

Srimat Swami Vireswarananda



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- ★ Always meditate on Sri Ramakrishna as infinite love and you will in time get over anger. Whenever you are tempted to be provoked think of Him and your anger will disappear.

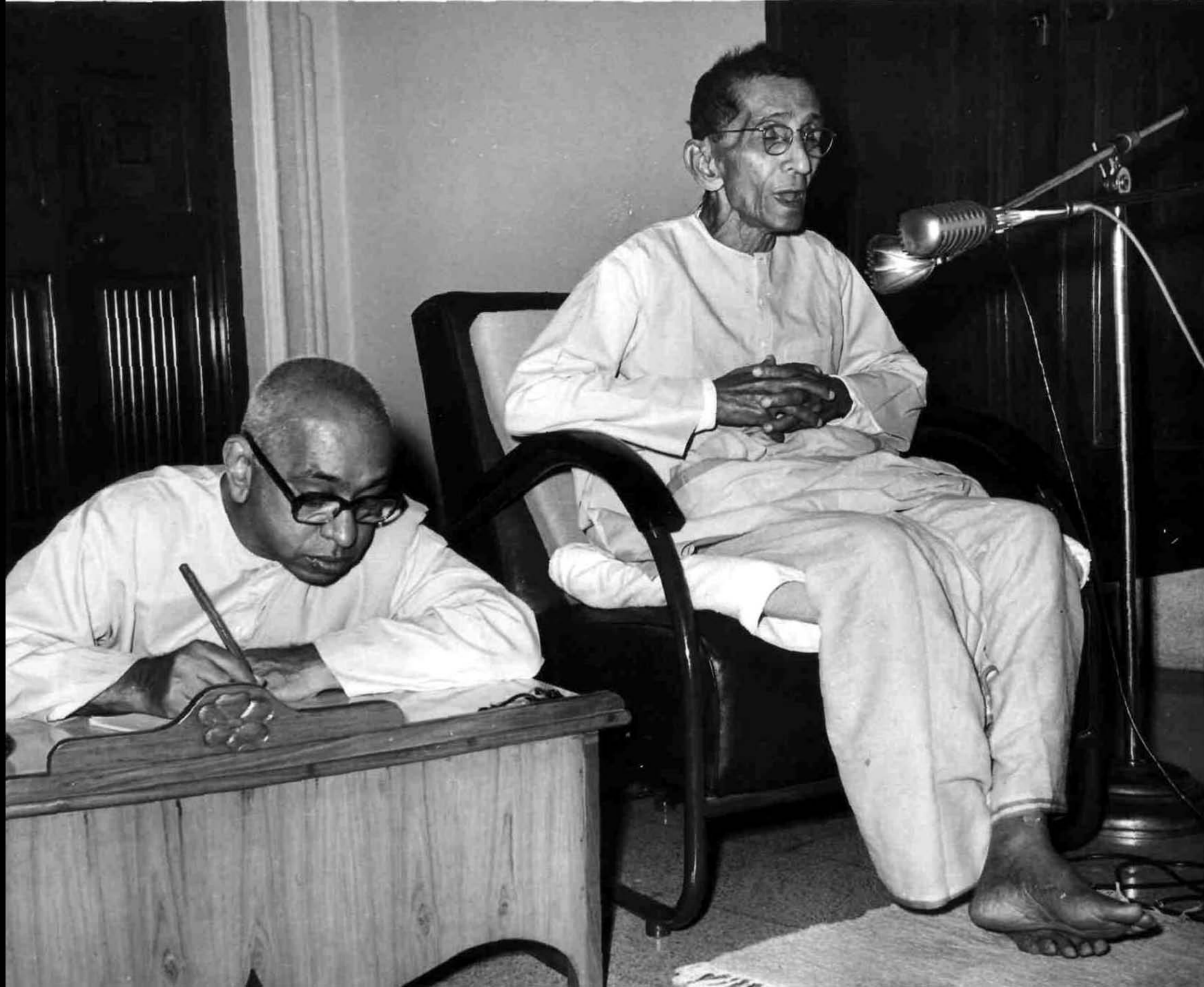




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- ★ Try to repeat the Mantra always mentally—all the 24 hours, even in the midst of your work. You may forget to do so but as soon as you remember, begin repeating and you will slowly get into the habit of repeating it always.







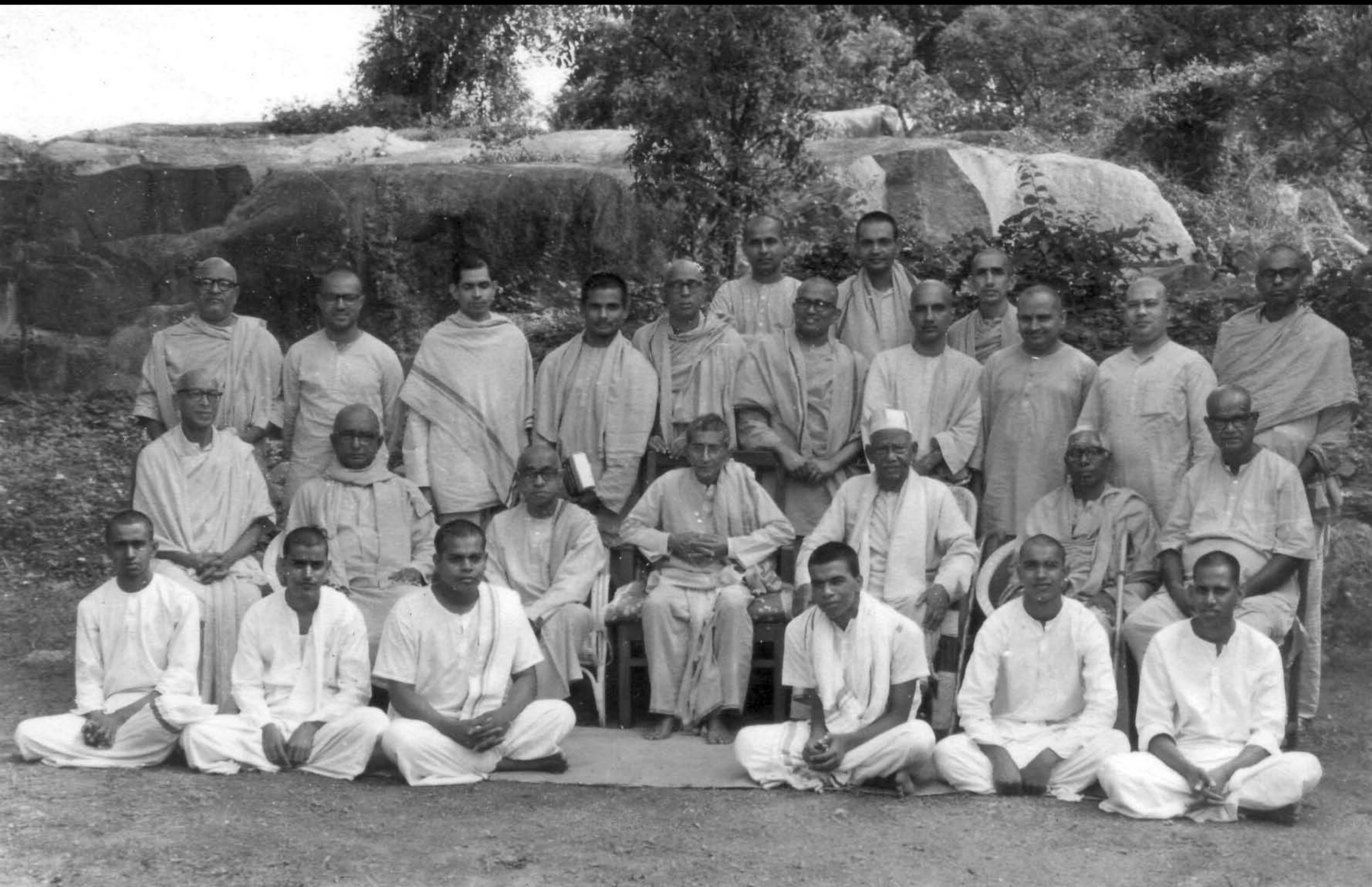
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- ★ Pray to the Master to give you strength to fulfill your duty successfully. He is sure to hear your prayers and make your efforts successful and this would completely change your family environment and make it blissful. There is nothing that cannot be overcome through prayers.



