# *101 RAM NAAM* THEME AND THOUGHT

# Dr Gautam Chatterjee



Dr Gautam Chatterjee At the feet of Param Guru and Gurudev

# **New Delhi**

First Published in India 2000 (c) Dr. Gautam Chatterjee

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system without permission in writing from the author. From the Desk of Dr Viswamitraji Maharaj Sri Ram Sharanam, New Delhi

# Sadhuvaad

*Ram Naam* is the seed *mantra* which manifests eternally and shines like the brilliant Sun. The fragrance of *Ram Naam* coming out from the celestial garden is a matter of experiencing. Its essence smoothens the mind and moulds the character of a *Sadhak. Ram Naam* is the eternal sound which has billions of layers at the phonetic and revelation plane.

Our Baba, Swamiji Satyanandji Maharaj was given this most powerful creative mantra by Param Guru Sri Ram Himself on the celestial Guru Purnima day. Then Swamiji Maharaj revealed its essence to the Ram Naam Sadhaks and encoded them textually in Sri Amritvani, Sri Bhakti Prakash and in his other writings. Since ever, Ram Naam manifested as thousands of lotuses in the hearts of Sadhaks. Understanding each petal of this cosmic lotus called Ram Naam is a calling of every Sadhak, Ram Naam remains the mode of Sadhana and destiny as well.

#### Gautam in his 101 Ram Naam Theme and Thought

has begun with *Ram Naam Vision* and concluded his exposition with *Viraha* encompassing ninety-nine thought provoking titles in between. A figure of *101* is considered highly auspicious in Hindu Mythology. He has covered *101* themes in *101* pages. A page a day will make Sadhak's day. I congratulate Gautamji for his notable revelations on *Ram Naam* which when contemplated by *Sadhaks* will bring them peace, joy and bliss.

While doing *Ram Naam Sadhana* the seekers do experience its manifestive dynamics. To fathom its depth one must delve deep into the cosmic ocean of *Ram Naam* and every bit of our realization is nothing but a wishful revelation by none other than *Param Guru*—Sri Ram.

tazailna

Dr Viswamitraji Maharaj 21st May,2000 New Delhi

# **Dedicated** to

Param Guru Sri Ram Swamiji Satyanandji Maharajji Pujaniya Premji Maharajji Dr Viswamitraji Maharajji My Mother Smt. Gauri Chatterjee My Father Shri Jyotirmay Chatterjee and all Ram Naam Sadhaks

# CONTENTS

Sadhuvaad	ш
Prologue	ix
1. Ram Naam Vision	1
2. Sri Ram-the Jyot and Sound	2
3. The Beginning—A Quest	3
4. Sri Adhisthanji	5
5. Ram Naam Salutation	6
6. The Nada	7
7. Utterance and Modulation	8
8. Akhand Jaap	9
9. Ram Naam—Musically	10
10. Ram Naam-The Seed Mantra	11
11. Power of Ram Naam	12
12. Lotus thy Rupa-Sri Ram	13
13. Conversation	14
14. Communication with Guru	15
15. Counting Beads of Ram Naam	17
16. Self-Study	18
17. All My Ram	20
18. Sri Amritvani	21
19. Sri Bhakti Prakash	22
20. What's HIS Nature?	23
21. How HE Looks Like!	24
22. Sri Ram — The Teacher	25
23. Ram Naam-The Philosopher and Guide	26
24. Ram Naam — The Yoga	27
25. Naam Guna	28
26. Bhakti Bhava	29
27. Sri Ram—Our Sakha	30
28. Ram Naam-An Awakening	31
29. Ram Ram—The Mission	32
30. Melody	33
31. Aspirations	33
32 Sri Ram_The Guide	33

