

6. The prescription

THERE is only one path to God that will satisfy the aspirations of the *Jeeva thathwa* (essential nature of individual entity). That is the path of *Bhakthi* (devotion), of dedication of all activity to God and surrendering to His Will. This is called the *Bhakthi maarga* (path of devotion). But, *Bhakthi* has to be built on conviction, not on blind unreasoning belief. That is why, I always emphasise the role of intelligence. Intelligence is a special gift from God to man; it confers the power of discrimination between right and wrong. Peace or happiness depends on the choice of the right means and this is a matter to be decided by the Intelligence. Prosperity too depends on the intelligent exploitation of the resources available, human and other. The wavering 'intelligence' of man, that has lost its one-pointedness and purity is responsible for all the conflicts and quarrels that are prevalent today.

So, I would ask you to pray to God to grant you the capacity to think straight and right, and to stick to the correct decision once decided on, without being affected by egoism, greed or hatred. Pray for a balanced mind unaffected by prejudices and passions.

Attempt to acquire knowledge of yourself

Man has to pay attention to three basic duties in his quest for happiness: (1) He should forget what he has to forget, namely, the world around him and its tantalising pleasures. (2) He has to reach where he has to reach, namely, the goal of the Divine, the Presence of the Almighty and (3) He has to give up what he has to give up, namely, material desires and pursuits. The *Vedhic* prayer *Asatho maa sath gamaya, Thamaso maa jyothir gamaya, Mruthyor maa amritham gamaya* (Lead me from untruth to truth, lead me from darkness to light, lead me from death to immortality) summarises these aspirations very nicely.

Strive to move away from untruth towards truth; attempt to acquire knowledge of yourself and of the origin of all Selves and thus shed your fundamental ignorance. Move away from thoughts and anxieties about this body, subject to decay and death and become aware of the Immortal Soul, which you really are.

This garland can teach you a great spiritual lesson. This one thread has strung all these different flowers together in beautiful harmony. It is called *Suuthra* (connecting thread) in Samskrith. So also, there is the *Brahma Suuthra*, the Universal Brahma Principle which passes in and through every *jeevi* (individual) and binds them all in the *aathmic* bond. All the children of this motherland, all sons and daughters of this country are bound into one inter-independent group by the thread of Divinity that passes through them.

Embodiments of the Divine *Aathma* as you are do not be afraid of sorrows and losses that might come in your way. An orange is enveloped in bitter skin. You have to remove the skin and eat the sweet fruit that it has protected so long. The sweet fruit, that is, your life, is enveloped in the bitter skin of lust, anger, greed, arrogance, attachment and jealousy. Remove the skin and throw it away, so that the sweetness can be tasted.

God is present only where good pervades

Be always devoted to good and self-less activities. See that by your word, deed or thought, you do not hurt others, physically or mentally. When you see injustice and wickedness in others, examine your conduct and character first; for, what you see in others might be the result of what is in your own self. Wear the eyeglasses of *Prema* (Love); the whole world will be filled with

Prema. God is present where only good pervades and prevails. If you examine the present behaviour of men, you will find that the vision is bad, listening is-bad, thoughts are impure, and .so, even the human nature in you is being besmirched and made bestial, if not worse. When God enters the vision, the things listened to, and the subjects thought of, your lives will be rendered happy and useful.

Control the mind and regulate the impulses emanating from it by means of a clarified intelligence. These are primary requisites for a happy life. Keep the name of God ever on the tongue and the Glory of God ever in the memory; seek the company of the good and the godly. These prescriptions, if you follow, you can be free from anxiety, fear and falsehood.

Mogha, 17-3-1973