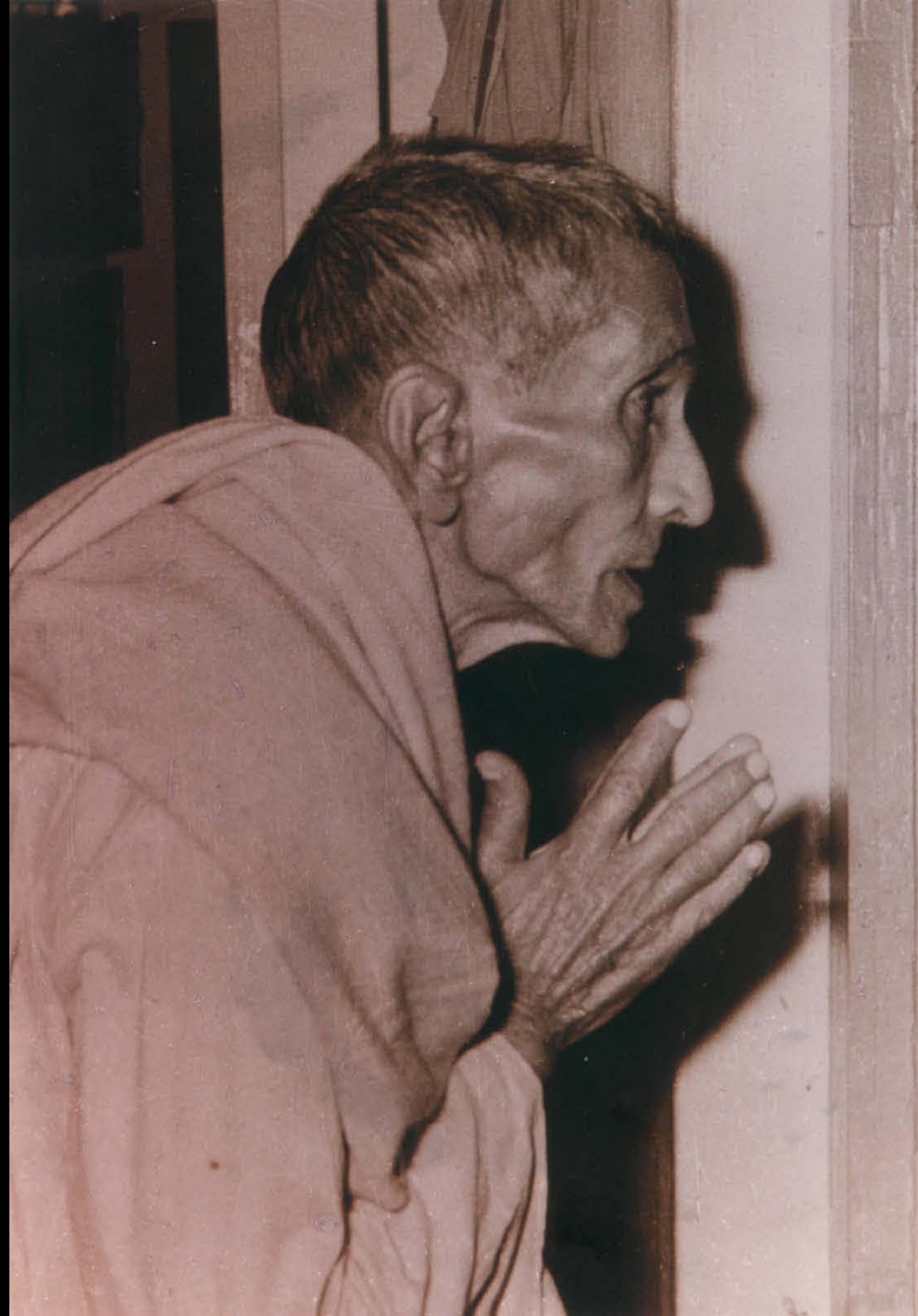






- * It is a wrong notion which people hold that when one becomes religious he neglects his family duties. On the other hand he will do it more efficiently than before because his love for God will make him love His children—the family members—and he will serve them all the more ardently with greater love than before as he will see God in them. If one neglects family duties it means his religious outlook is not of the right type. Hinduism never has said that religion or spiritual instructions are not for the married. Married couples are expected by our Shastras to lead a religious life and a life of sacrifice in the service of society and not be selfish. It is only the unwise ones who do not know the a, b, c of the Shastras, say such silly things, being extremely selfish.









- ★ You cannot hope to get concentration within six months. Mind does not get settled unless it is pure. Merely struggling at the time of meditation to make it clean will not do. Always you have to be alert that no worldly thought comes in your mind at other times also and this can be achieved only if your mind is always engaged in same good thought of high Ideal.







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- ★ Sadhana or spiritual practices have to be carried out throughout the day at ever moment and not merely at the time of Japa and meditation.

