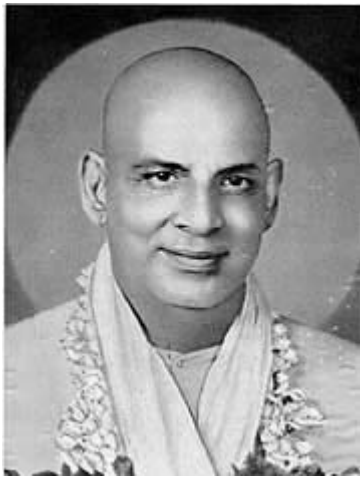


# A GREAT GURU AND HIS IDEAL DISCIPLE



**Sri Swami Sivananda**  
**Founder of**  
**The Divine Life Society**



**SERVE, LOVE, GIVE,**  
**PURIFY, MEDITATE,**  
**REALIZE**  
**So Says**  
**Sri Swami Sivananda**



**Sri Swami Pranavananda**

*This booklet is a silent tribute to the sacred memory of late H. H. Swami Pranavanandaji;  
brought out on the 7<sup>th</sup> year of his having entered into Eternal Rest in 1982 March.*

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Dedicated to  
Sri Swami Pranavananda Saraswati  
and to  
All Ideal, selfless and self-effacing disciples who live  
for the glory of the Guru and to serve the spiritual  
Mission of the Guru

3<sup>rd</sup> 1<sup>st</sup> October '61

Sri N Ponniah,

Kuala Lumpur.

Truth, self-respect,  
austerity, thank non-injury  
are rooted in virtue. These  
really help men to attain  
God-realisation.

Love is a conquering force.  
Love is the key to open any  
door. cultivate love.  
May God bless you, Sri Swami

## **SIVANANDA DAY-TO-DAY**

To a group of devotees and disciples, the Master said, “Some are very anxious to acquire name and fame. They make a show of themselves. They travel in cars, build clock towers and sky-scrapers. They wear costly dress and employ a number of servants. They pose as great servants of society. Every moment they try to get more fame. But the slightest criticism upsets them. They cannot bear opposition. They wish that everyone should respect them. In spite of all this they do not get the fame they seek and hence get upset and restless.

“But if a man is really selfless he will not care for name and fame. He will do his work with great interest but will not expect any reward for it. Work itself is his reward. He has no desire for fame. He can bear abuse. Only such a man will enjoy peace. He will get fame also; it will be his handmaid. But he will not be attached to it. Such a one alone can do real service to society.

“Give up all desire for fame. Work in a spirit of dedication. You will enjoy bliss. You will get fame also. Work with single-minded devotion and dedication.”

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## **SWAMI PRANAVANANDA**

Born in 1908 to devoted parents at Alaveddi in Ceylon, Sri Ponniah, as he was known in his Purvashram, left for Malaya in 1925 and lived in his adopted country till his death. Even while he was working, he was actively participating in the cultural, spiritual and religious activities in Kuala Lumpur, notably of the Vivekananda Ashram, Theosophical Society, Malayan Arulneri Thirukootam and the Divine Life Society of which latter he was the president for over seven years. In 1959, while at the D.L.S. Headquarters at Rishikesh, he was initiated into the monastic order by Gurudev Sri Swami Sivanandaji Maharaj himself. Interestingly enough, when Sri Ponniah became H.H. Sri Swami Pranavananda Saraswati, he was still in service, an administrative assistant in the Rubber Research Institute of Malaya, Kuala Lumpur, in which post he continued till his retirement in 1963. He was nominated to the Board of Management of the D.L.S. in 1958 and made a patron of the Society in 1963. H.H. Sri Swami Pranavananda Saraswati, who was a paradigm of perfection in his secular and spiritual life, entered into eternal rest in 1982 March, leaving an unbridgeable gap in the spiritual fraternity in general and Divine Life fraternity in particular.

# **SURRENDER AND GRACE**

**By Swami Sivananda**

If you want to drink the spiritual nectar of immortality which flows from the holy lips of the Guru, you will have to be an embodiment of humility and meekness.

The lower nature of mind must be thoroughly regenerated. The aspirant says to his preceptor: "I want to practise Yoga. I want to enter into Nirvikalpa Samadhi. I want to sit at your feet. I have surrendered myself to you". But, he does not want to change his lower nature and habits, old character, behaviour and conduct.

One's individual ego, preconceived notions, pet ideas and prejudices, and selfish interests should be given up. All these stand in the way of carrying out the teachings and instructions of one's Guru.

Lay bare to your Guru the secrets of your heart. The more you do so, he will help you in the struggle against sin and temptation.

The aspirant, before he desires the grace of the Master, should deserve it. The supply of divine grace comes only when he is fit to receive it.

Guru's grace descends upon those who feel utterly humble and faithful to him. Faith is confidence and trust in Guru. Faith is firm conviction of the truth of what is declared by the preceptor by way either of testimony or authority, without any other evidence or proof. The disciple who has faith in the Guru argues not, thinks not, reasons not and cogitates not. He simply obeys, obeys and obeys.

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## **PREFACE**

Late revered Sri Swami Pranavanandaji Maharaj was a precious gem and a jewel among the brotherhood of the numerous disciples of beloved and worshipful Swami Sivanandaji's spiritual family. His deep understanding of the essential spirit of discipleship to his great Guru has made him one among the ideal disciples in the vast global spiritual family of Gurudev. His total sense of devotion and dedication to his Guru was an inspiration to the beholder. I have been greatly inspired and benefited by his company and through his example. He has set a high standard that would serve as a model to all seekers and disciples. He shone as a great example of true discipleship.

In spite of much that has been written on the concept of a spiritual Guru, there is still a good deal of confusion, misunderstanding and scepticism in the public mind on this vital matter.

Is a Guru absolutely necessary? Who is a Satguru? How far can he help his Chela (disciple)? What are the duties of a disciple? What is the meaning of Initiation? Want of clear-cut and definite answers to these and related questions often impedes the spiritual progress of earnest aspirants.

Spiritual knowledge is a matter of Guru-Parampara. It is handed down from Guru to his disciple. Gaudapadacharya imparted Self-knowledge to his disciple Govindacharya; Govindacharya to his disciple Sankaracharya; Sankaracharya to his disciple Suresvaracharya. Matsyendranath imparted knowledge to his disciple Gorakhnath; Gorakhnath to Nivrattinath ; Nivrattinath to Jnanadeva. Totapuri imparted knowledge to Sri Ramakrishna, and Ramakrishna to Swami Vivekananda. It was Ashtavakra who moulded the life of Raja Janaka. It was Lord Krishna who made Arjuna and Uddhava get themselves established in the spiritual path when their minds were in an unsettled state. The entire history of the Hindu people has been sanctified and uplifted by the unbroken succession of these rare spiritual Personalities. The Guru-Sishya relationship is indeed the divine link that holds together the past and the future. This Guru-Sishya society is the foundation of the Hindu Culture and its Vedic tradition. Swami Pranavanandaji Maharaj ever aspired to fulfil this ideal of perfect discipleship during his own lifetime.

We bow in silent reverence and admiration to this noble soul!

—*SRI SWAMI CHIDANANDA*

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# LETTERS, MESSAGES AND CERTIFICATES

## 1

1st October, 1952

His Holiness Sri Swami Sivanandaji Maharaj,  
Ananda Kutir, Rishikesh,  
The Himalayas.

Revered Swamiji Maharaj,

Prostrations and humble salutations.

The thought of writing to Swamiji for blessings was in the mind of this humble self for sometime but it did not materialise until now, having been inspired by the receipt of a sample copy of the “Divine Life” which came as a pleasant surprise a few days ago. Apparently some good friend has kindly given my address and as the cover was opened an inexpressible delight was experienced that it was Swamiji’s blessings.