33. Where Sri Ram Resides ?	34
34. Holy Name	34
35. The Path of Knowledge	35
36. Final Abode	36
37. The Eternal Cruise	36
38. The Sacred Sound	37
39. Mangalic Utterance	37
40. Cleanliness is Sacredness	38
41. Contemplation	39
42. Instal the Ram Naam Icon	39
43. Internalizing Purification	40
44. Sri Ram Around You	41
45. Ram Naam-The Tranquilizer	42
46. Ram Naam-The Eternal Exit Gate	42
47. Ram Naam-The Purifier	43
48. Patience	44
49. Merciful	44
50. Ram Naam Miracle	45
51. Loving Ram	46
52. Sri Ram—Love Me	48
53. Merciful Sri Ram	49
54. Ram Kripa	50
55. Ram Naam and I	51
56. Ram Naam and Maya God	53
57. Ram Naam-The Mystic Three Ss	54
58. Shelve the Anger	55
59. Doubt—The Hindrance	56
60. Maan-The Turbulent Heart	57
61. Cultivating Cult of Control	58
62. Daan-The Gift	59
63. How a Sadhak should be	60
64. Duty is Worship	62
65. Fearless Mind	63
66. Ram Naam-The Medication	64
67 Experiencing Naam Medication	65

# vi

68. Ram Ram Prayer	67
69. Ram Ram—Jai Jai Ram	68
70. Revelation— A Secret	69
71. Composure	70
72. Sadhana	71
73. Wish Tree	72
74. Faith	73
75. Belief in Ram Naam	74
76. Confidence and Ram Naam	75
77. Divine Revelations	76
78. Ram Durbar	77
79. Ram Naam and Trust	79
80. Sacred Word —Ram	80
81. Pravachan	81
82. Namaskar	82
83. Dhyan	83
84. Meditation	84
85. Ram Ram-The Lyrical Note	85
86. Ram Naam- The Cosmic Tree	86
87. Sonic Sri Ram	87
88. Sri Ram—The Positive Energy	88
89. Shelve the Fear	89
90. Testing Time for Sadhak	90
91. Cry in His Name	91
92. Ram Naam Addiction	92
93. Sri Ram Within	93
94. Karma Yoga	94
95. The Eternal Deepak	95
96. Ram Naam-The Light	96
97. Never Question!	97
98. Silence Called Sound	98
99. Ram Bhaj	99
100. Archana	100
101 Viraha—The Parting	101

#### PROLOGUE

Ram Naam-the sound of the eternity was installed in me by my most revered Gurudev. whose utterance powered with Siddhi smeared my body empatterened my thought and made me humbler. Today, when I look back and read 101 Ram Naam Theme and Thought I only wonder and ask myself 'How all these were written?' Then after pondering I conclude more strongly that I am incapable of realizing these dimensions! Well! Swamiji Maharaj must have 'revealed' those lines and thoughts! For me those lines were celestial messages meant for me to understand Ram Naam. So I remain only a tool to record and share the vision of my Gurujans. Yet.wherever I have fumbled and faltered. those are my personal limitations! I am too mortal and worst than the worst of all the Sadhaks. Yet.this exercise remains my Sadhana at the feet of Param Guru. I bow to Him and seek mercy as Sri Ram is most merciful.

At the feet of all Sadhaks Gautam 18<sup>th</sup> May, 2000 Buddha Purnima New Delhi

# Ram Naam Vision

Sri Ram Ram Ram Ram Sri Ram Jai Ram Sri Ram Ram Ram Ram Ram Ram Simran has one mission Love one and Love all be the passion Shelve hatred, jealousy or impure contemplation Only through Ram Naam attend salvation. Sri Ram Ram Ram Ram Sri Ram Sri Ram Ram Ram Ram Jai Ram Ram Naam Simran is the divine navigator It takes one through the Maya Corridor Ram Naam has eternal vision To spread love and compassion. Ram Ram Ram Sri Ram Sri Ram Jai Ram Sri Ram Ram Ram Ram Ram Naam is the primal perennial sound Search it within where Sri Ram is found Ram Naam Simran emits divine compassion 'Forgiveness' remains the only mission. Sri Ram Ram Ram Ram Sri Ram Sri Ram Ram Ram Ram Jai Ram Sri Ram is the unique formless Sound Icon Once installed within activates spiritual electron Sri Ram personifies the most powerful He is within so always remain blissful. Ram Ram Ram Sri Ram Sri Ram Sri Ram Ram Ram Ram Iai Ram Prem Bhava should be cultivated by all Ram Naam never allows a nasty fall; Ram Naam travels beyond time and space Param Guru accompanies you with every pace; Be a dispenser of Love and Care Pray for others in Ram Durbar Almighty is all out to share Spread Ram Naam everywhere. Sri Ram Sri Ram **Ram Ram Ram** Ram Ram Ram Jai Ram Sri Ram

## Sri Ram—the Jyot and Sound

Swamiji Satyanandji Maharaj was meditating at Dalhousie in search of the Supreme Being; It was Vyas Purnima the destined hour — became a date with Param Guru being it Guru Purnima.