CELEBRATION STAGE

DEDICATED BY

SRIMAT SWAMI VIRESWARANANDAJI MAHARAJ

PRESIDENT, RAMAKRISHNA MATH & MISSION

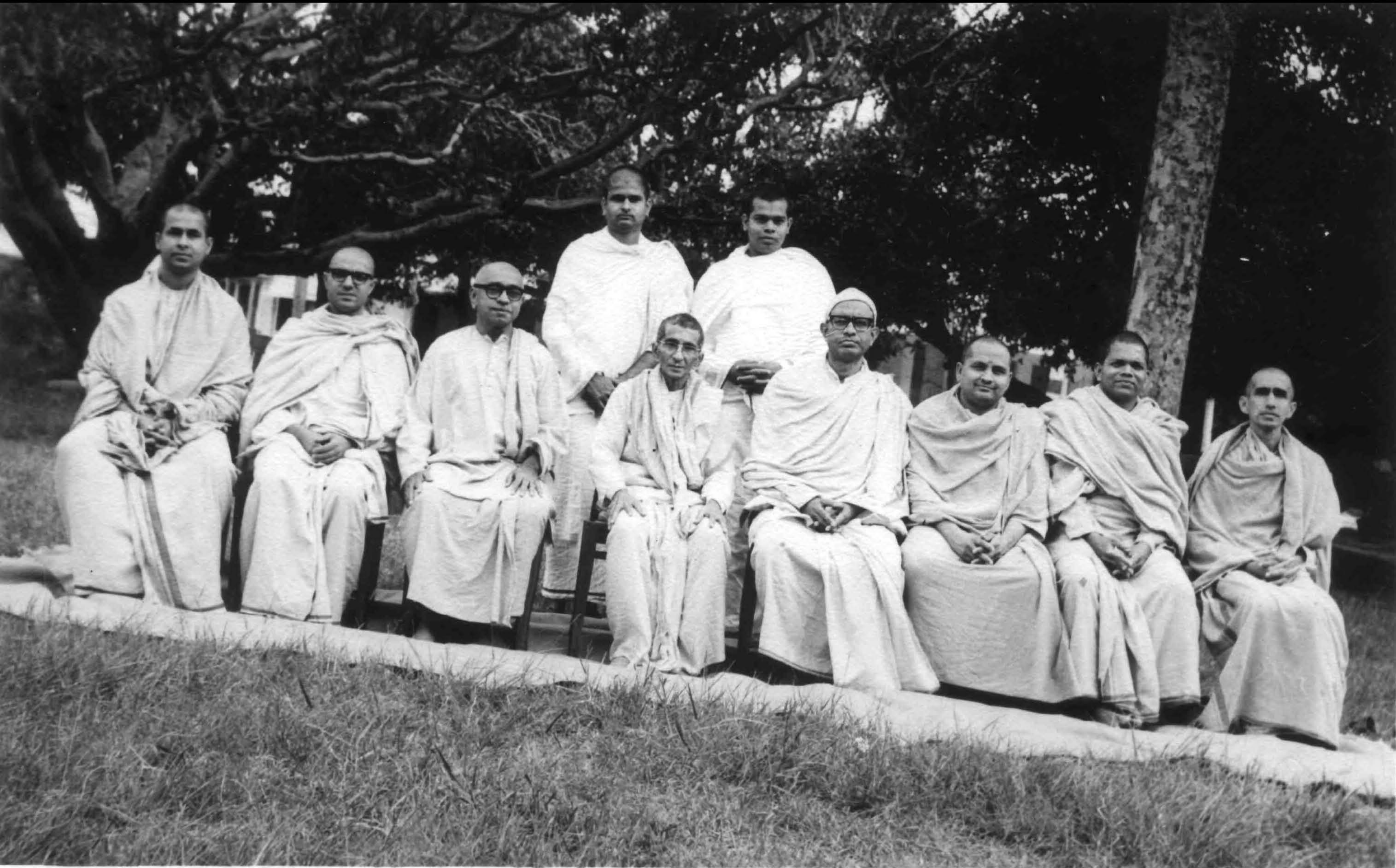
ON 10TH SEPTEMBER 1977

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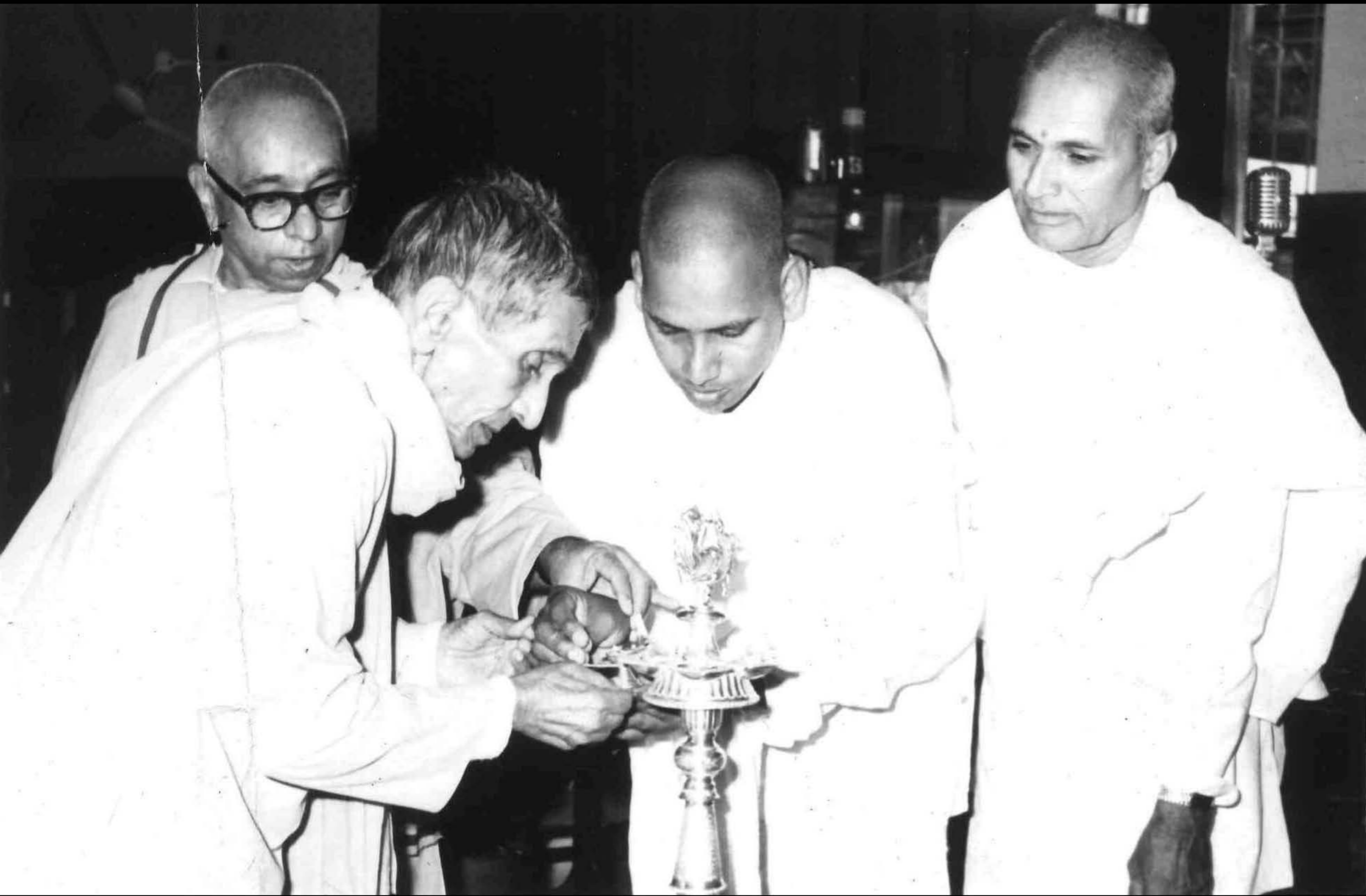