The writer is a spiritual aspirant, 43 years old, bachelor, vegetarian for over 27 years, teetotaler, non-smoker and of active habits. For several years, have been a worker and held executive positions in various cultural and religious institutions notably, the Vivekananda Ashram, Selangor, Theosophical Lodge, Hindu Prachara Sabha, the Shuddha Samajam (Pure Life Society), Indo-Ceylon Association. In 1948 when on a visit to India received the blessings of Sri Ramana Maharshi; had Darshan of Sri Aurobindo and the Holy Mother; also blessings of Yogi Sri Shuddhananda Bharatiar. Owing to leave exigencies it was not possible then to go up to Rishikesh but I am very hopeful that during latter half of 1953 my desire may be fulfilled by at least a fortnight’s stay at Swamiji’s Ashram, to receive personal blessings and instructions. The early years of my life were full of disappointments and struggle—fights against destiny. The labours were not lost. Like a dream those years have gone but they have helped me to evolve—blessings in disguise.

I am employed in the Rubber Research Institute of Malaya since 1929 and through the Lord’s grace have risen to a reasonable position of trust and responsibility in the service. The responsibilities in the family, which had to tell very much on my life, are practically over and with the demise of my beloved mother in March 1952 my interests in life have begun to dwindle. My fervent desire is to take up some form of diversion of career in which there would be chances of serving humanity on a broader basis. Swamiji’s blessings are earnestly requested.

The form of membership and enrolment as subscriber to the Divine Life are returned herewith duly completed. A sum of Rs. 50 has been remitted to Swamiji’s address by money-order. Anxiously awaiting thy blessings and message. Pranams and reverential salutations.

Yours in the service of the Lord,  
*N. Ponniah*

2

15-10-1952

Beloved Self,

Om Namō Bhagavate Vasudevaya.

Thy kind letter. Glad to note that you have got a spiritual mind and you have got good habits and character. Keep the same and proceed in the spiritual path. You will attain the Goal of God-realisation in this very birth.

Follow the enclosed instructions<sup>1</sup> in your daily walk of life. You will evolve quickly. Keep a spiritual diary and send me a copy of the same at the end of every month for further guidance.

You can serve the humanity by opening a Branch of our Society in your place and holding Satsang, etc. Rules are enclosed.

Herewith Temple Prasad. May God shower His blessings on you.

Thy own Self,  
*Sivananda*

3

Beloved Immortal Self, Salutations and adorations.

Delighted to peruse your valuable, highly illuminating article on your visit to the Ashram. You have nicely expressed many important points in a humorous manner. I will have it published in the next issue of 'Divine Life' Magazine and include the same in one of our books. When it goes to the Press, I will remember and take out 100 copies extra and send them to you.

With kind regards, Prem and OM,

Wishing you Joy, Bliss and Immortality,

Thy own Self,  
*Sivananda*

P.S. Kindly send photos. Glory to Sri Ponniah!

1 [Twenty Important Spiritual Instructions](#)



12th June, 1954.

Revered Immortal Self,

Salutations and adorations.

With deep interest I go through your kind letter of the 31st ultimo. Thanks very much for your valued contribution. It is very kind of you indeed.

I closely follow the situation in K.L. and understand everything nicely. Your decision and method of work is *the best* under the circumstances: to adjust and adapt, not to lose any one, to bear insult and injury, to develop patience and perseverance. This is the essence of Yoga. This is the foundation for the real spiritual evolution. You have had considerable experience during the last 25 years. May the Lord crown your efforts with success. May you live as a model to the world. If other members are to follow this method and work on constructive lines, we could have done miracles and wonders by this time for the whole of Malaya.

The Yoga Asana class is a necessity. Even if with 2 or 3 members, let this continue with a short prayer, Kirtan and a little study of philosophical works on holidays. That will inspire many. All will tread the spiritual path and lead a peaceful life. By such silent method of work, release of bulletins, articles through newspapers, solid work can be turned out in a short period. There is no room for any misunderstanding, with anyone. Now the people have a correct lead by experienced hands and I am sure the D.L.S. will become a dynamic Centre for the whole of the Far East. I will help you all and guide you all and take a keen interest in all the activities. Kindly convey my best wishes to other members and office-bearers.

Sri Natarajan will nicely support and co-operate with you all. His translation of Sivananda-Jyoti should come out in a book-form. It is nothing. If four people join together, it can be released and sold like hotcakes. That contains the essence of my writings. I thought of a Publishing House for Malaya seriously. Such publications can easily be sold out. Let there be a series of Tamil and English editions. That will become self-supporting and help the Head Office also a lot. May the Lord crown your efforts with sanguine success. May the Lord bestow on you inner spiritual strength, peace of mind and Kaivalya. Om Santih!

With Prem and Om,  
Thy own Self,  
*Sivananda*

5

18th November, 1954

Revered Self,

Salutations.

Sri S. Natarajan of Tamil Nesan writes to me on the 11th November that the translation of Siva Gita is nearing completion and that he would hand over the MSS. to your good self in the course of a week. Trust you have the matter with you. On receipt. kindly send the same to me per Registered Air Mail Post. Kindly also get a Photo of Sri. S. Natarajan.

When the facility is here, I will print it in a book-form here. I wanted to have one edition in Malayan, for wide circulation. Is there any possibility of releasing this as a book? Some publisher should come forward to bring out a series of books in English and Tamil in Malaya and to organise their sales in a systematic manner. That will pay them also. Now in Germany and Switzerland, there is a great spiritual awakening. There is a Sivananda Press in Germany and a number of books in English and German languages. Some volumes are expected in French language also. There is a Journal entitled "Yoga" with my writings. For dissemination of knowledge this is a dynamic way. May Lord bless you. Om Santih !

With Prem and Om,  
*Sivananda*

6

19th January, 1955

Glorious Immortal Self,  
Salutations and adorations.  
Om Namo Narayanaya.

Thy kind letter of the 5th January, 1955.

I have received the manuscript of the Tamil translation of Sivananda Gita that you have sent with the above letter. I shall have it printed here, as soon as the present work in the press is completed. Kindly send me, in the meantime, a photograph of Sri Natarajan and also a group photograph of the principal Kuala Lumpur D.L.S. people. These will be included in the book. You may also, in due course, send me a brief note in Tamil about the activities of the Malayan Branches of the D.L.S. for inclusion in the book.

Kindly let me know how many copies of the book you would require for distribution there and if you are collecting any donation there for the publication of the book. May God bless you !

Thy own Self,  
*Sivananda*

7

23-1-1955

Revered Immortal Self,

Salutations and adorations.

May God bless you!

Thy kind letter of the 18th ultimo with the fine article on the Sage of Arunachala. With deep interest I have gone through the same. The instructions to the Barrister is impressive. The reader will have a vivid picture of the Ashram and feel as if he is in the presence of Sri Bhagavan.

With regards, Prem and OM,  
Thy own Self,  
*Sivananda*

8

25-3-'55

Blessed Atman,

Om Namo Narayanaya.

Thy kind letter.

I know Sri Arumugam well. Kindly give me his address. I will send him books separately.

Kindly send the money. I will build a Kutir.

Kindly send me as much as you can for printing 'Siva Gita'. Detach. Attach. D.I.N. Enquire. Discover. Simplify. Intensify.

May God bless you all!

With Prem and Om,  
Thy own Self,  
*Sivananda*

9

26-5-1955

Revered Self,

Salutations and adorations.

Sometime back I received your kind letters. I felt happy to hear about the activities of the Divine Life Society, Kuala Lumpur.

I note all what you write about Sivananda Gita. The impressions of your visit to Rishikesh and activities of the Society in Kuala Lumpur will definitely add a special charm and beauty to the book.

I note you have sent your valuable contribution to the Hospital. This is an important work. I wish to develop this. This brings good to the sick, poor and Mahatmas here and the workers find this as an effective form of 'Practical Yoga'.

Sri Natesa Iyer had been here with his son. Leaving his son at the Ashram, he has gone on a tour to South India. His son is very happy and cheerful. He leads a beautiful life.

Whenever you can spare time, kindly write to me about your welfare.

With regards, Prem and Om,  
Thy own Self,  
*Sivananda*

10

22-6-1955

Revered Self,

Salutations and adorations.

May God bless you!