#### Ram Dhun

besieged the valley of silence and emitted from nowhere; None—the mortal sang as this was part of celestial happenings. It was *Aakashvani* and the *Jyot* appeared with subsequent plea of Swamiji.

It was the hour of enlightenment as 'unknown' was known the dynamics of *Raaum* got spelled out beyond the mythological character. The *Rupa* of cosmic order emitted through silence of *Jyot* yet,powered with acoustic vibration. Thus Swamiji spread the message of eternity through *Ram Ram Naam Sadhana* —the final resort for emancipation and a salvation mode for final refuge.

#### The Beginning—A Quest

There was neither life nor deathlessness; None existed yet, existence remained uncreative and unmanifestive! There was eternal silence and enveloped light dwelled in darkness of beginning !

From nowhere the 'Wish' emerged as eternal silence prevailed upon. This was 'Wish' of Creation The *Lila*—the sport. The *Lila* got soaked into *Maya*—the all pervading and illusive kind! Creativity came to the fore as *Bhur* manifested then earth appeared.

From cosmic water Life 'Vibrated' from *Paramatman* —the supreme being the *Atman* appeared with the creative sound of primal kind.

With Celestial Sound the search began! Some concluded on *Aum*, few could find a *Nama* —the heavenly name.

Some merged into Naman —the eternal salutation!

All went for the Quest to know the Unknown! But most created chaotic sound of Noise Kind. Then much remained Unheard.

Now the time is for Retreat from Noise to Silence —the eternal kind! Search it in any name be it *Shakti* the Mother Goddess or in *Maheshwar, Shyam* or *Ram*.

Swamiji Maharaj Satyanandji gave us *Raaum* the path and goal through Dynamics of utterance. Within *Raaum* the *Aum* Resides —the Primal Sound which created the sound. So beyond the *Aum* The Bliss dwell. Long for the bliss to merge into Birthlessness at the sonic silence where the most powerful Sri Ram resides.

#### Sri Adhisthanji

Sri Ram dwells in the philosophy of Adwaitavad and remains an icon of Nirakar or formless kind!

Swamiji Maharaj could even iconize the formless Sri Ram in Sri Adhisthanji.

Sri Adhisthanji is Cosmos Himself. The Spiritual Sun encoded within with a touch of solar radiance. Yet further within Ram is scripted which sounds aloud within the silence of sound. The light and sound denotes the mode and path for emancipation. The hemming Swastikas at four quarter of Universe remains the benefice border of human spiritual endeavour. The blooming Lotus beneath indicates salvation and nirvana at the manifestive level of spiritual emancipation with Ram Naam Yoga.

## Ram Naam Salutation

#### Pronam

Sri Ram you are my utterance! You are all powerful; You are most merciful! You are sporting and create Lila We fail to understand You-Sri Ram! You are the embodiment of Absoluteness and all pervading. You wished So you created. You are the eternal light You dance upon acoustic vibrations! Your name Ram Ram is the pilgrimage in the sacred corridor!

#### Sri Ram

Please pave the path for our enlightenment. Open our vision Sri Ram. You are eternity You question and test our cravings all the time! For once Won't you stop our mortal craving and allow to play on your cosy celestial lap?

#### The Nada

#### Ram Ram

The loving sound surround me even while I am asleep! Its magical vibration efface our sins and confusion.

#### Ram Ram

The eternal string enhances compassion of living beings! *Ram Ram* the heartful utterance made us also caring and merciful!

#### Ram Ram

is all pervading Pray anytime and anywhere Praying for others is our Mission and then Emancipation is assured!

#### Ram Ram

### Utterance and Modulation

The Ram Naam Devout utters and speak with the base voice of love. The art of modulation, vocal chord soaked with deepest devotion is echoed by Guru. His voice works to create the tide of thought. His Vani uttered in varying frequency takes one for eternal bathing. Let us learn the art of Vani which works wonder at the behavioural plane and a therapy for some as well !

He is Ram Raam Raaam Raaum Raauu....m Sri Ram Sri Ram Rm Rm Rm Jai Jai Raum!

