yoga of life Divine. Humanity finds joy and peace in its collective divinity. The individual life must be an efflorescence or outflowing of the Pure Spirit. This is achieved by meditation and self consecration. When perfect harmony with the inner Spirit is established, life becomes a tree of Divine consciousness and all thoughts and actions become buds and blossoms of divinity. When perfect identity is achieved within, man sees himself in all and acts in the world just as the soul acts in the living body. A communion of such spiritually evolved souls form a dynamic centre of divine radiance. If the whole of humanity becomes a spiritual communion, then each shall regard all as himself. Each shall live for all and all for each. There shall, then, be no wars of vital greed nor mental creed. For the Spirit is beyond castes, creeds, races, colours and dogmas. Man and woman shall regard each other as an equal soul. Man shall esteem woman as his counterpart. This spiritual communion of the human aggregate is the highest ideal of humanity. This is the meaning of birth in the universe. This is the consummation of life on earth. Earth shall be heavenised if man finds the Kingdom of heaven within himself.

## **TREATISE III: DHARMA, THE LAW OF LIFE**

### **1. Dharma**

**Dharma is the law of life that leads  
Mankind; to godly perfection, onwards!**

Dharma is the law of righteous life which leads the individual as well as the collective soul onwards to Divinity. It is the code of perfect life which purifies, liberates and harmonises humanity. It perfects the individual life and universalises it by self-identification with others. Adharma, the unnatural, unrighteous act darkens existence. Dharma transforms life into a heaven of Light Divine. It enables man and woman to live in the divine consciousness.

**Follow the King of conscious Self within;  
That is good conduct high and free from sin.**

The law of life speaks silently within us; the king of conscious Self says. "Go this way, not that!" His voice is perfect truth. Touch your heart and feel his throbbing presence. Obey him and he will uplift your life from hell to heaven, from sorrow to delight. If you disobey him, you will go down to misery. He will not spare your guilty conduct even if codes and courts are deceived by your councils. To follow the conscience, is the right conduct.

**Someone within points out ‘this is the path’.  
Follow that path fearlessly, in faith.**

Who is this someone? He is the inner Master, Conscience, who dictates the law of life from every heart. ‘Be true to me’ he says, ‘lie not, steal not, revile not others; be not envious, wicked, immoral. Be honest and straightforward and you will be happy. Follow Conscience boldly against all external impediments; you will progress from truth to truth, and truth shall crown your life with glory.

**Be bold and do the righteous deed you feel;  
The Grace of God will stand a sentinel.**

Heed the voice within, feel what is good for the self and humanity. Do that sincerely and boldly; fear not the prejudiced world. Dare all human obstacles and accomplish what is right and just. The Grace is there ever watchful ready to protect you. Saints and prophets and great heroes braved obstacles and persecution and bore human tyranny to obey the voice of Truth within them. Sacrifice made them immortal like Truth. Their enemies are turned to dust. Prophets of Truth-Light outlive their body. God's protection has won them the world's honour.

**We know not what will happen after death  
Do holy deeds just when you live on earth.**

The beyond is mysterious. None has returned there—from to tell of heaven or hell. The soul leaves the body taking with it impressions of the present life. We do not know where its Karma will lead it, in what plane its astral body will move. Utilise life here on earth for self-purification and perfection. Think high, aim high and do the highest good, serve your fellowmen, be true to yourself and to your nation. Sacrifice yourself to raise humanity in virtue, in wisdom, self-help, industry, morals, and manly qualities. Leave a monument of good deeds behind you. Grow, give food, earn honestly, spend usefully, learn and spread knowledge. Realise God and radiate divinity. Be healthy and lead others to health. Teach others by personal example. Raise institutions of public welfare and leave a permanent mark of your life here. Thus you will have positive satisfaction of having lived earth-life properly, unselfishly and nobly. Then you need not fear the life beyond the grave. Your goodness will lead you to happiness.

## **2. The Scope of Dharma**

**No vain dispute; fulfil with zeal, O friend,  
The public good that changing times demand.**

There are two kinds of laws: the eternal self-law and changing Time-law. Taking a firm stand upon the eternal self-law, man must adjust himself to changing times. Truth, purity, love, compassion, devotion, meditation, self-realisation, etc., are eternal laws. Man must live in tune with the inner Divine and follow the commands of Conscience without any outward compulsion. Then no king, no police, no court is necessary to maintain peace in the world. There shall be no struggle for existence, no race pride nor tyranny of the insolent might, nor slavery in the world if man is true to his Conscience. Man must catch the spirit. The

intellect advances at a tremendous rate. Science brings London to our table by radio. Planes cross oceans and rockets scale planet heights. Cosmonauts walk on the moon. This is an age of scientific intellectualism, social equality, political freedom, communal unity and national relations. Slavery and serfdom are things medieval. This is an age of one world - communion in which self-interests are sacrificed for the public good. Today we see material socialism and tomorrow we shall see spiritual socialism. Man must adjust his life to new surroundings.

**Harp not upon thy ancient glories, man;  
New progress make, to suit the time's elan.**

The past is dead. Your ancestry is no more. Your fore-fathers might have been mighty titans in brain and skill before. Your land might have flowed with milk and honey, and shone with gold and diamonds. But now you see famished weaklings, slavish mentalities, oppressed and suppressed conscience struggling for liberty. Men die a prey to hunger and vital passions. Children die on the mother's breast. You must keep pace with the advancing time spirit and have an eye upon the present needs of human life. You must be in front of the race of time. You must be a superman of the present, and not a cave man of the past. Glorify the present by noble deeds instead of indulging in past glories. The paper has replaced the palm leaf, motor the bullock cart, matchbox the flint and tinder box, tanks and planes and bombs and mines have replaced chariots and archery. You cannot march back to the age of bows and arrows spiting the present atomic age. You cannot fence against air-bombs. Man now pools natural resources and works out scientific wonders. Train, motor, tram, plane, steamship, telegraph, telephone, radio, wireless, television, radium, cyclotron, electric and electronic forces and atomic energy—are real wonders of science developed by the human intellect. The present material progress and scientific discoveries must be fully utilised to save time and energy for spiritual occupations. The progress of life cannot be stemmed by antiquitarianism. On the other hand, you must not lose yourself in the maze of materialism. Mere material superiority has produced only demons. Man at present must make a twofold progress in matter and spirit. He must conquer the material nature and utilise the fruit for spiritual progress. The Spirit must be raised on the pedestal of matter. That is the new progress towards civilisation.

**No greed, no war, no glamour of fashion;  
Progress to peace is civilisation.**

To enable humanity to live in the peace and dynamism of the inner spirit is real civilisation. That alone can lead it from war to peace, from armed brutality to gentility, from sham pretence to honesty, from hatred to love, from division to harmony. Rockets and atom bombs can never civilise humanity. Civilisation is not scientific brutality. It is not greed of gold and earth, not weaponed warfare, not unnecessary heavy suits and showy colours and uncontrolled sensualities. The present man makes machines, builds factories, heaps goods, seeks selfish markets, runs a roaring trade, amasses wealth, rolls in luxury; he is jealous of his neighbour, vies with him in commercial exploitations and selfish aggrandisements, prepares scientific weapons, incites war by political chess plays, engages the world in bloody struggles, kills humanity in millions by land, sea and air; the present man has learnt to destroy the construction of ages in a minute by releasing bombs from the air. These acts cannot be civilisation. Man is mechanised today;

he must be civilised. Civilisation leads man not from war to war, but from peace to peace, from health to health and from contentment to contentment. Gentle manners, sweet words, kind sympathy, sincere fellow feeling, unselfishness, cultured behaviour, noble conduct, simple demeanour, unegoistic mien, equal vision. self help, social efficiency, true friendship, good education, calm equi-  
poise, refined temperament, freedom of conscience, aesthetic taste, univer-  
sal compassion, sex morality and a clean personality--these are the signs of true civilisation. Civilisation leads to constructive progress and not to destruc-  
tive holocaust. Civilisation does not cause divisions in the human rank; it leads man to feel one with men.

**The rich who fail to help their race in need,  
Are worse than undischarged debtors, indeed!**

The whole human race is one long chain of hearts linked in the soul. A civilised man sees himself in all and considers humanity as his alter ego. He feels others' hunger as his own, their joy and sorrow as his. Compassion is the hallmark of civilisation. Mutual help is its self-expression. Each man is obliged to do his best for his fellow-men in need. He who fails in this obligation fails in his duty. He is poor who locks up wealth, without removing the want of his human brothers.

**Don't find fault, defame not others; approve  
True worth; amend thyself, adapt, improve.**

Reform begins at home. You can study others, but never look to their faults alone and scandalise them. Turn the mirror towards your own face; find your own blemishes and mend yourself first. It is a waste of time and energy to speak about another's behaviour. See that the fault you find in others is not in you; adapt the virtue that you note in others; rectify yourself, be worthy first before you reform others. If you are a pure lamp, your light will radiate to others. If you are good, your goodness will serve as an example to others. Make the best of your life in the present body.

### **3. Obligation**

**We know not when we leave, when life returns,  
So with this body, let us do good turns.**

The soul often changes the body according to karma-when and how we do not know. Life is a mystery which comes and leaves the body and where it goes we cannot see. Life is sure, only as long as it lives in this body. A bomb, a quake, a flood, a war can root out cities in no time. The phase of the world changes daily. Our body is doomed to fall one day like the petals of a flower. So while yet it endures, let us hasten to perfect ourselves and help our fellow-beings as best as we can.

**A righteous man honestly works for food,  
Clothing and shelter-means of livelihood.**

Every embodied soul wants food, raiment and home. God has given it limbs, will, intelligence and energy and a field for labour. Every soul must earn the triple wants by honest work. None should beg and none live at another's

cost. Labour nobly and enjoy the fruit with others--this is the first law of Nature.

**Despair not; be brave, confident and free;  
Be a hero on earth, O devotee!**

Despair is false; weakness is misery. The world is for the brave hero. The true man is a hero strong in will and agile in duty. He knows no fear, no beggary. He is nobody's slave. He holds up his head. He is candid, straight, open, intrepid, unselfish, broad in heart, liberal, compassionate, self-conscious, self-reliant, self-sacrificing, equal-minded, obliging, friendly and respectful. One who is devoted to God must possess these manly qualities and see Him in all.

**Find the common basis of Divine Grace  
By which all men can live a godlike race.**

The Divine Grace manifesting in the Spirit in all, is the common basis of union and harmony. The world is its playground and everyone, its centre. All men and women are fountains of that Grace. It is the Energy which transforms man and divinises his life. Kindle that Gracious Energy in you and help others to realise that Divine force. Then all can live amicably in the world, like a family of divinised children, under the love and care of Grace, the Mother.

**In life that blossoms from the inner light,  
There is no caste and no communal fight.**

The collective existence of humanity is like a garland of varied blossoms strung in a single thread of luminous self-consciousness. Every life is interwoven in the common Spirit. Each heart is petalled in the central stamen of divinity. The heat and light for all earth come from one sun. Life blossoms in that light. Even so, the animal existence is an efflorescence of one pure Spirit which is the Light of lights. If the collective life of humanity sprouts out of this knowledge which is the seed of inner harmony, then there shall no more be any trace of caste or race egoism born of ignorance.

#### **4. Spiritual Laws**

**Dharma's wonder book is vast like the sky  
With countless truths like diamond stars on high.**

Dharma is vast like the sky and its truths, innumerable like the stars. The printed scriptures we have up to now, are only a few lines from that limitless Book of Truth. Its truth reveals itself to seers, in inner communion. A truth from that Divine Book of Dharma descends, perhaps once in centuries, to uplift humanity. That truth rules the age. Thus we have seen how the truth of nonviolence has given a mass awakening to India today. We will see tomorrow how the truth of life in the spirit is going to revolutionise the collective existence of man. From age to age, a truth descends when pure souls call with aspiration.

**Mercy, love, truth, kind words, control, patience,  
With grace are laws of happy existence.**

These are the cardinal virtues that promote inner and outer harmony in life. MERCY flowing from the heart, develops universal compassion by which the individual soul widens to embrace all hearts. LOVE is the psychic affinity of souls; it is the living current of existence. It is love in heart that widens into family, country and the world. God is the acme of psychic love. TRUTH in thought, word and deed, purifies the conscience, elevates life, and perfects all other virtues. Truth is the king of virtues. We see how the Truth of one Great soul has served an antidote for the present world suffering from social disunity, political hypocrisy and race arrogance. KINDNESS in words and obligation gets you a wide circle of friends. It attracts hearts like a magnetic force, and harmonises communal life. SELF-CONTROL gives mastery over the senses, restores inner peace and enables us to commune with the inner Divine calmly. It keeps you always on the guard. Uncontrolled senses and mind, dissipate your energy, and weaken your body and life. PATIENT FORBEARANCE saves energy, steadies the mind, enables calm thinking, promotes endurance and self-determination and ensures victory in your actions. The patient man walks cautiously with sure steps. GRACE is the impersonal force that gives strength and capacity to devotees of Truth. These basic virtues render human life happy and victorious.

**Killing, flesh-food, whore, wine, theft and gambling  
Lead one to a loathful hell of suffering.**

These are the hostile forces that drag men down to a hell of woes. Killing kills humaneness. The murderer commits suicide by the pistol of his wanton sin. Killing implies hatred, treachery, deceit, inhuman brutality and satanic mentality. Greed, envy, ill-temper, hardheartedness, rage, ferocity, and murderous tendencies develop by eating the body of murdered animals. Man kills and eats the body of animals and their tears wash off the grace of mercy from the human mind. He who cuts the animal's throat, whets his sword to cut human throats. He devises murderous weapons for mass slaughter. War begins in the bloodstained mind and thirsts for the blood of nations. Stop flesh-eating today, and tomorrow you will find a peaceful world. Vegetable food is the natural food for man; animal food brutalises his nature. Vegetarianism is the first reform for humanity. The whore is a hell of venereal diseases. Most of the diseases are born of sex perversions. Fornication, debauchery and secret vices are more dangerous than virulent epidemics. Sex-love should be confined to pure conjugal life. It is a gift of nature to perpetuate the race and not for wanton indulgence. If man and woman go astray, they contract disease and contaminate family life. Debauchery is a shameful sin. A whore sells her body and never her heart for love. Her beauty is a bait and her joy sweet poison. Whoredom is the kingdom of Satan. It empties you; emaciates you, ruins your family and makes life a hell of woes. Drink intoxicates the brain, excites the nerves, perverts the taste and ruins life. It depresses the nervous strength, rolls you on the ground and throws you into perdition for ever. Wine, rum, brandy, whisky, champagne and their kinds, are devilish poisons. Water, fruit-juice, milk, buttermilk, tender coconut water--these are the natural drinks for men. Even tea and coffee are unnatural drinks which excite only to wreck your vital strength. A drunkard falls into the gutter of intoxicated shame and vice. Never spend your money in intoxicants. Avoid THEFT in thought, word and deed; it disrupts and dishonours one's life. Even to think of another's gold or woman is a theft.

Theft and fraud lead to endless grief. To cheat, to covet, plunder your neighbour and hoard wealth is inhuman sin. The thief is a jailbird of dishonour; he perishes by deceit. GAMBLING is the bait of wretchedness. It is ignoble. Even if you win, dice is sin. Many kings came to grief by betting. Do not gamble away your time, your money and your honour. Waste of time is a sort of gambling. Happy is he who is free from the above six sins. That saves him from poverty, ignorance, dishonour, disease, misery and crimes.

**Give up wrath, evil craft, dispute and greed;  
Be sensitive to shame; avoid misdeed.**

The above sins corrupt the mind. WRATH is a vital disease which excites the sympathetic nerves and weakens the body. It is the worst enemy of peace and joy. It offends love and friendship, kills the smile and murders affection. EVIL reaps evil and suffering is its fruit. Cunning craft strikes at the root of prosperity. The cheat is cheated and he never finds peace. Disputation, legal or illegal, wastes your money, scatters your energy and shatters peace. Court suits unsuit husbandry. Live smoothly and cautiously without a hitch. The greedy are never happy; they are poor in heart though rich in purse. They covet another's wealth and get into trouble. Be content with what you get by honest labour, and lead a simple life. Be sensitive to shame and honour. Modesty, nobility, mutual respect, careful talk and walk in life are the virtues that bring honour and respect. Deliberate well before taking a step; set your feet on the right path and walk carefully in the world, avoiding wrong movements.

**Prosper Godman free from triple dirt !  
Cherishing triple purity as art.**

Blind passion, illusive bondage, and selfish egoism are the triple dirt that pollute the soul. These must be counteracted by the triple purity-Purity of thought, word and deed; purity of inner freedom and purity of equal vision. Purity is the basic virtue of godhood. Purity is holiness. Divinity shines in a mirror-pure heart. Purity is health and happiness. A pure soul beams through a pure body and vital. Psychic purity awakens the divine current in man and woman. Meditation, tranquillity, sex-control, inner silence, soft words and manners, harmless truth, holy study, divine worship, disinterested service, charity, honest labour to earn one's livelihood, simple plain living and high thinking are the sadhanas of triple purity. These collectively achieved, can transform humanity into a godlike race. Prosper godmen !

## **5. Public Benefaction**

**Behold the great who live to serve others;  
A rare delight for paradise is theirs.**

Man becomes pure and great in proportion to his selfless service. The clouds pour themselves to cherish earth; a river flows on seaward feeding lives on the way; a lamp gives light even at the cost of its wick and oil; a tree holds its flowers and fruits for the good of others. Similarly men should serve humanity to lead it from darkness to light, ignorance to knowledge, poverty to

## Gospel Of Perfect Life

abundance, falsehood to truth, bondage to liberty and from manhood to godhood. Such a service gives heavenly satisfaction to purified souls.

**Serve ye the world with love for better ends;  
The more you serve, the more the soul expands.**

Identify your love with the heart of beings and serve them in any capacity that suits you most. The soul expands and universalises itself by an all-identifying service. Not for name and fame and selfish gains; serve others to conquer egoism, for self-purity and self-expansion. The pure are obliged to purify others, the liberated liberate others and the enlightened enlighten others. Serve unconsciously like the sun, sea, clouds, rivers, fruit trees and cows. *Service is the dynamism of life.*

**Listen and learn who ever uttereth  
The sacred word of God with love and faith.**

God speaks in purified heart. Scriptures are God inspired words. Never mind religion, place or personality. Listen to scriptures whoever reads them and practise their teachings. Know that all inspired messages of pure saints lead to the One Truth and that Truth is in your heart. Truth and God are nobody's monopoly. Listen to holy words and find the Truth in the heart and express in life.

**Love high and low with equal-mindedness;  
That wisdom keen is penance and goodness.**

From grass to godmen, one spirit runs. Let your love and compassion go towards serving and helping all equally to the best of your abilities. This equal-minded service is more than penance and austerity. Feed the poor by creating works and irrigate crops by cutting channels. Heal the wound of a man as well as an animal.

**He is the seer of compassion who sees  
Self and the world as one, with equal eyes.**

Universal compassion is the highest virtue of man. It opens the cosmic vision by which the seer sees himself in the world of beings, high or low, good or bad, friend or foe. He sees the one self that plays as the many. All beings are one, seemingly diversified. The many is manifested in the one. Everyone is a soul breathing in a body of five elements. By such equal-visioned compassion, even a foe becomes a friend. Let all humanity live like one family of compassionate comrades, conscious of the One current of God-Spirit running through all! This is the consummate achievement of Dharma. This Dharma leads to Knowledge and Culture.

## TREATISE IV: CULTURE

### 1. Knowledge

**Bliss of virtue and bliss of art in life  
Flow from the nectar-fount of Knowledge self.**

Knowledge is the light of Dharma. Dharma widens and elevates life. Knowledge enlightens and perfects life. It makes life a living art of the Self. Dharma is the lamp of life and Knowledge is its immortal flame. Self-knowledge is the basis of good culture and the world-knowledge its super structure. Knowledge is the soul of bliss and ignorance the source of sorrows. Knowledge develops by proper education.

**He crosses seas of ignorance who knows  
The why and wherefore of the life that flows.**

Man struggles in the seas of mental, vital and physical ignorance. He is ignorant of the true Spirit in him which is *free from womb and tomb*. The human in man is the Karmic garb of the immortal Spirit. The garb is made of the past impressions pent up in the mind. Mind purified, the spirit realised, and the karma worked out, man is liberated from the play of birth and death. Knowledge born from meditation liberates him.

**Immortal Atman neither comes nor goes;  
Know thou art That, the Bliss that conquers woes.**

The Pure Atman, the Divine Spirit in the body, the real Self, is ever as it is, immutable, birthless, deathless, ever free and delightful. Neither bomb nor storm can destroy it. The Atmic force is mightier than the atomic force. Know thou art that and be free.

**I and the world are conscious Truth-Delight  
No more fear for me in this or that.**

Say, bold hero, "I am the Divine Spirit; the universe is my wider self. Why should I be afraid of the world which is my own self." Do not be timid like the lion brought up among sheep. Do not behave like the dog that barks at its own reflection in the mirror. Say, "O hero, that the modes of nature are mental surface waves and that they cannot touch the deeper peace of my ocean self". Say, I am the pure Spirit; neither this earth nor that heaven can bind me. Say, Om Tat Sat Om!

**Believe, bethink and strive with single heart;  
The Flood of Knowledge-Bliss is what thou art.**

Have faith in your Self God. Contemplate thus: "I live in this house; but I am not the house. I breathe in this body but am not the body. The dead body does not breathe, nor think, nor see, though it has all limbs. Some One lives and breathes in this. I am that someone." Meditate thus and know that you are the Master of this body and not its slave; know equally that you are the Master of the world, thy wider self, and not its slave. Know thyself and eternal bliss shall cherish thy life.

## 2. Culture

**Culture is a power that trains in full,  
The brain, the body, feelings, taste and skill.**

A true culture trains and educates the brain, the heart, the body, the nerves, the emotions, the skill, will and all the component parts of our being. It makes us specially efficient by giving sufficient spiritual, academic and professional knowledge to the brain, virile heroic strength and endurance to the body, refined feelings and emotions to the heart, good aesthetic taste to the senses, and skilful industry to hands. *Knowledge, strength, industry, character and aesthetics* are the five component parts of perfect education. Education is not examination. *It is the integral perfection of man.*

**In calm and charming Nature, through Nature,  
Kindle the soul to get perfect culture.**

Education is expansion of the Knowledge-Self. It is training of the body, vital, mind, heart and the soul for perfect manhood and womanhood. It is development of the psychic, emotional, dynamic, physical and spiritual potentialities of the human being to enable it to face the problems of existence, singly and collectively. Culture is not an intellectual gymnastics, not a parrotlike cramming nor a gramophone-like repetition. It is not a feat of getting passports for servility. Culture is a spontaneous development of the natural instincts and impulses and intuitions to enable man and woman to meet successfully the problems of life. Education kindles the latent soul flaming with inborn genius, and inspires spirit and power in the alumni to do great things. The student must be given proper surroundings and opportunities along with the guidance of a perfect Master for this perfect culture. The surroundings impress the plastic mind which is like a camera. The school must not be situated in the busy parts of the town. Markets, stations, shows and busy streets will distract and pervert the senses. Places near seas, hills, streams, forests, groves, temples, and natural surroundings are best to locate educational institutions. The sun, moon, air, sea, river, hills, springs, herbs, flowers, etc, have a healthy influence upon the life and character and emotions of a plastic formative mind. The teacher is not a policeman nor a task-master. He is the architect of the coming race. He must find out the natural instincts of the student and build his manliness upon that basis. He must guide the pupil to the fountain of Knowledge in the self. The modern laboratory, socratic and vocational methods must combine with the ancient Gurukula system. The pupil must be encouraged to see, do and learn. Language must be learnt by speaking and writing, Astronomy by seeing the heavens, Geography by examining the earth and Science by experiments. Swimming is learnt only by breasting the water and knowledge by practical living and doing.