Thy kind letter with your valued contribution, Rs. 300- towards the publication of Siva Gita. It is very kind of you indeed. I have noted that the publication will be dedicated to your beloved parents. Yes, the report of your visit to the Ashram will be included. I will make necessary arrangements for the purchase of paper, etc. When you expect all the 1,000 copies for Malaya, then I will have nothing for distribution in India. There are many Tamil knowing public highly interested in India. I need a few thousands of copies, but in this publication at least 500 copies will be a necessity for India. There are over 20 books pending in the Press. Every month a dozen journals are

to be released and posted on due dates. Still the job will be undertaken at the earliest. I will write to you about the progress. I have noted about the insertion of photographs, etc.

With Prem and Om,  
Thy own Self,  
*Sivananda*

**11**

12th July, '55

Adorable Self,

Salutations.

Thy kind letter of the 4th instant.

Yes, Siva Gita—500 copies will be sent to you for distribution in Malaya. I will use the remaining 500 copies for the Tamil knowing people, important Branches of the Divine Life Society and visitors.

I will gladly await the Sunday Editions of the Tamil Nesan with the Moksha Gita. Even people in the West have greatly appreciated the Moksha Gita. In spite of the busy hours of Sri Natarajan, he is doing a lot to the people of Malaya by the release of my writings in the Tamil Nesan.

Sri Natesa Iyer's son was perfectly all right in the Ashram. He was very peaceful, healthy and happy. He was regular in his bath, meals, Puja in the Mandir and slept nicely. I gave him the Ayurvedic Tonic. He was much benefited by the daily Satsanga. A sudden thought—he left this for South India in a minute's notice.

Sri Mrinal Kanti Paul is writing to me. I will be glad to support him. Yes, be in touch with the gentleman in Lower Perak (Hindu Sabha). You may give me his address. I will encourage him with necessary instructions for organising a Centre of Divine Life Society. Whenever you find it convenient, kindly take up such short tours. People need you and your lessons on Yoga Exercises. The whole of Malaya will be greatly indebted to you.

With best wishes, Prem and Om,  
Thy own Self,  
*Sivananda*

12

23rd Sept, '55

Adorable Self,

Salutations.

Copies of Siva Gita have been despatched.

The report kindly sent by you on the Birthday celebrations at Kuala Lumpur is very interesting. Sri Sivananda Boteju has given me a report in detail. Same will be published in the Branch Gazette. The most striking portion was your broadcast on my life by the Malaya Radio. I am writing to Sri Boteju to send me the Record from the Malaya Radio Office. I will try if it can be relayed through the All-India Radio, New Delhi. Then there will be a thrill in the whole of India. May God bless you all.

Your greetings and well-wishes. How kind you are!

I wish that Pundit Sastriar when he returns to India will come to the Ashram. I send my hearty welcome. He can have perfect rest and all conveniences here. Many will be benefited by hearing his words of wisdom.

With best wishes, Prem and Om,  
Thy own Self,  
*Sivananda*

13

11th November, '55

Blessed Self,

Salutations.

Thy kind letter of the 2nd instant. I am glad to hear that you propose to visit Siam in the near future. I send my prayers for your pleasant journey. May God bless you. In Siam and China, we do not have devotees who are in close touch with the Society.

With great interest I go through all other points of your letter. Kindly advise Sri Natarajan to try Sanatogen, German made quality. That will give him very good results. May God bless him with good health and long life.

Per separate Air Mail Book-Post, I am sending the photographs. Kindly do not send me the cost of these. They belong to you.

I am glad to hear that Sri N.S. Kandiah will come to the Ashram next year. I send my cordial greetings and hearty welcome. Now there is a great spiritual awakening in Malaya. I get letters from many students.

With Prem and Om,  
Thy own Self,  
*Sivananda*

**14**

To H.H. Sri Swami Sadanandaji  
Revered Immortal Self,

Om Namo Narayanaya.

I received a fine letter from Sri N. Ponniah:

“What a great pleasure it was, and I spent 5 memorable days with Sri Swami Sadanandaji before going to Bangkok and two days on my return. I had occasion to participate in and listen to him at spiritual groups and interviews and to attend some of his lectures in English and Tamil. They are simply marvellous: profound scholarship, masterful treatises, flowing eloquence, apt quotations and illustrations, intuitional vibrations, due emphasis on Sadhana, magnetic influence—through these the Swamiji has made an indelible impression resulting in a great spiritual awakening”.

I receive similar letters from many of the students and devotees. You have sown the seed of a dynamic Mission in Malaya by your visit. On firm grounds, with a committee of prominent persons, establish Divine Life Centres in various places, wherever you go. That will be a solid work that you do during this extensive travel in Malaya. May God bless you. Kindly be sending reports of your movements.

Please take great care of your health. Ample rest, nutritious food, plenty of fruit-juice—remember these. They are essential when you are in the active field.

With Prem and Om,  
Thy own Self,  
*Sivananda*

15

14th February, 1956

Blessed Self,  
Salutations.  
Hari Om.

Thy kind letter of the 7th inst.

Delighted to have a report of the dynamic Mission started by Sri Swami Sadanandaji. I have similar reports from many devotees. He has created a fine impression in the minds of the public. May the whole of Malaya be benefited by his inspiring lectures in big cities and towns.

I have requested Sri Sivananda Boteju and others to start dynamic Centres—Branches of the Divine Life Society. Then substantial work can be turned out in future for the spread of Divine Knowledge.

This visit of Sri Swami Sadanandaji will help in sowing the seeds of Divine Mission. Already I have the details from the Penang Centre.

May God bless you all. The details of your visit to Thailand is very interesting.

With Prem and Om,  
Thy own Self,  
*Sivananda*

16

11th April, 1957

Blessed Atma Swaroop,

Salutations and adorations. Om Namo Narayanaya.

I am glad to have received thy letter and the news of the safe and happy treatment of the daughter of Sri Gunarathnam. May the Lord's grace and blessings ever be on you all and may you attain spiritual illumination and bliss eternal in divine life. I have sent a message to the 2nd Tamil Conference. Kindly continue the spiritual life and the dynamic spiritual Sadhana. With patience and perseverance, continue the practice and soon progress will be seen and much inward peace and joy will come to be enjoyed. May Lord ever bless you with radiant health and happiness everlasting.

With regards, Prem and Om,

Thy own Atman,  
*Sivananda*



24th August, 1957

Beloved Atman,  
Salutations and adorations. Om Namo Narayanaya.

Thy kind letter of the 9th August, and the newspaper cutting of the Guru Purnima Message.

I enclose copy of the Birthday Message. Kindly give wide publicity to it in all the Kuala Lumpur papers.

Maya trembles when you are engaged in Jnana Yajna. Jnana Yajna is like a double-edged sword for her. With it you are able to cut the knots of Avidya in your own heart and in the hearts of others, too. You are able to serve yourself and serve others also. You are liberated and you help others liberate themselves.

May God bless you all with health, long life, peace, prosperity and Kaivalya Moksha!

With regards, Prem and Om,  
Thy own Self,  
*Sivananda*

### ***Birthday Message***

#### MESSAGE OF PEACE

All the problems facing mankind today hinge on Peace. Given the secret of securing peace, man will be able to build up a sane civilisation, prosperous society, happy home, and intelligent individual. Groping blindfolded in the dark, man lays hold only on a series of destructive media—the atomic bomb, the hydrogen bomb, the most “effective” ways of using them, and the hateful ideologies of political self-aggrandisement, economic monopoly, national glory and individual power.

The “peace” that prevails today is the peace of fear and the peace of preparation. Ignoring the sincere advice of men of wisdom, the great nations of the world are intent upon demonstrating their destructive strength. That way lies the war, not peace.

Peoples belonging to different religions, different nations, and different classes or castes, stir up jealousy, ill-will and hatred towards others, in the fair name of religion, patriotism, and various other ’isms forgetting for the moment that what divisions exist in the structure of society today are there for the convenience of man and for the promotion of commonweal.

This disharmony arises in the heart of man, infects the household first and gradually spreads to the society, and then the nation and the world at large. No amount of re-adjustment of the social structure and revolutionisation of political set-up will bring permanent peace. Even where these are necessary they should spring from the heart of man, for the sake of humanity.

