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The ONE who is the Eternal, the Ātman,  
His Himself is the traveller on the path of Immortality,  
He is all in all, He alone is.

## MATRI VANI

It is by crying and pining for Him that the One is found.

\* \* \*

Reliance on God can come only if He grants it to you, then alone will you be capable of it. What does self-reliance mean? What He causes to be done is called self-reliance (*puruṣakāra*).

\* \* \*

Why do you wish to become a child of the world? Be a child that will not change into anything else anymore. Truly, the cause for failing to remain childlike is desire.

\* \* \*



kind of action is not possible everywhere. Here, in this state, laughter, giving life and stifling it—every thing is HE—THAT; here there is no such thing as taking on oneself the tribulations of others, there is only perfect equality, identity.

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“There is only one book and everything is contained in it. Once it has been mastered nothing else remains to be studied. *Sadhana* has to be practised for the sole purpose of discovering one's own true wealth.”

“Ma”

# Conversations with Sri Sri Ma Anandamayi

RECORDED BY PROFESSOR B. GANGULY

( Translated by Atmananda )

( 5 )

Ranchi Ashram,  
19/5/1958.

*Question* : You often advise devotees to take recourse to periods of silence (refraining from speech); does this help spiritual progress ?

*Mataji* : By refraining from speech energy is preserved. To keep silence (*mouna*) means that the mind has reversed its outward course, in other words, has turned towards God.

*Question* : Is it right to pray to God for all kinds of things ?

*Mataji* : The most excellent prayer is for God Himself.

*Question* : If God is omnipotent, why do we have to suffer so much ?

*Mataji* : Where you dwell, that is to say in the world, it appears thus. By invoking God all pain and suffering will be destroyed.