**Foster, heroes, that sound education  
Which creates supermen of perfection.**

To evolve perfect supermen and superwomen is the aim of a sound education. All aspects of life must be perfected in the cultural centre. It is the duty of the heroes of the land to support and encourage such a superman-making education. The teacher must be fitly honoured and kept above want and the student must be given carefree opportunities to learn and progress in culture.

**What use learning, if it does not perfect  
The body, vital and the intellect.**

Body, the temple of the spirit, must be made strong and fit by exercise and service. The nervous vital system must be dynamised by breathing exercises and inner cleaning so that it can be a pure channel of the cosmic energy. Vital desires, passions and raging emotions must be controlled by the willpower. The intellect assimilates knowledge and rules the mind. It must be kept pure and luminous for receiving healthy knowledge. Academic and technical education must go together and enable man to champion the problems of life.

**To give good culture is the gift of gifts;  
It helps recipients everywhere and lifts.**

The giver of culture is the saviour and civiliser of humanity. Culture perfects and uplifts the nation. Every man and woman must become a centre of culture, every home a library and school. There is no charity higher and nobler than supporting teachers and educating students freely. Build schools, laboratories, technical institutions on modern lines, publish good books, award scholarships, reward scholars, encourage arts, spread knowledge, feed poor students, pay teachers liberally, educate their sons and daughters freely, hold spiritual and health classes and help in all possible ways to build a super-race—this cultural charity is an ideal service to humanity.

### **3. Life and Culture**

**He is cultured with conduct pure and whole;  
The learned miscreant is but a fool.**

Conduct shows the man. A bookworm loose in character, is worse than a fool. Culture must have a life value; a cultured man must behave wisely and nobly.

**The book-lore piled in proud relentless brain  
Is like a chatterbox empty and vain.**

Mercy, compassion, charming qualities and loving nature are signs of erudition. Service is the expression of scholarship. Practical virtue is the proof of learning. The wise man talks less and acts more. He who indulges in vanity and self-glory and vain talk is a book-made chatterbox, empty of practical utility.

**Sense conquest shows the sage of Light and Truth;  
A gossip's tongue betrays a mind uncouth.**

Control the senses and the mind. Be a master of your-self. Never revile others out of pride or literary jealousy. Vanity betrays an awkward interior. Be modest in words and manners. Save yourself from excess and exaggeration. This is the sign of sagacity.

**Be a sea of book-lore; but what of that?  
He is supreme who sees Truth in the heart.**

The press pours out printed books in torrents! The limited brain cannot read all. Even heaps of books cannot vouchsafe peace. Touch the heart instead of loading the brain. Contemplate more than study. A moment of meditation is worth more than an hour of mugging up. Knowledge must be used for psychic perfection. Psychic light easily leads to knowledge and peace.

**He is rich in enlightenment who sees  
Learning and life unite like art and verse.**

The poet must know art and make his poem rich in beauty, deep in thought and sweet in rhyme and rhythm. Then only his poetry can be a living force. Even so learning must manifest itself in active life. Lore must breathe in life.

#### **4. The Teacher and the Taught**

**The lasting Truth, the teacher lights within  
Serves the eye that saves the world from sin.**

The teacher is the foremost builder of a nation. He moulds the coming generation and builds its character. The nation begins in the classroom. Pure life, noble mien, personality, cultured manners, spiritual, temporal and scientific knowledge, skill in teaching and illuminating answers, organising capacity, zeal in class work, active brain and mother-like love—these are the qualifications of a teacher. From known to the unknown, from the concrete to the abstract, from experiment to observation and inference, from body to the soul must be the graduated method of teaching. The teacher lives in the taught.

He is a genuine friend and an elder brother of the aspiring student. He does not take superior airs. He identifies himself with the soul of the disciple, becomes himself a boy in spirit, handles the plastic mind gently and effectively, trains the intellect, thinking mind, emotions and impulses properly, kindles the latent intuitive genius and leads the aspirant to the fountain of knowledge and energy. He opens the inner eye of the disciple by which the latter can see his way in life and walk the path of virtue. Thus the teacher leads a sinless life and enables his students to do so.

**The good done by a wise master is grand  
Like sky, like sea, like hill, like fertile land.**

The service of a teacher is unreturnable like that of Mother Nature. His knowledge is vast like the sky which gives light, warmth, rain and air; the teacher grants the light of knowledge, the warmth of good temper, the rain of resourceful energy and the breath of self-consciousness. His intellect is wide and deep like the sea full of the pearl and diamonds of practical wisdom. The student can dive deep into it and take any amount of wisdom. The sea gives clouds; the teacher gives practical knowledge by which life is cherished and saved from poverty and ignorance. The sea neither dries by evaporation nor does it overflow by the pouring streams. Even so the teacher is ever full in equanimity. His deep serene calm mind is never perturbed by the surface waves of emotions. The teacher is grand to look at like a hill, overflowing with the resourceful stream of wise words that feed the hungry heart of the disciple. Like a patient fertile land, the teacher yields his practical wisdom by precept and example in propor-

tion to the painstaking labour of the student. As the earth, he supports the student. The ideal teacher is grand like the mountain and humble and free like the stream. He has balanced mind, measured manners fruitful words, heavenlike grace, rainlike gift, ready wit, winning smile, and parentlike love to the growing heroes of the land. Greed, pride, envy, partiality, arrogance of position, haughty airs, intellectual vanity, cupidity, immorality, ill-temper, egoism and selfishness ill-become a teacher. A divine personality, he divinises personalities.

**Great is he, greater than parents on earth  
Who fills the coming race with Light and Truth!**

Parents give birth to the child and feed and clothe him. It is the teacher that makes him a man. He rebuilds his being and perfects his nature. He makes his body strong, his vital pure, his mind luminous, his heart charming and his intellect full of resourceful knowledge. The teacher is a nobler and higher parent. It is the teacher that brings out the poet, the hero, the saint, the scientist, discoverer and the prophet in the growing youth. Great is his work and he deserves the greatest honour of a nation.

**Worship the worthy sage with love and gift  
Of what you have; that makes you wise and fit.**

The teacher is a sage fit to be respected with all our love, devotion and loyalty. The community benefited by his teachings is bound to look after his creature comforts. The society is obliged to keep him above care and want. The student should love and serve the teacher with all the fervour of his devotion.

**Seek ye the Master, serve, obey and learn  
The Truth with holy friends, O souls that yearn!**

Souls yearning for true knowledge must seek a perfect teacher. He must be one who does not hold himself aloof; he must impart knowledge ungrudgingly. The personal contact is as important as learning. The pupil is obliged to offer himself to the Master in every part of the being, serve him sincerely, emulate his example and improve by his constant touch. The disciple must observe perfect celibacy; he must be pure in thought, word, deed, conduct, attitude, food, sleep and company. He must not contract any evil association that will drag him down. Holy company or solitude is the best thing. He must not give room to any secret vice or evil habit which will contaminate his whole life, if contracted, in that tender age. The disciple should always act as if the Master is watching him, everywhere. He should devote his heart and soul to study, culture, strength, virtue, industry, meditation and self-perfection.

## **5. The Cultivation of Arts**

**Foster thy mother tongue enriching it  
With all the world's knowledge, without limit.**

The pupil's mother tongue must be the medium of instruction. Things are quickly learnt in the mother tongue. Every student must be proficient in his regional language, national language and the universal language. These are important for his living. Other languages can be learnt optionally. But al-

ways enrich the mother tongue by the knowledge of other tongues.

**Foster the golden song of gracious light  
Flowing from heart with beauty and delight.**

Poets are the harbingers of the new era and the architects of renaissance. A true poem is an immortal stream of the blissful soul in union with the Divine. A nation must honour and encourage inspired Poets. The Grace Light descends and a heroic fervour animates hearts where an inspired song is sung a revelatory song, sweet to read, sweet to hear and sweet to sing and enjoy.

**Songs and dance and sacred plays and arts  
Uplift a nation and unite its hearts.**

Fine arts and handicrafts uplift a nation and bring all hearts together. The delight of arts unite nations more easily than political conferences. Cultural union is more solid than political union. Music, poetry, dance, theatre, painting, sculpture, film, architecture, engineering etc., refine the taste and sentiments of the masses. Art elevates the society and gives a good cultured recreation. Handicrafts such as spinning, weaving, pottery, dyeing, cookery, printing, paper-making, cutlery, cabinet-making, carpentry, smithy, etc., provide work and solve the problem of poverty.

**Like eyes protect fine arts and crafts; they train  
The sight, the touch, the heart, the soul and brain.**

Fine arts train the sense and the emotions. They educate the masses easily, reform the heart, open the soul, transform human feelings and enlighten the brain and elevate life. But arts must be purified and displayed by men and women of taste and character with a view to reform and educate the nation.

**To fair sex gentle arts; bold arts to men;  
Three R's to all; impart and enlighten.**

The whole nation must be thoroughly educated, one hundred percent. The three R's (reading, writing and arithmetic) must be given freely to all boys and girls from the fifth year. Up to the age of fourteen, education must be free and compulsory. The student should learn his mother-tongue, Hindi and English fairly and have an elementary knowledge of mathematics, history, geography, physiology, botany, zoology, agriculture, horticulture, physics, chemistry, medicine etc., Then those who have a taste for higher studies can take to academic courses, pass the high school examination and enter the college. Those who take to education as a means of livelihood, should go to technical and manual training schools to specialise in an industry, useful for the nation. Girls can learn gentle arts like music, dancing, knitting, embroidery, cooking, gardening, midwifery, medicine, nursing, housekeeping etc. Men can take to agriculture, weaving, carpentry, smithy, pharmaceutical works, engineering, armaments, military service, administrative capacities and manifold other works useful for the nation. After eight to ten years' education, ladies must be trained specially in housekeeping, and child welfare work. Men after fifteen years of education, should undergo military and administrative

training and travel for one year to know the world before entering family life. Education should enlighten youths with modern scientific and the ancient spiritual knowledge; it should industrialise practical knowledge, nationalise arts, socialise collective life and dynamise the human personality.

Education begins with the birth of a child. The mother is the first teacher of a child, then the father and then the teacher. Every street must have kindergarten schools for children between three to six years. Primary schools must be built at the rate of one for 200 boys with a teacher for every 20 heads. Every town can have one or two high schools and every district three or four colleges. But technical schools must be as many as possible wherever possible, teaching all sorts of modern industries. A boy of fifteen must have sufficient academic education with proficiency in an art, science or an industry that will help him to live nobly. Work and learn, work and earn, earn and live, live and serve, serve and sacrifice and be happy must be the motto of the youth of every country.

## **TREATISE V: UNIVERSAL LOVE**

### **1. Universal Love and Compassion**

**Love is the Lord; Love is the holy creed;  
Bright jewel of wisdom is this love indeed.**

Love is the force which attracts soul to soul and every soul to God. Love is the power of gravitation that holds all things attracted to the earth. It is the magnetic power that links the two polar currents of male and female and perpetuates the animal kingdom. It is the Divine Energy that produces and sustains the universe in all its beauty and splendour. The purest and the highest love is Godlove. Love is the psychic fire that leaps in the heart where the soul in-dwells. Attraction, acquaintance, intimate friendship, devotion, mercy, compassion, self-abnegation and sacrifice are the several stages in the progress of love. Love is the nucleus which brings the universe into being. The expansive universe manifold in appearance, becomes one in love. The love that unites two souls of opposite polarity, expands into family, country and the universe. The sky showers the rain of love on the beloved earth and the earth puts forth sheaves of corn out of her love for the living being. God takes on the charming aspect of Nature out of His love for living things.

Love is the motive power that activates worship. The intensity of Divine communion derives its strength from love. Love is the law of life and the core of religions. Every religion accepts the supremacy of Love in leading mankind to its goal. The gem of love sheds its liquid light on knowledge making it resplendent with the rays of the Divine Spirit. Love beautifies and dynamises knowledge to action. Love invokes the Divine Grace which descends on the seeking soul like the gentle rain and makes Knowledge sprout and grow. Knowledge leads on the soul to light and light to purity and purity to perfect self-identification with the highest Divine. Love is thus the architect of divinity on the earth.

**Love fears not to tread forests of the elf;  
Love sees itself in all and all in self.**

Hostile forces infest the world and obstruct divine movements. They are like mischievous elves. A heart of love fears none; for it sees the self in all and all in the self. Fear is for the divided mentality and separative ego. Love, at one with all souls, strikes at the root of fear; sees itself in everything, and transforms everything into good. Even rogues and thieves and murderer's turn into good men by the force of gentle love. During my days of penance in lonely mountain forests, I saw even wild beasts growing mild and harmless. They too feel the yogin's heart of love.

**Burden lightens; the wicked foe turns friend;  
Death is defied when hearts on love depend.**

The child is no burden to its mother, a family to its father, the world to the yogin. They feel their burden light and pleasant due to love. Even hard-hearted enemies are won over to friendship by the magnetic touch of tender hearted love. Cruelty and venom dissolve like mist in the warmth of universal love. If mankind learnt to use the soothing balm of love, there would be no clash of factions nor clatter of bloody swords. Even Death feels vanquished in love's lordly presence. Even if the body falls down lifeless, the heart of love outlives and beats in every heart. A loveless heart is like the sapless tree of the desert. The body of a loveless man is only a bundle of skin and bones; for, love is the lifeblood that makes the body live.

**Not by his wealth, nor form, nor lore, nor fame;  
Know man by love which is his sublime name.**

Love makes the real man. His pure sublimated self is of the essence of love. Learning decks a person better than robes and ornaments and love better than learning. Fame and name and personal glory count for nothing if man is not endowed with the gracefulness and nobility of a heart surcharged with love and compassion. A stone heart may acquire riches. A tyrant may be beautiful, a miser may be a scholar jealous of scholars. A moral wreck may rise to fame hiding his evil under the cloak of popularity. But none of these can achieve the sweetness and joy of quiet life of those whose hearts expand with love. Love distinguishes the genuine man from the false man. Love marks a friend just as the fruit proves a tree.

**A friend of tender heart and equal mind,  
Stands by his love, supreme among his kind.**

A man whose heart is full of universal love, identifies himself with all beings and lives only to serve them with the tender care of a mother. Such a man knows no caste, creed or national exclusions. All are his kith and kin, entitled to share his love. The entire world appears to him as children of one God, residing in the vast temple of His Divine Grace. His love extends to all infinitely. A miser's gold, a tyrant's strength, a whore's beauty, a selfish man's power are dangerous like virulent sugar-coated poison. A thin man, a poor man, may be a saint whose heart overflows with love for all. By love is this distracted earth transformed into a heaven of blissful peace.

## 2. Sweet Gentleness

**Sweet words of love react like magic balm,  
Hot words of cruel hate, they soothe and calm.**

Even the hissing cobra withdraws its forward hood at the sweet voice of the flute. Wild animals forget their cruel nature on hearing the music of the harp. Sweet gentle words emanating from a heart overflowing with love, allay the feverish outbursts of hardhearted ruffians. Apply this magic balm; and even cruel enemies will calm down.

**On the foeman's whetstone of hateful wrath,  
Sharpen thy patient tongue gentle and smooth.**

A sword is ground sharp on the hard flint of a whetting stone. The rougher the flint, the sharper becomes the edge of the sword. Sweet words become sweeter by frequent practice upon foes that speak hard words. Gentle words take on a keener edge and gather strength by facing ruffians and subdue them gradually. The impatient outburst of the enemy's passion fails against the calmness of loving patience. The word of love is more powerful than the sword of wrath. Words make or mar man. Abuse, black lie, talebearing, calumny, vile criticism, jealous outbursts are some forms of false word. They breed hatred and other evils and lead to wars and world struggles. Sweet gentle words of truth radiate peace and love. Who would choose the thorn and leave out the rose? Who would throw the kernel away and keep the empty shell? Who will taste the bitter gourd while a sweet mango is at hand? Who will use unkind words when gentle words would win the enemy and bring him round. None would, if they knew.

**Loving words like water cool the rage  
Flaming out from the tongue of a savage.**

There is a volcano in man's vital; it flares up spitting out hatred, jealousy and calumny. It is the demon in man and it is the war-devil in humanity. This eruption of the vital rage and egoism cannot be put out by similar eruptions. Fire cannot quench fire. Like water quenching the flames, loving words quench anger. An ill-tempered barbarian is tamed by gentle, persuasive, convincing words, used properly in proper time and mood.

**That man is great who forbears and forgives  
And doth forget the foeman's worst mischiefs !**

Who is an enemy? He is a friend that takes the opposite side in the play of life. He is a lover that differs from us. Find out the cause of his grievances; do not backbite; take him into confidence and make him feel what is right by gentle persuasion. If you have wronged him, say so and rectify yourself. Let him know that your heart is clean. Leave off the vengeant attitude; forgive and forget his wrongs; you are sure to win him by a friendly attitude.

**He is the lord of loving souls who bears  
Another's wrong and for his manner cares.**

Turn the mirror to your own heart; reform yourself, be an exemplar yourself before you criticise others. Forbear another man's wrongs. Hate him not,

but give a merciful hand to raise up the fallen soul. Anger and envy and selfish arrogance make man a warmonger. Sweet words, love, compassion and benevolence wonderfully reform the world and make men angels.

### **3. Non-Violence**

**Injure none in thought or word or deed;  
This is for all a universal creed:**

Every prophet comes with the message of nonviolence and every religion preaches it. From grass to god-men all are equal souls and are sensitive to joy and grief. A plant fades in the hot sun and smiles in the cool evening. It cheers up when watered well. It weeps when its bud is nipped. The animal is a thousand times more sensitive and a man, a million times more than a plant. The difference between a feeling plant and a six-sensed man lies in the evolution of the inner consciousness. The intelligent mental man must have mercy and a tender compassion towards fellow-beings. If tigers and lions are carnivorous by instinct, man must not imitate them and become a human tiger. His heart must feel the heart of others. He is obliged to practise nonviolence in thought, word and deed and make the world a temple of peace, and not a hell of wars.

**Abjure killing, drinking, adultery,  
Lying, stealing, gambling and treachery.**

The above seven sins like the seven-headed snake, poison the crystal stream of life. Killing of animals hardens the human heart to commit colossal homicide which is war. Man is a vegetarian by nature. Liquor impoverishes the home, depresses man, and weakens his brain power. The sex energy is meant only for race propagation. Adultery is a sin and a source of virulent diseases. Falsehood dishonours a person, and pollutes his heart and mind. Conscience pricks a liar. A thief shuns the world. The hypocrite has no place in honourable society. The gambler is a dangerous parasite. What he gains is soon lost. Treacherous rogues bring ruin upon innocent people and ruin themselves in the end. Avoid these sins and induce others also to avoid them.

**Soft mercy marks the human from the beast;  
Merciless man is Worse, to say the least.**

Even lions and tigers and wild elephants are domiciled and led by the human will. Many animals are very useful to the world. The cow and goat give milk and hide. Both live upon grass and leaves in nature. The oxen draw carts and plough fields. The horse carries man. The faithless man whips and rips them and gluts his stomach with their flesh. The cock wakes man up at dawn and the cruel sinner cuts its throat. The human brutality sometimes out-brutes jungle brutes. Even snakes are charmed and tamed, but human jealousy is worse than the snake bite.

**He who kills screaming life for food, is hence  
Dead to mercy, as drunkard is to sense.**

The drunkard loses his sense, beats his wife and children and leaves them naked and starving. A murderer of innocent animals loses the warmth

of human mercy and human compassion. 'Kill me not; I am a life like you!' entreats the dying animal. But hardheaded man still cuts the poor dumb creature to glut his perverse taste. All animal sacrifices and butchery must stop, if humanity should be free from brutality.

**Who feed on nasty animal bodies  
Are death to lives, a grave to carcasses.**

A cut animal is a dead body; it stinks, smells bad; yet man eats it! He fears death; but is death to animals! He weeps when his child is buried in the grave; but he makes his own stomach a graveyard for poor animals! He takes blood-soaked food while Nature gives him vegetables. It hardens his heart to whet the sword to kill his brother-man. War starts from the butcher's knife. To stop flesh-eating is the first condition of peace in the world.

#### **4. Friendship**

**The grandest gift on this deluding earth  
Is true and selfless friendship full of faith.**

Men on this earth are deluded by vital passions and self-interests. Self-seekers, talebearers and hypocrites cunningly snatch away what we have. Cut-throats backbite, calumniators forget our timely help and revile us. There are two-legged foxes and wolves and tigers among men. A true and faithful friend is very rare in this world. A real friend helps us in need; cheers us up when struck with grief. Like lotus in water, a faithful friend rises or sinks with his companion. Such a friend is the grandest boon of one's life.

**Contact, however short, with holy men,  
Sweetens the life, rendering hearts serene.**

Grand simplicity, open candour of manners, shining intelligence, psychic purity, universal love and compassion, absence of selfish egoism, the lustre of godly grace are the signs of a holy man. Our life is purified and sanctified and elevated by his contact. The saint transforms men by his touch.

**Bitter are vulgar friends though rich and soft;  
A friend who rectifies, though harsh, is sweet.**

Vulgar company is dangerous though it pays us with animal pleasures. Mere flattering fans will flatter even our sins; they are perfidious. A true friend checks and rectifies where we go wrong. Even his rebukes are blessings. A true friend elevates us and never leads us up to temptation.

**Seek god-men and attain their holy grace;  
Give them thyself and they will give thee peace.**

The Divine Grace manifests itself in real godmen. They are the lamps of divinity. Offer thy sincere heart, thy love, and service to those saints of God and they will pour into you the divine energy and you will attain peace by bathing in their spiritual radiance.

**Rooted in soul, one-hearted friends never  
Through thick and thin, through shades of death sever.**

True friendship is union of hearts; this uni-hearted love is rooted in the soul. Such intimate friends are one spirit in two bodies. They help each other, through the thick and thin of changing life. They do not separate even after death. They are born again to live and love as before. They immortalise themselves through self-sacrifice and stand by each other in trials and turmoils. True friendship lives for ever.

## 5. Patience

**Patience is the measure of one's power;  
He who has that, wins in his endeavour.**

Patience saves Energy and impatience scatters it. Patience is the strength of love and faith. By patient fervour and sincere endeavour, the seeker stems over the trials and difficulties, to victory.