Peace is the nature of the innermost Self of man. *Santo Ayam Atma*. He who even strives to realise this Self, who has begun to direct his attention towards this Self, enjoys this peace that prevails in the Self. Even as the nuclear explosion spreads destruction for miles around, this superphenomenal experience of the Peace of the Self generates the powerful current of Peace that dispels the darkness of ignorance and disharmony from the heart of everyone who attunes oneself to the Yogi of such experience. Even a few Yogins of inner spiritual experience of Self-realisation can transform the whole world and bring peace, plenty and prosperity. For, millions devoted to them will share the spiritual treasures acquired by them. They will begin to feel that the One Self dwells in all, One Life lives in all, and One Cosmic Will expresses Itself through countless beings. They will begin to see that all distinctions are man-made and that all boundaries are imaginary. They will begin to think in terms of humanity, to practise the universal religion of cosmic love. This is the road to peace.

Therefore, turn the gaze within. Shut the doors of the senses. Restrain the turbulent mind. Slay, the doubting intellect. Fill your heart with the nectar of faith and devotion. Serve humanity selflessly. Do japa. Concentrate. Meditate. Pray and wait. Seek the Peace within. Realise the Self. Shine as a Yogi, the greatest benefactor of humanity. May God bless you all with health, long life, peace, prosperity and Self-realisation.

—*Swami Sivananda*

18

8th September, 1957

Beloved Immortal Atman,  
Salutations and adorations. Om Namō Narayanaya.

I am grateful and highly indebted to your venerable self for thy kind blessings and good wishes. I cherish them greatly as I know they are the blessings of God conveyed through the pure and noble heart of thy exalted self.

Great are the potentialities hidden in man. Great achievements are possible by sincerity of purpose, purity of motive, intensity of application and tenacity of perseverance. The Greatest Achievement of Self-realisation can be had here and now by the intensest aspiration and deepest meditation. You are near and dear to God. You enjoy His manifold blessings. Strive every second to realise Him. That is the greatest service to humanity you can render. Become a Jeevanmukta here and now and radiate peace, bliss and wisdom.

May God bless you with health, long life, prosperity and Kaivalya Moksha

With regards Prem and Om,

Thy own Self,  
*Sivananda*

19

15th Sept., 1957

Blessed Self,

Salutations. Thanks very much for your valued offerings. The letter came just in time. I accept the flowers with great joy. Many devotees came to the Ashram. Here it was a tremendous spiritual Conference with collective prayers, Sadhana, Satsanga, Bhajan and Kirtan for some days. Just now I am a bit free. I hope the D.L.S. members will send me a report of the Birthday celebrations there. Already some devotees have written to me. Hope you are regularly receiving the publications of the Society. I send you my best wishes. May the Lord bless you with prosperity, good health and long life.

With regards and Prem,

Thy own Self,  
*Sivananda*

20

27th Oct, 1957

Beloved Atman,

Salutations and adorations. Om Namo Narayanaya.

I am grateful to your noble self for sending me a copy of the beautiful 'Merdeka Souvenir' of the Tamil Nesan. It is beautifully got up and highly interesting.

Political freedom by itself is but a steppingstone to cultural and eventually spiritual freedom. Two things are essential for its true fulfilment: (1) that the country quickly revives the ancient spiritual traditions of the East, and (2) that the people do not indulge in any kind of vindictive actions against the erstwhile rulers. Independence should broaden the peoples' outlook and make them cultivate all embracing love. All nations should unite in love with an earnest desire to preserve world peace.

May God bless you all!

With regards Prem and Om.

Thy own Self,  
*Sivananda*

21

17th February, 1958

Blessed Self,

Salutations and adorations.

Your kind letter of the 4th instant with highly interesting news. I thank you very much. I felt very happy to see the Nanneri Vilakam. Blessed Natanam is carrying on a solid work in a silent manner. I have not yet seen the Pongal Malar. It gives me great joy to hear about Mr. and Mrs. Kandiah, Ponnudurai, and other devotees. I conducted a special prayer for the quick recovery and perfect health of Revered Sri M. Thambipillay. May the Grace of the Lord be upon him. I heartily welcome Sri Nagalingaswamy. Now the Ashram is much improved with all comforts and conveniences. Sri Nagalingaswamy will feel quite at home here and enjoy the peace and bliss of this ideal Centre. May God bless you!

With regards, best wishes, Prem and Om,

Thy own Self,  
*Sivananda*

P.S.:—Your letters give me great pleasure. Whenever you can conveniently spare time, kindly write to me.

22

7th April, 1958

Thy kind endorsement on the letter of Sri T.V. Zung. Sri T.V. Zung visited the Ashram. He enjoyed the peace of this lovely centre. He is simple, but highly devoted. Glad to hear that you helped him and his brother during their visit to Malaya. I am filled with immense joy to hear that he voluntarily gave a donation for the Ashram in Batu Caves. The whole world will definitely support the Divine Cause. Just a small beginning is what is wanted. May this centre grow and bring Light and Knowledge to the whole world.

I send you my best wishes and best compliments.

With Prem and Om,  
Thy own Self,  
*Sivananda*

23

28th May, 1958

Adorable Self,  
Salutations. Hari Om.

Thanks very much for your kind letter of the 23rd inst. The cuttings from Tamil Nesan are highly interesting.

Sri Kapila is a Swami in the Ashram living with me. Many devotees have highly appreciated the book and the views expressed therein.

Sri Nagalingaswamy feels quite at home. There is a great rush of visitors to the Ashram. There are many inmates also. There is difficulty in boarding and lodging arrangements. And yet, I find that people are happy and cheerful. I try my level best to personally attend on all of them.

I closely follow Tamil Nesan's unique service to the world. Glory to beloved Sri Natanam.

With best wishes, regards, Prem and Om.

Thy own Self,  
*Sivananda*

24

21-9-1958

Beloved Atman,  
Salutations and adorations.  
Om Namo Narayanaya.

I am grateful to your venerable self for the newspaper cuttings, etc., relating to the Birthday celebrations there.

You are the Lord's beloved child. When you have organised it, the function had to be grand and divine.

Time and space have dwindled today. The destructive arms of materialism are trying to grasp the soul of man. The Lord is on our side. Inspired by Him, work day and night to awaken the masses to the glory of divine life. The illumined soul, ablaze with Knowledge of the Self, will dispel the gloom of materialism in the twinkling of an eye.

May God bless you all!

Thy own Self,  
*Sivananda*

**25**

6th October, 1958

Beloved Atman,

Salutations and adorations. Om Namō Narayanaya.

The Birthday report has been received, as also the copies of the speeches delivered on the occasion. It was a great and glorious success. It was all due to the grace of the Lord and the dynamic selfless service of your venerable self. You have utilised the opportunity well and created a spiritual stir in Kuala Lumpur. My gratitude and thanks.

Human effort, when it is attuned to the Divine Will, can achieve wonders.

Miracles are wrought by the free flow of Divine Grace through the humble heart of a saint.

Be in tune with God, always. You can transform the world by a mere Sankalpa. May God bless you! With regards, Prem and Om.

Thy own Self,  
*Sivananda*

P.S.:—Kindly build the Ashram soon.

**26**

7th October, 1958

Blessed Immortal Self,

Hari Om. Salutations.

Your kind letter of the 25th ultimo.

It is all joy to go through the enclosures—speeches and the reports of the Divine Life Centre, Kuala Lumpur. I am deeply impressed to see the dynamic work turned out and the great enthusiasm, devotion of the aspirants there. I send my prayers for the peace and prosperity to all devotees who are associated with the Divine Life Mission. May God bless you. I will pay my special attention to Sri Chan Yoke Chun when he comes to the Ashram. He will surely feel quite at home here.

With Prem and Om,  
Thy own Self,  
*Sivananda*

27

8th January, 1959

Blessed Self,  
Salutations and adorations !

I send you my best wishes and greetings. May the Happy New Year be to you a golden mine of Health, Joy and Happiness.

