

## Sayings of Swami Omkarananda

"The whole world is ensouled by the marvellous and mighty Presence of the Divine. Every speck of space is filled with the infinite Power and Glory of the Divine. Every atom is charged with Its Love and Ecstasy. Here and now anyone can experience the Divine in all Its perfections."

"Absolute Peace and absolute Beauty are the two eyes of the Absolute, which is Being-Consciousness-Bliss."

"The more we are conscious of God's presence in daily life, the more intense is the fullness of the joy we experience. God means infinitely more to our existence than the light of the sun means to the plants and trees."

"The realm of Bliss belongs to those, who give up their assumed separation from God and seek refuge in His perfections."

"How to know God? By being still. How to be still? By practice of meditation. Meditation is the art of being still in body, in mind, in heart, in will, in the entire inner being, and enabling the higher Divine Consciousness in us to have direct, immediate perception of God."

"Seek the Infinite, for that alone is Joy unlimited, imperishable, unending, self-sustaining, unconditioned, timeless. When you have this Joy, the Light, the Grace, the Power, the Perfections of your supreme inner Consciousness appear in your outer everyday life."

"The perception of the one Life Principle or God, in all, the merging of the personal self in the Divine Self of all creatures, great and small, is the ultimate meaning and end of life. To rise from this world of limitations while yet breathing on earth into the boundless world of Freedom and Beauty, Power and Joy, is the purpose of our brief, but meaningful existence."

"No matter what pattern of education we impart to the students, determined by the State or the Society, as instruction of intelligence, the leading Purpose in our system of education remains the Enlightenment of intelligence, 'dhiyo yo nah pracodayat'. Such an enlightenment of the student's intelligence endows him with real and rich inner and outer wealth. It is the Value of all Values. Jivanmukti\* is the practical ideal of education."

"Every phase of life has in it some poetry. Every facet of life is aglow with the eternal Energy and Light of the infinite Truth. Every circumstance of life is rich with the splendour of spiritual glory. The whole world is throbbing with the divine Consciousness that is the source, the soil and the fulfilment of all that is. Man's primary duty consists in knowing, and being in harmony with, this all-pervading, all-sustaining, infinite Light of the supreme Reality, Being, Existence, Consciousness."

-Swami Omkarananda Saraswati-

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\* The state of a - living liberated man.