**Non-hating, love, truth, patience, probity  
Are potent arms that conquer enmity.**

Man, in essence, is the pure spirit. The eccentric vital and the mental receive bad impressions through the senses and breed evil. Lust, envy and other evil qualities creep into the mind from outside. A wise man should not hate the person but try to heal him of his evil qualities by gentle means, just as a mother placates an unruly child, just as a surgeon operates an abscess, just as you remove a thorn from your leg. Hate not the hater; keep your heart clean and full of love and sympathy. Forbear the wrongs done to you and pray to the inner Divine for a change of heart in the other man. The Divine Grace will chastise evil.

**Patience and truth conquer the world with smiles;  
But rage like rocket-sparks bursts out and fails.**

A rocket whizzes aloft raging red with brilliant sparks and then falls down charred. Moths attack a flame and fall dead. Clouds envelope the sun and moon but pass away soon. Even so the vital envy of the wicked rage up and fail, before the firm, calm, self-concentrated will of a yogin. The gloomy evils that surround him pass away discomfited. Even brutes cease to harm his harmless self.

**Conquer evil demons by godly faith  
By strength of soul and will and love and truth.**

Uprighteous, ambitious, selfish, envious demons often ill-treat the meek and the pious in this world. Prophets of God have suffered untold persecutions at their hands. These vital asuras must be conquered by the devotee's strong faith in God, by the development of the soul-force through Yoga, by the dynamic will power, by psychic love and by being perfectly truthful to one's conscience and never yielding to false egoistic forces.

**Foster soul-force by pure communion;  
Success shall be thy sure companion.**

## Gospel Of Perfect Life

The force developed within by constant communion of the heart with the pure Spirit, the God in man, is called the soul force. It is God's almighty strength. It is sure to conquer the hostile forces. It is the secret strength that brings victory to holy men against dangerous persecutions and ordeals of fire and swords. The raging sea of vital poison, the mad outburst of bloody passions and the wicked tyranny of demons succumb to this Divine force. God's protection is always on pure souls that have realised His strength within. They face dangers with the courage of conviction that the omnipotent hand shall protect truth and justice.

### **LEAD ME LIGHT!**

Lead me, O Light of lights  
Give me the will to walk.  
And strength to scale the heights  
Of which the Vedas talk.  
Let my life breathe in Thee  
Who art my inner Guide  
Let my open eyes see  
Thy wonders deep and wide.  
Let my hands do the right  
Let my tongue speak the Truth;  
With Thy Power let me fight  
Evils wicked, uncouth.  
Redeem me blessed Lord,  
From sins and temptations  
Pure in thought, word and deed  
I send salutations

To Thee who art my Soul  
To Thee who art my All.

## TREATISE VI: GOOD CONDUCT

### 1. Good Habits

**The splendour of the soul smiles on the face  
Of one whose life is pure and full of grace.**

The face is the mirror of the heart. The grace within plays on the face. The smile of chastity outshines ornaments. Virtue shines with the splendid beauty of the soul.

**Lie not, nor steal, nor Divine Truth deny;  
Set wrath to flight, and with the saint comply.**

Holy saints are the messengers of divinity. True saints surrender themselves to the Almighty; they lead men to holiness. They teach humanity to shun falsehood and theft and anger and live by honest labour and truthful endeavour and share the fruit of one's work in common. They show the way to realise the true divinity which everyone is in essence. To listen to them with reverence and follow their teachings is our duty.

**The tar brush can no more paint the lightning  
Than a hypocrite character teaching.**

But only a saint of merit can teach character-building. Charlatans and humbugs cannot inspire good thoughts and actions even though they speak volumes. A tar brush or a charcoal cannot paint a lightning. An owl cannot act a swan nor a crow a cuckoo. A firefly cannot challenge a star nor a fly a kite. A thief cannot be an exemplar of honesty nor a butcher of nonviolence. Be first, and then say.

**Repent thy wrongs; wake up with firm resolve  
To act aright; thus goodness will evolve.**

The human ore must be repeatedly treated in the fire of discipline to become the divine gold. The marble of life must be chiselled carefully to get an ideal shape. Take an account of your good and bad acts daily; repent for your bad acts and be resolved never to repeat them. Cultivate what is good and noble and thus build your character. Record your experiences in a diary every night.

**The eve's delightful peace descends on them  
Who work and solve fully the day's problem.**

The morning determines the day. Be up, be active. Do not chitchat; do not waste a minute, time is more than gold. From 4 a. m. to 10 p. m. spend the day usefully, in personal cleanliness, in prayer, study, cultivation of arts and sciences, labour for a living, and do public services.

### 2. Evil Habits

**Ev'n the help of evil men is hindrance,  
The bear which drove the flies is an instance.**

A man cared for a bear dearly. The bear loved him too and served him. One day, while the man was sleeping, flies were disturbing him. The bear-friend drove away the flies; but they came again and again and settled on the face of the man. The impatient bear belaboured them vigorously, but its hands fell heavily upon the face and the body of the man more than the flies. The flies invaded the nose and the angry bear at last threw a big stone at the flies. The stone broke the man's nose and the bleeding man drove off the bear crying, 'Go away, you pest! Your help is a hindrance; your friendship cost me my nose !'

Choose your friends carefully. Vile men pretending to be friends and companions act like harlots and highway robbers. They fawn on you to swindle you. Their helping hand hammers you at last; their smile hides a dagger. Be careful!

**Fortune seeks those who keep away from whores  
Contagious leeches, enticing bores!**

No man who is a slave to whores can escape disease, misery, poverty and anxiety. Harlots are heartless cunning tempters. Their embrace is a contagion which infects the body with virulent venereal diseases and the mind with evil passions. They sell their body and kill your soul! Be careful!

**Perish brothel ! Perish immoral life!  
Prosper faithful woman as honoured wife!**

Brothels and homes of infamy must be wiped out. All women must marry good men and lead honest home lives. Even a prostitute of yesterday must choose a husband and live with him as a true wife. Maids must be married to good lovers of their heart. Youths must marry only after completing their Brahmacharya Education and enter family life after finding the means of livelihood. Improper matching, husband's impotence, inconstancy, poverty, dry heart, loveless face, ill-treatment, enforced widowhood—these are some of the important causes of prostitution and divorce. Even the old system of consecrating maidens to the temple is bad; it has polluted the holy places. The existence of whores is a shameful blot upon society. A whore is a tempting noose, sugared poison, a kissing cobra, a clutching crocodile and an embracing boa constrictor! Make women happy at home; remarry young widows: abolish dowries, abolish child marriages, and allow freely love-marriages and intermarriages. Create strong men and women and make the family life ideal and happy; then all sex perversions, secret vices and immoral traffics will end.

**Away from the wretched lure of gambling!  
Ruin of kings is this craving.**

Betting is baited hook! Kings have lost their land and prestige by throwing dice. Do not gamble away your time and energy. Utilise every moment for self-culture and service to the Universal Divine.

**The vice of wine ruins thy home and fame,  
Corrupts the brain, destroys thy health and name.**

If all intoxicants were to stop today, there should be peace and plenty in the world tomorrow. A government which seeks revenue through toddy shops immoralises and impoverishes its people. Money got by liquor is as bad as money got by selling the body. Temperance leagues should be organised to stop drinking and the government should abolish taverns. Toddy, brandy, wine, beer, whisky—all these are intoxicants which dangerously excite the nerves only to weaken and ruin your body and life. Pure water, milk, butter-milk, cocoa-nut water, fruit juice and honey are the natural drinks for all.

### **3. Avoid Meanness**

**Do you exult in lies-backbiting word?**

**The heart is wounded by the justly sword.**

Talebearers are a nuisance! No spy, no war! Backbiting is a vulgar vice. Falsehood is the handmaid of backbiting and treachery, its godfather. Conscience will saw and cut with sword of justice the heart of the scoundrel who bites behind another's back. He who ruins good friends by backbiting and calumny, shall ruin his own peace.

**Avoid anon the wretched cunning rogue**

**Dividing home by tales of salt and dog!**

A double dealing rogue came to a peaceful house impersonating a saint. The husband was out. The innocent wife received the hypocrite with respect. 'Madame, said the scoundrel, 'You are great and chaste, how is it that you live with a low-born man?' 'Is it so? What is the proof?' demanded the vexed wife. 'Just lick his feet at midnight and you will feel they are saltish. He was a low-born man who sold salt in his past birth' said the rogue and went away receiving rich presents from the cheated lady. He met her sire on his way home. 'Sir, a word; a secret,' said he to the anxious listener, 'You are a wise noble man; how is it that you married a dog!' 'My wife a dog? Proof?' 'she will lick your feet at midnight; just rub them with some salt.' It so happened that the wife licked his feet and the husband kicked her off saying 'Off, your dog!' The offended wife retorted 'Off, you low born saltseller!' The lovers became enemies from that day, until one day a good man exposed the false tale of the humbug and united them. Beware of talebearers! Beware of double--tongued scoundrels! They divide homes and countries and foment part quarrels.

**The much-trumpeting boaster is zero;**

**The mean is proud; be humble, wise hero!**

Do not blow your own trumpet! Boasting betrays your emptiness. Truth has no trumpet; it calmly manifests itself when the time is opportune. Humble is the branch charged with fruits.

**Far worse betrayers are, than weaponed foes;**

**With honeyed words, they act like Iagoes.**

The villain Iago poisoned Othello's mind and made him stab Innocence. Betrayers are devils who praise before you and plot behind you. The double--dealing monsters will soothe you to intoxicated sleep and cut your throat.

They will negotiate here and invade there. Beware!

**Jeering, begging, plunder and mudslinging,  
Are habits of the mean, with bickering.**

These are the five habits of scoundrels. They will beg, cringe, snatch away cunningly what you have or lay heavy hands into your pocket.

Then they will jeer, laugh, mock at you and sling mud upon your honour and self-respect. Begging is shameful. Work-houses must be ready to provide labour and feed the poor. One must work and live and never beg nor cringe another.

#### **4. Truthfulness**

**Purity and Truth are friends; whose friends  
Find life an Eden where delight expands.**

Truth is pure; the pure is true. They coexist in a saint's heart. Purity sees God; truth enjoys His peace. They are plain, simple, open without any trickery or deceit. It is the ugly that paint the most. Truth is natural and crystal clear. Purity is its lustre. They are the warp and weft of Life Divine.

**Repent, remove untruth; speak only truth;  
As from the heart it comes; that Truth is strength.**

Note your misgivings plainly in a diary; confess them before your conscience. Advise the mind in solitude; repent your sins and reform your conduct every day. Train your heart and your tongue in truthfulness. A bitter heart has a bitter tongue and bulldog language. A dirty heart has a false envious tongue. Make your heart the seat of God's Truth. Enthroned His Grace there and the tongue will be sweet and true. That Truth is a strength, a force. A few words of Truth flowing from the pure heart can work wonders in this world more than volumes of speeches and writings.

**A sweet serene and honest tongue utters  
Plain, fruitful truth which frees men from fetters.**

The flower is known by its scent and colour; a man is known by his truth and honesty. Just as the tongue receives the sweet and rejects the bitter, it should lisp the truth and reject lies. A word is the seed of action. The word is mightier than the sword. It is the creative force of a nation. The pure truthful souls are the angels of a country and the harbingers of a new era; their word touches the heart of the World.

**Measure thy words to worth of men you meet;  
Be calm and silent, firm in central seat.**

Words must be tempered to the temper of hearers. Much talking, like gluttony, disturbs the soul. Speak to the purpose, judging well the pros and cons of things, the subject, the object, the cause, the effect, the man and his worth. Speak on art to an artist, on politics to a patriot, on yoga to a Yogin, and on poesy to a poet ; but speak nothing to a cunning talebearer and ego-istic boaster. Silence is better than careless speech. Listen more and speak less.

**Pure water cleans the dirt outside it finds;  
Truth is truth in cleaning stains of minds.**

Water purifies the skin and truth, the heart and mind within. Water is important for the physical health and truth for the mental health. Lust, envy, egoism, hatred, prejudice, etc., are impurities of the mind. Only conscious truth can remove these dirty stains.

## **5. Celibacy**

**Control the mind, control the cunning sense;  
Be strong, and great by law of continence.**

Semen is the seed of life and sap of living. It can be sublimated into light and energy. Full mastery over the mind and the senses is needed to control this vital fluid which is a dynamic energy. This control is continence and it makes the celibate strong and virile. Purity of food, sleep, talk, walk, thoughts and movements is the law of celibacy.

**All good virtues shall be with him, be sure  
Who is a Brahmacharin true and pure.**

Virtue seeks a celibate (Brahmacharin). The Brahmacharin is one who has complete control over the mind and the senses and the vital passions and whose heart and soul are concentrated in the Divine Spirit. He is spontaneously holy. Sex control, mental control, control of the speech, constant silence, daily prayer, meditation, holy study, holy company or solitude and concentration in the self-centre and consecration of soul elevating services and self-consciousness are the means of attaining perfect Brahmacharya.

**That vital fount of life and joy giveth  
Wisdom, vigour, longevity and health.**

A drop of the vital fluid is equal to eighty drops of pure blood. Every drop is life essence. It is the seed of progeny. To spill it is to kill the race. To waste it in dream and by secret vice is to spill youthhood and walk towards an early grave. The sex glands are of psychological importance. Their misuse perverts life. Involuntary emissions, wet dreams, sex precocity, masturbation, loss of temper are all due to the loss of mental-vital balance. To preserve perfect balance of the inner instrument (Antah karana) is the secret of sex-control. It gives long life, strong body, bright intelligence and vital energy.

**See either sex as one Divine Spirit;  
Then thoughts and acts, a chaste friendship merit**

Man and woman are one Divine essence. Only the physiognomy differs. Both bodies are of the five elements. By careful and progressive co-education the mystic curtain of curiosity must be removed. They must be trained to consider each other as component parts of one life and being. Sex knowledge must form part of education. Both must have a detailed knowledge of the body which homes them, just as they are bound to know the nook and corner of the house in which they live. Both must be trained to regard each other as equal psychic entities. Human beauty must be

regarded like the beauty of flowers or birds. The youth must perfect his body, mind and soul by the pure Brahmacharya culture. Man until his twentyfourth year, and woman until her eighteenth year must observe strict Brahmacharya concentrating their efforts in self culture and both must practise Yoga and meditation. Sex can be mastered by Yoga.

**Pure celibates, having finished study,  
Can enter family life candidly.**

Well-developed youths and maids find their mates by psychic attraction and natural instinct without any parental compulsion or caste rigour. The Brahmacharya culture makes them strong and virile and socially efficient to feel and shoulder the responsibilities of life. After succeeding in a pure celibate life, they are sure to succeed in an ideal family life by psychic integration.

## **TREATISE VII: WEDDED LIFE**

### **1. Home**

**Home spread abroad makes a wonderful world;  
Success is founded in a good household.**

A nation begins at home. The world becomes a wider home. A virtuous household is a potential nation-builder. Cosmic life branches forth from conjugal life. The family man contributes his love, work, charity, gifts, intelligence, wealth, industry and efficiency along with the virtue of his wife and children to the national welfare. The nation's heroes, saints, teachers, doctors, judges, administrators, engineers, traders, artists, manufacturers, inventors, scholars, poets and scientists all come from families. So a perfect family makes a perfect nation. The success of the individual as well as the national life is founded in the happy householder's life.

**A growing home-life is a godly gift;  
A nation's life depends solely on that.**

The home life is the laboratory of universal existence in which every action is an experiment and every day an inference. Man and woman are purified and perfected by various experiences. It is the Divine Grace that plays in either sex to perpetuate the race. Family life is god-sent. It must be properly and divinely cherished.

**A virtuous home holds a heavenly bliss,  
A wife, a well-earned life-a divine kiss.**

The eternal Dharma has its root in the family life. Life cherished by honest couples flourishes into a family and widens into a humanity. The husband is the soul of the family life; he goes out, works hard, and brings the means to keep the home from want. The wife is the life of home. She is the patient angel and benefactor whose loving heart and willing labour foster the children and cherish the family. The joys of heaven can be enjoyed from home life under ideal conditions.

**Let noble youth live with a loving wife,  
Like brain and heart, a chaste and graceful life.**

The brain thinks, the heart feels; the brain is the know-ledge centre and heart the emotional centre of psychic love. Both must go together to perfect human existence. Even so the ideal man and woman should unite in the soul and live a pure, chaste, healthy, flourishing family life. Such a life manifests the Divine Grace.

**The man is light and woman energy;  
They are like gold and art in jewellery.**

Man is light and knowledge, and woman love and energy. Man is gold, and woman the jewel. The gold must be refined, cut, carved and embellished before becoming an ornament. It is the gentle psychic touch of the fair sex that fashions man's life into an art of joy. Like flower and perfume, milk and sweetness, like the blue and sky, sun and rays, and soil and crops, man and woman are biune realities. Both must have equal opportunities in life.

## **2. Wedlock.**

**Attraction of all male and female souls  
Is like two opposite magnetic poles.**

The opposite poles of two magnets attract each other and so do the hearts of man and woman. Existence is a battery of which man and woman are two currents-passive and the active. None can resist the attraction of hearts and the attraction is soul's communion. Love is an efflorescence of the psychic-soul-attraction. Love is soul-born. True lovers love each other not for the body, nor robes or ornaments, but for the equal soul which is the real centre of joy and rapture.

**Marriage by love alone is true marriage  
Marriage by force is a mournful outrage.**

Love is the link that unites hearts in eternal companionship. A love marriage alone is marriage. Loveless hearts can never unite and live in peace. Marriage forced by external compulsion is an outrage upon sex modesty; the forced marriage has nothing but a mournful tale. The heart, the age, psychic attraction, physical fitness, good culture, personality and ability to shoulder matrimonial responsibilities determine the choice of mates. The heart must feel, the eye speak, manners attract, communions cherish, interviews prepare and the ripeness of psychic love unite willing and thrilling pairs. That is marriage!

**Wed thou to live the life, a good angel  
Modest, virtuous, charming and loyal.**

The bride must be an angel of blessedness to her sire. The hearts must unite before hands unite. The bride must have womanly virtues and modesty, proper education, cultured manners, pleasing appearance, clean simple dress, a winning smile and a chaste heart. Constancy is the keynote of virtue. Wed-

lock is not a yoke of bondage; it is freedom of life in the love of united souls. Culture, communion, companionship and intimacy unite hearts like this.

**To administer to man's need, and be  
Constantly loving is a wife's duty.**

The wife is the queen of the household. She manages the home affairs with the means brought to her by the labouring husband. She prepares food and feeds her sire and children. She helps him wherever necessary. She keeps the house clean, neat, beautiful and healthy. She adorns it with flowers, festoons and pictures. She devotes all her love and constancy to make her companion happy and loving.

**Chastity is soul, modesty is charm,  
Faithful service a joy, a healing balm.**

Chastity is the soul of conjugal life. The wife must attract the husband to her heart, by her modesty and feminine grace and truly serve him. Mutual love and service nourish the joy of home life. Self assertion and separative egoism disturb the harmony of life. The husband and the wife are one pure spirit in two complementary bodies. One is the supplement of another. A chaste and faithful wife can reform and transform her husband.

### **3. Woman's Magnanimity**

**In charm and sweetness, love and tenderness  
In nursing children woman is peerless.**

These are the virtues in which a woman excels man. Her soft touch, charming smile, winning manners, gentle voice, patient service, willing sacrifice, chaste fidelity, magnetic attraction, occult influence, loving ways, her passion and compassion, her aesthetic taste and harmony in work are all divine qualities which elevate, beautify, ennoble, transform and perfect the husband's life.

**The source, the course, the fruitful expansion  
Of life is woman's force and affection.**

Woman is the source of love, life and domestic felicity. Human life bears the fruit of expanding delight by her labour. Her energy cherishes life. It is her affection that brings up children and keeps the world alive. Woman is not a mere cook or a sex mechanism. She is not a mere childbearing machine. Woman in essence is a dynamo of spiritual energy. Man is the root, woman the trunk and children the flowers and fruits of the growing family life.

**Mankind's love, its mission, its five duties  
Are fulfilled by a good wife's qualities.**

Woman's charming qualities supplement the grand manly virtues of the husband. They are the soul and body of united existence. Man is the static and woman the dynamic current of life. Woman is the inspiring mate of man in spiritual and temporal life. Cultivation of knowledge, development of power and resourcefulness, fostering the expanding family, service to humanity and striving towards godhead—these are the five duties of a householder. To per-

fect oneself and perfect the race and divinise existence is the mission of man. A chaste wife helps man by her love and energy to fulfil his life purpose.

**No need for jewels when her smiling face  
Adorns the home and husband's heart with grace.**

A lily needs no colouring and pure gold no gilt. A chaste gem needs no jewels to display her beauty. She has a natural beauty which rich jewels cannot vaunt. Her smile adorns the home and cheers the husband's heart. Women must leave off the jewel mania. It is a shame, a waste of money, a vanity which Nature derides, an attraction to thieves and a danger too. A healthy body, clean saree or gown, and virtuous life are the ornaments of a housewife. She is an ornament to the home and the diamond of her husband's heart. Jewels are an economic waste. Money spent in jewels can be usefully invested in developing industry.

**The cosmic fire that flows to man from wife  
Transforms his life into a Divine life.**

The Divine cosmic fire which is the Energy that constructs and supports the world, quickly awakens in women. Youths must practise Yoga while they are students. Celibates can practise yoga separately and wake up the cosmic force. If lovers marry after that, their life will be a spiritual delight. They can transmit energy to each other and to their children. Their children will be great supermen and superwomen. A pure diet, a healthy body, a pure mind, vital control, constant meditation, pranayama, holy study, sex control—these help men and women in awakening the cosmic energy.

#### **4. Manliness**

**Earn for the home, seek fame for life, and serve  
The world by noble deeds, and manly verve.**

Manly verve supports the family love. The man earns and maintains the family by honest labour. His courage, adventure, knowledge, sacrifice, skill and capacity keep the family going. He fulfils his conjugal obligations, keeps the prestige of the home and country by culture and character; he gives the nation healthy children; and he serves humanity by noble deeds.

**Husband is he who cherishes home life  
In love and harmony with wedded wife.**

Let the husband live in perfect accord with his wife and consider other women as mothers and sisters. He must realise the great sacrifice of the wife in managing the family, and be her true and encouraging helper. He who loses his temper, quarrels, beats, starves, refuses to work or earn, a miser, parasite, drunkard, gambler, fop, lewdster, or a wild uncultured man cannot win the respect and accord of his wife. The man should behave as he would like the woman to behave. He must have the welfare of the family at heart; he must be open and above board, do his duty sincerely and satisfy his companion in life to the full.

**Have passion for thy wife, love thy children,  
Have compassion to all thy kith and kin.**

Sexual passion must be strictly confined to thy legitimate wife. Be intimate, fidele, and sympathetic to her. Never cast lustful eyes upon any other woman. Love thy children with all thy affection and provide their wants. Compassion is the crown of human qualities. Show fruitful compassion to your kith and kin and help them in need.