Your letter brings me happiest news—Narada Bhakti Sutras is nearing completion. The appreciation of Sri E. Vijayaraghavachariar will add a great charm to the book. If needed and if there is yet time, you may include the enclosed photo. Kindly send me as many copies as possible—whatever you can conveniently spare, 100 or 150. Distribution here will give tremendous publicity to the precious publication. Sri Natarajan has given a fine “Review” in the “Tamil Nesan”. When he comes to India, kindly request him to stay with me for some weeks. He will enjoy this Holy Centre. Cordial greetings.

With Prem and Om,  
Thy own Self,  
*Sivananda*

28

12th January, 1959

Adorable Immortal Self,  
Salutations. Om Namo Narayanaya.

Your New Year Greetings reach me with wonderful news—your spiritual retreat in Batu Caves; the completion of the Narada Bhakti Sutras with a fine get-up; and above all your plan to visit the Abode of Bliss.

Now we have the best season, highly suitable for Sadhana—winter, till the middle of March. As you are keen in completing the pilgrimage to Badrinath, I wish you will come to the Ashram in April. The climate will be fine. The Ashram will be full with many devotees from all parts of India. Cordial greetings. May God bless you!

I do not have full particulars about the pilgrim party. I think that they have not as yet finalised the programme. I will get full list of the members in the party. They are welcome. I will make all arrangements for their stay in the Ashram and serve them nicely, and take care of them. I will arrange special Satsanga for them. Now the Ashram is big enough; I can welcome the devotees of all countries. May the Happy New Year be to you a golden mine of Joy and Bliss!

With best wishes,  
Thy own Self,  
*Sivananda*

29

29th January, 1959

Beloved Atman,  
Salutations and adorations.  
Om Namo Narayanaya.

Thy kind letter of the 20th January and the newspaper cuttings.

I am delighted to know that the work in connection with the Ashram has been taken up in right earnest. I have no doubt, with such dynamic selfless workers and devotees of the Lord taking such active part in the campaign, the Ashram will soon be built and begin to radiate peace and bliss.

I am glad that Sri Natarajan will be here shortly. Kindly extend my heartiest greetings and welcome to him.

In all achievements, the greater part of the glory lies in the struggle preceding it.

The struggle is real achievement, then. For, it reveals an awakened, dynamic and determined soul.

May God bless you all !

With regards, Prem and Om,

Thy own Self,  
*Sivananda*

30

6th April, '59

Blessed Self,

Om Namo Narayanaya. Salutations.

All the articles, books etc., mentioned by you in your letter reached me. The pilgrim party also came, stayed, and left with full satisfaction. I am glad to see the tremendous work that is being done by you. Continue to serve the public with spiritual food. That is the greatest good you can do to them, and to your own self as well.

May Lord bless you. With Prem and Om,

Thy own Atma,  
*Sivananda*



31

5th Oct, '59

Blessed Immortal Self,

Om Namo Narayanaya. Salutations.

Your letter with the love offerings of Rs. 100/- towards the printing of Light, Power and Wisdom. Thanks.

I am happy to know that you have distributed the same to many people, which is a praiseworthy act.

It is knowledge alone that grows in quantity, by giving and is never decreased by sharing with others. So it is the best of all wealth.

May Lord bless you. With Prem and Om,

Thy own Atma,  
*Sivananda*

32

10th Jan, '60

Blessed Immortal Atman,

Om Namo Narayanaya. Salutations.

Your letter and the most loving flowers of Rs. 108/-.

I am highly impressed by the spiritual progress you have made which is transparently revealed by the letter. I am overjoyed to know of the wonderful Sadhana you did on the 1st of the New Year, which is indeed highly valuable and will accrue to the spiritual wealth you are already having. Kindly note that you should retire like that every now and then for meditation and Tapasya. Divine bliss and communion can be had only by that way. Every time you will progress in the path by leaps and bounds.

May Lord bless you, one and all, with health, long life, peace, prosperity and spiritual illumination.

Thy own Self,  
*Sivananda*

**33**

27-8-'60

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 16th August.

Thanks for the cuttings about Gurupurnima message and Badri Kedar Yatra. They are beautifully written, a rare feast for the readers. Kindly contribute your articles regularly to the Nesan. Many will be benefited.

Glad to note the success of Janmashtami. Yes, Swami Ranganathanandaji is a rare gem. He is connected with the Divine Life Society from 1939 when he was at Rangoon. He used to bless the Divine Life Society branch with his illuminating lectures. There is all-round appreciation for his lectures. In Delhi if people go five minutes late they cannot get seat in the Hall as it will be packed already. Glory to this Mahatma! May he live long !

I have shown your letter to Swami Krishnanandaji. He has noted your foot-note.

May Lord bless you and your Divine mission with sanguine success! May you enjoy good health, long life and perennial joy!

With deepest regards, Prem and Om,

Thy own Self,  
*Sivananda*

**34**

18-10-'60

Priya Atman,

Namaskaram. Your kind letter of 12th, together with Sri M. Chinniah's nice article. Yes, Sri C.Y. Chun is now here. The letter for him was duly delivered. He is enjoying inner Peace and Happiness. He is very simple, unassuming and pious. Those who worship God with exclusive devotion, realising His Presence in everything and in every direction, cross the ocean of Samsara very happily, and get rid of the terrible fear of birth and death. May God bless you all!

Thy own Self,  
*Sivananda*

35

A MESSAGE ON THE OCCASION OF OPENING OF THE UNIVERSAL PRAYER HALL  
IN SIVANANDASHRAM, AT BATU CAVES, KUALA LUMPUR, MALAYA, ON 3rd  
DECEMBER, 1960

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

It is with great and inexpressible joy I send you this short message on the occasion of the opening of the Universal Prayer Hall at Batu Caves, Kuala Lumpur, Malaya.

The history of the Divine Life Society and Sivanandashram, Kuala Lumpur has a special significance and importance. It was about a decade ago that Swami Paramanandaji made elaborate arrangements for my global tour. It was Malaya that first responded to receive me and hear me there. On account of reasons of my health later on though the tour was cancelled, there in Malaya sprang up a powerful Centre of Divine Life.

This Centre of Divine Life supervised by ardent devotees of the Lord, and managed by Sri Sivananda Ponniah, its President, Sri S. Thuraiappah, its Vice-President, Sri Sivananda Boteju, its Secretary and many others, has been a centre of spiritual power and attraction to devotees there.

Regular meetings were conducted at this Branch ever since its inception. From time to time they have invited Mahatmas from the Headquarters (Rishikesh) and many other places. Sri Swami Sadanandaji, Sri Swami Turiyanandaji and Sri Swami Vishnudevanandaji were the first three to visit Malaya after its formation.

Interested members gathered around the Branch Centre and made it very strong. Gradually the Sivanandashram came into being with a big scheme for constructive work. The first of the major events in the branch's activities is the construction of a Universal Prayer Hall which by the grace of the Almighty Lord and untiring efforts of the office-bearers and members of the Kuala Lumpur Branch, will be formally inaugurated on the 3rd December, 1960.

Again this day has a special significance for the Divine Life Society as a whole, because it was on the 3rd of December, 1943, seventeen years ago, at the Rishikesh Sivanandashram, the Akhanda Maha-Mantra Kirtan was started where, ever since that day, a continuous flow of Ram Nam goes on day and night. Devotees sing the Names of the Lord, "Hare Rama Hare Rama, Rama Rama Hare Hare; Hare Krishna Hare Krishna, Krishna Krishna Hare Hare," continuously day and night.

So the opening of the Universal Prayer Hall on the 3rd December, definitely shows the Divine Will and Divine sanction for the great work that the Malaya Divine Life Society propose to do there.

Prayer has a deep significance in the life of a Sadhaka. Prayer forms the be-all and end-all of a spiritual life. With the exception of a very few highly advanced souls and born Jnanins like Dattatreya, Vamadeva, Sadasiva Brahman, every aspirant has to pass through the stage of prayer at one stage or other of his spiritual career and carry it on till the last day of his final illumination and end of life's journey here.

