

48. God, Ever Near

THE two functions happening here today, for which you have called Me, are both interesting, because one deals with the physical needs of man and the other, the spiritual. The Foundation Stone which I laid just now at the Hospital for the Children's Ward will, under the care of the Health Minister who is here, soon become a source of solace for the suffering. The Prayer Hall which I am now proceeding to open will afford solace for the mind, and strength and steadfastness in all endeavours that require courage and faith in a Higher Power that rules the Universe. Spiritual health is preserved and promoted by attention to three *Gunas*: *Sathwa*, *Rajas* and *Thamas*.

Health is preserved and promoted by attention to three humours: *Vaatha* (wind), *Pittha* (bile), and *Kapha* (phlegm). *Thri-dosha* has to be avoided, that is to say, the three humours must not get vitiated or unbalanced. A healthy body is the best container for a healthy mind; illness makes the mind agitated and anxious. The material and the spiritual are the two pans in the balance; they have to be attended to, in equal measure, at least until a certain stage of progress is attained in spiritual development.

Service to man can be done in either of these ways; but, serving him, by example is best of all. Do not be a bad example to your neighbours or family members. Be good and radiate goodness. That is why, when the education of a pupil was over, the teacher in ancient times exhorted the pupil to speak the truth and observe righteousness (*Sathyam vadha, Dharmam chara*). Because after the period of study, the young person is to engage in works, so, he has to be given the most beneficial advice, at the appropriate moment. The truth must be spoken, without hypocrisy and deceit; there should be no motive to injure.

Service has to be done with humility and reverence

Acts must also be regulated by the over-all supremacy of righteousness. He is asked not to neglect the knowledge he has acquired, but to ruminate on it and cultivate it more and more, by putting it to practice. "Treat the mother as God; treat the guest as God." These are important declarations, which must be honoured. And, then, about the gift of service, the teacher has some very fine advice to give. Give in reverence; give in plenty; give with modesty; give as to a friend; give without any thought of reward. Do not give ostentatiously. The service in the Hospital, the service in the *Bhajan* Group---all have to be done, with humility and reverence. Then only can they yield *chiththa- suddhi* (purification of mind and thought), which is the main benefit derivable from *Seva*.

The constant recital of the Name of God---any of the million Names by which He is identified by human imagination or intelligence---is the best means of correcting and cleansing the mind of man. That is why the poet sang, "O, tongue! You are a great connoisseur in tasting and appreciating desirable tastes. I shall tell some that you will like most; it is true; it is extremely advantageous information for you. Pronounce the nectarine words, the Names of God, Govinda, Damodara, Maadhava, and derive exquisite joy."

The individual and the universal are one

By means of the Name, you can keep God ever near you. Prayer and *Puuja* follow the recital of the Name, for the Glory and grace of God draw you to adore Him and to rely on Him for all your needs. In the beginning, the Adored and the Adorer are distant and different; but, as the

Saadhana becomes more confirmed and consolidated, they commingle and become more and more composite. For, the individual and the Universal are one; the wave in the sea. Merging fulfils. When merged, the ego is dissolved; all symbols and signs of the particular like name, form, caste, colour, creed, nationality, church, sect and the rights and duties consequent thereon, will fade.

For such individuals, who have liberated themselves from the narrowness of individuality, the only task is the uplift of humanity, the welfare of the world and the showering of love. Even if they are quiet, the state of Bliss in which they are, will shower bliss on the world. Love is in all, Love is of all, Love is all.

Tirupunithura, 21-12-1967