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The ONE who is the 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.)

116.

Mataji said : He should keep his mind free from cares and worries and be ever full of inner joy—this is the important thing ! He should invoke God with his mind and heart and voice, in whatever way and by whatever words that come to him easily. Why only mornings and evenings ? At every moment ! For this is indeed the unfailing panacea for every kind of trouble. HE is the Supreme Father, Mother, Friend and Beloved, all in one. All names and forms as well as the nameless and the formless are His. Therefore one should make use of any means or device that may aid one to sustain at all times in one's heart and mind the remembrance of Him and thereby to find peace.

117.

There is no need for him to do penance. The atonement has already been accomplished by his readiness to make amends. Tell him not to cause worry to anyone by worrying himself. Keeping one's mind concentrated on God puts an end to all worries and anxieties.

*The Bengali original and its Hindi translation appeared in Ananda Varta, Vol. V, No. 4, p. 281.

118.

Do not keep concealed within yourself what weighs on your mind. If you write it all to me freely and frankly, your heart will be unburdened even more. Father, why have you kept it suppressed within yourself for such a long time? To confide it to this body (*Mataji*) brings relief, does it not? Truly, this body belongs to all; for this reason it behaves and speaks as far as possible so as to fulfil the needs of the people with whom it deals at any particular time.

When the worship of an image or any other puja is performed according to the rites laid down in the Shastras—as accepted by all Brahmana priests—and when *Kumari Puja* forms part of the ceremonial as prescribed by the Shastras, then the priests and others concerned must be allowed to have their say according to what they feel to be right. Write this to him! But of course, when this body plays with its friends, little girls or boys, it does not pay attention to the injunctions of the priests—the child may be of any caste! The other day—did you not see that the little girl taken as a focus for the worship was certainly not the daughter of a Brahmana; yet the person who performed the Puja offered clothes, food and everything else exactly as it should be done, did he not? To this body everyone and everything is equal.

119.

Write to him to make his mind sound and vigorous as that of a wise and brave man. To allow the mind to be in this unhealthy state will not do. What is there to be afraid of? Ever remember that God IS—may His Will be done. HE is everyone's very own and has full claim on those whom He has created, to direct them according to His free and absolute Will; whatever He does is all-beneficent.

120.

One may well say: What harm can there be in doing Kirtan, Japa, meditation, etc. together with others? But to feel the attraction of company constitutes an obstacle. This will naturally bring about unsteadiness. Moreover if a desire lurks or arises in one to be the head or leader of the congregation, it is also harmful. This holds good in the case of both women and men.

If however you ask this body for advice, it will tell you to stay quietly in one place and practise *sadhana* as a sincere and earnest aspirant and first of all to fill your own emptiness; then the treasure you have accumulated will of its own accord seek an outlet and thus communicate itself to others. Whereas if you start distributing right from the beginning by serving and giving spiritual instructions to others, you will soon be empty yourself and repentance is bound to follow. Of course, if serving and teaching is your aim, then it is quite a different matter. But if you want to attain to perfection your method of proceeding is not right, for it creates obstacles. This body maintains that you should abide by whichever of the two paths you prefer. To change one's mind again and again will not lead anywhere. Whatever one does must be done one-pointedly. Having turned away from worldly enjoyment and started advancing towards the Goal of human life, one should endeavour to arrive at Self-realisation.

