
In all your activities, in your *kīrtana*, Ma is with you. With perfect repose sit still thinking: "In the midst of emptiness Ma is with me." This will give you *ānanda*. Whether you meditate sitting quietly or lying down, feel: "Ma is with me at every single moment."

God is the one and only friend of the pilgrim to the Ultimate. Act in this spirit so that you may come to accept Him as your all in all. Unless one is single-minded there will be obstacles at every step.

He who is the Supreme Friend never deceives. From the worldly point of view, a son may have to be disowned, but that Friend can never be given up.

To invoke THAT, to be constantly intent on realizing it, is man's duty. At all times in Her arms, in Her embrace — within the Mother. On finding the Mother, everything is found.

—Sri Sri Ma Anandamayi

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ĀNANDA VĀRTĀ

*A quarterly presenting the divine life and teaching of
SRI ANANDAMAYI MA and various aspects of
Universal Dharma*

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ĀNANDA VĀRTĀ welcomes contributions on the life and teachings of Ma and reflections and personal experiences of Ma's devotees and admirers. Articles on religious and philosophical subjects as well as on lives of saints and sages of all countries and all times are also invited. Articles should as far as practicable be typed with double spacing and on one side of the page.

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ANANDA VĀRTĀ

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Vol. XXXII ● JANUARY, 1985 ● No. 1

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Conditions vary. During times of misfortune it is necessary to rely on Him with even greater tenacity. There is no knowing through what mishap He may wipe out peril. Sometimes He actually removes danger by adversity. This is why He is called Dispeller of Danger — Saviour.

—Sri Sri Ma Anandamayi

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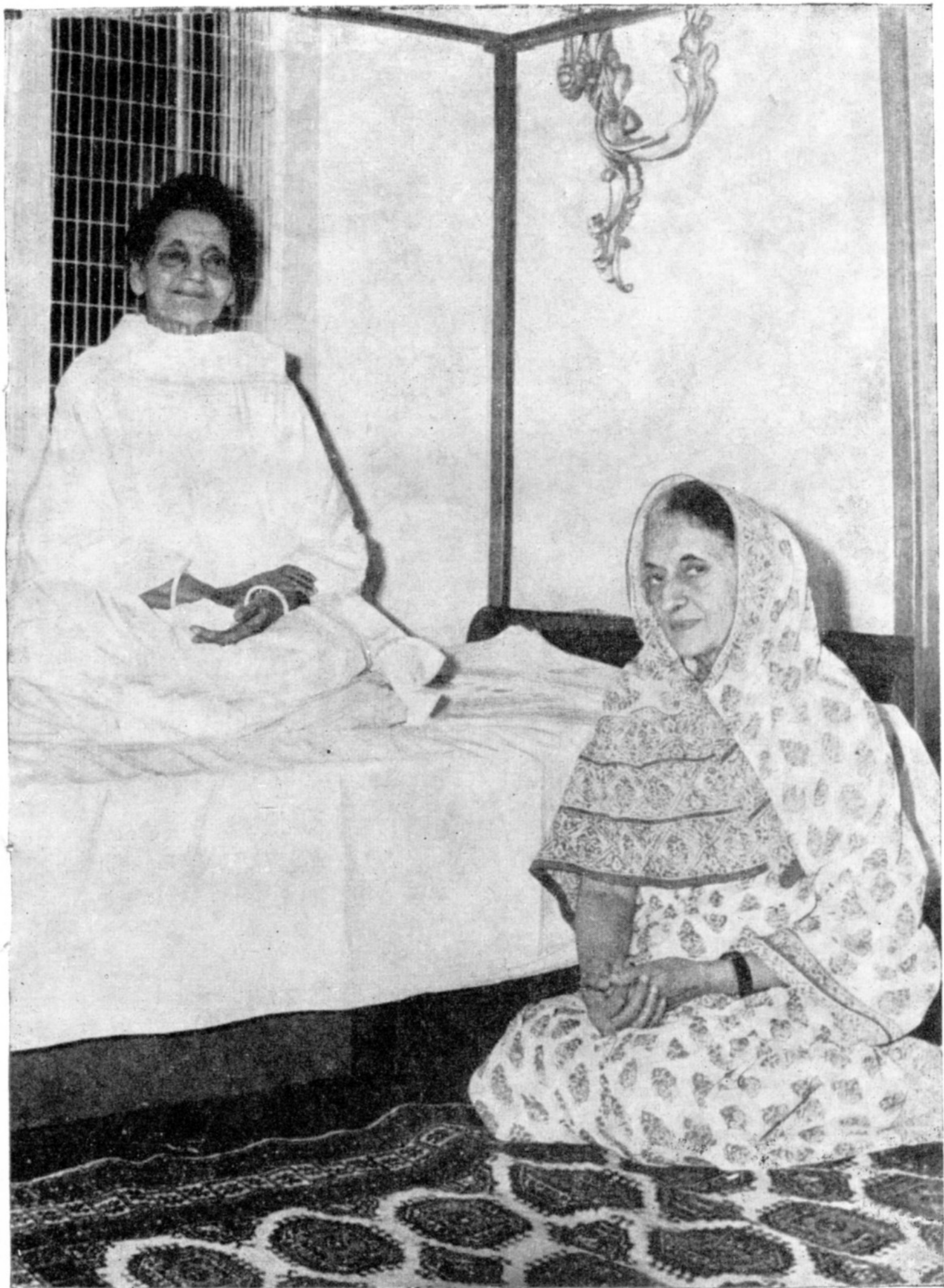
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Regd. Office : 8-M, Connaught Circus,

New Delhi-110 001

Phones : 23-5801

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With Ma—Bangalore, May, 1979

