

JANUARY 1



In the New Year a Sadhak should make renewed efforts for Realization.

Om Jai Ma

JANUARY 2



New Year—Infinite forms of the God-His daily-changing ever new forms and formless too—endeavour constantly to perceive the same.

Om Shree Ma

JANUARY 3



You will most certainly have to undertake this pilgrimage to Immortality, trampling under foot hundreds and hundreds of obstacles and impediments.

Om Shree Anandmayai namah

JANUARY 4



*Universal love and permanent peace are won
only through perfect power.*

Om Shree Ambikayai namah

JANUARY 5



Man must go out in search of that which is concealed behind the world. He should choose an abode, that will make it easy for him to proceed to his true Home.

Om Shree Anapurnayai namah

JANUARY 6



Improper, ill-fated, degrading actions ~ that give expression to one's animal nature lead to misery even though they be pleasurable.

Om Shree Arvindananayai namah

JANUARY 7



God Almighty is nameless and formless; yet all names and forms are His.

Om Shree Amritayai namah

JANUARY 8



Utensils used for worshipping a god or goddess must be washed clean and bright, the place for worship also must be carefully scrubbed and kept clean. Then the mind of the worshipper will also feel a sense of purity.

Om Shree Abhayavardayinai namah

JANUARY 9



He is the Father, Mother, Guru, Friend, Creator, Preserver, Destroyer—everything. Indeed, He is in everything and everything is in Him; there is nothing but Him.

Om Jai Ma

JANUARY 10



Speak the truth to all. Secrecy, slyness and deception amount to cheating.

Om Shree Ma

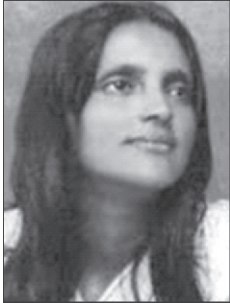
JANUARY 11



*Try to see God in everything and in everybody,
including yourself.*

Om Shree Antarvasinyai namah

JANUARY 12



God Himself is revealed in some guise, even in individuals supposed to be sinners, and also in suffering seemingly unbearable.

Om Shree Advaitaswarupinyai namah

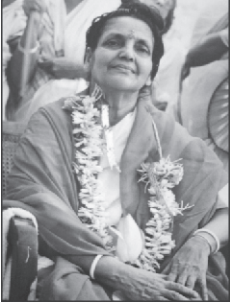
JANUARY 13



The immutable Brahman and the primeval sound AUM are one and same as (the word) Ma.

Om Shree Agunasagunarupinyai namah

JANUARY 14



Refuge has to be sought in His Name in order to realize Him whose name is invoked.

Om Shree Akhilvadavivadshodhikayai namah

JANUARY 15



*At every breath try to be in communion with
Him through His Name.*

Om Shree Kanakhalavasinyai namah

JANUARY 16



If the name that appeals most to you is constantly repeated, you will realize that all names are His Names, all forms are His Forms.

Om Shree Karunavarunalayayai namah

JANUARY 17



Since all names are His indeed, He will let Himself be grasped by any one of them; furthermore, it will gradually be revealed that He is also without name and without form.

Om Shree Katyayanyai namah

JANUARY 18



The nature of fire is to convert everything into itself. Similarly, association with His Name inevitably enables one to be identified with Him.

Om Jai Ma

JANUARY 19



If you live with the conviction that God is in the closest contact with you, you will gradually discover that there is nothing but God.

Om Shree Ma

JANUARY 20



If at all your 'I' remain, let it exist only as His servant or as His child and, therefore, the notion that He is far removed will be ruled out.

Om Shree Kalarattryai namah

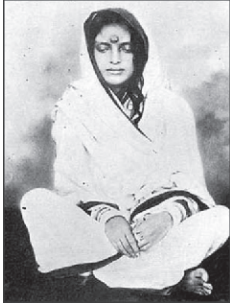
JANUARY 21



The more one thinks of one's Ishta (beloved Deity), the firmer one's faith in Him will grow.