**He who woos other women when wife is good;  
Is like a dog that licks vomited food.**

Chastity and constancy are for women as much as for men. When man expects his wife to be faithful to him, he must also be faithful to his own conjugal vow. Coveting another's wife is disgusting like a dog licking the vomit of others unscrupulously. Family quarrels rage mostly from inconstancy and debauchery. The flower of love, the fruit of affection and the seed of mercy will be spoiled by illegitimate intercourse.

**A home in which the eyes and hearts are sound  
Prosper in wealth like plants on fertile ground.**

Plants flourish happily on a fertile ground and yield good harvest. A home needs for its growth, chaste hearts united in love and sympathetic looks. Eyes must meet eyes with the heart's constant love. Then the family life can prosper in health, wealth, honour, joy and harmony.

## **5. The Bliss of Love**

**Love is the chaste energy of the heart  
That fosters home and world and life of art.**

Love is an immaculate creative fire. It springs from the soul and unites hearts. Turned worldward, it fosters the family and the nation. Turned inward, it becomes psychic energy and attains godhood. Love can create the home and the world; it can cherish a life of spiritual art and inner harmony too.

**Peerless is love in self-consecration;  
Even rain clouds are bound to revulsion.**

Rain clouds offer themselves to the world. But they have seasons and they too are disturbed by weather conditions, by whirlwinds, etc. But sincere heartfelt love gives all always, in season and out of season. Love knows no fear, no despair. It persists against persecution, hatred and calumny and dares trials and even death. Love defies cares and anxieties by the soft touch of faithful affection. Love inspires heroism, sacrifice, and devotion.

**Blind is the pleasure of vital passion  
That ends in disease and vile aversion.**

Love is not a brutal storm of lustful passion which is blind to reason and discrimination. Such a passion is a selfish force which bombards and torpedoes decency, chastity and honour. It is worse than drunken madness. It rages like a tornado and lashes the tender flowers of sweet love. Love is like

a gentle fawn gracing within limits. Lust is a wild tiger that satisfies its uncontrolled hunger with this and that. It hits against the rock of delusion. Its pleasure is pain; its indulgence is disease. Its satisfaction ends in dissatisfaction, aversion, fear, anxiety, poverty, misery and death. Love is manly; blind lust is beastly.

**Woman is flame of bliss; woman is force;  
Raise her, praise her, she is thy life-resource.**

Understand the truth of womanhood. It is an embodiment of the Divine Energy, the force, the Flame of bliss that creates and saves the world. If the woman is defiled, misused, derided, belittled, dishonoured, the world will degrade. Raise her status, hold her in high respect, praise her noble love and sacrifice; be a sweet husband; then she shall be a limitless source of your life, your joy, your power and success.

**Love is the energy that builds the world;  
Divine union is its final hold.**

Love proceeds from the fount of divinity which is the heart, and it must find its final beatitude in the Divine union after cherishing, like a pure stream, the life of the family and the country. From wife to children, from children to relatives and friends, from them to humanity, from that to the Divine in the collective man and from that to atonement with the Pure God in the Spirit is the course of love. Love has a human beginning and a divine consummation. Love must change day by day into spiritual lustre by the Yoga of inner communion.

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## YOU

You can be beautiful;  
But are you dutiful?  
You can have plentiful;  
But are you merciful?  
You can be a scholar  
And an able soldier;  
But are you a helper  
To the needy brother?  
You command growing wealth;  
But have you blooming health?  
You attain name and fame  
But are your passions tame?  
You have the worldly tact  
But what are you in fact ?  
Have you clear conscience  
Do you think in silence?  
Have you learnt inner science?  
Ingathered crystal mind  
Helps you, yourself to find.

## **TREATISE VIII: DUTIES OF HOUSEHOLDERS**

### **1. The Mother**

**The equal Mother is the Divine Grace  
Raising her children for the perfect race.**

The divine Grace is the equal world mother. All lives are her loving offsprings. The mother of a family must be honoured as a manifestation of the Divine Grace. To raise perfect race we want perfect fathers and mothers well developed in body, mind and spirit.

**Glory to the Divine Mother who gives  
Golden children so that the nation lives.**

The nation lives by children who are precious like gold. It is the Mother that gives them. Healthy mothers bear healthy children. Women must be given special training in sex hygiene, maternity, child-welfare and housekeeping.

**The glory of a nation takes the form  
Of a child in the charming mother's arm.**

Children are the glory of a nation and that glory thrives in the mother's tender arms. The child is the miniature nation. The mother who fosters it deserves the nation's honour.

**What greater service can a woman give  
Than raising up a hero impressive.**

A worthy child is the joy of a worthy mother. Her great service to the nation is the gift of a heroic child. The children of a progressive nation must be heroes of knowledge, culture, courage, service, sacrifice and divinity. They must have abundant creative faculty. To yield such creative heroes, mother must acquire perfect scientific education, self-control, Yogic power and a strong body. The union must take place when the body is strong, virile and healthy, when the mind is serene and when the heart is full of love and delight.

**The hero-mother feeds her son with food,  
Sublime thoughts and duties of manhood.**

The mother is the first teacher of the child. She teaches him to speak, to act properly, to be good and honest; she shapes his character. The mother should tell her child nice useful inspiring stories while feeding. Such stories will stimulate deep interest and aspiration to be a great man. The child must see, touch, smell, taste and speak good and beautiful things.

### **2. Serve the Mother**

**The life belongs to the loving mother;  
Serve her even facing death, O brother!**

The mother's milk and loving care make us men. Her sacrifice builds our life. Man can perform any sacrifice to serve the mother and the motherland. He must even face death to save his mother and his motherland.

**Body and life are gifts of the mother;  
Give them to her, O heroic brother!**

The Mother's blood forms the body and she fosters the life therein. Let us offer both in her service, heroic brother! Such consecrated service shall uplift our home and country. Let us be great and do great things for the Mother!

**The rain-fed earth, its love, its existence  
Flourish in mother's love and her patience.**

The mother is the symbol of love, tenderness and patient sacrifice. The mother-hearted sky cherishes earth with the gracious rainfall. The earth produces crops with a motherly love for beings. It is the mother love of nature, that sustains creatures.

**With tender hand and kissing words she fed;  
Blessed by her golden hand march ye ahead!**

The mother's heart is full of love and tenderness. She kissed into us her sweetness, fed and fondled us. Let us march, brothers, with her blessings, to win laurels in the battle of existence.

**Just as the mother speaks, so speaks the child;  
Let all her words be noble, wise and mild.**

The child learns its first lesson from the mother; it imitates her manners. So her words must be tempered by noble love, tenderness, wisdom and patience. Egoism, anger, irritation, littleness, hatred, threats, etc., must be avoided. A great mother makes her children great.

### **3. The Father**

**The son behaves just as the father does;  
His conduct must be pure and sagacious.**

The father is the head of the family; children take after him. They imitate his manners. He must be a model of genuine love, generous heart, noble manners, simple life and sagacity. A responsible father must never be selfish, peevish, irritable, debaucherous, foppish, lazy, dull, false, cunning, indulgent or immoral. He must treat his wife with great respect so that the children will in turn respect her.

**Environment affects the sense and mind;  
See that a child may pure surroundings find.**

The mind is like a camera and the senses are its lenses; the eye and ear quickly catch the environment and its influences. The sensations become perceptions; they become conceptions and they in turn precipitate into thought, impressions, actions and nature. The father should create a healthy moral environment and so elevate the tone of the family.

**Home, country and the world are all one chain  
Like parents, and brothers, and kith and kin.**

The whole humanity is a continuous chain of souls. Every man has his obligations to his family, to his country and to the world and humanity at large. He must fulfil these just as he would fulfil his duty towards his parents, brothers, friends and relatives.

**The bride and the groom enriching a home  
Are like a fertile field and seed in time.**

The father must see that his son marries a nice girl. The son is the seed and the daughter-in-law a fertile field. Their life is a flourishing fruitful crop, which perpetuates the family glory. The field and the seed must be given proper care and freedom of growth.

**Noble father, let thy child be fair  
Wise, brave and nice, a good and worthy heir.**

Noble father; you have given your son a good education and efficiency. Let him be a fair, brave hero, a wise learned scholar, a courteous gentleman, a righteous leader and a true servant of humanity and bring eternal glory to your illustrious family!

#### **4. The Progeny**

**A babe today; tomorrow nation's hand;  
Know this and rear thy child to serve his land.**

The child of today is the citizen of tomorrow. He is the coming man. He is the hope of the nation. The parents must devote their care and attention to his health, education, culture and manners, and make him a hero, a savant and a genius.

**Cultured knowledge and strength of will are eyes  
To lights of home, heroes of sacrifice.**

Children are the lights of a household. They are the joy of parenthood. They are the future heroes who would sacrifice their all for the nation's glory. They must be given a sound education and will-culture. Both are like two eyes to the life of the progeny. Knowledge is the light that directs, and Will is the power that acts and wins victory.

**Good children glorify the fatherland;  
Bad ones spoil the name of home and land.**

Character is the first qualification of children. Good, wise, virtuous, brave and dutiful children are a boon to the house and to the country. They glorify the motherland by their knowledge, art and heroism. But, wicked, immoral idiotic children bring disgrace upon the family and the country. They must be put in reformatory schools until they behave well.

**Loving parents cherish and make you men;  
Love them, O son, and truly serve them then.**

Parents cherish you, dear son, with limitless love and rapture of heart. How hard they work to feed, clothe, lodge, and educate you and make you a man! You owe a lifelong duty to their benevolence. Brave son, love them, adore them and serve them and satisfy them in every respect and gain their blessings.

**The tender care with which they bore thee, child !  
That thou must show thy parents when they're old**

With what a tender care the parents brought you up, O Child ! Do your filial duty towards them when they become old and invalid during their second infancy. Serve them with love and reverence. Do not abandon them in the street. Act like a tenderhearted parent during the senility of your father and your mother. Glory to the dutiful son who adores his parents !

## **5. Kinsmen**

**He is a kinsman, true and dear to all  
Who is a friend in need, a faithful soul.**

All men connected by blood are not necessarily kinsmen. There are relatives who hate us and do us harm. He is an ideal kinsman who remembers our help and helps us in need.

**Not the stiff claim to share, but loving aid  
Proclaims a brother true and beloved.**

Many say, "we are brothers." They quarrel for this and that and go to court. They lay stiff claim to share the family property. Their wives are jealous of each other and make cold weather! Brothers live in hatred; the elder tyrannises the younger. These are not brothers at all. A true brother is a loving, sincere and faithful companion who comes to our aid in times of need, a soul true to conscience, a beloved friend who thinks of us as himself.

**He is a louse that itches on the head  
Who claims relation but does harm instead.**

A louse is born in our blood and sweat. Can we claim it as a blood relation and allow it to feed on our head? No. There are men who come claiming blood relation only to exploit our home and property and revile us at the back. They flatter us as long as we give money and then they quarrel with us and do all sorts of evil. They are worse than lice and bugs; they are worms; beware!

**Throw off as enemies though tied by blood  
Those who are evil, as a hair in food.**

A dirty hair found in the food, is an evil intruder; it will injure us if swallowed; it must be thrown off. Even so, evil rogues, talebearers, double-tongued lagues, swindlers, rascals, scoundrels, and mischief-makers must be thrown off as aliens who come and exploit our means and honour and bring misery upon our life. This does not mean that we should hate them; we must regard all as equal souls; but we must keep off brother tiger and uncle fox: their place is the forest, not the home.

**Rich in virtue, serve thy home and country,  
Better is this than death ceremony.**

Be good and do good as you live in this body; your soul will leave the body with good impressions which will follow to your next birth. If the present life is good, the beyond shall be good. So no costly funeral ceremony is necessary for your salvation. If your sons and daughters lead a virtuous life that is enough to perpetuate your memory. The son can build a school, a workhouse, or lay a garden in the name of the father. They will be the best symbol of his filial affection. Do charity usefully and constructively. Give liberally to saints, to teachers, to labourers, to good institutions in the name of your ancestors; that gift is infinitely better than pouring ghee into flames and throwing rice balls into water! Take care of the present and the future will take care of itself. Serve men and God will be pleased with you.

## **6. Work and Live**

**Know the world, the times and needs and ways;  
And earn to keep the home from want always.**

Every hand must labour for a living. The family man should know the changing world conditions, and the advancing times and so adjust his life and work accordingly. He must find useful work and earn his livelihood by that. Such work must also be useful to the society. A family man should earn enough to maintain the family, to spend something for the common good, saving a portion as a future safeguard.

**Debted pomp is the messenger of care;  
It is the seed of poverty; beware!**

Pomp and luxury are vanities! Vanity ends in poverty! Lead a simple life, eating to the hunger-point and clothing for decency. The world is famine-stricken. If a man who can live on one rupee spends ten rupees, he starves nine poor men. Beware of how you spend; try to save a sixth of your income be debt-free.

**Vain robes and jewels and feasts and luxury  
Reduce fops at last to beggary.**

Thrift is a virtue which saves money and honour. It prevents poverty. Rich sweetmeats, cakes, viands and wines are not at all necessary; they are tempting devil-stuffs that spoil your body and brain. Rice or bread, vegetables, fruits and nuts twice or thrice a day are enough. Rich silks, gold and diamond ornaments and foppish make-up betray vanity! Beauty need not be gaudy. Simplicity smiles better than jewels. Vanity hides its ugliness in colours and cosmetics. Your pomp and luxury leave a hundred poor shivering in the cold. Be frugal in diet and dress; remember the millions who want them like you. Meaningless feasts waste food and leave thousands to starve of hunger. Avoid ceremonies as far as possible. Birthday, new year's day, schooling day, marriage day, the days of national heroes and saints can be celebrated by holy chants and lectures. Social Service Home should be built in every town and village to celebrate important occasions like the marriage. The social committee of the locality must conduct and manage the whole affair on

receiving the minimum expenses say hundred or two hundred rupees. If the rich give more, the surplus will go to the Social Service League to be spent for education, industry or sanitation. A marriage ceremony is simply meant to show that the bride and groom wed by mutual consent. Economy saves money and energy. Instead of spending Rs.20,000 for a marriage, spend Rs. 200 or 500 and invest the rest in an industry; that money may feed many mouths and also increase itself.

**Wealth runs off like water from the sluice  
Let rich men give it for the public use.**

Economy does not mean miserliness. Money must not be locked up. It must flow freely from hand to hand and from work to work. Money must not stagnate. It must roll like a clear stream feeding culture and industries. Unstring your purses! Open your iron safes! Set wealth at liberty if you want liberty for humanity. Convert money into labour and allow millions to enjoy the fruit thereof. Give liberally, give all to national endeavours. Invest your money in national industries and live upon the dividends.

**Days of birth or death or historical,  
Let expenses be economical.**

Spend your money with parsimonious prudence while celebrating important days: birthdays, marriages, days of welfare and woeful days like death; historical days like the advent of great heroes, poets and saints. The social league in every village should fix the minimum expenses for set ceremonies. You will have to pay the amount, have the ceremony at the appointed time and place and finish the matter economically. Feeding workers, art display, helping artists and labourers, laying gardens, founding schools, planting useful machineries, music, dance, drama, sports exhibitions and everything that will elevate the society can be encouraged then, and money can be spent for them to a limit. Charity must not support beggars; it must support work and again more work.

## **7. Family Prosperity**

**By a perfect organised existence,  
Raise high the race to happy eminence.**

The individual self-effort elevates humanity. The family life must be perfectly organised so that every home has its proper economic needs, cultural gifts and industrial share and can enjoy the fruits of its labour with the commonwealth of nations. A man of perfect life exalts the race.

**Set heart in God; labour for food and win  
Lasting renown by using heart and brain.**

Live in inner communion with the Divine Spirit; labour in an industry conducive to national progress making a living thereby. Aspire for a lasting fame not by ambitious tricks, but by honest disinterestedness, nobility, public benevolence, actions such as the promotion of education, industry, art, sciences, freedom, etc. Raise a memorial before your eyes in the form of some institution or achievement. Take a page in the history of your country by deeds of valour and sacrifice. Outlive the body in the hearts of men.

**Ego, fear, ignorance and poverty  
Are death and thralldom to humanity.**

Egoism stands between God and man; it hides the equality of vision. It breeds ignorance. Ignorance, poverty and fear lead man to slavery, and slavery is the death-dealing enemy of life. By self knowledge, scientific knowledge, industry, and heroic endeavours these enemies must be conquered. One who knows his real free self can never be a slave to any human will.

**Even brutes can sleep, beget and die away;  
But man has a mission beyond this way.**

Eating, drinking, mating, begetting children, rearing them and dying are all functions natural to man and beast. If man lives only for these, he is no better than a brute. But man is a self-conscious being. He has an intellect, mind and a mission and a will to fulfil it. His mission is to know his pure Divine self, live in its consciousness, a life Divine and do his best to serve his race towards that end.

**Sans vanity, sans poverty, O man,  
Live in simplicity for soul's elan.**

Life is an evolutionary dash towards the supreme reality, the Divine. Man must develop all the parts of his nature equally. In caring for his soul, man must not neglect his body and his family. He must know how to live in the physical world before he knows how to live in spiritual consciousness. He must not suffer from poverty; by knowledge and industry he must earn enough for his family; but he must not spend his money and energy in unnecessary ease, luxury and indulgent vanity. He must lead a moderate, simple, elegant, dignified, clean and noble life useful for his self-perfection as well as the happiness of his race.

Family life should widen the individual love, univer-salise man and woman and at last their love should unite in the delight of Godhood.

## **JOY AND PEACE**

Life is joyful  
Life is peaceful  
When hearts are full  
When crazy cares are nil.  
Like flowing river  
Like wind-kissing flower,  
Like flute breathing  
Master tunes soothing,  
For the common good  
Give daily we should  
Our thought word and deed  
Like for plant the seed.  
Like dark rainy clouds

Let us be gracious  
Like witnessing sun  
Like cool pleasing moon  
Like birds in fruit garden  
Let's live men and women...

## **TREATISE IX: DYNAMIC WORK**

### **1. Strive On!**

**Strive on, strive on, strive on to victory,  
Giving to God the fruit of industry.**

Go on, endeavour persistently with all the strength of your body, brain and soul to perfect your manhood and expand towards Godhood. The world is a vast workshop. No work, no food, no life, no progress. Work assiduously for the good of humanity and dedicate the fruit to the God in man.

**Nothing is hard for patient endeavour;  
Did not Bhagirath bring the Ganges here?**

The Ganges was once flowing on the other side of the Himalayas. King Bhagiratha by a long and patient endeavour brought it this side to irrigate the fields of Hindustan. He achieved this marvel of engineering by patient austerity of work. Scientists and heroes have done immense service for the progress of liberty and civilisation, by their patient endeavour. So strive on to perfect yourself, strive on to perfect humanity and strive on to attain Divinity.

**Virtue abides in him who makes efforts;  
The lazy idler loses life and rots.**

The earnest active worker prospers always; all virtues come to him. But an idle man, though rich and comfortable, contracts all vices and loses health and wealth day by day. Work brings fortune and idleness misfortune.

**Direct thy genius to do something  
That adds delight to the world progressing.**

The world of mankind progresses daily towards the goal of freedom and delight. Saints, heroes, poets and scientists and inventors contribute their share to the advancement of civilisation and progress. Find out and develop your genius and do something for the progress of humanity.

**Waste not thy life in fruitless endeavour;  
Who ploughs and sows saline soil ever?**

No fool will be ploughing and sowing saline soil which is unfit for cultivation. No conscious man will waste his time in vain fruitless activities like gambling, gossiping, talebearing, or indulgence in sex thoughts. Such actions are time killing vices. A second gone, never returns. The world affords a vast field for useful activities. Do something noble and useful.

## 2. Work Worship

**Hasten not forward if you can't achieve;  
But be modest; control the mind and strive.**

Be efficient and resourceful first and then come before men to do your work. But do not hurry forward with half-knowledge; you will suffer defeat. Never get out of self control; perfect yourself in dynamic peace and silence and when the time is ripe, begin your mission with the Divine Grace.

**Enjoy the fruit of labour with thy kin  
After sending prayers to the Divine.**

Everyone should work at least five hours for a living and enjoy the fruit. The food earned by hard labour must be offered to the Divine with this prayer before eating—Gratitude, O Divine Light! Thou hast given us energy to work and earn our livelihood. O King of Nature, Thou hast given us today this food. We offer it to Thee; let this food give us health and vigour and enable us to serve Thee in man, with love and earnestness!" See that your tongue and teeth are clean and the hunger keen; then only can you relish your food. Eat to the hunger point, slowly masticating each morsel well. Take water at the end only. The food becomes energy. Two square meals and one light meal per day will suffice.

**By deeds alone mankind is distinguished  
As brute, or man or god in grade and breed.**

The human form has its head, trunk erect. But nature differs. Men widely differ in breeding, culture and character. Some are unregenerate human brutes, hardhearted murderers, thieves, swindlers, and rogues! Some are manly men, brave, adventurous, virtuous, dignified, alert and agile. There are a few Godmen effulgent with the Divine dynamic energy and delightful in the bliss of self-realisation. The Consciousness evolves by a slow process of natural inner blossoming into a plant, animal, human being, brute-man, manly man and Godman. The transformation of man into Godman is achieved by Yoga. The brute man is rough, manly man active and passionate and a Godman, calm, peaceful, luminous and dynamic.

**The God in man is always pure and calm  
The vital demon raises bloody storm.**

The world is a battlefield of two forces: God-force and the demon-force. God-force is ever peaceful, calm, serene, blissful, truthful and splendid. The Demon-force is egoistic, jealous, blood thirsty, and stormy. Both are in man. The demon forces in his mind lead man to weaponed massacre. Wars are the eruptions of the vital volcano in man. The demon-force must be transformed by the God-force. Until this inner transformation is effected the world shall be war-torn. Peace and delight come from divinity.

**Work is worship and life a sacrifice;  
The world's a kingdom of the Divine-Grace.**

The whole world is a vast kingdom ruled by the Divine Grace. To be conscious of this Divine Grace is wisdom. Mankind evolves to godhead in

proportion to the blossoming of this wisdom. Every brain is a hall in which this Divine Consciousness plays. It is his central I. Every action is an expression of its will. All lives are the body of this pure spiritual Conscious Force. So all our actions must be done as a worshipful offering to that almighty Force. And our existence is a continuous sacrifice of the ego-I to the almighty Divine-I. If man finds the unity of consciousness in every soul, the earth shall be heavenised and the life divinised. Every action then shall be inspired and fulfilled by the Divine Will.

### **3. Service**

**With good and holy work fill up the day;  
Then all the evils will be starved away.**

Evil thoughts, words and deeds cause pain and suffering. They will be counteracted by good thoughts words and deeds. Engage yourself in good and holy works; then bad thoughts will have no chance of disturbing you. Work transforms, purifies, elevates, and glorifies human life. Study, contemplation, holy meditation, divine concert, honest labour, consecrated service, etc., are good works. The good counteracts the bad.

**Service is bliss ; its joy is nectar-sweet;  
Gods and men a selfless worker greet.**

The joy of doing selfless service to humanity is sweet like the nectar which is the sweetest thing imaginable. Godly men and manly men greet with joy a sincere servant of humanity. Service widens the soul, elevates the mind, purifies life and identifies the heart with the heart of humanity. Service immortalises man. Great souls live for ever in the heart of humanity by dint of their service and sacrifice.

