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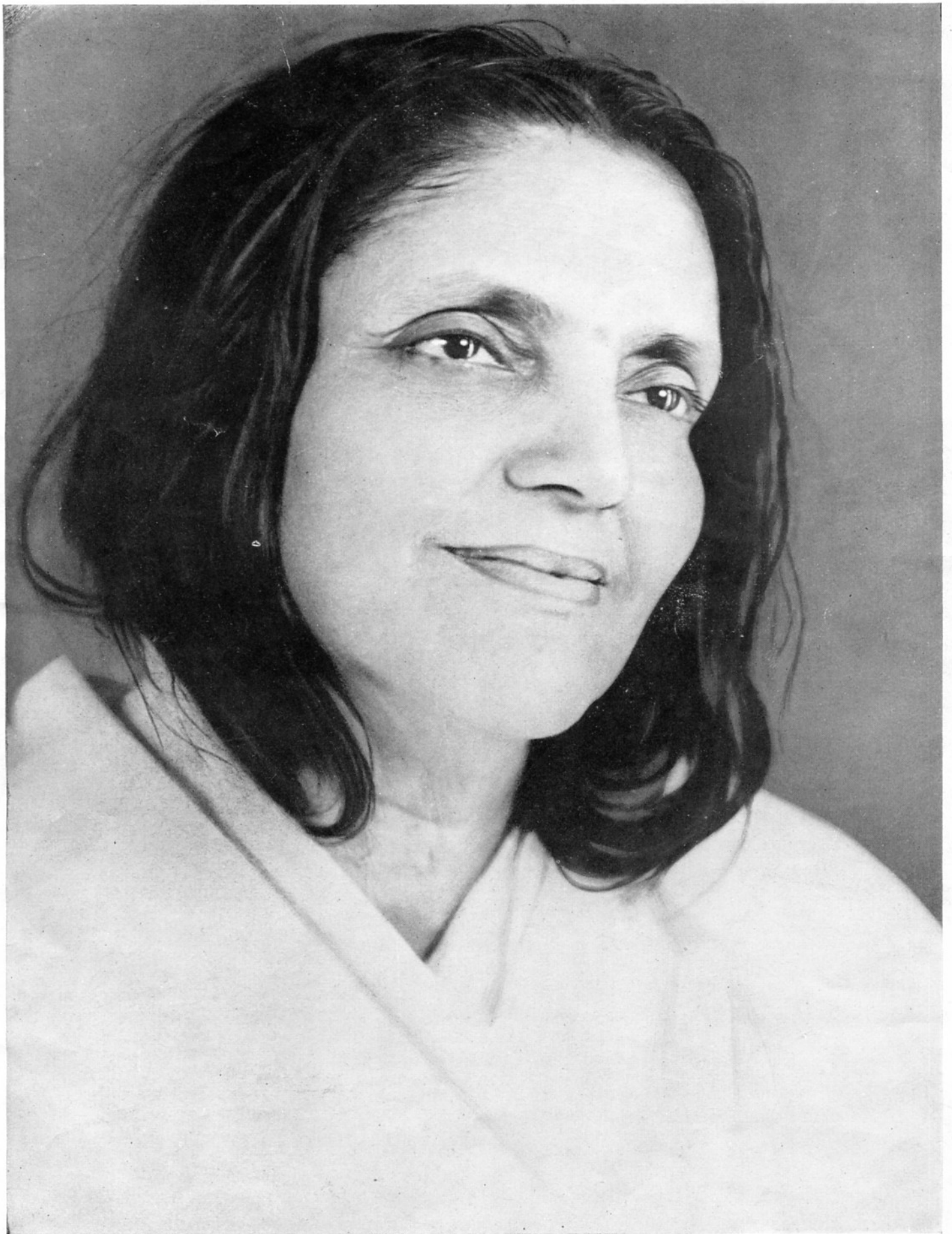
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ĀNANDA VĀRTĀ

Vol. V]

August 1957

[No. 2

The One who is Eternal, the Atman,
He Himself is the traveller on the path of Immortality,
He is all in all, He alone is.

MATRI VANI

(*Replies to letters from different people at different times.*)

102.

Abandon yourself to God in all matters without exception. 'May He do as He pleases with me, who am but a creature of His hands'—this should be your attitude of mind. It is personal desire that is the very cause of suffering. Why make yourself feel dejected by the anxiety that you will be dependant on others? Is it you who have created your body? The One to whom you belong is free to deal with your body according to His Will: therefore may He do as He choses. Try your utmost to stand aside and watch patiently as a spectator. When the mind is at ease one speedily recovers from ill-health. In this ever revolving world which is upheld by Him who causes it to revolve, a certain calamity has occurred, what is to be done? No matter what has happened, may His Will prevail—live in this spirit. In your present condition constantly think of Him alone.

103.

Light is gained by His Grace alone. He is the One to be held in remembrance at all times. There is nothing else that you need feel concerned about, father: contemplate only Him and Him alone.

104.

It is characteristic of human life that it cannot continuously be either full of happiness or full of misery. Just as good fortune has not been lasting, do you imagine this evil luck will never end? For the present try to gird yourself with patience and fortitude and wend your way in complete trust in God. It is the will of the Almighty that prevails. Be intent under all circumstances to let the thought of Him be your constant companion.

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105.

While caught in the wheel of action and its results man is subject to adversities and hardships such as you mention. It is his duty to perform works that will aid him towards his Goal. Providence does not excuse one from the consequences of one's deeds. Your parents were religious-minded. Having left everything in the best order they have now gone from this world. In this time of affliction seek refuge in God alone.

106.

The lute of man's short life is strung with so many strings : they have to be cut asunder. There is no real substance to these many strings. It is futile to let one's thoughts be occupied with the ties by which one is bound. Why behave like a fool and return again and again to this world of illusion ? When someone understands deep down in his innermost heart that nobody is his own, why then should he bear so much pain and suffering ? However, being under the spell of delusion, it is not always possible to attain to real deep understanding. But in certain cases even bitter medicine or injections administered forcibly restore people to health.

107.

Everything in contained is everything. Where perfect Truth is, the question of illusion cannot even arise. Illusion is illusion and nothing else. HE assumes numberless shapes, it is He who appeared to you in that particular way, for in all forms is He indeed. Meditate on him alone. He is pure Spirit (*adhyatmic*)—nothing really exists but the Spirit : viewed from this angle everything is true.

108.

If one prays to God with heart and soul the prayer will be fulfilled ; for He is the Fountain of Goodness and does what is most beneficent. How can the ordinary person possibly be endowed with the extraordinary power of understanding that would enable him to grasp the working of God's all beneficial Law ? 'May His will be done !' This should be one's attitude of life at all times.

109.

If you want to become a householder and take up family life you will have to pass through all kinds of experiences. Let your mind be centred in God, then only is there a prospect of complete peace.