Om Shree Kamakhyayai namah

JANUARY 22



People meditate in front of a picture. But what is a mere picture? Just paper ! Yet if faith is maintained in meditation, the Lord Himself appears in that picture.

Om Shree Kalikayai namah

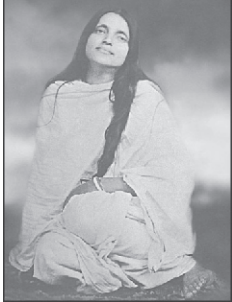
JANUARY 23



Faith is always blind; but this blind faith may ultimately lead to firm belief.

Om Shree Kashipuradhishwaryai namah

JANUARY 24



You cannot find the Mother until the faith awakens in you that whatever the Mother does is all for the best of Her child.

Om Shree Kripamoortyai namah

JANUARY 25



God Himself appears as the Guru. He has to be invoked with full faith.

Om Shree Kumaryai namah

JANUARY 26



Just as, a Vighraha must not be regarded as a piece of stone, so the Guru must not be regarded as an ordinary human being.

Om Jai Ma

JANUARY 27



Once the Guru has accepted a disciple, He will never leave him until the goal has been attained. The question of leaving does not arise at all.

Om Shree Ma

JANUARY 28



The Guru actually emerges from within. When genuine search takes effect, his genuine manifestation is bound to occur; it cannot possibly be otherwise.

Om Shree Kalamodinyai namah

JANUARY 29



Man is no other than the self; but he wrongly thinks of himself as a separate individual centred on his body and identified by a particular name.

Om Shree Kriagyanechhashaktyai namah

JANUARY 30



*All sorrow is due to the fact that many are seen
where there is only one.*

Om Shree Gangataranginayai namah

JANUARY 31



Duality is pain. So long as man does not wake up to his identity with the One, the cycle of birth and death continues for him.

Om Shree Guhyakeshwaryai namah

FEBRUARY 1



If you choose to feed upon the objects of the senses, you move towards the realm of death.

Om Shree Gurve namah

FEBRUARY 2



Sense enjoyment acts like slow poison. You are driven thereby towards death. Therefore, it is man's duty as a human being to get into the current that leads to immortality.

Om Shree Gurupriyatmane namah

FEBRUARY 3



When the mind is full of worldly desires, their very nature is to confuse the mind. Withdraw the mind from outer things and turn it inwards.

Om Jai Ma

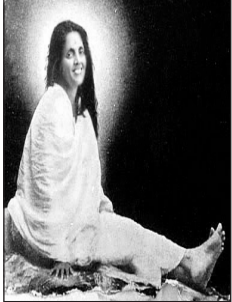
FEBRUARY 4



According as worldly interests decrease, one progresses towards real joy.

Om Shree Ma

FEBRUARY 5



The search after Truth is man's duty, so that they may advance towards immortality.

Om Shree Chandraghantayai namah

FEBRUARY 6



*Your sole duty is to remember that He alone is
and that everything is His doing.*

Om Shree Chidanandroopinyai namah

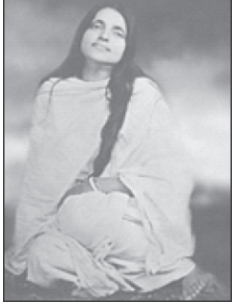
FEBRUARY 7



Householders should emulate the ancient Rishis (sages), who were married men living with their families and leading a life dedicated to God.

Om Shree Jagajjananyai namah

FEBRUARY 8



*Love and serve your consort and children as
Divine manifestations. Perform all work as
God's service.*

Om Shree Janakyai namah

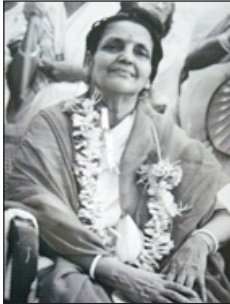
FEBRUARY 9



Since you seek ownership of the garden, you feel unhappy. Be the gardener instead of trying to be the owner, and then you will feel happy.

