

Ananda Vārtā

A quarterly journal dealing mainly with the divine life and teaching of Shree Shree Ma Anandamayee and with other religio-philosophical topics



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*The Self, self-contained,
calling to Itself for its own Revelation—
this is happiness.*

MATRI VANI

Is it not wonderful to be a pilgrim on the Supreme Path? This is indeed the path to be taken. The ultimate Goal is reached when the Supreme Path has become revealed.

Everything is His doing. HE alone IS; your sole duty is to remember this at all times. So long as the sense of "I" and "mine" remains, there is bound to be sorrow and want in the life of the individual.

HE alone knows to whom He will reveal Himself under which form. By what path and in what manner He attracts any particular man to Himself with great force is incomprehensible to the human intelligence. The Path differs indeed for different pilgrims. Very often He destroys misfortune by misfortune and annihilates sorrow by sorrow. To advance

in this spirit means for everyone to tread his own path. One's own path is the path that leads to Self-realization, to the Supreme, ultimate Goal Itself.

Man must aim at the superhuman, at real greatness. The traveller on the Supreme Path may hope to attain to ultimate Bliss. This is man's main duty.

The spiritual practice that will cleanse one from the dross accumulated life after life and that has for purpose the uncovering of one's innate, radiant, illumined Self that lies latent deep within—this has to be fostered and served. What does service signify? Action that purifies the mind.

Always bear in mind that food, sleep, walking, standing, sitting—in fact your entire conduct has to be strictly controlled for the sake of liberation. Further, whatever spiritual exercise, ritual, and so forth is engaged in, should be carried out with faith and love. No ritual should be performed irreverently. He Himself has come in the guise of spiritual practice. The suffering which patience, endurance, forbearance entail is a manifestation of Him, the destroyer of suffering, for the purpose of its destruction.

