

*The Eternal, the Atman—  
Itself pilgrim and path of Immortality,  
Self-contained—THAT is all in One.*

# **ĀNANDA VĀRTĀ**

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## Mātri Vāni

(Dictated by Sri MA as letters in response to devotees' requests for personal advice and guidance.)

Without God's grace it is difficult to become a pilgrim on the Path, this is perfectly true. All the same, after having set out on the journey it is not right to keep the mind vacillating—that is detrimental. Strengthen your mind and lead a life of *tapasyā*.\* The Supreme Lord of this path is God Himself.

\* \* \*

The Mother has brought you forth. When you say "mother" the existence of the father is implied. Is it not said of God : 'Thou art Mother, thou art Father, thou art Friend, Beloved, Master, 'Swami' which means *swa-ami* : the Self am I. He alone is all in everyone and everything. He indeed is the Mother; keep this in mind !

\* \* \*

He grants and will grant His touch in His own time. But we have to do our duty, which is to call out to Him. Indulging in vain, idle talk, that is, attending to what is futile, what hinders and obstructs the advance towards Him—ages and ages have already been spent in this kind of pursuit. Now, my friend, return to

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\* *Tapasyā* Austerities undergone with the definite object of attaining to the spiritual.

your Home ! How much longer will you tarry on the road and bear the hardships that are the wayfarer's lot ?

\* \* \*

When you are learning to swim or walking on a slippery road or in the desert, how does it feel ? With singleminded devotion proceed in the direction of the Supreme Lord of the Goal, whose law is one-pointedness. He is the Fountain of Goodness—bear this in mind. Aspire to perfect tranquillity. In all one's actions one should demonstrate extreme self-control, patience and endurance.

\* \* \*

Wherever they may be, this body (Mataji) is with them at all times. This body does not know how to serve everybody—only what may come about spontaneously at any time : what little they can get done by regarding this small child as their very own, by their love and respect for her while giving her satsang and sādhusang..... Here the door is always open; without any hesitation let them come whenever they feel like it.

\* \* \*

Truth itself protects truth. A hundred activities, a hundred obstructions. Not paying heed to difficulties, if one tries to be completely truthful, no notice need be taken of who has said what by those who are vowed to truth. A person who will speak the truth, perform good deeds and live in an atmosphere of Truth—God Himself becomes his protector.

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