Prayer elevates you. It takes you high above the mundane sense-level and helps to have communion with the Lord. There is a wonderful hidden force in prayer. It was the prayer of Dhruva, Prahlada, Draupadi, Kunti and a long line of sincere devotees that brought the Lord from Vaikuntha to our earth plane and enact the glorious Ramayana and the Divine sports of Brindavana by Sri Rama and Sri Krishna respectively.

When all other remedies fail the suffering Jiva, it is prayer that comes to his aid and bestows on him immeasurable joy and communion with the Lord. Prayer takes you to the door of intuition and introduces you to the Lord and ultimately gives you final emancipation. Therefore prayer is a Kamadhenu and Kalpavriksha for devotees. Hold on to prayer tenaciously till the last.

May the Universal Prayer Hall be a centre of spiritual activity for all time to come! May the Prayer Hall bring peace, solace and joy to all spiritual aspirants in Malaya particularly and the world at large.

May Lord bless you all devotees who attend the opening function with good health, long life, peace, bliss and Immortality !

Om Santih, Santih, Santih. Om Peace, Peace, Peace!

Thy own Self,  
*Swami Sivananda*

Sivanandanagar,  
7th November, 1960.

**36**

10-11-1960

Glorious Atman,

Salutations. I have received the paper cutting so kindly sent by your good self. I am very happy to go through the same.

Divine Life means a good life together with self-discipline and an inner awareness of the Atman. The Lord Himself seeks for His seat, the heart of one who is humble, devoted and pure. May God bless you all.

Thy own Atma,  
*Sivananda*

**37**

21-12-'60

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 13th. I am glad that the opening of the Sivanandashram, Batu Caves was a grand success ! It gives a clue to the keen spiritual thirst of the Malayan people, your hard work and your readiness to do selfless service.

With the joint efforts of all the executive members and the public there will be steady progress in the Ashram work. This is a glorious achievement for the Divine Life Society, Malaya and a wonderful chance for you all to evolve spiritually.

I wish you all a happy and prosperous new year!

May Lord bless you all with radiant health, unfading cheer and rapid progress in the path of God-realisation! May the new year bring all joy and progress to the Ashram and its members!

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*

**38**

2-1-1961

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 24th December, '60.

I agree with you that the stay of Sri Swami Vasudevananda will be a great help for the progress of your work there. You can allow him time and convenience for deep study and meditation at intervals. But if he is keen to come here first and then take up the work there you may leave it to his choice. For day-to-day work of a routine nature you can give people to assist him and he may be allowed to devote more time for personal Sadhana and he can fix up a particular time for interview with visitors, etc. Thus he can serve both purposes. I always advocate this method.

I note what you write about Swami Jnanananda. He may be given such of the works as will not affect the Ashram work and should enable him to improve himself nicely. The talents of every selfless worker should be well utilised to the benefit of both the Ashram and the Sadhaka. A few

kind words of encouragement and praise now and then will be needed. Things will gradually improve. Chances for improvement must be always afforded to any and every one.

May Lord bless you all with a happy and prosperous new year!

With regards, Prem and Om,

Thy own Self,  
*Sivananda*

### 39

#### A MESSAGE

Today the banner of Divine Life is hoisted in Kuala Lumpur. The men, women and children who gather under it are spiritual heroes. They have battled with the inner forces of darkness and have emerged victorious. They blow the conch of “Om Om. Sivoham. Soham.” Armed with Viveka (discrimination), Vairagya (dispassion), all divine virtues, and a keen longing for Liberation, they are marching towards the Goal of Life, God-realisation.

The seeker after Truth is the hero par excellence. *Na Ayam Atma Balaheenena Labhyah.* This Atman is not attained by the weak—was not said only of the body. Mental strength, the strength of will, moral strength, and the inner spiritual strength are necessary for success in the spiritual path.

The abode of the Atman has four gate-keepers—Santi, Santosh, Satsang and Vichar, or Peace, Contentment, Company of the Wise, and Spiritual Enquiry. One who befriends them is ushered into the Hall of God. Even if you befriend one of the Four, you will be the friend of all. Diligently cultivate these virtues. Establish peace in thy heart: you will radiate peace and without having to utter a word, you will establish peace in your community, country and the world at large. Develop contentment; you will enjoy the Bliss of God here and now.

Satsanga is all-important, specially in these days, when man is assailed on all sides by undivine forces. You cannot study all the scriptures of the world! But in Satsanga you get the essence of all that knowledge. Satsanga in this age gives you the fruits of thousands of years of Tapasya, and Sravana-Manana-Nididhyasana done in past ages.

This Satsanga Kendra is a boon. When you all assemble in the Ashram, God manifests Himself there. He speaks through the learned. He sits by your side and listens to your Kirtan. He is enthroned in your heart when you do Japa of the Mantra. He illumines your soul when you meditate upon Him. This is the glory of Satsanga.

Sri Ponniah is a Spark of God. Sri Swami Jnananandaji is a Spark of God; Sri Sambantham is a Spark of God. Sri Thuraiappah is a Spark of God; Sri Boteju is a Spark of God; Sri Arumugam is a Spark of God. So, are all of you. When you all join together for the furtherance of this glorious mission, what an infinite power is generated! Willing and joyous co-operation is necessary,

particularly in spiritual undertakings, where wealth, power, name and fame are not the objectives and incentives. Self-realisation is the prize! Kindly remember this always and plunge in selfless service to promote the Divine Life Mission.

Take the message of Divine Life to more and more households. Sing His Names and Glories and make others sing, too. Conduct meditation classes. Study Gita and explain it to others. Spread the glory of truth, purity and love. Kuala Lumpur should become Kaivalya Dham, the Supreme Abode of Immortality, Eternal Bliss and Supreme Peace.

May God bless you all! May the Batu Cave Ashram flourish as a dynamic centre of Divine Life!

*Sivananda*

**40**

8-1-'61

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letters of the 27th and 28th December, '60. Sri N. Veeriah is welcome to this Ashram. All necessary arrangements for his stay etc., will be made. It will be a great pleasure for me to meet him when he comes.

Glad to know that you have arranged a new year function at the Sivanandasharm. You have begun the new year very well. I am sure the Ashram will progress well under your able guidance and cooperation.

You should have regular Sadhana courses and give practical training in Japa and silent meditation in addition to periodical Satsanga gatherings and Sadhana weeks. Please utilise all holidays for some special activity and Sadhana in the Ashram.

Glad to know that you had the chance to have the Satsanga of Sri Swami Yatisvaranandaji Maharaj. He is a very learned and holy person. He commands high regard and respects from all his adherents and Sadhaks in general.

May Lord bless you all with good health, long life, spiritual exaltation and Divine communion!

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*

41

1-2-'61

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 25th January. It gave me immense joy to go through the detailed report of the Sivanandashram activities. It has a great future. Even at the very start it is humming with inspiring activities for the good of the public. With your and other members' co-operation Sivanandashram, K.L. is sure to have a glorious future. It is my impression that you, Divine Lifers, are bent on running it on ideal lines.

You should lay stress on more practical Sadhana, Japa, meditation, Satsanga, Svadhyaya, etc., conducted regularly at the Ashram by a group of members. Collective Sadhana has wonderful potency to change the nature of individuals. It will bring about unity and a spirit of co-operation for all round betterment and improvement. There should be exchange of experiences and sharing of views on a more intimate level. Gradually the Sivanandashram will become a spiritual retreat and permanent blessing for Malaya and the world at large.

Glad to know that Swami Satyananda is improving.

May Lord bless you all with good health, long life, peace and spiritual exaltation!

With regards, Prem and Om,

Thy own Self,  
*Sivananda*

42

27th April, 1961

Blessed Self,

Salutations.

Thy kind letter of the 14th inst.

Happy to hear wonderful reports of the work done by Sri Swami Venkatesanandaji in Ceylon and Australia.

I did not inform you in advance, because his original plan was to proceed to South Africa. Somehow, people wanted him in Ceylon for a short period. At the eleventh hour, he accepted the invitation from West Australia. He had no time to fix up programme in Malaya.



Yes, in future I will inform you well in advance when capable people pass through Malaya. That will indeed help to strengthen the activities of the Sivananda Ashram, in Kuala Lumpur.

