

# ĀNANDA VĀRTĀ

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*The Eternal, the Ātman—  
Itself pilgrim and path of Immortality  
Self contained—THAT is all in One.*

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*In search of the inner Guru one seeks and accepts a spiritual guide. With single-minded devotion one must advance on the path. Whatever takes one nearer to God, no matter from what source it may come, should be adopted. A person who desires God as his one and only goal is bound to find a path. He Himself will reveal Himself.*

—Sri Ma

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**Question :** *The body grows old ; but why does the mind not remain young and childlike ?*

**Mataji :** *Do not wish to be like the ordinary child of the world. Be a child who never grows up. The only reason why the childlike state does not last is desire.*

**Question :** *How to acquire the childlike state ;*

**Mataji :** *Seek the company of the pure and the god like and obey the Guru's instructions. This will lead to the spontaneous unfolding of the true childlike state.*

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## MĀTRI UPADESHĀMRITA

*I am only a child and do not know how to lecture or give discourses. Just as a child, when it finds something sweet and good takes it to its mother and father, so do I place before you what is sweet and good. You take whatever pleases you. Mine is only a child's prattle. In fact, it is you alone who question and you alone who answer. You beat the drum and you hear the sound.*

—MATAJI

(*Mātri Upadeshāmrita*, "the Nectar of Mother's Teaching", comprises excerpts from various sources of Sri Ma's spiritual instruction on selected subjects—compiled by Sister Uma)

### ON GURU

The Guru actually emerges from within. When genuine search takes effect, his genuine manifestation is bound to occur; it cannot possibly be otherwise. The One, assuming Himself the shape of the Guru, of His own accord brings about His manifestation or becomes manifested.

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The one who manifests as the longing to find a Guru also manifests as the fulfilment of that longing. But it is necessary that this longing should be genuine. At every moment be aware of Him for the sake of His realization.

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Where a true *bhakta* is, the Sadguru will most certainly manifest in person. When there is need of a Guru, his appearance is but natural. So long as one has not been initiated by a Guru, the ordinary person's duty is to engage in the study of scriptures, in *japa*, meditation, the chanting of God's Name—any Name one likes best. In order to reach the state of a genuine *bhakta* one must constantly devote oneself to *satkriyā*, action which aims at the Eternal.

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*Question* : How can we find a real Guru and who can be the Guru ?

*Mataji* : God is the real Guru. God will do the work through the Guru already accepted and show the true way to the disciple. The real Guru is one's own *Ātmā*.

*Question* : Will that *Ātmā* give the mantra ?

*Mataji* : Certainly.

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*Question* : Everybody says that a Guru is an absolute necessity. But as for myself, I need neither a Guru nor parents. I want only God.

*Mataji* : The Guru is God Himself. The Guru makes one understand what the Divine essentially is. The Guru must not be regarded as a human being. Every time one has the Guru's *darśana* one should look upon him as God. There is a state where by awakening a certain power the whole world can be awakened. World means that which is moving. It is God who brings forth, maintains and again absorbs this world into Him-

self. So who can be its Guru? The real Guru is God alone. By having faith in God one comes to know about Him. The Guru of this whole universe is none but God Himself. Through the power of the Guru God can be realized. So long as one has not secured the Guru's help, it is very difficult to find God. How far can man's intelligence take him? You want to grasp God by your intelligence? How can this be done? To find God the first necessity is a Guru. It also should be understood that He Who is your Guru is everybody's Guru.

*Question :* Is the Guru *one* from the point of view of the world?

*Mataji :* Gurus are also of various kinds: Gurus who give spiritual instructions, Gurus who teach, Gurus who bestow initiation, Gurus who confer a mantra; and by touch also the Guru's power can be communicated. So long as there is no inner desire to take initiation and to seek refuge at the lotus-feet of the Guru, one should not go in for initiation. Always pray to God to grant you a Sadguru. Do not take initiation because someone has told you to. Otherwise you will repent of it later. Once you have accepted initiation from a Guru you have to live according to his behest. Once a marriage has been performed it cannot be undone anymore.

*Question :* Ma, I am studying at Allahabad. I have accepted Swami Ramatirtha as my Guru. When I was eleven years old I heard about him and ever since I have looked upon him as my Guru.