#### Akhand Jaap

Counting beads through sonic corridor in uninterrupted fashion is Akhand Jaap. Akhand Jaap is the Spinal Cord and Kundalini swings up in Sadhana Satsang. Through Japa celestial relation is built up and Ram Avataran follows in light and sound perspective. Day in and Day out the Sound of Japa touches the feet of Sri Adhisthanji and then energy of cosmic light emits to smear the mind of Sadhak and bliss called

Satchitananda is experienced!

#### Ram Naam—Musically

Ram Ram Kirtan remains pious linkage with auspicious pulsation of Rhythm and Rhyme.

The vibration of tune the heart-soaked words and the quest for oneness resounds in *Ram Ram*. The Melody swings the innermost being—where Sri Ram resides.

He gets awakened through the melody of *Kirtan* and He dances with you in His own name as He is within and You are in Him in musical manner.

## Ram Naam—The Seed Mantra

Ram Ram the seed mantra is dynamic energy which manifests with acoustic pulsation.

The sonic Ram remains hidden beneath the silence. Here *Ajapa Japa* remains the linkage.

The sonic vibration at sound level works with Japa and manifests beyond the sound and soundlessness to reach out to Sri Ram at seed level of non-creative *nirguna* called acoustic cosmos of *Ram Naam*.

11

#### Power of Ram Naam

Utterance which rings within is Ram Ram. The silence within has tides of various kinds interwoven with noise and chaos. Ram Ram is silence and sound smoothens the mind so the action is motivated! Tides of sacred thought came up with Ram Naam. Then noise within loses its voice. The Zig Zag mind is tied within. The naughty senses are put to sleep with Ram Ram! Ram Naam is the energy of all creation and uncreation. Ram Naam effaces mortal relation. Ram Ram elevates one and all. Ram Ram Simran is salvation from Birth and Rebirth.

#### Lotus thy Rupa —Sri Ram

Lotus is Revered most in Hinduism. Ancient art and aesthetics are punctuated with holy Lotus which is *Mangalic* and remains the Supreme Symbol of Sacredness!

At the yogic level Lotus blooms as the fragrance of Ram Ram remains within the bud of Lotus allowing a smooth sprouting of enlightenment. A Saint even hears the inaudible sprouting of Lotus bearing the dynamic of Rupa and Tirtha Guna of Manas Sarovar nestled in high Himalayas or in the yogic body of Padmashan gesture and revelation!

#### Conversation

O' Lord What's your identity? '*Iam Ram*!'

How do you look like? 'I am eternal jyot —the light of creation and uncreation'!

What's your rupa? 'I am formless sonic icon.'

How one can reach you? 'Through utterance of Ram Naam. One can recite and utter and within the dynamics of body I remain within silence!'

Where do you dwell? 'I am in every living creature and even in non-livings'.

What's their identity? 'They are also Ram.'

How can Ram be many? 'Omnipresent is Ram It may be in me, you or in all infinity! I am residing in all. O dear Ram!'

How come I can be Ram as you are cosmic? 'You are part of me search within and feel me within the dynamics of sound and silence I am there O' my part You are my Ramansha!'

# **Communication with Guru**

At Sri Ram Sharanam Guru is the Sevak of Param Guru Sri Ram. He utters Sri Ram's wishes and provides guiding perspective all the time and everytime!

After Diksha one communicates with him and experience many mystic messages. Guru enlightens us provided we understand His presence. He communicates, passes orders without utterance. Guru through remote connection plants the seed in you; which sprouts if you water it with deepest Sraddha. His answers get planted within!

Search for those encoded replies and solutions! Be sure of Finding those Cosmic Commandments!

Guru is no Mystic He does what Param Guru wants! Talk to him while meditating He would reply Positively!

Download the messages within to cruise spiritually beyond the mortal surroundings. Guru is there and watching you all the time! Watch out! He is the saviour Just think of him! Sri Ram would speak out from within.

#### Counting Beads of Ram Naam

On the *Diksha* day Maharajji gives us the woollen beads! It's no ordinary symbolism It's a *Raksha Kabach* a saviour in worst of time. It's a linkage of celestial kind. It effaces the sin and purifies the self. It has medicinal power and final path breaker!