**The Work divine delights and enlightens  
Ego's work ends in wars and divisions.**

The divine work is free from the notions of I and mine. It is a work consecrated entirely to the God in man. It purifies, enlightens, brings peace and delight by patient endeavour. It liberates humanity from all mental bondages and gives it the freedom of life Divine. All inspired poets and prophets do such a service to elevate humanity. All works stimulated by egoism and selfishness are dark deeds; they divide man from man, oppress and suppress the voice of conscience, deny Truth, and lead to war and bloodshed. Divine work is as bright as the Sun and egoistic demon-work, as dark as hell.

**Heavenly bliss awaits the soul which frees  
His land from want and thralldom and disease.**

Consider your country as your body. The body must be kept free, healthy, well-nourished, strong and shining. The motherland must also be kept like that, free from foreign domination, poverty, disease and disunion. Slavery, treachery, tyranny and poverty are worse than epidemics. The joy of sacrificing oneself to liberate his motherland from these epidemics is great like the joy of bliss

in heaven. Educate, industrialise, energise, enlighten, enrich, dynamise and spiritualise your country and live in the heart of your nation for ever. History immortalises great liberators. Their victory is the victory of humanity.

**Find out a truth; fulfil it well in life  
And truth will give you joy and win the strife.**

Every soul has an inspired Truth which is its message; find it out, realise it and serve humanity by it. Sacrifice yourself for that Truth. The victory of truth is the joy of life. Truth wins the strife of worldly life. By fulfilling one truth in life, a man can possess the joy of heaven on earth.

#### **4. Root Out Poverty**

**This world shall be a sinless paradise  
If men above hunger and thirst arise.**

Men hunger for food; their heart thirsts for power, lust and conquest. If hunger is satisfied by food obtained from honest labour, if the heart's desire is appeased by the soul's contentment, then there shall be no more sin, theft, falsehood, envy, competitions or wars. To earn enough for one's needs and rise above want is the way to peace.

**Live this earth-life doing what good you can;  
And Paradise will blessings pour on man!**

This world is the field of your perfection. Live a pure fruitful life of righteous service here. Heaven will pour its blessings just as it showers rain to save the earth.

**If rich men do not hoard, but freely give,  
No dearth will be and industry will thrive.**

The rich imprison wealth in the iron safe; that is the cause of poverty. The hard-working poor man starves thereby, without getting sufficient for his needs. If all rich men invest their money in national industries, and liberally utilise it to create work, feed, clothe and lodge the poor then there will be no poverty and no arrogant hoarding. Wealth must flow from work to work. Work is greater than hoarded wealth.

**That trade is best which saves the nation's wealth  
For the nation's felicity and health.**

Green products, raw materials and minerals are the wealth of a nation. The labourers are the force that refine this wealth, and manufacture the goods. Wealth should never be shipped out of the country, thereby starving home-labour. To export raw materials, and import manufactured goods will impoverish any nation. It would be like running to costly hotels neglecting the wholesome meals at home. Wealth should feed the national labour, and preserve its value for the progress of the nation. For instance, cotton must be made into clothe, first clothing the nation. Cotton must not be exported while it is needed in the country. Foreign imports must be kept to a minimum. The surplus food of one country can be exchanged for the surplus goods of another which are necessary to life. Local industries must be so encouraged as to meet all national demands.

**Want and darkness are heavy hands of sin;  
Cut them by knowledge, industry, and win.**

Want is dearth of food, clothing and lodging. Darkness is ignorance and illiteracy. These are heavy iron arms of the demon Sin. They hammer life to death. They must be cut off. Remove ignorance by good education, and poverty by flourishing national industries. Let every home and cottage shine with the light of knowledge and resound with the music of industry.

## **5. Industry**

**What use are hands without a handicraft?  
The sweat of work produces gold in fact.**

Nature has given you the hands, the brain and the nerves to work. You must learn some useful industry, a good handicraft, and make your living. If you do not use your hands usefully you are equal to a cripple. Laziness is unmanly. Live by labour; the sweat of labour yields golden crops and ruby fruits.

**By industry the nation gets all sorts  
Of clothes, enough of food and home comforts.**

Home industries preserve the national wealth, utilise raw products, feed, clothe and lodge millions, give work to many hands, and remove poverty. There are innumerable works; so no hand need be idle. Every village must organise its own work by division of labour, and live a self-sufficient life. Agriculture, horticulture, dairy, food industries, spinning, weaving, colouring, making twine, rope, brush, button, ring, pots, musical instruments, baskets, tiles, vessels, mats, tatties, shoes, umbrellas, glass, paper, printing, smithy, carpentry--- ah! how many useful industries are there! Do one and live honestly!

**Apply to industries the gift of science  
And march abreast with the advancing times.**

The modern science has wonderfully changed the thoughts and course of human life. We cannot go back to the prescientific age hereafter. We must make the best use of modern scientific knowledge and inventions if we are to hold up our head before the progressive world. But science must be utilised for constructive purposes and not for destructive purposes. Planes must be used to conquer distance and save time and not for dropping deadly bombs. Radios must be utilised for the advancement of international arts, and for promoting cultural relations throughout the world, not for creating dissensions, sowing the seeds of wars. Machines must be used to save time and distance and labour and not to exploit other nations.

**Mechanised work should aid all manpower,  
Like tools that help the manual labourer.**

The use of machines is indispensable these days. But machines must not starve manpower, especially machines which destroy indigenous industries and impoverish the land. Machines generally do the work of many hands, and so thousands lose work. Handicraft can feed many workers. Machines enrich a few beyond measure and make the poor poorer. One yarn mill, for

instance, affects thousands of poor people who live by spinning. One textile mill sends to sleep hundreds of handlooms. There are such drawbacks in using certain machines. But they can be counteracted by widening the fields of labour and creating specialists and grouping the labourers. Industrial factory, mining, plantation and agricultural labour must be well organised by Labour unions. Labourers of all categories should be provided with living wages and healthy quarters. Machines can be and must be used for printing, paper-making, mining, electricity, sewing, soap-making, bakery, tools-making, etc. But all machines from motors to aeroplanes must be made in one's own country. Mechanical forces can be employed even for handicrafts. For instance, you can introduce electricity in the shuttle and the spinning wheel. Any industry worth its name should enable the worker to earn his daily bread and necessities of life. Just as tools aid a carpenter's handicraft, machines should aid manpower. Labour for food and clothing can engage millions of hands, if done, mostly by hand with the minimum use of machines.

**Widen the fields of useful industries  
Then all can have work without rivalries.**

The fields of labour must be so wide and varied as to meet the needs of the country and humanity so that every hand is engaged in suitable work and can earn a fair wage for a living without clashing with others. Trade and labour unions must organise commerce and industries and make every able-bodied man and woman work for his or her livelihood. No hand should remain idle! and none should be allowed to ruin another man by commercial or industrial competition. So many hands for this industry, so many for that; others must take up other fields of work. Fresh avenues of labour must be created for others--thus work must be well-proportioned so that all can live. The Social Union should take up the entire responsibility of production and distribution.

## **6. Agriculture**

**Make plough the pulse, spinning the Om of earth;  
With these two sounds, never shall there be dearth.**

Food and clothing are the two fundamental necessities of human life. The ploughshare which tills the soil is like the pulsation of communal life. The ploughman is the first servant of the nation. Agriculture and horticulture are the original industries of man. Husbandry is the life of human living. Next to it is spinning for cloth. The spinning wheel sings Om, the life sound of existence. The wheel must be 'Om'ing on and the ploughshare pulsating on to clothe and feed humanity.

**The strife of words and arms and trade are bred  
By strife of hunger, and by lack of bread.**

Hunger is the greatest anarchist in man, next to egoism. Man hungers for more food, more luxuries, more power and possession. Nations compete with one another for more bread and more enjoyment of power and wealth. All disputes, trade competitions and political dissensions centre round food and stomach. Food sufficiency is social efficiency.

**Esteem him great who grows more food for men;  
His labour hard will make earth an Eden.**

Earth, by heaven's bounty, is ready to give, if man bends to labour. The tiller who produces more and more food, makes earth happy like Eden, to humanity. He solves the fundamental problem of life which is food. He who raises crops, keeps off hunger, wards off strife and contributes to the social harmony and peace.

**A farmer's life is free and calm on earth;  
All other lives depend on other's wealth.**

The husbandman cultivates the soil and lives in peace and plenty in the freedom of self-help; all others depend upon him for sustenance. All other trades depend upon the wealth and capital of other men.

**The more and more you grow from fertile earth;  
The more and more you labour and unearth.**

The earth has limitless wealth. It gives bountifully to hard labour. Man must be strenuous enough to work, unearth and bring to light the treasures of earth. If he labours in the soil, he is rewarded with flowers, fruits and grains. If he digs deep, then the deep earth gives him gold, diamonds and minerals which are valuable industrial products. Love earth and labour; it shall smile green and cherish humanity with its golden yields.

## **7. Labour**

**A farm, a house, well, cattle and the will  
To work, make thy life fruitful and tranquil.**

A family man must have the will to work and enjoy the fruit of labour. He should possess a farm of about five acres; he can raise there a house. He can sink a good well for irrigation; he can buy a cow for milk and two or three bullocks for ploughing the field. Two spinning wheels and a hand-loom can provide clothes for the whole family. The family can cultivate fruits, nuts, vegetables, grains, lentils, plantains, coconuts and other edibles. Agri-horticulture must be suited to soil, climate and water-supply. Any soil can yield richly by proper tilling, manuring and good irrigation.

**Spin, weave, grow food, study and meditate;  
And live a life of freedom consummate.**

Families must group into co-operative farms and live a free, airy, sunny life of manual labour, spinning and weaving for clothes, tilling and growing crops for food, cultivating knowledge by earnest study, improving the body by healthy diet and labour; meditate for spiritual advancement and be like a bee-hive communion of united souls living all for each and each for all. This is a simple, ideal, self-supporting and independent life.

**“Ah cruel poverty!” men grumble still,  
While earth is there and hands are there to till.**

The earth is ready to yield the fruits of hard labour. Men have hands to

cultivate and live. Only idlers mourn their poverty. Only lazy people hold out their hands for alms. During a famine people must be encouraged to labour hard in the fields, sink wells, irrigate, cultivate and live. Scientific knowledge must be fully used to solve the food problem.

**Grow no narcotic, no intoxicant;  
Grow food and clothing crops exuberant.**

One of the causes of poverty on earth is the vanity of growing tobacco in vast tracts and estates; also, tea, coffee, opium and other narcotics, and making intoxicants like toddy, wine etc. These are devil stuffs; they stimulate the blood and weaken the nerves. These must be completely abandoned if humanity must lead a healthy, natural life. A cigar is enough to contaminate the breath of a hundred. Tea and coffee have poison. The evils of drink are well known. Why does man produce these suicidal stuffs? The land used for these can very well be used for the cultivation of fruits and cereals and edibles. Land wasted to cultivate tea and coffee can be utilised to grow plantains, oranges, apples and edibles. If today humanity were to stop growing evil crops, half the food problem would be solved.

**It befits a nation to live upon  
Such crops that fit its soil in season.**

Every nation must be self-dependent. Nature has given every land enough of natural resources to live upon. If India were to grow enough rice, it need not import barley from other countries. Only absolutely necessary things must be imported. That which Nature gives you at home is best for you. Every land should make the best of the local produce.

## **8. Livelihood.**

**If the workman enjoys the fruit of work  
Then there shall be no want in any nook!**

If I grow rice, it must directly feed my family. There must be no middleman to snatch away a good portion of my produce and starve me. The labourer must enjoy the fruit of his labour. If such be the law of livelihood, then everyone will stoop to work for a living. There will be no idle capitalist.

**If grower sells to buyer directly,  
No want remains; workers live joyfully.**

There must be only two parties; the producer and the consumer; the grower and the buyer. No capitalist or middleman should intrude. It is the middleman that now claims the land and fruits of the labour of thousands of labourers. The result of hard work thus goes to a capitalist who does not work but lives a most pompous and luxurious life of vanity at the cost of thousands of honest workmen who starve in hovels before his mansion. This rich man too must be made a labourer. No work, no food. There must be in each village a labour concern in which the labourer can directly dispose of his goods, and take kind or coin in return. A labourer who produces apples will exchange them for rice and dhal. A cotton producer can sell his raw cotton in the co-operative concern and get enough clothes in return for his family. Thus by

direct dealing labour can have plenty to live on. Poverty shall not be, and slavery shall cease.

**Work as you can and share the fruit with all;  
Then there shall not be poverty at all.**

Some good work is possible for every man. Put forth as much energy as possible and work with hands or brain. Give the fruit of your work to the General Co-operative Concern which functions in every village and get your wants freely from there. That means, you give your fruit to the needy and get your needs in return. Thus you work not for yourself alone but for the whole nation. This common sharing for labour and fruit will keep everyone above want and there shall be no poverty.

**Workmen are the nerves of the world at large  
Which will suffer if you withhold their wage.**

Poverty of workmen is the curse of a race. Labour must be liberally paid. In fact labour must be allowed to enjoy its full fruit. Deducting the cost of production, the rest is called gain. The worker must get a liberal share of it. Haggling, miserliness, ambition, and greediness of a capitalist who refuses to pay proper wages to the workers must cease. A poor man comes with a load of wood in hot summer. He demands two rupees for the bundle; heartless misers demand it for one rupee. This utter pitiless haggling must go. The buyer must pay rupees two and give him some buttermilk to drink and speak to him kindly. Where there is such a kind heart, there labour feels glad.

**If the bounty of earth is shared alike  
Then social harmony shall never shake.**

This is the basic truth of socialism. The world belongs to humanity at large. Every member of the collective nation should find work suited to his talents. He should give at least eight hours work per day, and the Labour Concern will buy his fruit and give him his wants in return. That fruit should be distributed at once among other workers who want them. Thus the bounty of the earth given to the labourer is shared justly and in proper proportion among his fellow labourers. This is the law of living by labour sharing the fruit in common.

## **9. Money**

**When one usurps the space of thousand men  
A thousand men are oppressed downtrodden.**

It is the unjust distribution of space and wealth that has strangled the liberty of deserving workmen. The rich like Midas try to convert human values into gold. Labour must legally enjoy its bare needs at least. If the country is divided equally, every individual can have sufficient land in which to grow crops and run a home. The rich man, occupying several acres, leaving the poor worker to suffer in nasty huts and holes, shall not continue. The labourer stands up to demand his right. The world is for humanity and not for the individual.

**Barter counteracts the evil of gold  
Exchange of goods enthruses work and yield.**

Too much money-mania has made nations regular exploiters of lesser nations. To buy in the cheapest market and sell in the dearest market and hoard capital is the routine of money-makers. All their attempts to solve the economic problem by mechanised large-scale industries and international trade unions have only resulted in keen competitions, exploitations and harvests of dragon teeth. Money must be used only when absolutely necessary, e.g., travel, and international purposes. Every village shall form a Social Unit; it shall distribute labour to worthy labourers and receive their products. In return it shall give them in kind what they need for a decent living. A spinner can get clothes from a weaver's stock given to the Social Unit. A farmer can exchange his cereals for other consumer goods. A carpenter can be paid so many measures of rice. A teacher can be remunerated with so many bags of rice and dhal enough for his family. Thus if goods are exchanged, labour is honoured and the producer is encouraged. Then golden arrogance can be dethroned. No capitalist tyranny; all shall become labourers. The human value of industry must be enhanced. (I tried this with success in villages.)

**Behold the world pining with wars for gold!  
Even the wise are caught in them blind fold!**

Gold is yellow earth and silver, white earth. Man has given undue value to these glittering dusts. They tempt men and women and throw them into the hell-pit of sin. Murder, jealousy, evil competition, enmity among brothers, family feuds, falsehood, false witnessing, bribery, imposture, and a thousand evils are brought by money. The brothers of yesterday become bitter foes plotting against each other's life today owing to desire for more money. The rich hate the rich. Money at the moment is in the hands of hostile, immoral, egoistic forces. It must be conquered for the divine purpose.

**The grain of hoarded gold tempts one to sin;  
To greed, envy, to lust and deeds sanguine.**

Gold grins at man; its yellow smile is a whore's lip smile. Gold seems to help and enrich man. But infatuated by its vanity and egoism, man is led from sin to sin. It creates a Judas and an Iago, lust, greed, treachery, murder, vanity, haughty tyranny, debauchery, and a lot of evils and horrors come from gold-crazy people.

**Money infatuates a few with pride;  
While fruitful labour pines on the wayside.**

Where is the rich man who thinks that his money was got from the sweat of so many labourers? He thinks it his own, having done no work at all except goading the employees to harder labour. The rich get wealth from the poor men's work. The workers pine on the roadside with cold and hunger. The high-handed richman lives among feasts, tonics and temptations in the seventh story of luxurious indulgence. Wealth must be equally distributed among labourers. None should be allowed to hoard except the national bank and co-operative societies. Collection and distribution must be the aim of money.

## **10. How to act?**

**Know thyself the place, the times and means;  
Thy service shall give fruit like monsoon rains.**

This is the way to succeed in great endeavours: first know the mission; know your capacity; prepare yourself in calm silence. Know the proper field to sow your seed. Wait for the proper opportunity. Find out the ways and means of doing things. Thus your purpose will bear fruit like a field that has received a good monsoon rain. Success awaits strong-willed patience and timely endeavours.

**In inner silence train thyself to act;  
As young cuckoo in crow's nest uses tact.**

While in crow's nest, the cuckoo's young coos not. The cuckoo places its eggs in a crow's nest. The crow thinks it to be its own egg and hatches it. Until the young cuckoo has wings enough to fly off, it never gives voice, lest the crow treats it as a stranger and kills it. Even so, great works must be prepared in the bosom of deep, peaceful silence. Only when the time is ripe, and energy is perfect, man should venture forth to act.

**With forethought plan thy noble ideal way;  
Find out the means and act when comes the day.**

Cultivate a high and noble ideal through life by service to humanity or spiritual attainment. Prepare yourself silently. Plan well. Do not utter a word before the time is ripe. When it is and when the opportunity calls you, then plunge into action. Victory is yours.

**Live long! Cherish thy land, thy tongue and love  
Mercy, wisdom and Truth and Grace above!**

Let every member of the human communion live long hale and healthy fostering his mother land, mother tongue, universal love, mercy and compassion for creatures, cultivating knowledge and wisdom, upholding Truth and invoking the Grace of God above all.

**Adore the great with love and reverence;  
Saluting "AUM" and thy virtues enhance.**

Every heart houses the Divine. While saluting a man or woman you show your reverence not to the body or dress or titles, but only to the Inner Divine. The Divine Spirit in you recognises the same in your friend. That is the meaning of salutation. Say AUM! Whenever you meet elders, join your palms at the heart meaning "here I am, the heart-dweller, and the I in me recognises the I in your heart; so let us feel our identity with the Divine."

## **11. Victory of works**

**Good deeds, seemingly difficult, succeed  
As dawn proceeds from darkest night indeed.**

## Gospel Of Perfect Life

Fear not foes. Despair not. Gloomy surroundings will ameliorate. There may be rounds of attempt and defeat. Fail not in the will-to-win. The night is darkest before the dawn. Great things meet the greatest and hardest impediments. Persevere; one day the light of victory will gently burst out of dark despair. Truth fails not; Justice wins, Freedom emanates from sacrifice.

**A good service may seem trifle at first;  
Its greatness at the end will manifest.**

Good actions meet with oppositions and bad criticisms at the beginning. People will disregard you, mock at you, laugh and joke. None will sympathise with you for a time. But persist with the soul force. When victory crowns you, even the old enemies will congratulate your heroism.

**Not on a bed of roses, but of swords  
Great men have walked to do merciful deeds.**

Great souls, and inspired heroes had a fire-bath in sacrifice before victory. They were martyrs of Truth. Truth and freedom have been established by great men, not by walking easily on a bed of roses but encountering thorns of calumny and swords of persecution. Be firm in self-confidence. Truth wins. Forbear and smile at difficulties and endeavour persistently. Victory comes!

**Bravo hero! Onward to victory!  
Off woes! Truth wins even from pillory!**

A thousand foes ridicule you; criticise you; spit upon you; crown you with thorns! A million impediments obstruct your way. What of them? Kick them off. Be brave, heroic; go forward! Act boldly and skilfully. All difficulties shall fall, Victory shall be yours.

**With love for all and strength of truth and grace  
Supreme Divine works win at last the race.**

Divine work inspired by high benevolence for humanity passes in its march through untold impediments. But its universal love, compassion, justice, truth and the Grace of God that leads it shall certainly crown it at last with victory. Truth's race shall reach a happy goal.

## SACRIFICE

Sacrifice, O sacrifice  
Like clouds that cherish verdant earth  
Like songful streams that flow and feed,  
Like smiling flowers that feast the bees,  
Like lamp that burns to light a home,  
Like trees that offer fruits to men,  
Like Sun that saves the life of earth,  
Like stars that guide the path at night,  
Like a mother that tends the child,—  
Do sacrifice for common good!

## TREATISE X: DIVINE KINGDOM

### 1. Divine Kingdom

**The world belongs collectively to all  
And not to any individual.**

Individuals and the universe are co-related. World conditions affect all individuals. The outer life affects the inner life just as the oil affects the flame in a lamp. If the inner life, the soul-life, is pure and dynamic, then the outer life also is highly sublimated and pure. Our body is kingdom; life forces are its citizens; intellect the minister; vital energy the army; conscience the crown. The inner Divine is the Overlord. If all the members and principles harmoniously follow the Divine will, then there need not be any external force; man is his own king and his conscience is law. The whole of humanity is his conscience self and the world is a temple of that. It belongs collectively to all, to the All-soul and to none individually.

**No man's a slave to any other man,  
All souls belong to the Almighty One.**

Hold up your head, man, and woman! Off with slave mentality; None is a slave here! Who can enslave the Pure Spirit which is the True You and I, He and She? One Divine Consciousness is the root of the widely branching tree of existence.

**That Social Union is good for all  
Which is for all, by all, a people's rule.**

The *vox populi* is the ruling force of a country and not an individual. The public Will is the leader of a people. Every country must form a *Social Union*, every unit will be represented in it. No individual can be a sole dictator or a proud potentate arrogating over all others. None shall be a consumer or exploiter, and everyone from the topmost member of the Union to the scavenging brother shall be an equal labourer. Everyone shall say, 'I do such and such service or industry for my Social Union and live thereby'. 'Serve and live' is its motto. The laws shall be few, clear and well known. It is not one man's show nor an autocracy. It is Universalised Democracy; the Social Union represents every man, woman and child in the country and the *world* at large, for, it includes also messengers who represent other nations for the sake of international unity. Elected representatives form its legislative and executive bodies. Among these a Cabinet is chosen and the president is elected among its members each time by common consent. The worthy man is always chosen. But he cannot be a dictator. He too is a servant of the nation. The head is not apart from the body.