- ★ The mind is restless and will wander away from the object of meditation and you will also forget to repeat the Mantra all day. But as soon as you remember begin again. In this way by constant practice you will get the mind under control. Also discriminate and find out what desires are lurking in your mind and then renounce them and purify your mind in this way and you will find you get good meditation when the mind is pure.







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- ★ Do everything for Him and be sure that your work is finished in such a way as to be acceptable to Him. It must be done with a dedicated spirit. Never think of getting public praise. That will cause suffering.





VIVEKANANDA CENTENARY AUDITORIUM

INAUGURATED BY

SRIMAT SWAMI VIRESWARANANDAJI MAHA

PRESIDENT RAMAKRISHNA MATH & MISSION

ON 7 SEPTEMBER, 1980.

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- ★ Perform Japa and meditation regularly and also read daily a few pages of the Gospel of Sri Ramakrishna.









- ★ It is common experience that at the time of meditation all sorts of thoughts not experienced before comes to your mind. They come from the subconscious mind. Do not give any importance to such thoughts and they will slowly disappear. If you think of them they will get more power to disturb you. So neglect such thoughts.







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- ★ Do not feel depressed but feel that Sri Guru Maharaj is always with you and is taking care of you. On your part behave in a way which will not offend him.







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- ★ You should not neglect your work under any circumstances and you should try to be up-to-date always in your work. To be religious does not mean neglecting duty. Rather you should be able to do them more perfectly with a better concentrated mind.







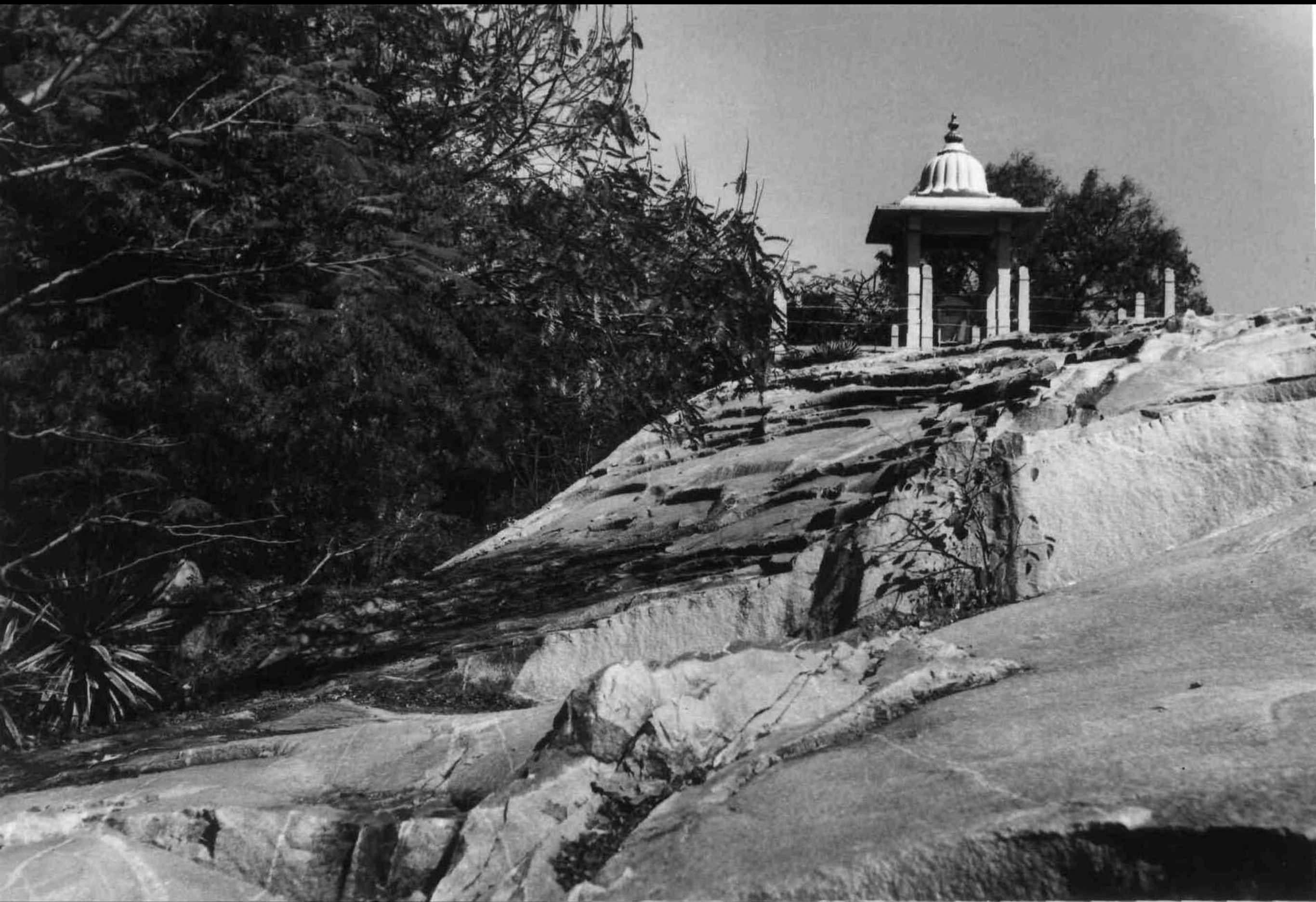
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- ★ The mind is also material and has its ebb and flow. So sometimes you may be feeling that your Japa is mechanical but if you stick on, it will change. Do not think that this condition of your mind is due to some wrong done by you. Give up this of self-condemnation and depression. This isn't good for a spiritual aspirant. Just refer to Gita.







