

MA ANANDAMAYEE AMRIT VARTA

A quarterly journal dealing mainly
with the divine life and sayings of
Sri Anandamayi Ma

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Ma standing in the Varanasi 'ashram compound in early fifties.

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MATRI VANI

All this, which is His creation is under His dispensation and in His presence and it is He.

In whatever state He keeps any one at a time --- it is all for the best, for verily everything is ordained by Him, is of Him.

Relative happiness, that is happiness depending on anything, must end in grief. It is man's duty to meditate on God—Who is Peace Itself. Without giving heed to that which aids the remembrance of God there can be no peace. Have you not seen what the world is? The One to be loved is God. In Him is everything — Him you must try to find.

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Divine discontent arises spontaneously ---- it is the Divine that awakens it.

To lose all is to gain all. He is merciful and compassionate. Whatever He does at any time is all for the best, though certainly painful at the moment. When He manifests Himself as all-loss, there is hope that He may also manifest Himself as all gain. To pine for the One who helps towards the light of Truth is salutary, for it kindles the awareness of Truth.

Verily, He is everywhere at all times.

The endeavour, to awaken his real nature is man's duty as man.

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Human birth — does it not ordinarily mean experiencing desire, passion, grief, suffering, old age, disease, happiness, pain and so on ? Yet, it is man's duty to bear in mind that he exists for God alone — for His service and for His realisation.

To say, "I don't know, I don't understand", is but ignorance. It is this veil that causes agony and misfortune.

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In the field of his play there is both getting and losing. This is but the nature of its movement. Think of Him, who cannot be lost. Meditate on Him alone, on Him, the Fountain-of-goodness. Pray to Him; depend on Him. Try to give more time to His name and to His contemplation. Surrender your mind at His Feet. Endeavour to sustain japa and meditation without a break.

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All the 24 hours are to be spent in Quest of God (*Sāadhan-Bhajan*). The desire to find God has to be specially fostered. To be a human being means to place first and foremost the desire for Self-realisation. Except for the little time necessary for the service of the family, all the rest must be devoted to japa, meditation, the reading of scriptures, worship, prayer and self-dedication. Yearn and cry for Him for His own sake. If opportunity arises seek *Satsang*. Whenever this is not possible strive to keep *sadbhāvā* enshrined in your heart.

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How can one be a human being without fortitude? To attain to Truth one has to endure all difficulties, ever abiding in patience. It is the obstacles that call forth patience.

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Speak the truth to all. Secrecy, slyness and deception amount to cheating. They only taint the mind and set one floating on a sea of misery.

A truthful, pure and holy life tends towards joy and happiness supreme.

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Ever to seek refuge at the Feet of the Lord is man's one and only duty. Try to engage in worship, the reading of sacred books, japa and meditation in the form that appeals to you most.

When the time is ripe God provides for everything. Try to be aware of Him in your heart.

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Work with your hands and keep the name of your Lord (*Ishta*) in your mind. This will improve your work and it may also do good to your family.

To lead family life disregarding religious duty is to embark on an ocean of misery. If family life is sought, it must always be based on the dictates of religion and righteousness.