**Wisdom, skill and power to serve the right,  
Winning love and Truth are a leader's might.**

Leaders are chosen by the representatives to form the cabinet. They are men or women of luminous wisdom, strong willpower to protect the Rights of the nation and also what is right; they are the guardians and custodians of Dharma. They are full of love and sympathy by which they win the heart of the

populace. They are embodiment of Truth. These are the factors which make them mighty and powerful leading personalities.

**Truth is the might; the law is common good;  
And kingdom is brother-and-sisterhood.**

The Kingdom is a social union of the people irrespective of religions. The country is the Mother and all its children are one family of brothers and sisters. Truth in thought, word and deed is their mighty force; to do good which elevates and delights the commonality is the only law of the union. To do harm to a creature is unlawful.

## **2. Election.**

**The upright equal-minded superman  
With people's vote and voice is a statesman.**

A statesman represents the people of his country in the Social Union. He must be an upright, dignified, noble, learned, impartial, incorruptible, equal-minded superman. A man of high intellectual and psychic development must be the people's representative. He is the voice of the electors and has their willing vote and common consent.

**The load of duty as you rise waxes  
From post to post in public services.**

Only deserving experts are given the responsibility of public service. For, to do it ably and well, certain qualifications are needed. As they climb from one office to a higher office, their responsibilities also increase. In the Social Union there is no idle capitalist or mere stamp signaturism. From the cabinet to clerkship every post has a definite six hour work dedicated to the nation and humanity. The statesmen are not mere speakers, they are virtually managers and supervisors of their country. So only those who have the skill and will to bear heavy responsibilities should take up the post.

**Vote ye right men to Social Union;  
Who can voice forth public opinion.**

A Social Union is the Assembly of the people's representatives. It is not even a proletariat dictatorship. Every member is elected and given the responsibility of representing his country in the union. He is the servant of the public, not a lord. God is the unique Lord in the Divine Kingdom. All men are his servants in humanity. Men and women have equal rights to be elected by dint of their knowledge, virtue and social efficiency. The land is divided for administrative purposes into federal republics. Each republic sends its chosen men to the Social Union.

**Vote for the brave whose breath is public good;  
Such vote promotes prosperous nationhood.**

Electors should enlist their votes only to men of worth whose very breath is good service to humanity. By doing so the nation prospers from freedom to freedom. For such selfless men spend their entire energy in serving the nation.

**The rule depends upon the elect's mind;  
So choose a worthy servant of mankind.**

The administration of the country entirely depends upon the councillors elected by the voters. The candidates must be unselfish, well cultured, heroic, resourceful, intelligent, able men of sacrifice. Then alone the rule of a country will be good. If bad, selfish, vain men are chosen being influenced by bribes, pomp or platform oratory or afraid of hooligan threats, then the country will suffer. So voters must vote only for men of worth and wisdom.

### **3. Good Administration.**

**Absence of civil war and slavery  
Marks well the ruling of any country.**

The first sign of a good administration is perfect freedom and peace. The least trace of slavery or clouds of internal wars show a rotten administration. The tyrant who rules by fear and enslaves his subjects can no longer be tolerated by the people who are now too conscious of liberty. Slavery, hunger, misrule and tyranny are the causes of civil wars. The best way to rule is not to rule at all but to allow people to shoulder the responsibilities of the administration.

**Make the administration so perfect  
That the country lives in ev'ry hamlet.**

A village is a miniature country; it is also called the country. It is the source and resource of national prosperity. The nation is rooted in rural life. Every village must be rendered into a perfect unit and self-sufficient co-operative centre. Every hamlet must be a communion of happy homes bristling with cottage industries, luminous with education, happy in health, and busy in activity, promoting common good, with equality of citizenship and with fairly good standard of living.

**Work with the world to wipe out poverty,  
Dearth, ignorance, fear, disease, enmity.**

The administrators of the social union and the cabinet union should work with the leaders of the nation to remove poverty. They must remove famine by providing work and food for the needy. Dark ignorance must be removed by proper education. A basic minimum education must be freely and compulsorily given. Fear and slave mentality must vanish by courage and military training; good health must be preserved by good nutrition, labour and a hygienic life.

**Spread true culture; by good work remove want;  
Make people wise, virtuous and gallant.**

The first duty of an administration is to spread national education. Next is to cultivate good industry to remove poverty everywhere. People must be well educated, industrious, wise; they must be of good character, virtuous, and brave enough to defend their country and bold enough to voice forth their grievances and rectify the wrong. Every town and village must have a

workhouse. No beggar must be found in the street. If found, he must be dragged by the police to the work-house, fed well and given proper work.

**Give free the light of Knowledge to mankind,  
And create work for the body and the mind.**

To all human beings everywhere in the world, let basic minimum education be given free. Let the first duty of a human being be to get good schooling and education. Let governments give first place to the teacher. Let money and opportunity create good national industries so that all can live honestly by labour and get nutritious food, sufficient clothing and lodging.

#### **4. Budget**

**Collect taxes, give like the clouds, for health,  
For arts, defence and industries on earth.**

The clouds gather vapour from the sea and pour all to nourish the earth; even so a good government can take income-taxes from the people and distribute all income to promote healthy living, spiritual and temporal knowledge, art and industry, modern culture, and defence works. Let all people on earth enjoy the facilities of good education, labour, arts and industries and let every man and woman be able to defend the self, home, country and the world from hostile forces.

**Tax ye the rich who have more than they want  
To keep the nation's life above all want.**

People that get only a bare minimum wage must not be taxed. Those who get big amounts by big industries must give all they can for the commonwealth. The cost of education, arts, industries, sanitation, justice, defence—all must be borne by the people in proportion to their means and ability. Those who cannot pay in cash can give their willing labour for the good of the populace. The whole administration must be carried on in a family spirit; the Social Union is indeed a national family in which all brothers invest their labour and money and possibilities for the common good. All must be happy and live above want. If a man is very poor, the Union can give him land to till or capital for an industry and recover it by annual instalments. Thus labour and wealth must be adjusted and utilised for common good.

**Measure the worth and distribute the work  
To able hands; and they will never shirk.**

The government should give work to all worthy hands according to their capacity. Hands must be trained for work. If a youth has the skill for painting, the Social Union should send him to an Arts College and train him to be an ideal painter and then use his services. No painter must be engaged as a clerk, or as a carpenter or as a blacksmith. The skill, strength and energy of the people must be put to proper use for the common good. Then work will go on smoothly. None will shirk his or her duty. What is this man fit for? Yes, he is fit to be an Engineer; put him in the Engineering college; let him learn mechanical engineering; engage him in a good factory. This must be the attitude of the government in judging the merits and distributing work. Labour must be planned without tears. Production, supply and purchase must be control-

led and only the surplus must be exported. Liberal technical education must be suitably given to youths from 15 to 25. The natural resources of the country must be utilised for key industries. Maximum production and full employment must be the aim. There must be plenty of subsidiary industries, like spinning, dyeing, weaving, gardening, pottery, basket-making, binding, hand paper-making so that people can utilise unemployed days. Food, clothing, houses, medical aid, recreation, etc., must be supplied to workers at the cost of the union. The whole administration must be based on a co-operative self-sufficiency by groups of national labourers.

**No heavy army budget and no strife  
If nations lead a willing moral life.**

In the Social Union Government every citizen must have military training and know (according to the individual capacity) how to handle modern mechanical weapons such as planes, bombers, canons, tanks, guns, etc. There will be specialised experts. Every citizen is a hero of the nation. But the standing army will be limited. Only great experts in military science will be there to train others and teach in the military colleges. All other soldiers will be in various services especially in the police and Public works department. In ordinary days they will do civil work giving attendance in training camps once a month so that they may not forget the art. So military expense will be much less. Another thing is that Social Union will give moral training to all citizens. The publicity and propaganda service along with giving political news, will also provide moral and spiritual propaganda. The radio will sing soul-elevating songs and broadcast holy discourses. The people will be given opportunities of showing and exercising great human qualities of mercy and compassion. Thus character and harmonious moral unity will develop among the citizens. If so, there will be no crimes, no need for bloodshed or military tyranny. The land will smile with peace and unity. Spiritualising the collective life of humanity is the surest way of maintaining peace and diminishing the military budget.

**A brutal king who plunders his empire  
Is like a man who plucks his roof for fire.**

Will any fool pull down his own roof and use it as fire-wood to warm himself? Such a man ruins himself and becomes a shelterless destitute. Even so, a lawless tyrant, oppresses his subjects by overtaxation, exploitation and forced labour, with the selfish object of rolling in luxury himself. People will agitate, revolt and dethrone such a king and possess the kingdom to establish a social union. No tyranny and self-willed autocracy are possible in a Social Union. For there, only the Cabinet ministers are responsible servants of the nation. They collect one sixth of the revenue of the people (only rich people); those who have a bare minimum income for a living are free from taxations. Out of the total income, a sum goes to the reserve fund; one sixth goes to defence, the rest is used for education, industry, sanitation, agriculture, engineering propaganda, etc. No subject will be forced to pay more than his honest share.

## 5. Military Force

**The king who can't rule by love, out of fear  
Leads armed force to crush his subjects dear.**

A country must have an army for defence. But it must not be used to oppress and suppress freedom, invading other nations, shedding human blood out of greedy thirst for land or money. If the brutal nature of men is transformed into a divine nature, then he will never fall from truth and justice and will do unto others as he would expect that others should do unto him. As long as there is envy, hatred, falsehood, hypocrisy, and lago-nature in man, policing and military control are necessary. But a Social Union by measures of love and moral example can build character and make the nation virtuous. The king must promote the rights of a nation to develop knowledge, industry, trade, art, character and spirituality. He must not trample over human rights. He must treat them with love and regard. If so, no army is necessary to force them into obedience. A loveless king, an unjust tyrant, is always afraid of his people. So he sends gestapos and talebearers among his people, and acts upon the falsehoods of these mercenary spies. His own tyranny agitates the people's mind, and they rise up; the ruler uses armed forces to kill them, too proud to accord their rights. When people rise up in rebellion, the king must be wise enough to negotiate with them through proper messengers and grant their rights and pacify them. It is only a hardhearted tyrant that will kill his own people for demanding human rights.

**The war-madness will vanish without chance  
If people's hearts and wills have governance.**

The best way to stop civil wars, plots and agitations is to allow the governments to run according to the will of the nation. Then people will put their heart and soul in the administration and restore justice and peace. If every country does this and no other country invades the other, then there will be no wars and bloodshed.

**The terror of the brute force dies before.....  
The will of soul force firm and strong and pure.**

Soul-force is the right force; it is the mighty force of truth and love. The brute force may bring arms from tanks to atom-bombs. But they cannot stand long before the sacrifice of selfless soul force.

**No arms can beat a united nation's will;  
Without the gift of love the king is nil.**

A Government must love the nation and have regard for its urgent demands. It must not crush the liberty of the people with armed force. Before the united will-to-be-free of a nation, an army is of no avail. If the united nation refuses to serve the government, to pay taxes, to co-operate in public functions, to sit in the councils and offices and serve in the army, what can the king do singly or with a set of mercenary soldiers? So, a state must follow the people's will or it is nil.

**The conquest of the sword is won by sword;  
All kingdoms change hands in this rival world.**

Nothing is permanent in this world. All kings have rivals and enemies who are ready to dethrone him and set up their own empire. For, that which is won by the sword, goes by another mightier sword. It is best to be content with governing one's own territory well, and never dream of invading another nation.

## **6. Overcome Tyranny**

**Like dawn, a gracious king's glory ascends;  
Like eve a wicked king's power descends.**

King here means government. The dawn smiles forth the sun and becomes brighter and brighter. The sun ascends higher and higher in the heaven of glory. Even so, the glory of a gracious king who acts in harmony with the populace, will ascend. The evening sun smiles golden bright as it suddenly sinks, leaving darkness behind. So ends the wicked life of a tyrant in tragic defeat and gloomy despair.

Many tyrants have met a tragic fate at the hands of insulted people; and many kingdoms have been ruined by repression. None has ruled another nation by repression, by tying hands and mouth. The human conscience rebels against human repression. It is God in man that cries for freedom.

**Like thrown-up stones the tyrant's pride and fame  
Fall before the united will, in shame.**

The king should obey the people's will. It is the real king. The enthroned king is only its instrument and servant. The people's love is the surest defence of a kingdom. If the government misrules suppressing *vox populi*, it is sure to fall down like a stone thrown up. The pride and fame of egoism fall flat to the ground. Its armed force is too weak to resist and suppress the daring united will of a strong-minded nation.

**Endless revolts ensue from suppression;  
Freedom alone restores satisfaction.**

To suppress the popular voice is to provoke the inner spirit to open rebellion. Excessive and unjust taxation, militant rule, careless administration giving no heed to popular petitions, no relief to famine and want—such things provoke revolution. Allow the people freedom to legislate and carry on the Social Union. Peace reigns only when the people are satisfied in their heart.

**The ruler's armed pride uprooted, fall  
If they resist united people's will.**

Those days have gone when the divine right of king-ship tyrannised over the ignorant masses. The modern generation is united in a will-to-be-free. He who opposes them falls deposed. He who threatens the popular will with arms, lays axe at the tree of his own kingship or leadership. He falls like an uprooted tree struck by lightning.

**No class of men will hate the king who rules  
By love and not by proud and hard controls.**

If there is truth and love in the heart and actions of a government, all people will gladly obey and follow its laws, laws made by the people's representatives. If the government is egoistic and full of armed force, imposing difficult ordinances and controls upon the people, then it is sure to lose its prestige and fall. Not by hatred but by love the state lives on.

## **7. Laws and Regulations.**

**The laws are meant to guard and lead to peace,  
The rights and duties of the populace.**

Laws are like the watchman of a drinking tank. They are also like the gardener of a beautiful park. Laws lead men to health, wealth, enlightenment, strength, peace, unity and active service for the freedom and progress of a nation. Laws must be made by people and obeyed by everyone.

**Let laws be few and forced control be less;  
And freedom more leading to self-progress.**

The laws of a state must be very clear, few in number and available to all. They must be engraved on walls and pillars, so that even laymen can keep them in mind and act. Big volumes can be prepared explaining each section for the sake of courts. The laws laid down in the third and sixth treatise of this book will do for the human race. There must be no forced compulsion or armed threatening; people must be allowed freedom of conscience. For instance, no man must be forced to adopt another religion. Indeed religion should give place to spiritual consciousness. The rights and duties of the human race must be promoted and safeguarded by laws.

**Ripe-minded sages must not stand apart;  
For public good, they must co-operate.**

Wise sages, seers, learned men and able leaders must never seek passivity or peace in other-worldliness or forced solitude. Even if they keep aloof, the councillors and the cabinet must seek their advice. If they have any grievances they must be at once redressed. The Social Union has the greatest regard for the wise and the holy. They must cooperate with the Union, to make the country and community pure, wise, heroic, strong and affluent. If they do not co-operate because of any offence, the first duty of the government is to enquire and satisfy them.

**From rural council up to cabinet,  
Let chosen fives manage the government.**

Education, sanitation, industry, morality, and defence are the five departments of administration in our social Union. These include finance, home affairs, foreign affairs, postal services, law and transport. From village to the country at large, groups of five able men are elected to manage these departments. The rural voters elect five able men for the Rural council, these five form the *panchayat* to manage the village in every way, in tune with the popular opinion. The five of all villages in a taluk, choose by vote, five repre-

representatives for the Taluk-council. Thus the five of all the taluks in a district form a Taluk council. The Taluk five elect five able men for the District council. The five of the District vote five members for the Provincial council. The five of the provinces again vote five each for the SOCIAL UNION or the National Council. Among the Social Unionists five are elected by common consent to form the Cabinet Union. Among them one can be chosen to preside over meetings. By this Five-system every man and woman from village to the country are represented in the Social Union and every one has a voice in the administration.

**Let sages, saints, poets and skilled hands  
And brave heroes adorn progressive lands.**

A nation is glorified by great souls. Wise sages enlighten knowledge; they are the brain of a nation. Their wisdom lands men to bliss. They are the heart of a nation; they purify the life of the people by their yoga, holy songs and acts. Poets are the messengers of a new era. Poets of vision inspire and spur a nation to action. Brave heroes defend the land from foreign enemies and preserve internal peace and help the people in many useful services.

## **8.Patriotism**

**The country is only a greater home;  
So, love the country as you Would your home;**

The home must be as perfect as one's country. Homes make a street, streets a town, towns a district, districts a province and provinces make a country. The home is the nucleus of a nation. It must be perfect in education, sanitation, health, industry, trade, opulence, unity and morality.

**That land is great where grow wisdom and wealth  
Valour, renown, and arts and joy and health.**

A country worth its name must be cultured, strong, brave, heroic, powerful, beautiful in arts and rich in sciences. It must enjoy spiritual delight by yoga and good health, by good diet and exercise. A country must be a Union of Supermen and Superwomen with great light and powers. The administration should ably provide for the intellectual moral, vocational, aesthetic and physical education of the nation.

**Transform thyself and earth will be transformed  
By single souls humanity is formed.**

Reform begins at home. Self-reform is the best reform. Every strong brick makes a strong wall. Every strong divine man makes the human race strong and divine. Individual souls go together to make a nation and humanity. So, be perfect first and then show others how to be perfect.

**No dark despair and no devil fear,  
If souls be lit with mother's love and fire.**

Mother India has a spiritual force, a divine light. If souls are lit by that power-flame, that Divine light, then there can be no despair. No fear even of Death. Her Energy, the **Bharatha shakti**, can make men and women divinely strong, invincible. That Bharata Shakti is obtained through Yoga of the pure soul with the Pure Supreme Divine.

**Even the joy of Eden is nothing,  
Mother, before the joy of self-giving.**

Mother, Bharata Shakthi ! before the joy of giving ourselves for thy service, even the joys of Eden, Paradise and Swarga are nothing. They are selfish joys. The joy of serving Thee is universal Delight.

## **9. The Duty of Citizens**

**Patience, love and virtue are antidotes  
Against the loveless tyrant foe that hates.**

The worldly existence is a play of love and hatred. You can be harmless, steady in your peaceful shelter; but some wicked element peeps in like a snake or wolf or tiger, to disturb, to be jealous, to create some mischief. The human vital is as yet a wild animal. It is full of envy, greed and malice. From vital egoism and desire, asuric tyrants creep up to trouble peaceful souls. Keep safely aloof from the hostile influence. Never deviate from truth and righteousness. Never stoop to violence. Hatred cannot be cured by hatred. It would be like adding coal to fire. Love the hater. Sincerely pray to God that his heart and mind shall change. The inner prayer shall have effect. For the God in your soul is also in him. Surrender your grievances to Him and He will take up your cause and defend you.

**Raise thy nation by esteeming the great  
Saints and poets, heroes and men of art.**

Raise the motherland before the world. Great men make a great land. Do not neglect them while living, and build memorials after their death. Esteem great men, great poets, saints, heroes, artists; write their life and sayings; keep them free from want; adore them, satisfy them; win their gratitude; translate their works into other languages and acclaim them before humanity.

**Conquer the vice by virtuous conduct;  
Persist in good, then bad will surely quit.**

Find out your faults daily; substitute the good for the bad, the virtue for the evil and improve. Perfect yourself everyday.

**Meekness in saints has a mighty effect;  
Just as courage in heroes while they fight.**

The hero must be bold and courageous and adventurous on the battle field, or he will be killed. The saint must be meek and gentle in the battle field of existence. Or his merit will go. He is a hero of love and patience. He must not lose his temper. He must win all foes by gentle words and patience.

**Success in life, welfare of home and land  
These duties of the cultured ones demand.**

There are three duties; to look after the welfare of home, wife and children, to serve the country in any capacity; and to perfect life and be a victorious superman. Cultured citizens are obliged to fulfil these duties. The Social Union should demand them.

## 10. Unity of Consciousness

**Union of hearts is strength and joy of life;  
Unity is the force which wins the strife.**

Every human problem is a question of unity and harmony. Disharmony and division are the cause of all failures, quarrels and miseries. The home and country flourish by unity of their inhabitants. Men need not live divided. Division is mental ignorance. Unity is the natural course of life. Unity of hearts and mind is the greatest force of united action and victory. All differences of caste, colour and creed must go. Unity is strength, force, joy and success in life.

**Nations unite only when hearts unite;  
Establish hence harmony in the heart.**

Unity does not come by interdining and intermarriage and physical relations alone; even blood brothers quarrel and go to court. Unity must be founded firmly in the heart. Hearts unite by psychic love; the union of hearts is the greatest force of a nation. Collective meditation and prayer are means of this inner union. Social associations are also important for external union. In and out, humanity is one long continuity of souls.

**Although the world is manifold to see,  
It is a play of one Reality.**

Matter and the spirit are the two entities of existence. Matter is manifold; bodies are of many forms, names, natures and dispositions. Minds which are subtle bodies differ in thoughts and sentiments. But behind mind and body, in the heart's core, there is the Reality of the Spirit. That One plays as the many, in many forms.

**As one divine communion all can live,  
If they unite in soul by spotless love.**

The spirit is Divine; the heart should be one with it. Then pure love is born, the love which sees all in the self and the self in all. By that a spiritual communion is effected. By that all humanity can live in tune with the Divine Spirit, which is the life of all lives.

**Let us offer to the supreme Divine  
The garland wherein all our hearts combine.**

Let us weave all our communing hearts into one garland of conscious love and offer it to the Inner Divine in meditation and to Him in the universe by consecrated service. Thus the Divine Kingdom shall be made manifest by the communion of pure souls.

## TREATISE XI: YOGA

### 1. Cosmic Energy

**The perfect oneness with the perfect One  
And perfect life is perfect Yoga Divine.**

Yoga means union, identification, oneness. The Pure Spirit is the essence of our being, the God in us. It is the Perfect ONE. It is the life of life in conscious beings, and it is Truth-Consciousness-Delight. It is the fountain of health, strength, joy and energy. Body is the temple of that spirit. Life is an unconscious pilgrim who seeks the sanctum of the spirit. The pilgrim has to cross hills and rills of vital-mental planes before he reaches the sanctum to unite with the Pure Spirit—*Shuddhatman*. Yoga is a sure guide that can take him to the central home and help him to unite with the Perfect Pure Spirit, which is his reality. Our Yoga does not stop with this union. It enables the pilgrim to live the life in the world perfectly in the consciousness of the Pure Spirit, seeing that in the manifold play of the world. Every man and woman has the right to attain this perfect life in the perfect Spirit.

**The pure perfection aimed by Yoga is  
A splendid life divine in conscious bliss.**

The electric light manifests in a bulb by proper wiring process. Even so, the two currents of the heart and the psychic mind are connected by meditation; in deep meditation, the energy of the Pure One descends. The light of Self Truth dawns. The mental man is purified and enlightened by that light and energy. He attains *Shuddhatma Siddhi* (the perfection of Pure Bliss-Consciousness). In this consciousness, he lives the life and sheds light upon humanity and transforms beings by his force and shows the way to perfection. Just as an electric light shines for the world, a Siddha, a perfect Yogin, lives for the perfection of his race.

