

# MA ANANDAMAYEE AMRIT VARTA

A quarterly journal dealing mainly  
with the divine life and sayings of  
Sri Anandamayi Ma

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## MATRI VANI

For him whose one and only goal is the ocean itself, no one has remained for whose sake he looks back.

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A competent teacher, who understands every change in the movement of the disciples *prana*, will accordingly either speed up the process or slow it down. He who guides must have first hand knowledge of everything that may occur at any stage. Without the help of such a doctor, there is danger of suffering.

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To let the mind dwell on sense objects it still further increases one's attachment to them.

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Ears have been given to you to hear the satsang, eyes to see the form of the Lord, feet to do the *parikrama*, hands to do japa, to do the worship of the Lord.

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When there is real meditation which evokes indifference to the world, you will begin to pine keenly for the Divine, you will hunger for it and realize that nothing transient can appease this hunger or satisfy you.

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What is known as the fruit of effort is nothing but the illumination of the particular aspect towards which the effort has been directed. Unveiled light (*nirāvaran prakāsa*) is He Himself, the Eternal.

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An object of sense (*viṣaya*) is that which contains poison is full of harm and drags man towards death. But freedom from the world of sense objects (*nirviṣaya*) — where no trace of poison remains — means immortality.

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