

MA ANANDAMAYEE AMRIT VARTA

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

VOL.-9

July, 2005

No. 3

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**Ma—just before taking her bath in the seas
in front of the ashram in Puri (Orissa) in 1954.**

— Courtesy : Km. Chitra Ghosh

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MATRI VANI

Spoken word, verily, must be of Him alone, All else is but futility and pain.

* * * * *

When the mind is centered in God in unbroken awareness there is hope of full vision and revelation.

Endeavour to remain ever consecrated at His Feet by engaging in worship, japa, meditation, the study of sacred books, or in devotional music - whichever of them you feel inclined to at any particular time.

* * * * *

Whether you like it or not, you will have to make the Eternal your constant companion - just like a remedy which has got to be taken.

Verily, of Him is all that need be said, the rest but vanity, woe.

Without loving God you will not get anywhere. Remember this at all times.

* * * * *

When you first began to learn to read and write, you surely did not examine the reasons for and against it, did you ?

You accept what you are told. Even if all sorts of critical thoughts arise, call to mind that they are due only to your lack of understanding : they are certainly not the outcome of pure wisdom. Try to accept as much as possible, appropriate to the occasion. Discard laziness and exert yourself. It is natural that your mind should find all sorts of reasons for not doing *Sadhana* - yet your aim must be to persevere in doing it. Eschew such thought as : "I shall not be able to do it"; "It will not be possible".

Suffering is of the body only. Despite all such discomfort officials and business men attend to their work. How painstaking they are !

Create time for everything.

The purer, the more transparent you can make your mind, the greater the possibilities for spiritual progress.

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