**Freedom and bliss and perfect peace descend  
As Cosmic Energy when souls ascend.**

The Divine Cosmic Energy—the *Shuddha Shakti*—is everywhere pouring into pure souls. One has simply to keep oneself pure and receptive. The soul bound in mental modifications and past impressions must be free; it must ascend from the lower nature to the pure higher plane, beyond the mind. Yoga helps this ascent. When the soul has risen high enough, the Cosmic Energy pours into it. The energy gives liberation, limitless bliss, and perfection. All Yogas are directed to the attaining of this Shuddha Shakti. Hatha Yoga by meticulous poses and inner cleanings purifies the vital body. Raja Yoga controls the wandering mind and keeps it peaceful for reception. Karma Yoga by dynamic consecrated action prepares the body and mind. Bhakti Yoga develops psychic love; Jnana Yoga promotes the meditation and contemplation and concentration necessary for the dynamic action of the energy. Mantra Yoga develops concentration. The soul ascends by these and the Energy descends. With that, peace, bliss, and knowledge also descend.

**Respire “Aum Shuddha Shakti Aum” within  
By grace divine, all blessings become thine.**

There is a powerful mantra to purify the psychic being and get the descent of the Shakti. AUM Shuddha Shakti AUM is that mantra. Its meaning is, "Almighty Supreme, pervading the individual, universal and the transcendent Self, Thou art Purity; Thy Rays are Cosmic energy through which Thou revealest, just as the sun does through its rays. We meditate upon Thee; make our entire being pure and clean to receive The Energy which alone can perfect us and lead us to union, one with thee." Repeat this mantra with each breath; remember it always, everywhere. In course of time, the breath will become rhythmic your being will be purified and concentration will develop. Those who do not accept the Sanskrit mantra can translate it as "AUM PURE ENERGY, descend!"

**Thou art my brain and path, the supreme goal;  
I see Mother, with Thy Light in my soul !**

Mother, Shuddha Shakti, Pure Divine Cosmic Energy, Thou art the Creatrix of the world. The Pure Divine manifests through Thee. Thou art the Spirit moving this body, the Thinker in my brain, the Light for my sight. Thy Will is my path; Thy Grace is the Guide. Thy Divine Self, the Pure One is my goal. Lead me by thy Grace-light, O Mother Cosmic Energy !

## **2. Strong Body**

**Make ye the body strong and luminous;  
It homes the Pure; then make it God Conscious.**

Yoga is for the body, vital, mental and all other planes; perfection is its aim. So the body must be a pure and strong vessel to receive the great cosmic force. The human body is a wonderful network of protoplasmic cells, a combination of many elements-water, carbon, hydrogen, oxygen, nitrogen, sulphur, phosphorous, etc. It is marvellously built of the skeleton, muscles, skin, hairs, glands, alimentary canal, blood vessels, heart, brain, nerves, lymphatics, ganglions and hormones. This wonder-home is an empire of a thousand subtleties. Its King is the pure Spirit. All the systems of the body must be kept pure and sound in order to circulate the Cosmic Force. By Yoga, the body can be made luminous and energetic.

**\*Ten poses, breath control and six actions,  
Keep the body virile for its functions.**

These are the processes of Hatha Yoga. These can clean the body in and out and keep the nerves fit for Energy-circulation. The body has 72000 nerves; of these the spinal cord, sensory and motor nerves are the most important. These pass through the backbone from the brain which is the head-office of the Spirit. These are the endocrines secreting hormones which pour directly into the blood and give health and youthhood to the body. Hatha Asanas stimulate these centres of health and invigorate the whole body. There are ten poses, six methods of inner cleaning, and pranayama. I shall give only the names. The following things must be learnt from genuine masters of Yoga.

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\*Please read my YOGA FOR ALL for details of the Body, Nature Cure and Hatha Yoga and Pranayama. I shall only give short notes here.

The ten poses are: **Padmasan** (lotus pose), **Bhujangasan** (snake pose), **Shalabhasan** (locus pose), **Dhanurasan** (bowpose), **Pashchima Uttana asan** (the posterior or stretching pose), **Jayasan** (victory pose), **Mayura Asan** (peacock pose), **Sarvanga asan** (the pan-physical pose), **Matsyasan** (fish pose), **Santi asan** (peace pose). Each asan can be maintained for five to six seconds. Twenty minutes exercise will do to keep the body fit. These can be done after bath or before going to bed. Six actions (**kriyas**) are:

1. **Kapala Bhati**: Rhythmic breathing; respirations and inspirations vigorously uttering the mantra AUM SHUDDHA SHAKTI AUM. This cleans the brain, cures all lung diseases and controls breathing.

2. **Neti**: Nasal cleaning; this is done by drawing water through alternate nostrils and swallowing it. Some do it with a thread too. This will also tone up the stomach.

3. **Dhauti**: This is stomach wash. This is done by drinking warm water, then vomiting it back, by introducing the three middle fingers or by gently taking in a narrow piece of cloth and drawing it out gently. Some use a smooth bamboo stick too. This must be done whenever the tongue is coated and smells bad owing to the accumulation of bile in the stomach. This cleans it wonderfully and tones up the digestive system.

4. **Nauli Odyan**: This is abdominal suction and rectus rotation. This tones up the intestines and cures constipation.

5. **Basti or enema**: Is done by Hathayogins by drawing in water through a tube and abdominal suction. But an ordinary enema is better. Luke warm water with a few drops of lemon juice will thoroughly clean the colon. The water must be retained for fifteen minutes and then evacuated at the call of nature. But the enema habit is not good; it is unnatural. Fasting will cure all digestive disorders.

6. **Tratak or fixity of gaze**. The Gaze can be fixed on the sun (by interlaced fingers), on the moon, on a flower or any star. This will improve the eyesight and develop concentration.

Pranayam is breath-control; this is explained below.

Along with this, the mind and the vital must be kept pure. No evil thought or passion or lust or envy should disturb the gnostic equilibrium.

**Inspire, retain, respire in proportion**

**Of one: four: two for purification.**

This is pranayama: Prana is vital breath which adds to life and energy. The sadhak of Pranayama must observe celibacy, purity of mind, vital, body, thought, word and deed before attempting this. A fixed seat keeping the back and head erect is necessary. Rhythmic breathing with the already said mantra or mere AUM must be practised for six months to prepare the lungs. Now for pranayam:

Breathe out the pent up air by closing the right nostril. Then inhale slowly until you repeat mentally two mantras; retain the breath in the chest, raise it up to the head, strike it down the abdomen and bring it to lungs; do retaining for eight mantras, then exhale for four mantras, through the right nostril. Draw

two through the same, retain eight and exhale four through the left nostril begin from that and continue, thus for five or six minutes. Pranayama thus done, purifies the nerves and awakens the cosmic force. There are several sorts of breath control. But this much will do; the rest must be learnt from reliable Yogins. If you simply keep calm and quiet observing the breath, it will adjust breathing.

**Eat to hunger limit with clean inside,  
Follow Nature; body will be thy pride.**

The secret of keeping good health which is necessary for Yoga and ordinary life is, to keep the bowels clean, get a good hunger, and eat to the hunger limit and not a bit more. By good exercise and good thoughts, you can have a good hunger for food. You must walk two miles a day or swim 100 yds, run, wrestle, fence, do gardening, draw water, wash clothes for exercise. Never be idle. Expose yourself to the influence of the sun, air, and water as much as possible. Live in tune with nature; you will be hale, healthy and sickless.

**Be pure in food and sleep and thought and act;  
The body shall be soul's mirror in fact.**

The body is nourished by food. One must eat pure and harmless food two or three times a day, with good hunger. Fruits, nuts, green vegetables, cabbages, roots, grains, lentils and milk are the best for man. That which can be taken raw must be taken so. That which is hard to digest must be cooked. All fruits that are sweet to taste, all nuts including the coconut, can be taken raw. Cereals and lentils can be cooked. Milk must be taken. Milk with coconut water is an ideal morning food. It is better than coffee or tea. Kindly refer to "YOGA FOR ALL" for details of food combinations, salads, fruit and vegetable preparations. You must sleep six hours at night. If necessary you can take some rest after dinner. Sleep is a solace to man, a holiday to nerves and a tonic to tired limbs. The secret of yoga is in control of the sex energy. One must be very careful here. The thoughts must be pure and full of compassion. Entertain no envy or grudge; it will spoil peace and affect the gnostic equilibrium which keeps the spirit unperturbed. If you sleep with sex thoughts, night emission, self pollution, etc., you will waste your energy. Let your acts be moral, holy, honest, good for the world. By these disciplines the body can be made pure and virile and you will be proud of possessing such a fine body.

### **3. Nature Cure**

**Wrong life and evil thoughts are at the root  
Of all diseases vile and obstinate.**

Mental disease is the cause of wrong life and that is the cause of all ills. Envy, grudge and hatred are diseases more wicked than plague, cholera and fever. So, the first principle of health is to keep the mind pure as crystal. Over-feeding, uncleanliness, dirty intestines, too much drugs, drinking intoxicants, smoking, lust, etc., are wrongs of ignorant life. Right diet, thought, word, act, purity are the ways of preserving health.

**If food and clothes and thoughts and acts are pure,  
No ill, no drugs, no doctor's fee; be sure.**

Eat plain pure food to the hunger limit; wear clean clothes washing them daily. Do not bury your self in robes. A dhoti, upper cloth, if necessary a shirt will do. Let your thoughts be uncontaminated by the lower nature. Let them be pure. Let your acts be noble and moral. Then you will be free from disease; no drugs are needed and you will save medical expenses.

**Five elements make body; they cure it;  
Have them well-balanced and you will be fit.**

All bodies are combinations of the five elements of Nature. To keep their balance is the secret of health and longevity. The balance can be kept by a balanced diet, sunbath, water-bath, rain-bath, rhythmic breathing, free access to pure air, occasional fasting, bathing with mud and clay, herbal massage, sitz and spinal baths, internal cleaning by enema, warming in fire, vigorous walking and exercise, pranayam, Yogic poses—these form the items of Natural living. By these the endocrinal glands secrete plenty of hormones and the body shines with health and vitality. Pure air and water and sunlight are free agents of health. They must be liberally used.

**Fasting, water, Sun, air and right diet,  
Cure all the ills and keep the mind quiet.**

Fasting is the most effective remedy for any disorder. Every religion supports it. Fasting is a holiday for the laborious digestive system and nerves. It purifies the entire system, preserves gnostic and other balance, eliminates morbid matter and clogging dirt. To fast out disease is the best treatment. Fasting can cure even mental worries and wild lust and passions and restore peace. It accelerates the cosmic force and enables meditation to go on smoothly. Make it a point not to eat without proper hunger. Make it a discipline to fast on the 15<sup>th</sup> and 30<sup>th</sup> of every month. Fast a day when you don't feel well. For instance a cold will be off with a day's fasting. Fever will go if you fast for two days. Water can be taken five mouthfuls every hour on fasting days. Sun and spinal baths are also necessary. The thought must be elevated and the body must be exposed to air, light, water and other forces of nature.

**Regard eating a worship of the Lord  
Who is the king of this living stronghold.**

The body, as we have already said, is a five-ringed stronghold of Nature and the Divine Spirit, is its king. It is He who sees through our eyes, tastes through our tongue, digests food as the inner fire. Food must be regarded as an offering to Him. It must be pure and healthy and earned by one's labour. After bath, prayer and meditation one must take food; first, it must be offered and then eaten slowly. Be conscious of the presence of the Divine in every part of the body.

#### **4. Firm Mind**

**Steady mind is heaven of peace and joys  
Desire-fed mind is roaming hell of woes.**

The greater Part of sadhana is devoted to the control of the wandering mind. A mind full of all sorts of desires and egoistic passions is a hell breeding the poisonous vipers of untold miseries and woes. That mind must be tamed, ingathered, fixed in the self and transformed. A steady peaceful mind is calm, pure and transparent, free. It is a paradise indeed.

**Draw the roaming devilish mind within;  
Abide in blissful Spirit, centre in.**

Do not allow the mind to wander over sensualities. The roaming mind brings attachments, desires, loves and hates, envy, confusion, wars and turmoils. It is the mind that provokes wars and fashions dangerous bombs and mines. The mind is a devil's workshop, a volcano. It must be drawn into the central self. To be centred within is peace. To be centred without is disease. Keep mind steady; you will have power.

**Conquest of mind is greater victory  
Than that of earth by militant fury.**

Mind conquest is greater than world conquest. If nations have good control over their mind and lead it towards God in humanity, their will be no war at all. A right mind does right things. A wrong mind envies, quarrels, wages weaponed wars. To cultivate right-mindedness is the greatest reform. The passion of the wrong mind fed by vital egoism, rages up and wages furious wars and destroys the world. Its conquest is precarious. It is conquered by rivals.

**Seek bliss eternal crossing all desires,  
Curbing the roaming mind and vital fires.**

Know what is permanent, eternal, everlasting and what is mere illusion, flash of delusion. The Pure Atman is the immortal One in the many bodies. Withdraw the mind from all desires, control the wild senses, cool the fires of vital egoism and passion, you can have peace, delight, grace and power. Peace is power, not passion.

**The mind is man and thoughts become the facts;  
Let thinking mind be full of holy thoughts.**

Man is what the mind makes him. It can make him saint or a satan. Thinking makes the mind. If you think of wars the mind becomes a battle field. And that makes the world a battle field. The secret of world peace is in mind-control, not in treaties and conferences. There can be a united nation only when the heart is united and the mind elevated and purified.

## **5. Conquest of the Emotive Mind**

**Think not of things that have come and gone;  
Gather the mind and make it centre in.**

The emotive mind (Chitta) is full of past impressions. It wanders even in dreams. In the wakeful state, it roams from earth to sky and disturbs peace. Be indifferent to the thought impressions that come and go in the mind. Treat them like passaway streams of past impressions. Be firm in the self. Treat

useless vain thoughts that disturb you like drunkards on the roadside and be calm at home. Keep your concentration in the heart beat. This will lead you to meditation and that to the realisation of the true self.

**Yoga is the atonement with the ONE;  
That comes when the wandering mind is won.**

The Divine reality is in every heart. To identify oneself with it, devoid of mental disturbances is yoga. By that oneness you can see all as the manifestation of One Spirit. Thus you can identify your Heart's reality with others. This oneness comes by stilling and controlling the mind wandering through the senses.

**Waste not thy days in gorging and in lust;  
Know thyself ere thy body falls to dust.**

Eating greedily and indulging in sex pleasure are not the aims of human life. Even beasts do these functions better than man by natural instincts. Man sins for food and drink. He must live by honest industry, serve his home and world, attain spiritual perfection and Godhood. Divinity is the goal of humanity.

**Freedom from bondage is the joy of joys;  
Bondage and slavery are woes of woes.**

Man is not a slave of man. Man is an embodiment of God. To be free in the spiritual consciousness without any slavish mentality is the way to peace and a straight forward life. Slavery is an epidemic which contaminates and ruins a nation. Freedom is bliss.

**He is the great among the wise who is  
Ever free, fixed in the central bliss.**

Off with bondage and all that enslaves your mind and body! Fix your attention and life in that central bliss. Steep yourself in constant meditation. Think you are the Pure Divine Soul wearing the physical, vital, mental body. Your body is a rest-house, and no more. You will have to leave it one day. Before that, attain self-bliss. He is the greatest who is the firmest in the continuous enjoyment of self-bliss.

## **6. Silence**

**Contemplate well over thy learned stuff!  
The aim of lore is fixity in self.**

Read good books; hear holy discourses; contemplate over them. Read less and think more, and act much more. The highest aim of learning is self-contemplation and self-realisation. To fix the mind in the self and attain godhood is the acme of knowledge. A seeker must always contemplate thus, 'I am the pure Atman, I am self-bliss; the mind and body are my shirt and coat. I must keep these clean as long as they have use for me. I must attain godhood. For that, I must leave off hunger, lust and envy and develop love, patience, forbearance, peace, compassion, equanimity, sincerity, devotion, meditation, concentration, consecration, purity, freedom, continence, knowl-

edge, etc. I must attain my goal in this very birth; for the future is mysterious. I must not waste a single minute beyond my aim in life.'

**The baby stops weeping when mother comes;  
Word and mind calm down when the silence comes.**

Calm inner silence is necessary for any spiritual realisation. Mind-wandering after crying passions can never bear results. The baby crying out of hunger, becomes silent and quiet when the mother comes, fondles and gives it milk. Even so, the word and mind settle quietly when one takes to silence. Non-wandering of the mind and its settling in the self is real silence. See the stars, the sun and the moon; how gracefully they walk in heaven and how silently! Silence is a force.

**It is the silence of a bashful bride  
In sweet embrace of her beloved lord.**

In the sweet embrace of her beloved lord, the bride is too bashful and full of love and delight to utter words. Even so when the soul is embraced by the Supreme Spirit, it sinks into a transcendent silence of self-bliss. That is real silence. It is the silence of a pearl diver. Freedom from thought-waves is soul's naked purity.

**The silent mouth settles the mind at peace  
Which doth the song of psychic harp release.**

A silent tongue helps the mind to settle peacefully in the heart. You can observe silence for five hours per day and one day per week. This will give you calm and peace. In that peace, the mystic AUM is heard. The harp is the cerebral nerves. The AUM is heard just above the ear nerves. The sweet music helps concentration and meditation. It is the sign of the awakened cosmic force ascending. It also denotes mind-control !

**Study the book of self in triple light  
In inner peace transcending day and night.**

There is a mystic centre in the white lotus, the sahasrara; the spinal, sensory and motor nerves and mysterious glands unite there. There, a luminous wave is felt. There, the three flames burn. They are the lights of self-knowledge. Raise up your concentration there; read the self in that light. It is a light that has no day, no night. It is an eternal sun. You too can transcend time, day and night, by reaching that centre and planting thyself there in trance.

## **7. Meditation**

**Think and think until you think no more  
And be the divine self in psychic core.**

Think of you in the world, think of the Divine Supreme that is in all. As a result of this contemplation, your wandering mind will quietly settle in the Pure self; think no more; be there as you are, the real Self. That self is in the psychic core of your throbbing life; it is the life of your life.

**By meditation calm, serene, steady,  
Know Thou art that Pure Spirit already.**

Meditation is the essence of all sadhana. If mind is fixed in meditation, no other sadhana is necessary. In its deep peace you can know the Pure Spirit that you are. It is realised where you fix your meditation. If in the heart, you will be aware of it as peace, love and delight. If in the White Lotus (cerebral centre), you will see Light, hear AUM and be conscious of a warm flow, and a dancing power on the head.

**Be steadfast in the central Self like waves  
Which rise and fall but live in endless seas.**

Let your life be fixed in the ocean of the central Self in the heart. The waves rise and fall but they are the ocean; the risings and fallings are only appearances. The ocean is their reality. So realising that the Self is your reality, do not be perturbed by the ups and downs of life.

The modes of nature and the dualities that affect you, are simply non-self. Push them aside and remain the self-conscious Bliss.

**You are the swan of mystic white lotus  
Which blossoms in the golden-Spring-of-His.**

There is a mystic nervous connection between the heart and the brain. It is called the nectar nerve. Above the brows there is void, and above that there are the folds of glands and brains. At the top is the sahasrara or the thousand-petalled white lotus. It is surrounded by a golden flow of cosmic energy. Light burns there, day and night. The Pure Spirit rests in that Lotus, like a white swan. Know you are that. By deep meditation upon the cerebral centre, the Swan self (Hamsa) can be realised. The golden spring of light that surrounds the white lotus is the Divine Energism. So it is called the Spring-of-His. From there that energy descends and fills the body and the mind.

**Be in the central self in blissful trance  
Like a flame of wisdom in fixed glance.**

Ascend to that luminous white lotus; there is your central self. There the Pure Spirit unites with you. Be there like a calm steady flame full of pure wisdom's Light in deep trance, fixed firmly in the inner glance. See within, Be a trance flame in the white lotus.

## **8. White lotus Bliss**

**Raise the cosmic energy to the brain;  
Like camphor-flame thy life and body shine.**

The body and life are effulgent like the brilliant flame of camphor, if the cosmic energy rises up from the lowest plexus, touches and unites with the Divine power in the Sahasrara, and then flows down in torrents of effulgent bliss. This is done in Tantra, by meditating with your legitimate wife, never with another man's. But without much tantric ado, the Kundalini will wake up, if you fix your meditation in the Heart or in the brain centre. Choose one of these and fix all your mind and life and soul there. In course of time, you will realise the flow of energy. The several planes of psychic consciousness are given below.

**The cosmic-fire crossing the six plexus  
Enjoys self-bliss in the seventh Lotus.**

The six planes of psychic consciousness are:

1. **Mooladharam** (Sacro coccygeal plexus): four-petalled, earth-principled, yellow; the creative cosmic energy; the Kundalini sleeps there, coiling itself like a serpent. Having built the whole structure she takes rest there, as the support of the whole body. This Serpent-Power wakes up by Japam, Pranayamam, Bhakti and more surely by Meditation. Waking up, it traverses the other lotus when you are in deep meditation.

2. **Swadishtanam**: Sacral plexus, in the abdomen, white, crescent-like, six-petalled, water-principled.

3. **Manipurakam**: Navel, solar plexus, ten-petalled gem-red, fire-principled.

4. **Anahata**: Heart, cardiac plexus, twelve-petalled, air-region, smoke-coloured. This is the beginning of the Amrita Nadi, the nectar nerve. Meditation here will raise the cosmic energy and take it up. Jnanis take this as the only centre of realisation.

5. **Vishuddha**: Throat, laryngeal plexus, ether region, white, sixteen-petalled, controls hearing and respiratory organs. Concentration upon this gives the gift of word, poetry, eloquence, knowledge of all sciences, even without study. In heart and here, one can enjoy peace and bliss.

6. **Ajna**: The lower cerebral plexus between the eye brows, white, two-petalled, moon-like, sensorium. Meditating here, the sadhak gets, rare powers, gifts, all knowledge, insight into all things, long life and an effulgent body. This is the upper centre of meditation. To note this, Hindus place Vibhuti and Kunkum or Sandal-paste in this centre. If you fix yourself in meditation then no artificial remembrances are necessary, no caste marks !

7. **Sahasrara**: White lotus of thousand petals. This is heaven, the kingdom of God, the causal body, the world of super-consciousness, the abode of the eternal sun flaming with Ananda, the seat of the Purusha, Pure Spirit. Above the Ajna is the cerebellum; the spinal cord ends there; there is the void of the supreme ether, *Paramakasha*; above this, in the middle of the cerebrum is the *somachakra* of 16 petals, the seat of divine qualities; above it in the uppermost brain is the inverted white lotus. It is surrounded by dazzling nectar-rayed golden flow of energies which are creative forces. Here are the tripleflame of sun, moon and fire; here is the region of truth, light and pure delight. Here, the Kundalini traversing through the spinal cord, joins the pure soul and becomes the dynamic Mahakundalini. This union is the real Kalyan, Bliss-union. The AUM is heard there like the song of a swan. All conceptions of heaven are here. The Shuddha Shakti union immortalises and gives man all virtues, powers, and delights. To reach this topmost centre, man must transcend the intellect, the supermind, and be in the Sachchidananda consciousness in trance, fixed in the sahasrara. The cosmic-fire touching the white lotus, becomes **Shuddha shakti**, Pure Divine Power.