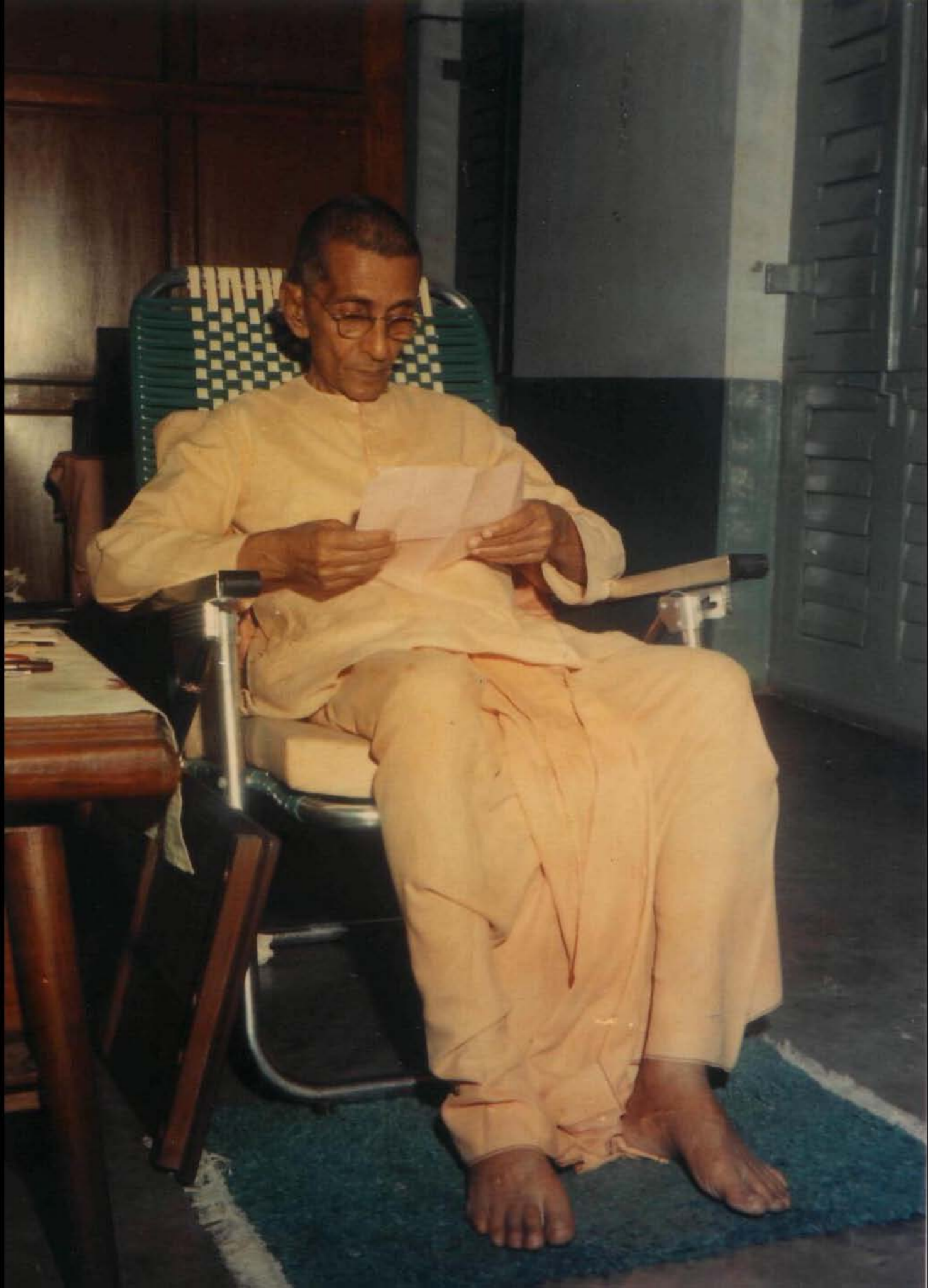
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- ★ To lead a religious life it is not necessary to come into clash with everyone who may not appreciate it. You have to do your duties in your family life. If you fulfill your duties and if you are sweet in your behaviour towards everyone, I do not think anyone will find fault with you for leading a religious life—Puja, Japa etc.