Sri Sivananda Boteju had been to the Ashram. He spent a few days in this spiritual atmosphere and enjoyed his stay.

Kindly send the photos of the Ashram's different angles.

With kind regards, best wishes and Prem,

Thy own Self,  
*Sivananda*

43

1st May, 1961

Blessed Self,

Salutations.

Your letter of the 14th ultimo just to hand and that is the reason why you have not received my Message in time for the special prayer meeting held at the Pure Life Society on the 24th ultimo.

Devotees wrote to me about the Maha Samadhi of Sri Swami Satyanandaji. On receipt of the news, I conducted a special prayer at the Ashram Satsanga for the peace of the departed soul. May the soul rest in Peace!

Sri Swami Satyanandaji was good enough to visit the Ashram here during his tour in India. Though he spent only a short period at the Ashram, he was able to have a deep study of this organisation. He moved with all the Sannyasins and Brahmacharins with great familiarity. He expressed his great joy in coming to this Ashram. He was deeply impressed to see the dynamic work turned out here. How serene, calm, collected, simple and sweet he was. He strived very hard in Kuala Lumpur to establish an ideal institution for training thousands of aspirants in the spiritual line. With grand and noble ideas, he established the Pure Life Society. He is known for his wisdom, hard work, sacrifice. He ever lives in the heart of his devotees. Now he has nicely prepared the field and a number of aspirants can gloriously prosper in the spiritual line by carrying out the aims and objects of the Pure Life Society and I am sure that the members of the Pure Life Society will continue the Divine Mission. May the seed sown by Sri Swami Satyanandaji grow brighter and bring spiritual good to the whole world. Om Santih!

With Prem and Om,  
Thy own Self,  
*Sivananda*

44

25-5-'61

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 17th. Sri Swami Vasudevananda has reached the Ashram safe on the 23rd. The album will come later by sea mail. The photos of Gate and prayer hall have been received.

The Divine Hand works mysteriously. There is nothing to cause anxiety. All changes and transformations take place by the Lord's will and they are all for the betterment of the work in some hidden way.

Glad to note the visits of Swami Satchidanandaji and Sri Shuddhananda Bharatiar.

May Lord bless you all and your activities with crowning glory and sanguine success

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*

P.S.—5 books will be printed in the names of 5 donors.

45

9-9-'61

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 1st. I am conducting prayers for the peace of the departed soul. May his soul rest in peace!

When the ashes arrive we shall do the needful by immersing it in the Holy Ganges.

Glad to note the movements and activities of Hatha Yogi Swami Satchidananda of Ceylon.

The 75th birthday went off very successfully with a large number of devotees attending from all parts of India and some from overseas also. You will find a detailed report in the Divine Life Magazine.

The function closed with a common prayer for world peace and peace of all devotees all over the world !

May Lord bless you all with good health, long life, peace, plenty, prosperity and eternal happiness!

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*

46

31-10-'61

Revered Immortal Self,

Salutations and adorations. Om Namo Narayanaya.

Thy kind letter of the 23rd and also the reports of S.J. and 75th Birthday celebrations. You have done wonderfully well. Both the celebrations are interesting and impressive. In October issue of the Divine Life and Branch Gazette the reports will be published as September issue was to be ready much earlier.

I have also received the Birthday messages, Sadhana charts, etc., that you sent. I am distributing them widely.

Swami Vasudevanandaji is still in South India undergoing treatment. He is improving nicely.

I have also come to know of the Indonesian attitude towards certain institutions. That may be on account of political changes in the country. Individuals are not affected. Literature is not being sent now.

May Lord bless you with good health, long life, joy, peace and bliss!

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*

47

25-2-'62

Blessed Immortal Atman,

Om Namo Narayanaya.

Sri Sivananda Suppaiah was here and he gave a beautiful description of Sivananda Ashram Batu Caves. Kindly send photographs of it from various angles. We can publish it in the Divine Life Magazine.

Hope you are doing well. Kindly be regular in your Sadhana and meditation.

Be contented with what you have, but be discontented with what you are. Strive and strive and evolve slowly, steadily. March forward, onward and Godward. May Lord bless you with health, long life, peace, bliss and illumination.

With Prem and Om,  
Thy own Self,  
*Sivananda*

48

May 14, 1962

Glorious Immortal Atman,

Salutations and adorations. Om Namo Narayanaya.

It is a great pleasure for me to send you this message on the occasion of the Annual General meeting of your branch.

Salutations to the Divine Light that dwells in the innermost chamber of all beings! He is the substratum of all existence; He is the never-changing reality behind these ever-changing phenomena.

The indivisible, absolute and conscious nature of the Reality signifies that life on earth should be lived according to the rigid laws of dispassion towards external existence and active awareness of the Self as the unlimited being. It also shows that all forms of physical and even intellectual indulgence are deviations from the eternal truth and that every desire for objectivation of consciousness is suicidal in the real sense. The good life which is in conformity with the nature of Truth should be therefore, free from the oppressions of hatred, lust, greed and falsehood in all their forms of manifestation. The righteous life should be lived with mental peace, self-restraint, absence of agitative activity, fortitude, faith in Truth and concentration of mental consciousness.

So let all of you understand the meaning of the Absolute in actual life and march forward.

May God bless you with health, long life, peace and prosperity. May your branch prosper day by day and help in bringing peace to the people.

With regards, Prem and Om,  
Thy own Self,  
*Sivananda*

**49**

1-9-'62

Revered Immortal Self,  
Salutations and adorations. Om Namo Narayanaya.

The amount of Rs. 1,200/- so kindly sent by you through Bank Draft has duly been received here. Grateful thanks. How kind you are!

The departments concerned have noted your instructions about the disposal of money, etc., and the needful will be done.

I am sure the activities of your branch go on wonderfully well.

The Ashram is expecting a good number of Sadhaks this year for the birthday. Even now many have arrived.

May Lord bless you all with fine health, long life, joy, peace and eternal happiness!

With deep regards, Prem and Om,  
Thy own Self,  
*Sivananda*

**50**

22-10-'62

Revered Immortal Self,  
Salutations and adorations. Om Namo Narayanaya.

Thy kind letter of the 14th Oct. and the Tamil paper cuttings.

You have done very well for the 76th Birthday celebrations. You have done nicely in approaching the Editorial and other staff of the newspapers. They will be of immense help in the dissemination of spiritual knowledge.

Please send me his address (of Editor). I shall send him our latest books and shall write to him a nice letter.

The celebration here was also a great success. A large number of devotees assembled here from all parts of India and many from overseas. I hope you have received the special Birthday number of the Divine Life.

May Lord bless you all and your most useful activities in the Malayan continent!

With deep regards, Prem and Om,  
Thy own Self,  
*Sivananda*

**51**

26th Nov., '62

Blessed Immortal Atman,  
Om Namo Narayanaya. Salutations.

Your letter. Noted the contents.

The ways of God are mysterious, but well-intentioned always. Humanity is His offspring. He is guiding it towards Him in His own inscrutable ways. He makes the peoples all over the world to undergo different experiences in order that they may understand His plan and live a higher life. From the highest point of view the trouble and turmoil that the humanity faces every now and then, which has been its fate ever since the creation began, is a logical necessity. May the Lord protect India and bring Her to the glorious destiny which is Hers.

You have done a very good thing which is highly commendable for its beneficial results in having conducted a Havanam and peace prayer-meeting. The faithful should place faith in Him and carry on their struggle for Dharma. His power will do the rest. May God guide humanity towards its destiny which is He Himself.

Thy own Atma,  
*Sivananda*

**52**

26-11-'62

Revered Immortal Self,  
Salutations and adorations. Om Namo Narayanaya.

Thy kind letter of the 12th November.

I am writing a letter separately to Sri S. Sarangapany as suggested by you. I shall request him and Sri T. Selvaganapathy to assist you in your work and make the Divine Life work in Malaya a grand success.

Sri Chen Yoke Chun visited this place. He has spent here a nice time in the Ashram. He is a very good and nice Sadhaka.

You are right. This year's Birthday volume is very fine. There is appreciation from many centres and devotees. As in the previous year this year too Sri Swami Paramanandaji was in charge of that work. He gives full attention to it and works from January onwards.