**They hunger not who drink divine nectar  
Gushing out from the white lotus centre.**

By Shuddha Shakti union in the white lotus, a nectarlike bliss-energy flows; it can be enjoyed in trance. They, who drink it, enjoy it and live in it, never hunger after the evanescent worldly pleasures.

**It springs up there and flows on warm and free  
To fertilise the field in ecstasy.**

That flow of Shuddha Shakti springs in the white lotus and flows down free and full, to fertilise the field of existence --the body and mind, vital, home, country and the world--and energises you and all around you. You become a battery of that cosmic current.

**Raise up the cosmic force to three-eyed brain;  
Death flies in fear and you can long remain.**

The sun, moon and fire, representing the culminating union of the Ida, Pingala and Shusumna nadis, (the sensory motor and spinal nerve powers) are the three-eyed brain. The cosmic power raised to that mystic centre becomes Shuddha Shakti and transforms the body into a virile golden body, free from disease, weakness and disabilities which other bodies are heir to. Even death trembles to approach such a body. The Shuddha Shakti Yogi lives long and is strong. Family men with sex control can practise this yoga by meditating together.

## **9. Conquest of death**

**To be ever in everlasting One,  
Is to live on for ever like the sun.**

The everlasting One is the Pure Divine Spirit; the body is only its temporary home. Even if many bodies of karma come, the Spirit is not changed. The flame of lamp is not affected by coloured bulbs. To live always in that pure Consciousness is to live for ever. Though night intervenes the Sun does not die; it shines on the other side and comes back.

**Conquering birth and death, would you live on?  
Then fix thy mind in conscious self anon!**

The conscious Self, the Shuddhatman, is the immortal One in us. Fix the mind in it and do not allow it to roam outside. Then you live in the immortality of the spirit. You can be free from birth and death by this conscious life in the Immortal Spirit.

**To live in peace of super consciousness,  
Is the art of life in immortal bliss.**

What is immortality? It is to live in the immortal. Which is that? The Pure Atman. Body? The purpose of a flower is to protect the seed and ripen it; The purpose of the body is to contain the Pure Spirit and aid the mental man in realising it. The realised man feels the body as a mere shirt or coat. Just as old garments are changed for new ones, the sage changes the body and consciously enters another, until karma drags him on. When that is finished, his

spirit mingles away with the subtle ether and becomes a force, a cosmic energy. Then it can be everywhere or descend in someone to help the world.

**The body transforms into golden light  
By taking hold of Death-defying feet.**

We have already spoken of the nectar nerve connecting the heart and the brain. At its top the Shuddha Shakti, the pure Divine cosmic force, dances her descent. One can feel as if two feet are actually dancing. If this is known, and if the mind rises to that height and catches hold of the feet by fixing the meditation there, then the body transforms by the descent of the force, bright like gold.

**By constant thought which flows towards Spirit  
The warmth of bliss reveals the Divine Light.**

By ceaseless meditation, the Pure Spirit is realised; its very presence flows with a warm current of cosmic energy, which is full of bliss. This energy reveals the Divine Light, the Truth Light.

## **10. Fear not Death**

**Death is but a change of an old raiment;  
It clothes the soul with shining new garment.**

Death is but a change of garments. The old body falls off like autumn leaves and the new body comes like spring flowers. So, there is no fear or loss in Death. The soul is reborn until Karma drags it into a womb.

**Don't beat thy breast and cry when cometh Death  
But laugh for freedom from this woeful earth.**

Death is a relief from the woes of this earth-life. It carries the soul to the next step of evolution. Live purely, a Yogin in the conscious self, and be careful not to do any evil. Then even if Death comes, you need not fear what lies beyond; your future shall be great and good. Do not fear Death; dare it; say 'I am immortal.' Laugh; never weep. For you go, only to return in new garment. Death is the beloved who decks you in new robes. The only Death ceremony is to offer the means of learning and industry to your countrymen. No other elaborate ceremony is needed.

**They say Come Death but when it comes they cry  
'Go, go, we can't leave home and family.'**

Unable to bear the woes of family life, some people invite Death saying, 'O Death, come and take me away.' If it actually comes, they will tremble and cry 'Go, go, O Death, we love our home, our wife and children; we cannot leave them.' This is the nature of the world.

**No scare for the good, living in self-truth;  
The weak coward trembles before the Death.**

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Death which comes for everybody, comes for the hero too. The good self-sacrificing heroes never fear Death. Their goodness has already immortalised them. They are conscious of the immortal self beyond the body.

**Death never approaches the Pure Spirit,  
The All, Eternal, Omnipresent Light.**

Death separates only the body. It never touches the Spirit which travels up with the subtle body and descends into another womb forced by Karma. The impressions of Karma are attached to the subtle mental body. This is the seed of the coming birth and life. The Karma and its fruits perish as soon as the Pure Spirit is realised. Then the Spirit does not take a body, but mingles and lives free in the spiritual ether, even like electronic atoms in the air. That conscient impersonal Spirit can descend into any body, and work for the human elevation. Liberated Souls thus live for ever impersonally and come to the human aid in time of need.

## THE BEST LIFE

The human life is best  
When it widens from Soul  
When the mind is at rest  
And when God is its goal

The world is at its best  
When all do their duty  
When East goes with the West  
When Truth is soul of beauty

Off with I and mineness  
And narrow mindedness  
Know the plus and minus  
Of mundane Calculus!

Life is a divine art  
Not sold in noisy mart  
It blooms from the pure heart  
Know how to play thy part

Fighting against fear  
Sloth, want and slavery  
Like the brave lion astir  
Head on to victory!

## **TREATISE XII: YOGA SIDDHI**

### **1. True Renunciation**

**Tapas is giving up the selfish ends,  
As gracious service to mankind it lends.**

The Jivanmukta, the liberated man, does not keep aloof from the world. He has no selfish end, does nothing for himself; keeps nothing for himself. He gives all, even his life, to the good of humanity. He is full of gracious compassion. His heart melts on seeing the misery of the poor. He sacrifices himself as a lamp flame or a running brook to serve mankind; indeed humanity is himself. This is true tapas or penance; mere orange-coloured robes and pontifical shows are not renunciation. The Jivanmukta can live at home and serve the world.

**True giving up is giving up desire  
Even while you enjoy a grand empire.**

Renounce mental desire and vital attachment; renounce the I and mine; identify yourself with all, in spiritual consciousness. Off bondage! You can then live even among the richest enjoyments; you can be the head of an empire. But nothing will weigh you down. This inner renunciation and enjoyment of wealth giving and serving all the day, is the best form of renunciation. Your wealth then is a commonwealth. Have no egoistic claim for possession. Do not lock up wealth like a miser. Life is a mission; that mission is humanitarianism. Serve without attachment.

**God-men are they who, free from vices ten  
And senses six, are equal minded men.**

Ten means lust, anger, greed, infatuation, pride, malice, envy, vanity, jealousy and egoism. Six is the five senses and the mind. These must be controlled and conquered. These are hostile to divinity. These must be subdued and man must cherish the divine qualities of love, compassion, purity, self-knowledge, etc. Then he can become a god-man. God-men are pure, free, and equal-minded.

**Free from dark woes and chains of slavery,  
Dauntless heroes free their mother country.**

There are two freedoms--the inner and the outer. Inner freedom is won by meditation and peace, by quelling desire, envy and other foes mentioned above. Outer freedom is the Freedom of home and country from foreign domination. None can be a true saint in a subject land. The Soul's freedom shines brighter in a freeland. Swaraj or self-rule within and samrajya or world-rule outside the self--both are necessary for absolute freedom. Mental ignorance must be chased away by spiritual knowledge and bondage, by renunciation of lust and egoism.

**Throw off the things that charm only to bind;  
True beauty manifests in heart and mind.**

Eyes cannot judge real beauty. Painted beauty, smiling with false teeth, comes only to catch us in the net of delusion. Beware! See beauty like a flower garden. There is more beauty in a flower and a star than in any human being. The pretending Beauty that comes only to bind and plunder is the most ugly devil ! Beware! Judge men and women by their pure mind and spotless heart.

## **2. Freedom from Bondage**

**Bondage is bad; freedom is happiness:  
This is the law of life and righteousness.**

That which binds and enslaves you is bad; it only entices and drains your energy and wounds and pricks you with pride. Freedom from all bondage is real happiness. This is the central law of life divine.

**Men suffer from desire of illusions  
Like dogs biting at dry and empty bones.**

Dogs greedily biting dry bones, imagine there is flesh inside; so they bite hard; blood comes from their mouth. They imagine that it comes from the bones. They gnaw until their mouths are wounded, then they repent. People also clutch at mere deluding empty pleasures, waste their money and energy and rapidly march on to death. For instance a man has a beautiful wife; but he falls into the illusive net of a cunning whore. He imagines her ugly debaucherous painted false-toothed smile to be beauty, embraces her, calls her 'O Love, O Life'.. The cunning vamp empties his purse and energy, and then shows her true colours. She spurns him like a street dog. The man then is disillusioned. He runs to his chaste wife, pining with grief and begs to be excused.

**To have the Immortal immortally  
Is life in immortal Divinity.**

Real immortality is to live in the immortal soul-consciousness. Even when body dies, the conscious saints can live in the immortal Spirit–body and work in the world.

**You do not bring and do not take rupees  
Live like fruit-trees feasting men, birds and bees.**

Naked we come and naked we go. None is born with wealth and power. None takes rupees with them when the soul departs. As long as you live, be like a fruit-tree which takes simple water and gives the world sweet fruits. Be like a bee which sucks honey from the flower softly, without disturbing it, and gathers honey only to give it back. Be helpful to all like fruit-trees and do your duties like birds and bees, harmoniously, collectively, and perfectly.

**As days go on, deluded days go off;  
You feel the truth in God and keep aloof.**

Man is deluded by illusive appearance while in youth. As days pass on, and as the world and family weigh heavy upon him, he feels his slavery, bond-

age, misery and an unsympathetic atmosphere, the sharp teeth of envy and the chill scorn of pride. Friends forsake; companions prove traitors. Fame and name vanish; wealth and health are spent. Then he seeks the eternal solace in God's name and faith. He prefers silence and solitude more than talk and multitudes. Experience crows down his pride.

### **3. Mental Delusion**

**Like itch and pain, the mental delusion  
Laughs and weeps and pines in confusion.**

A ring worm itches, and it is very pleasant to scratch it; but afterwards, it burns, pains, the disease spreads and you suffer. Even so, things that delude the mind in the world, come laughing with winning words, possess you and then irritate, wound and insult you. Then you weep for your folly. You know not how to escape. You are caught in the labyrinth of mental confusions. So beware of nets and illusions!

**Anger, envy, lust and egoism;  
These are the foes which bind the mind by whim.**

The above are the enemies of peace and progress. They bind you to illusive pleasures and make you a demon or a slave. Beware!

**As spotless mirrors reflect well the face  
So spotless minds reflect the soul of peace.**

When the mirror is covered with dust, it does not show the face clearly. Remove the dust; wash and wipe it; now see. The face is clearly seen. Even so, the mind, free from the stains of lust, envy, anger, etc., reflects the Divine Self clearly. So keep the mind mirror-pure. The pure see the Pure.

**The net of joy spread by illusive mind  
Is net of woe that catches all mankind.**

Beware! Mental illusion spreads many kinds of tempting nets which seem pleasant at first, and then turn to detestable misery. It is a net of pain and suffering spread by falsehood. It catches your life and throws it into a hell of suffering. Beware!

**He is the World-teacher who has no lust—  
Conqueror of senses and vital gust.**

The pure soul unstained by vague desires and passions that sway ordinary men, the hero who has subdued the senses and the tempest of vital egoism and envy—he alone is the World-Teacher. He who has no self-control, who has no patience, peace or sex-control, whose vital is a hell of pride and egoism, can never be a Teacher, however learned and rich in disciples he may be. Know teachers by purity, not by the crowds they attract.

### **4. Divine Light**

**The Light Divine alone is permanent;  
All else will vanish as a bubble spent.**

The worldly wealth, friendship, relations, titles, pleasures, all will one day burst like bubbles and vanish. They will leave you forlorn. The Divine Light and Knowledge alone are permanent. The Light burns in your own self; seek it by meditation before the world disappoints you and Death calls you.

**Call ye the Lord, flaming with true fervour;  
His Blissful Grace, He shall at once shower!**

Call with all your fervour, with all the fire of your yearning heart, 'Descend, O Splendid Light-Divine !' This aspiring call shall have effect. The Light shall descend into you from above the Sahasrara.

**'Here I am!' The pure One calls Thee in;  
Plunge into thy heart in silence and attain.**

The heart is the seat of the Pure Divine; enquire "Who am I ?" He answers "I, I am so and so". "Here I am" says he touching the heart; plunge into the heart in mind-silent meditation. You can attain Him who is the Self of selves.

**Transcend the mind and see the Hall of Light  
Earth-life will be sweet as heaven's delight.**

Rise above the mental plane to the Gnosis, thence to the Sachchidananda plane, where you can be in the Hall of knowledge and Divine Light. It is the Sahasrara. You can enjoy then the supra-conscious bliss even on earth, in this life.

**Witness the Dance of Supra-conscious Light On  
Turya Hill; you will have divine gift.**

The Turya hill is the summit of our consciousness above the Sahasrara. There the Yogin witnesses a brilliant Light, Chit-Jyoti dancing in ecstasy. You can actually feel the dancing feet on your crown. Be conscious of it. You will develop extraordinary psychic powers, and will have many gifted qualities and possibilities.

## **5. Self-peace**

**Can gold and earth and earthly things vouchsafe  
That bliss of Self which is the goal of life?**

No external object, however sweet and great it may be, can grant you eternal joy. The joy of today will end in disgust tomorrow. The love of today becomes hatred tomorrow. The only eternal Delight is in the Self; it is the Divine identification, the sole aim of life that can vouchsafe spotless unper-turbed peace and delight.

**Thy own, thy guide, thy light is in the heart;  
That Truth-Bliss-Knowledge grants serene comfort.**

The Pure Spirit is your only relative, friend, support, light, guide and everything. Nothing else can be compared with it. It is your own. It is the only Truth, the only Knowledge worth knowing and the only lasting Bliss. That alone

gives noble and high soaring peace and comfort to your existence. Find that through constant communion and be That.

**In tune with Nature know the Nature-self  
Rest in that natural, blissful relief.**

The Pure Self is the natural You; to be in it is your natural equipoise; it gives you relief, comfort and calm delight. To attain this state you must live the laws of Nature and purify yourself.

**Be thy self in thy self-delightful state,  
Thinking none else, in conscious peace perfect.**

Know your self-poise; be steady in that blissful state. You will see only that Self-Bliss everywhere and in all. In that state, you will enjoy ceaseless bliss of the conscious Spirit, Chidatman. To be fixed in this state is Sahaja Samadhi or Natural trance.

**AUM! Supreme Truth, open your eyes and show  
Thy gracious Light and radiant halo!**

AUM! Supreme Truth, we salute Thee and pray for thy mercy. Open our eyes to thy vision, to the influence of thy compassion, mercy, grace and light: Show thy radiant halo so that we may meditate upon Thee.

## **6. Super-Saints**

**To perfect saints life on earth is worship,  
Of the Perfect Supreme; He is their-prop.**

Perfect saints are those who have given themselves perfectly to the Supreme Divine and see him in all, and in the Self, adoring Him alone. Their very breath is a flower of adoration. They will be ever conscious of Him in all, everywhere. And they depend upon none else, nothing else. The Divine is their only prop, support, help, master and guide.

**Let people know the Knower by knowledge  
And be the light of wisdom like a sage.**

The whole object of Knowledge is to know the Knower who is the Heart's Divine Beloved. After knowing what is to be known, the seekers must be the light of that knowledge, go among men and spread Divine wisdom and pure life like true sages that live for God in humanity. Established in self-peace, sages work for world peace.

**Organise around the Temple of Grace  
In harmony the life of Human Race!**

This is the supreme service of holy saints and supermen. A group of about five thousand beings form a communion. They live in the consciousness and energy of the Pure Divine. They group round a central Temple of grace. Their real temple is the heaven-bound earth. But for conveniences of prayer and meditation and holy classes, a temple is built. It is a vast round

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clean hall without images. Only lights burn bright and flowers are beautifully arranged. In this temple all meditate, all do Bhajan, listen to holy discourses, take the vow of leading a pure life and celebrate marriage by congregational prayers and solemn speeches. South of this temple is a beautiful garden where perfect Yogins live and do spiritual service to the communion. They are seer-poets, law givers, lights of culture and guides of the race. Besides that, there will be a row of public buildings, schools, hospitals, courts, colleges, etc. Here Brahmacharins and people who are retired from family life will work and manage to impart good education, arts and sciences in up-to-date methods to the children of the communion, and other savants will help them. All useful arts and handicrafts will be taught here. There will be none in the communion who cannot read and write or are ignorant of a work useful to it. There will be a Sevak Mandir (Servants' Home) where volunteers live consecrating their whole life to public services. They will work in all departments of human welfare. There will be a Workhouse in which poor men or women can get work and food. Nature Home, Children's Home, Art Home (for plays and holy music), Ceremony Home (all national festivals and special holy occasions will be celebrated here), Student's Home (where students reside and study home lessons), Technical institutions, Printing Press, Publishing houses, Samayoga Office, Power House—all these and many other important public buildings will be there. North of the temple is the residence of family men, street by street with parks between the streets. There will be a general kitchen for a group of hundred homes. The inmates will manage it in turns. Food will be served morning and evening with light tiffin at midday. No cooking, no smoke in houses; all dine together in a big public hall which is kept very clean. Milk is liberally supplied from the Gosala (Cow Home). Fruits and vegetables come from the gardens cultivated by the community. There will be soldiers for the communion and plenty of technical workers. All important handicrafts and machine works, when necessary, will be well organised. From the washerman to the poet, all have a right to live free, working six hours a day for the communion. The fruit of work goes to a Co-operative Store (Pandashala), from which it is properly distributed. Money will be avoided as much as possible and the communion will live by exchange of goods alone. East of the temple will contain tanks, wells, reservoirs, sanitary necessities, sports grounds, exercise parks, military quarters, etc., West of the temple is for labourers. All are given enough space to live, enough food and clothing, education and Yogic culture. No individual property is allowed; every thing, even life, and body belong to the communion and the communion protects everybody. Each for all and all for each, is the principle. Saints, heroes, artists, scientists, labourers—all are given equal chances in life and there is no superiority complex, no class arrogance, or religious bias here. None is worshipped except the supreme Heart-Dweller whom everyone can realise by meditation. Let every town and village be such a temple of Grace!

**Live Super-race, Light of New Era here,  
Immortal ones, for all the world's welfare!**

Super-race, God-men and women, perfect divine heroes, men and women of divine possibilities live in the Spiritual Communion. They are the embodiments of this Yoga Siddhi Gospel, immortal children of divinity. They are the lights of the New era, the golden age of perfect purity, freedom and equality. Let their services transform humanity into a God-race.

**Hail holy virtue! God of holiness!  
Let works of holy saints attain success!**

Saintly god-men are the children of immortality. Let all men and women lead a saintly life here, contributing six hours of sincere labour for the common weal. Let their consecrated work bear good fruits for the communion ! Let the Divine who is the Purest and the Holiest, protect them and grant them all victory.

## **7. All Hail !**

**Hail lovely world! I worship thee as Lord  
And serve thee with my thought and deed and word;**

Hail beautiful loving world! You are the image of God. I worship no other image! Universe, the sun and heaven are symbols of divinity. To serve thee like sun and rain and air in thought, deed and word is my joy.

**O moving temples! Beings of the world!  
Be one God-communion, heroes bold!**

You are walking temples of Divinity, O myself, men and women of this world! Live united. No caste, no religion, there is only one Spiritual communion here. All are one in the Pure Spirit. Live as a holy family in Divine Communion.

**Hail heavenised earth and divinised life!  
Let truth and bliss live like husband and wife!**

Let earth enjoy heavenly felicities! Let men and women be divinised as a God-race! Let truth and bliss live in their bodily life like a loving husband and a beloved wife, chaste, pure, united in the Spirit.

**Live all under this canopy of God,  
Brimful of bliss and light spreading abroad!**

The heaven above is like a canopy, umbrella of grace or roof of hospitable mercy, spread by the Divine Grace. Under that common roof, let all beings live as one family, full of mutual love and bliss. Let all live in yoga; let their yogic light radiate and transform humanity.

**To Him we offer prayer and service  
The king who has spread, heaven above us!**

The King is the Supreme Divine. He has spread the heavenly umbrella above us. Under that he supports us. Without His sun and rain, none can live here. To that King alone we are subjects; to Him we offer all our services and prayers. We worship Him through service for all.

## **8. Live All!**

**Let heart be flower, and gentle word my chant  
And service my worship, O Transcendent!**

O Transcendent Purity, I cannot worship Thee with costly rituals. I cannot chant voluminous scriptures. I have no time. Let my heart be the flower; let

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the kind sweet helpful words that I speak to humanity be chanting of mantras to Thee. And let my consecrated service to Thee in the collective man, be my only form of worship. Give me more and more of thy Shakti to serve Thee in the world. **Hail Shuddha Shakti AUM!**

**Cease wars! Reign gracious patience and goodwill!  
Let life on earth enjoy the divine thrill!**

Let all wars cease ! Let gracious patience, love, service, mutual trust and goodwill reign among men. Let human life on earth be blessed with the delight of life Divine. **HAIL SHUDDHA SHAKTI AUM!**

**Thy smiling face let me see in and out!  
And lead divine life perfect in and out!**

Wherever I turn, let me see thy face of golden smiles which shall pour bliss and courage into my heart. Let me lead along with my fellow beings a divine life which shall be perfect in and out in every aspect! **AUM SHUDDHA SHAKTI AUM!**

**May earth around be my one temple-home!  
Grant flaming Grace to serve it, O Supreme!**

O Supreme Lord, I have no other home of my own; this vast temple-world of Thine is my only shelter; I have no wife no children or relatives! Let all humanity be my family, my brothers and sisters. Let me ever be their humble, simple servant. Give me more and more of Thy luminous Grace, Power, Light, Knowledge, Energy and enthusiasm to serve the world, my beloved Father-Mother! **AUM SHUDDHA SHAKTI AUM!**

**Hail righteous souls; Let righteous goodness reign !  
Let all live as a super-race divine!**

Let righteous souls who practise this New Gospel live long. Let the laws of righteous goodness laid down in this Book reign over a transformed humanity! Let all the children of earth live in harmony, as super--race of divinised men and women!

## **BLESSED**

Blessed are the pure  
Their inner strength is sure  
Blessed are the peaceful  
Their life shall be soulful.

Blessed are the truthful  
Their effort shall be fruitful  
Blessed are the simple  
Their scope shall be ample.

Blessed are the dauntless  
Heroes victorious;  
Blessed are the faithful  
They shall be successful.

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Blessed are the patient;  
They shall be efficient.  
Blessed are hearts of love.  
They get grace from above.

This Gospel guides them on  
To perfect Life Divine.