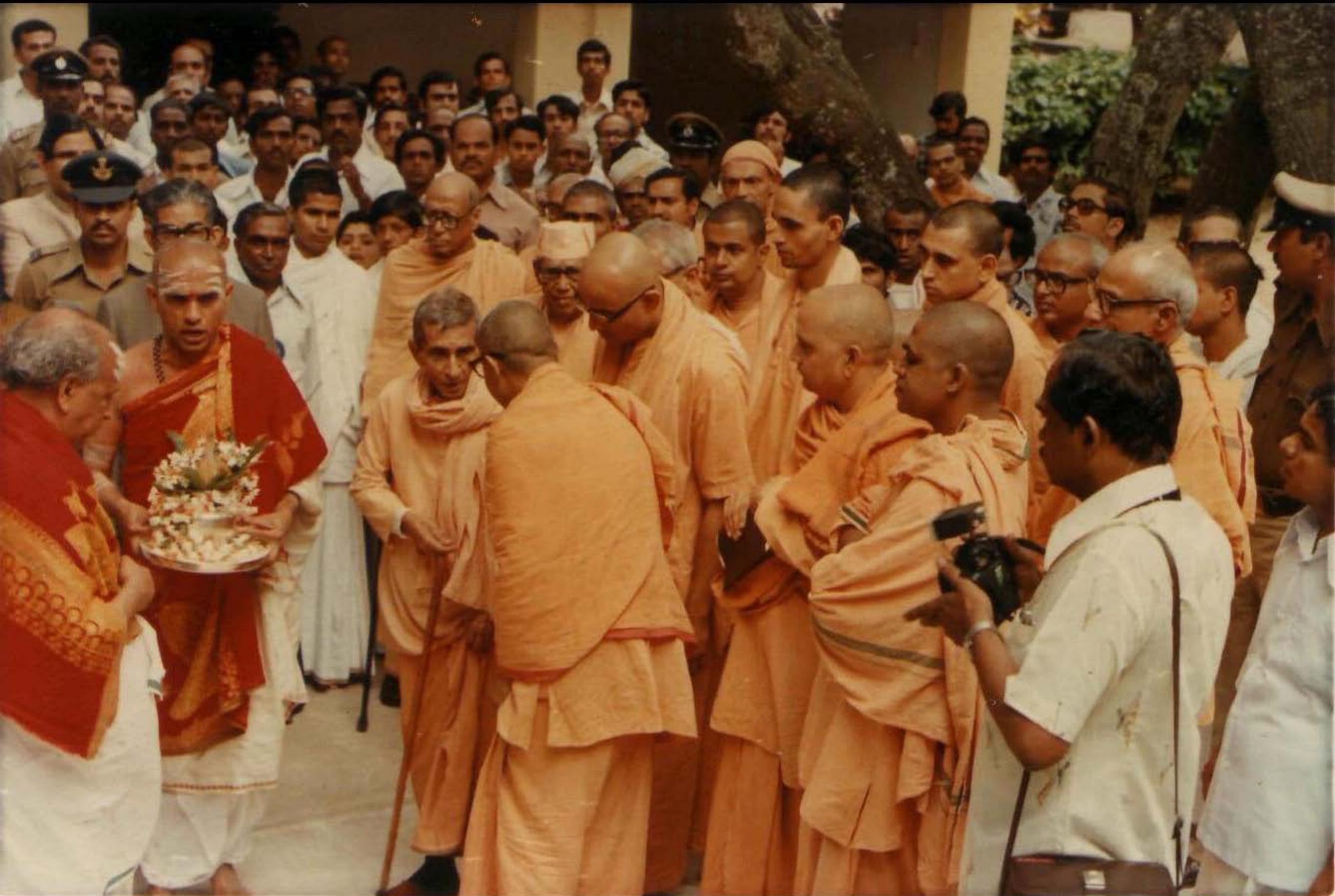


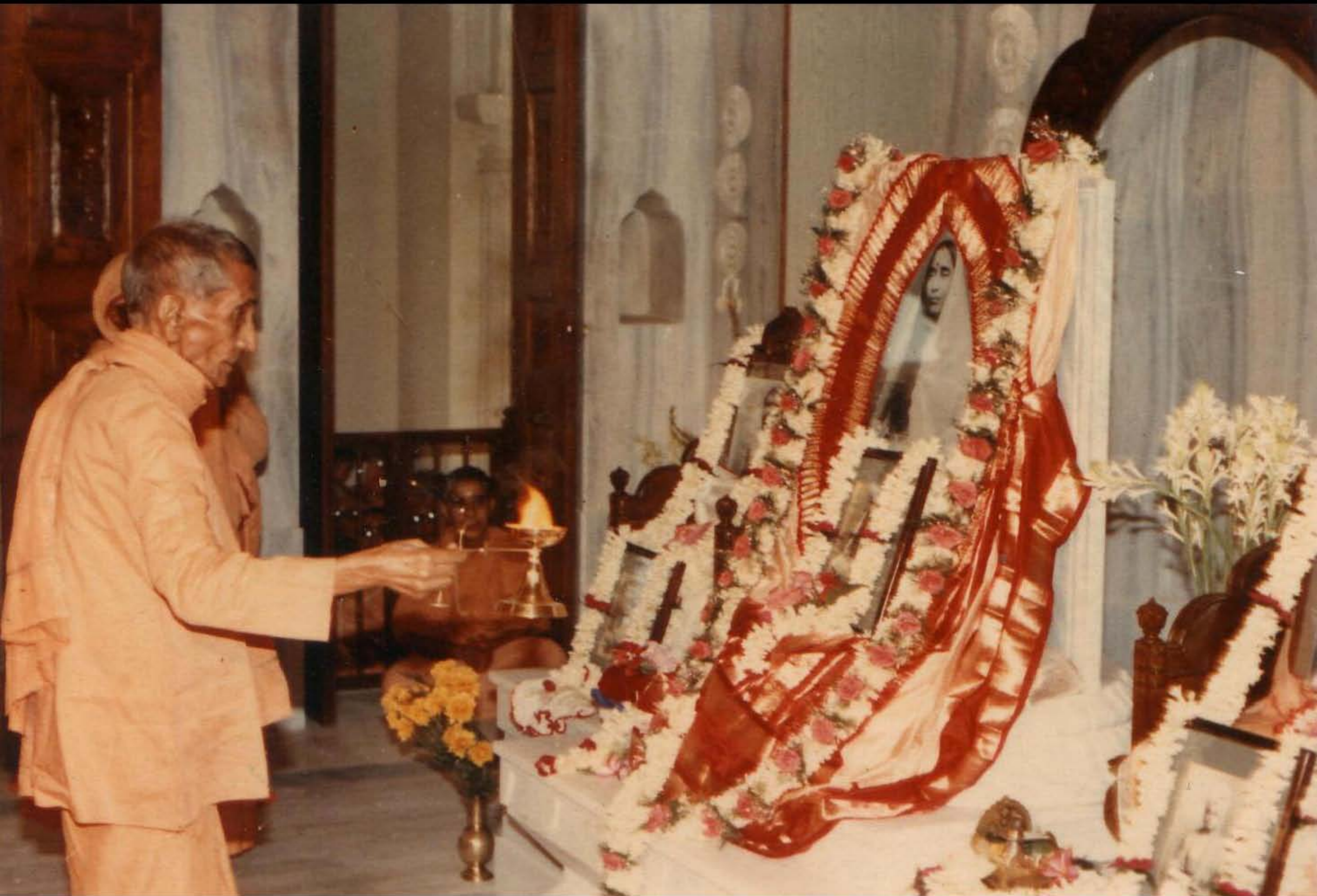




- ★ You should go slow and take everyone with you and desist from any other course as it would not be conducive to peace. If there is no peaceful atmosphere what Japa and meditation can you have? The mind would be rambling when you sit for Puja. So move in such a way that you are friendly with everyone. Your religious life must influence others—your piety, temper, kindness, humility should bring about a change in others' outlook also.



