



ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
॥ ओं शान्तिः शान्तिः शान्तिः ॥

OM

PŪRṆAM ADAḤ PŪRṆAM IDAṀ
PŪRṆĀT PŪRṆAM UDAČYATE,
PŪRṆASYA PŪRṆAM ĀDĀYA
PŪRṆAM EVĀVAŚIṢYATE.

OM ŚĀNTIḤ ŚĀNTIḤ ŚĀNTIḤ



The Absolute, Supreme Existence and Consciousness is full, complete and perfect, and this universe, including the individual being, is also full, complete and perfect, because this relative universe is brought forth from the fullness of the Absolute. After this complete and perfect universe has been manifested from the Absolute, that Supreme Existence and Consciousness verily remains full, complete and perfect.

OM Peace, Peace, Peace

From the Upaniṣhads

**25th Anniversary
of Guru's Mahāsamādhi
September 19, 2018**



.... I feel all of the time like the blue sky. I do not feel any time that I am the body or the thinking mind, although I use them to communicate with the outer world, not for my own sake.

Therefore, I am not going to die. I will be here all of the time. I will continue to help those who are in need of my help without disturbing their independence.

*"Guruji" Shri Brahmananda Sarasvati
- from a Letter to Ashram Friends, July 1986*

FROM GURU'S LAST ESSAY

Mokṣha means freedom from identity with the body and mind. When we are identified with the body and mind, they become our beautiful prison in which we have our own individual time and space, cause and effect, rather than the divine time, space, cause and effect.

Mokṣha, liberation, *kaivalya* and *nirvāṇa* are the same thing.

By meditating as a witness, the whole universe becomes your house, and you go beyond both subject and object. In this way, you feel that the whole universe is within your mind and also that you are beyond the whole subjective and objective universe. You feel the entire universe is the pulsation of "I-AM."

Through meditation on the Absolute "I-AM," you ultimately reach your real home.... Therefore, hurry up and *Hariḥ Om*. That is to say, hurry up to your real home, which is *OM* !

Written in August 1993

FROM GURU'S LAST TEACHING

First things first. The senses are not against you. The body is not against you. Mind is the problem. But mind cannot work without language and without thinking.

When you do not think, you are in the state of "I-Am," and you are everywhere. Although you still do not understand.... But without thinking, you have Cosmic Mind. Cosmic Mind is not against you. Cosmic Mind, on the contrary, is against the thinking mind. That is one thing in your favor.

When you are in the state of "I-AM," you are *avyakta*, *akṣhara* (unmanifest, unchanging).

As long as you are in the world of the senses, so long you are in the prison. But no doubt, this prison has open door policy....

You asked, "If we are not the body and mind, then what are we doing here?" We have knowledge that we are not the body and mind. Very good. Many people don't have that knowledge. But - *feeling* is missing. Therefore, we are here.

*Recorded in Evening Satsang, Sunday, September 19, 1993
("Gaṇeṣha Chaturthi") at Ananda Ashram*

In Honor of
Shri Brahmananda Sarasvati
(Ramamurti S. Mishra, M.D.)
also known as
Shri Ramamurti

Founder and Spiritual Director
of
Ananda Ashram
- Yoga Society of New York
- International Schools of East-West Unity (Gurukula)
- Baba Bhagavandas Publication Trust
and
Brahmananda Ashram
- Yoga Society of San Francisco

December 23, 1955 he arrived in New York City
from his native India.

September 19, 1993 he left his body in the state of *samādhi*
here at Ananda Ashram, Monroe, New York,
on the auspicious day known as *Gaṇeṣha Chaturthī*.

OM

Above: Inscription on Center Piece of the "Brahmānanda-Samādhi-Mandīram"
(Shri Brahmananda Memorial Shrine)

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