

MA ANANDAMAYEE
AMRIT VARTA

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with the divine life and sayings of
Sri Anandamayi Ma

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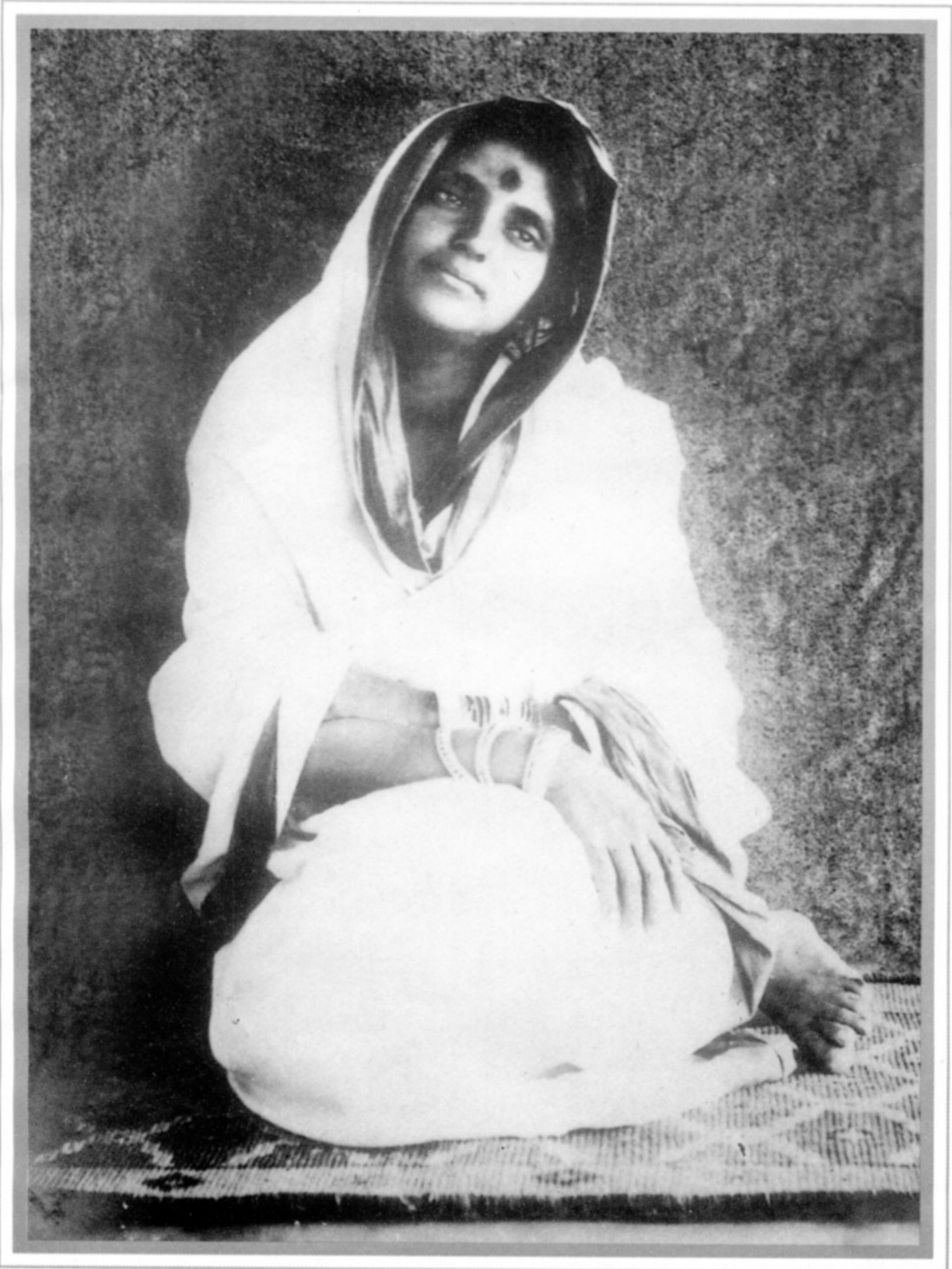
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MATRI VANI

If the body is well, all is well.*

* * * * *

This exactly is what the world is like: life is full of worries and anxieties. Without the remembrance of God there cannot be even a prospect of peace in this world; such is its very nature. It is always the parents who have to suffer in all respects on account of their children. Like a hero you will have to remain unperturbed and persevere in patience. Appeal to God for His own sake, then only may you hope for peace.

* * * * *

The vessels used for puja and one's own vessels should always be scrubbed by oneself. Moreover, for one who lives the life of a sadhu it is only fitting so to do. The other day I met a young man who told me that when it was for the Lord's service he enjoyed doing any kind of manual labour, such as doing shopping, cutting vegetables, cooking, performing the puja, cleaning the vessels and so forth. Even if someone offered to relieve him he would decline, saying that he wanted single-handed to attend to everything necessary for the service of the Lord. He delighted in carrying out all these tasks. At the same time he looked healthy and fit. In this way one keeps happy and contented, for one is working for the Lord, and it is work performed as service that purifies heart and mind. To live in this manner promotes well-being of body and mind.

Furthermore, use your leisure to read religious books, to listen to discourses on spiritual subjects, or seek *satsang* and so forth. Do not give the mind any chance of indulging in impure thoughts. The young man mentioned above had hardly enough to eat. If someone gave him a fruit he would be exceedingly pleased. Sri Gopinath Kaviraj was saying in this connection that through need and poverty one could learn what was favourable for one's *sadhana*, such as dependence on God and so on. For those who have dedicated their lives entirely to the Supreme Quest it is good to live in this spirit; Anger, pride and the like are not helpful on the path. Reliance on God is that which is of real assistance and to feel at all times that whatever He arranges is for one's true welfare. For, you yourself do not know by what means God will draw you nearer to Him.

Drink half a pint of milk a day and eat rice or roti with dal and vegetables twice

*. Every spiritual effort is based on the physical body, for only as long as man continues in the physical body it is possible for him to make real spiritual progress.