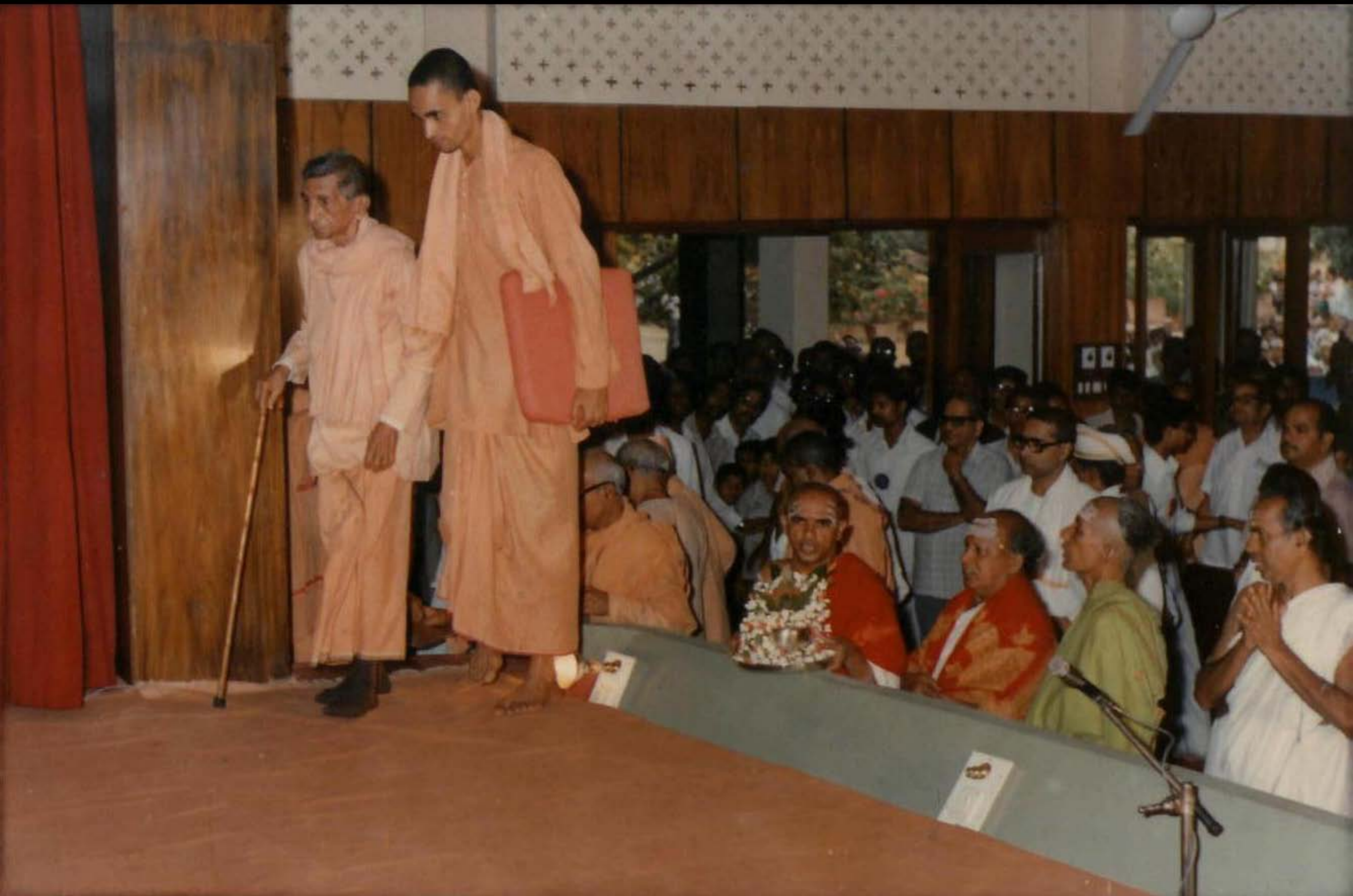


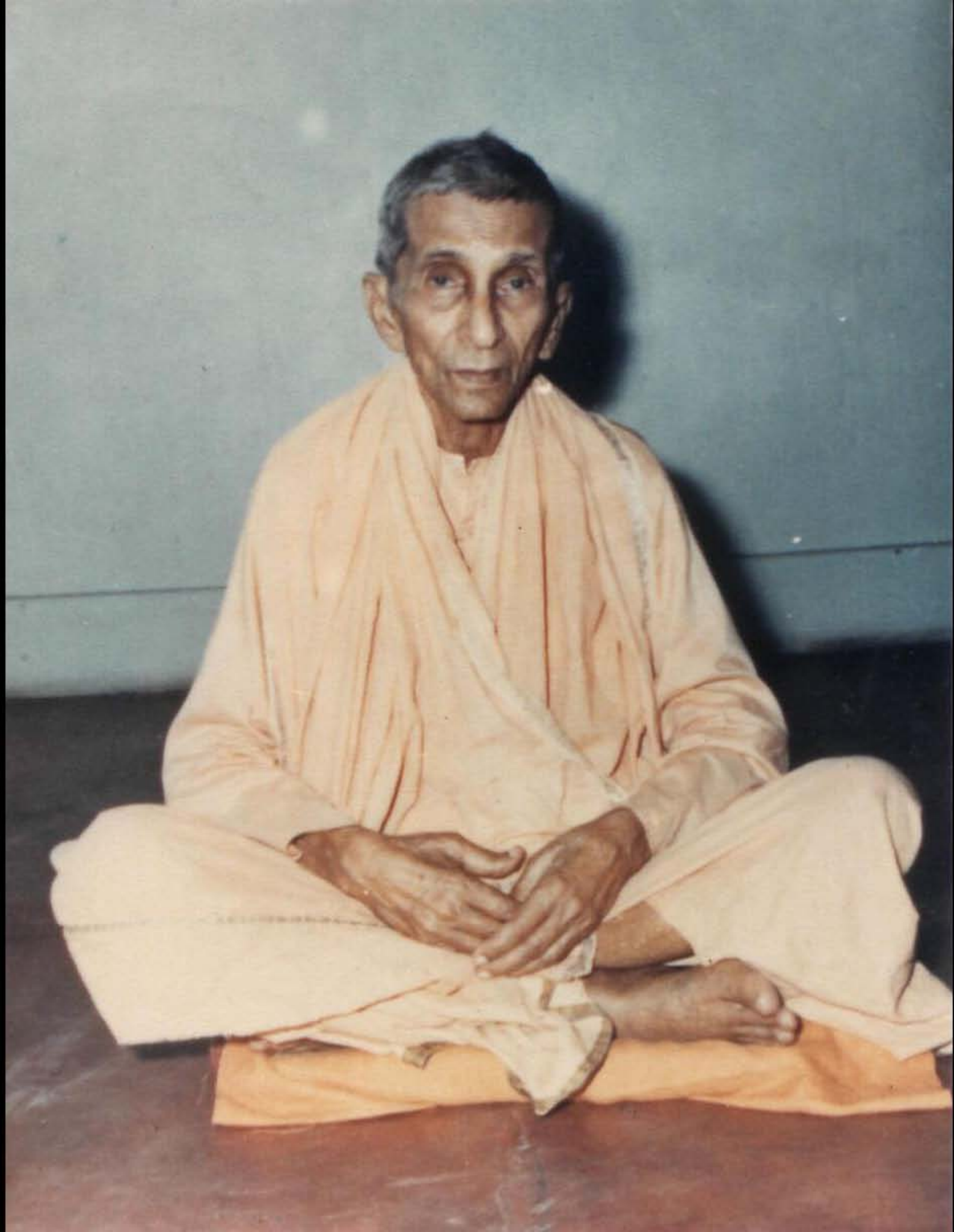


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- ★ So, be introspective, pray to Sri Ramakrishna, place your difficulties before him and he will guide you by the correct way. The world will not adjust to your convenience. You have to transcend the environment to be at peace with everyone. Pray to Sri Ramakrishna and see how you can adjust yourself to circumstances.