May Lord bless you and your work in Malaya with sanguine success!

With deep regards, Prem and Om,

Thy own Self,  
Sivananda

53

18th Dec., '62

Blessed Immortal Self,  
Om Namo Narayanaya. Salutations.

Your kind letter. I am enclosing herewith my message for the occasion of the marriage of the devoted and pious Sri Navaratnam and Sri Yogambikai. May the Lord bless them with His choicest gifts of spiritual and material things and make their life happy and beautiful.

Pleased to note the steady and increasing spiritual activities of the Ashram. That is the need of the hour. It is only spiritual power that will unite elevate and harmonise mankind. Spirituality which transcends all barriers which divide man from man, race from race, country from country should be untiringly practised and promulgated. May God bless the humanity at large. My immense appreciation for one and all of you who are engaged in this sublime spiritual mission. May you all progress towards the goal very fast. I have conducted prayers for your health and peace and spiritual progress.

With respects, regards, Prem and Om,

Thy own Self,  
Sivananda

*A Message*

*The world with all its beings as well as all other astral worlds with all their inhabitants of celestial nature is the result of the interplay between Purusha and Prakriti—the Supreme Being and its mystic power. Purusha is the Supreme Father, and Prakriti is the Supreme Mother, of all beings. The Fatherhood of God is a very old conception taught by the Hindu Scriptures, which was adopted by other Faiths founded later on this earth. The Supreme Being and His Power otherwise known as Maya, Prakriti and so on are alone worshipped as Siva and Parvati, Krishna and Radha, Rama and Sita, Muruga and Valli and so on. Man and woman are the very images of these two principles, viz., Purusha and Prakriti; without man and woman and communion between them there is no world,*

*and there will be no living beings. Thus we see that marriage between man and woman has a tremendous and most sublime philosophy behind it. Their union on the physical level is the grossest and the first aspect of their communion from the point of view of evolution, and their union on the spiritual plane is the finest and subtlest and the last aspect of it. To merge or dissolve Prakriti in Purusha is spiritual liberation or the realisation of the Oneness of Spiritual Consciousness, which is the goal of Yoga and Vedanta.*

*When marriage and the entire relationship of man and woman on all levels are reviewed from this angle, there is no vulgarity or sensuality in it, but only a fulfilment of a divine scheme, an expression of a suprasensual or supernatural power or idea and an execution of a cosmic plan on the individual level. Union between man and woman preserves the mankind in the first instance, and leads them towards the final spiritual union, which is Moksha, in the last instance. There is neither sin nor violation of any kind if relationship between man and woman is thoroughly in conformity with this spiritual law. How changed the world would be if this is realised and practised by all men and women of this ultramodern age! May Sri Navaratnam and Yogambikai live up to this ideal and provide an example for others to follow.*

—Sivananda

54

11-1-'63

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

Thy kind letter of the 2nd Jan., the Cash Rs. 50/- and the B.P.Os. for £2/-. My grateful thanks to the donors. How kind you are!

I wish you all, members and office bearers of the Divine Life Society a very, very happy new year of joy, peace, happiness, all health and all-round success!

Delighted to know the details of your branch activities on the new year's day. Day by day your activities are becoming interesting and more and more people take part in them.

Glad to note the improvement of the Ashram that will take place by the new grant.

May Lord bless you all with fine health, joy, peace and bliss! May you all progress well in the spiritual path!

With deep regards, Prem and Om,

Thy own Self,  
Sivananda



55

16th April, '63

Blessed Immortal Atman,

Received thy love offering, the 1,000 flowers you have so kindly sent. Thank you very much.

Glad to know 'Sivananda Ashram' there is growing day by day. By God's grace, it will very soon become a great dynamic spiritual centre, radiating joy, peace and happiness and show the people the path of righteousness, the path towards the Spirit and the path to perfection.

You are rendering yeomen service to the D.L.S. May the Lord bless you and all the devotees there with health, peace and illumination.

Thy own Self,  
*Sivananda*

56

29-5-'63

Revered Immortal Self,  
Salutations and adorations. Om Namo Narayanaya.

Delighted to go through your kind letter of the 17th May, 1963 and the news of your impending Annual General Meeting. I wish the branch a bright new year with wonderful progress in every direction.

I am glad to know about the visit of Sri Giridhari Prasad, B.A., B.L., Hon. Magistrate of Coimbatore. He is a very fine devotee full of devotion.

I am sure his presence amidst you was a great event of inspiration for all the members in your branch and he on the other hand would be delighted to see so many earnest Divine Lifers in that far-off country.

I am sending you a short message for the new year to be read out in the meeting of the General Body.

May Lord bless you all with fine health, long life, joy, peace and happiness !

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*

57

May 31, 1963

Blessed Immortal Atman,

Salutations. Om Namō Narayanaya.

I am pleased to send you this message on account of the Annual General Meeting of D.L.S. Kuala Lumpur Branch to be held very soon.

Salutations to the Supreme Being who is Omnipresent, Omnipotent and Omniscient, who is the Indweller of all hearts, who is the Creator, the Preserver, the Destroyer of everything. Prostrations.

The indivisible, absolute and conscious nature of the Reality signifies that life on earth should be lived according to the rigid laws of dispassion towards external existence and active awareness of the Self as the unlimited being. It also shows that all forms of physical and even intellectual indulgence are deviations from the eternal truth and that every desire for objectivation of consciousness is suicidal in the real sense. The good life which is in conformity with the nature of Truth should be, therefore, free from the oppression of hatred, lust, greed and falsehood in all their forms of manifestations. The righteous life should be lived with mental peace, self-restraint, absence of agitative activity, fortitude, faith in Truth and concentration of mental consciousness.

Oh ye aspirants, realise the meaning of the absolute in actual life, and march forward accordingly and you are sure to attain the Goal.

May the function be a complete success.

May God bless you all with health, long life, peace and prosperity.

With regards, Prem and Om,

Thy own Self,  
*Sivananda*

58

6th June, 1963

Most Revered and Gracious Gurudev,

Crores of humble Pranams at Thy Lotus Feet. Om Namah Sivaya!

The two certificates issued to this humble self on 8th April, 1963 under Gurudev's Bountiful Hand—one conveying the title "Guru Bhakti Ratna" and the other "Patronship" of the

Divine Life Society—were received by registered post on the 1st instant. They gave me the most pleasant surprise and filled my heart with inexpressible joy, conscious as I am of my smallness and my undeservedness for any recognition of this sort. Since my first Darshan in 1953, I have always received the greatest encouragement and solaceful messages which alone had kept me firm on the path. To think that this humble soul has a place in the recess of Thy Gracious Heart which is replete with unbounded Love and Compassion is the greatest boon in my life. Thou art Lord Incarnate on earth and all Thy disciples and devotees are the most blessed. My heart-felt gratitude to Thy Goodself cannot be adequately expressed in human language and in my feeble words. Two songs, one from Thiruvasagam and the other from Kaivalya Navaneetam, come to my mind, and may I quote them as expressive of great dedication:

To the Greatest of Living Gurus and Divine Masters, let me do my reverential prostrations!  
Let me try to deserve all your kindness and spontaneous blessings! Prem and Om,

Thine in the service of the Lord,  
*Ponniah*

59

17-6-'63

Revered Immortal Self,

Salutations and adorations. Om Namō Narayanaya.

I am in receipt of your kind letter of the 6th June.

I am sending two copies of all latest books for review purposes as desired by you to Sri S. Natarajan to his address.

I hope Sri Sivananda Boteju is with you and the branch activities are progressing well with his help. I have not received any letter from him.

Sri A. Subramaniam, 494, Narenepeta Road, Colombo-5, Ceylon is contemplating to publish a new journal. The first issue will be out on the Guru Purnima day (6-7-'63). He needs the help and encouragement of all branches. Sivanandashram, Kuala Lumpur also should publish a periodical. It is strong enough to undertake this work. This is for your consideration.

May Lord bless you all with fine health, long life, joy, peace and happiness!

With deep regards, Prem and Om,

Thy own Self,  
*Sivananda*