



Temple at Kheora, Bangladesh

# 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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*The indestructible seed-sounds (akṣara) through which liberation appears in the mind are known as mantra.\* These power-sounds are themselves fully conscious (cinmaya), are nothing but vibratory Brahma, the Absolute as Name Nāmabrahma). Persevere, convinced that Divinity is realized in the Name. The seed planted within me will unfailingly grow into a mighty tree—keep on, steadfast and faithful. Just as a seed once sown, should be watered and fertilized, so the mantra-seed must be made to sprout by the nourishing water and fertilizer of satsang.*

*As you desire, so you find—in whatever form or without form the One Itself.*

*\* Word play : man mind, psyche ; trāṇ liberation ;  
mantra the sound units that free the mind.*

\*

*Chant the Name MA, meditate on MA, endeavour to see the one MA everywhere. Aspire to be ever more MA-possessed. MA-permeated (MA-maya).*

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*You ask, who is Ānandamayī MA? But what indeed is ānandamaya (ever-blissful awareness)? It is eternally enthroned in each and everyone, at home in the very heart of all beings. Ycs, everywhere Its chosen dwelling. Seeing That, attaining That—everything is seen, everything attained. Then free of doubt, free of fear, free of conflict—immutable, imperishable.*

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*The immutable Brahma (akṣara), the vibratory Brahma (śabda), the cosmic Symphony (praṇava) are one and the same as the power-sound MĀ—all essentially Ānanda. Isn't it said of Bhagavān : Thou true Mother, Father, Friend and Family, Svāmī—Knower of every Self? This All-in-One is called MA... maya (mother-potency...ever-present, all-effecting), who hands out in full measure exactly what each needs.*

*Herself of Herself to Herself.*

**Sri Ma**  
*(Translated by Narayan)*