Om Shree Durgayai namah

FEBRUARY 10



What is life-breath—really an aspect of the Universal, all pervasive energy that functions continuously; it is He in one of His forms, He who is Truth Consciousness, revealing Himself in this mode.

Om Shree Dhawalmoortyai namah

FEBRUARY 11



Endeavour to concentrate on the breath. This will provide a check on the mind by preventing it from wandering away to outer objects.

Om Shree Nirmalayai namah

FEBRUARY 12



Do not allow your mind to wander here and there; endeavour to make it one pointed; have one single end in view.

Om Jai Ma

FEBRUARY 13



You need at least two meals a day. Similarly, you should remember God and chant His Name at least twice a day—say morning and evening. This is for your mind's well being.

Om Shree Ma

FEBRUARY 14



If you do not like to meditate on an image, you are just to sit still and carefully attend to your breathing; you may not do anything else; even this practice will quieten your mind.

Om Shree Nityarchitayai namah

FEBRUARY 15



“Who am I ?” With this attitude endeavour to let the mind stand back as a witness. Search after Yourself. As long as possible, sit immersed in meditation, becoming quite still, steady and fully concentrated.

Om Shree Pavanputrasevitayai namah

FEBRUARY 16



It is natural for worldly desires to try to take exclusive possession of your mind. These confuse the mind.

Om Shree Bhaktavatsalaya namah

FEBRUARY 17



Discipline of the tongue and other sense organs will help the mind to withdraw from outer things and will turn it inwards.

Om Shree Bhramariroopinyai namah

FEBRUARY 18



*Regular prayer purifies the mind and the heart.
Set apart at least ten minutes for your daily
prayer at a fixed hour.*

Om Shree Bhawabhayabhanjinyai namah

FEBRUARY 19



Whatever may be your shortcomings, don't be depressed, don't lose hope. Try to improve yourself.

Om Shree Bhakta Karyasidhyai namah

FEBRUARY 20



Exert yourself to the limits of your power, however, feeble. He is there to fulfill what has been left undone.

Om Jai Ma

FEBRUARY 21



How can you expect to see the road when you have kept your door shut? Open the door and you will see the road.

Om Shree Ma

FEBRUARY 22



Proceed along this road where you will meet many fellow-travelers who will of their own accord enquire about your destination. They will often direct you to the right path, if you have chosen the wrong one.

Om Shree Bhagwatrupinyai namah

traveler

FEBRUARY 23



*By God's grace one is born as a human being.
Try to make the best of this opportunity.
Everything is possible for man.*

Om Shree Bhagwatyai namah

FEBRUARY 24



Even though someone may slip and fall, he will not remain lying on the ground but will attempt to rise, stand up and walk again.

Om Shree Bhuvanojwalayai namah

FEBRUARY 25



The speed of advancing must become brisk. In order to find Yourself, progress along your own path and in your own rhythm.

Om Shree Bholanatharpitayai namah

FEBRUARY 26



A spiritual traveler must not allow his mind to be distracted by anything; he should proceed with firm determination towards his goal.

Om Shree Mahabhavayal namah

FEBRUARY 27



Don't sit idle. Always be engaged in doing something useful. Either chant God's name in silence, or read a good book, or discuss a good topic. But don't waste your valuable time in idle gossip.

Om Shree Mahabhayavinashinyai namah

FEBRUARY 28



Even though you feel that your spiritual practice is mere tedious reiteration, it is this very practice that will clear the path for you within you.

Om Shree Mahagauryai namah

FEBRUARY 29



Whatever spiritual exercise, ritual and so forth one is engaged in, should be carried out with faith and love. No ritual should be performed irreverently.

Om Jai Ma