- ★ Why do you think it is impossible to fix the mind on one thought? Everything is possible if only you keep up *abhyasa* and *vairagya*—struggle, struggle and struggle and you will succeed. Every time the mind wanders away bring it back and force it to meditate on your *Ishta*. Repeat the process every time the mind wanders away. A child when it is made to sit and read, runs away from its books when you are a little inattentive but then you just catch hold of its ears and bring it back to the books. So here also you have to do the same thing with the mind. Have patience and perseverance, never yield to depression which is a great obstacle in spiritual life.









- ★ You have to cultivate *vairagya* through discrimination and then only the mind will become calm, for the desires which create ripples in the mind stuff are absent and the mind being calm you will get good concentration. You are doing the right thing by offering all works to Him and also going to the ashrama whenever your mind loses its balance. Do not feel depressed because you are not getting good meditation. Go on practising assiduously and everything will be alright in time through His grace.









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- * Your mind is concentrated hearing lectures or bhajans because you are interested in them and attracted by it but not so in the case of Japa and meditation. But when you get the taste or interest your mind would be concentrated. But the way to it is only through Japa and meditation. You might be remembering Thakur's parable of the jaundice patient taking sugar candy which at first is bitter but by using it, it being medicine for jaundice he gets cured of it slowly, and sugar candy also begins to taste sweet.











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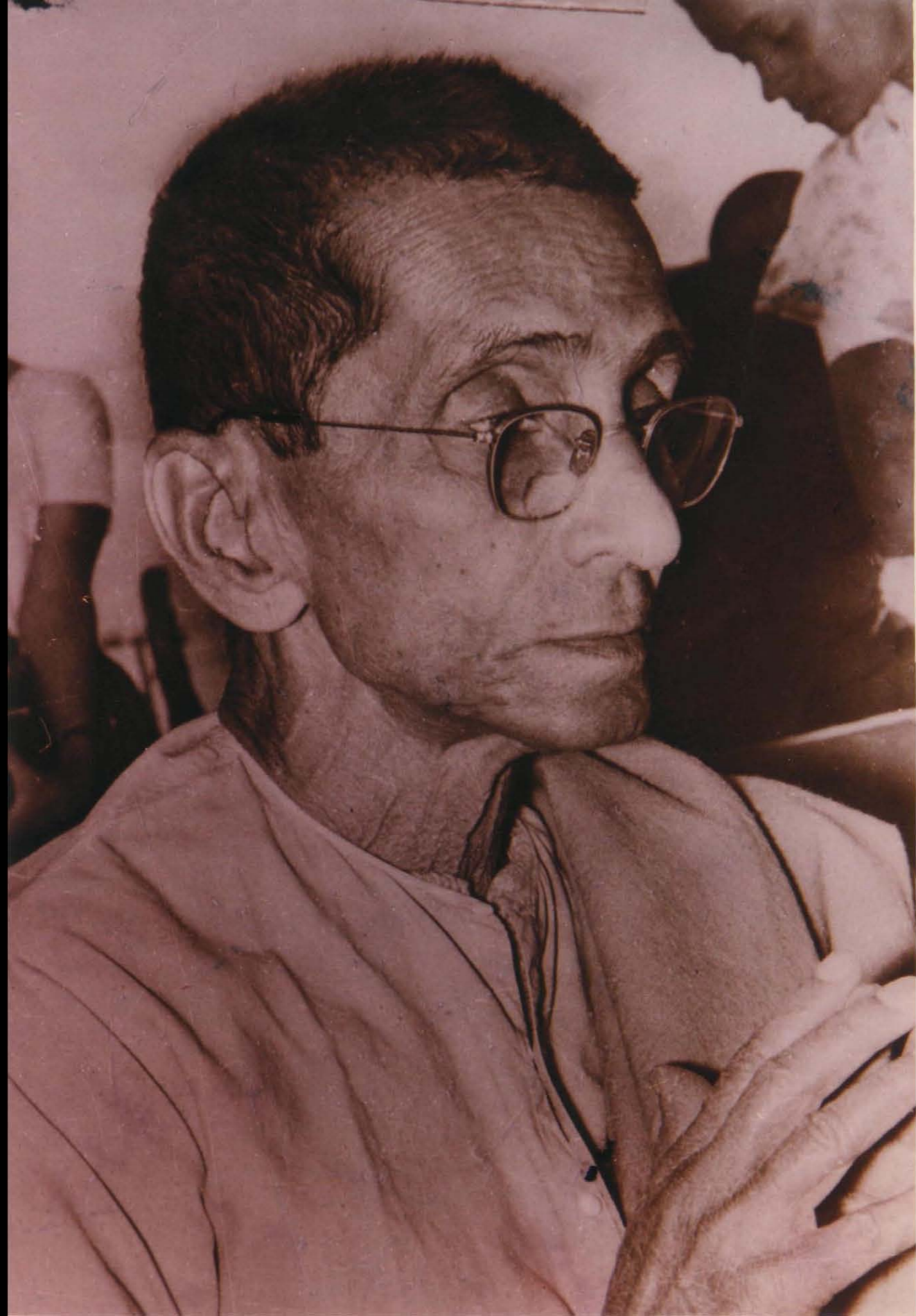
- ★ You need not feel depressed because you are far away from the Guru, to get advice from him always and also because you cannot go to the ashrama daily. Both Guru and Ishta Devata are in your heart and always with you. So distance does not matter. If you practice his instructions regularly, the mind itself will become your Guru and solve all your problems and doubts in time. So do not be depressed.











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- ★ Pray always to Sri Ramakrishna and Holy Mother. They will remove all difficulties from your path and guide you inwards and inwards till you reach the goal. May They grant you true love to Their Lotus Feet is my earnest prayer to Them.