With utmost respect and due reverence when Ram Ram is uttered with sound and silence The fingers rub the knots and acoustic vibration works at conjunctions as hand become warm to tune up the nerves Then prem-bhava emits and linkage is established with every knot which weaves the spiritual fabric of Ram Naam.

#### Self - Study

Swadhayay

Rishi Patanjali commented about self-study as a sure mode of merging with God—the *Ishta Deva*. *Swadhayay* remains an Exploration of the inner self then the derivatives become Celestial Commandments.

#### Sadhak

who channels his energy towards his Lord gets impetus of cosmic kind. Be it *Srimad Bhagavat Gita* or *Sri Bhakti Prakash* which help enlighten varying kind and different perspective unfolds like the blooming petal of Lotus on every occasion of self-study.

Self gathering of knowledge is Self- realization and Self-exploration. Thus *Swadhayay* is *Sadhana*.

The sacred texts of immortal kind swing the mindset within.

During Sadhana Satsang delving in the Gita allows the dynamics of mind to come to the fore and be sure enlightenment would dance upon your Third Eye as knowledge smear your Bhava. So Swamiji Maharaj taught us the importance of Knowledge or Jnana Marga and Bhakti Marga at the unification level of Swadhavay.

# All My Ram

Param Guru You are Sri Ram the all pervading all powerful and merciful O'Ram!

O'Guru, O'Param Guru O'Swamiji Maharajji O'Premji Maharajji O'Dr Viswamitraji Maharajji O'Ram You're my Ram!

My friend is Ram My Sakha is Ram My relations are Ram O' my Ram. Your are Ram The Seeker is Ram the Sadhak is Ram the family is Ram The Universe is Ram O' my Ram.

O'Ram you are The Doer Ram The Creator Ram The Saviour Ram. Animates are Ram Inanimates are Ram The Life is Ram The Vision is Ram The Salvation is Ram O' my Ram.

#### Sri Amritvani

The Celestial Nectar flow by Sraddha envelop all as utterance finds a harmony Amritvani touches upon the Bhakti chord within. It's worshipping who chants the pious words. It's Upasana Karma yet mounts upon the Karma path. The food of thought hidden beneath sedimentation of layers after layers is for the thought to explore. So it's knowledge path as well. Amritvani is encoded with most pious Ram Nada. Chant it to experience sprouting of the eternal plant from the beeja or seed mantra Ram Ram.

### Sri Bhakti Prakash

Swamiji Maharaj expressed The Lila of creation in Sri Bhakti Prakash. He taught us a method of divine revelation. He propounded our conscious mind is possessed with subconscious control device where the Devi Shakti presides. The concept of writing The plan of the themes are never done at conscious level. The thought fountain and its stages of revelations are of eternal nature under supernatural control. So every word of Sri Bhakti Prakash remains a direct communication of Cosmic order.

#### What's HIS Nature?

He is embodiment of light! He is fond of *Lila*. He nurtures within all He is ever playful ! He created all of us out of Him only! Gave us Human life endowed us with three *Gunas*—*Sattvaguna*, *Rajoguna* and *Tamoguna*! With these given *Gunas* We act with our choice and so we get results out of our chosen path!

Suppose we act too much with *Tamoguna* of Greed and Lust! Sensually we feel and enjoy it as achievement! But those are layered with pathos and sorrows are in offing! So the pain we get because of our chosen path! But again if you ask for pardon He is the first to excuse us So merciful He is! He is most caring of all Provided You take refuge in Him.

He is within us With the given choice choose your path and be in pain or happiness! If you suffer You make Him suffer! But out of your doings why make Him suffer!

#### How HE Looks Like!

Tell me, Tell Me how Sri Ram looks like? O beholder! Discover Him around you! Some say He is heavenly blue; Some say He is charming Lotus hue Shines like brilliance of million Suns. Showers light of peace like at night of Purnima! Some say He is around you as a glowing aura! Be it His eyes, lips or feet He is just like petals of Lotus Whereupon dews shine as million stars! Some say He is ray of hope As in the dark cloudy night He is a streak of light within you If you search-it becomes a blissful glow More and more you search It grows bigger and bigger It's eternal light which casts no shadow It takes you there where no darkness prevail He is Jyotirmay-Sattvaguna-Satyaprakash!

### Sri Ram — The Teacher

He has given us this precious life To teach and to choose from! Be creative, Be promising But always remember Him He will take you to the Pinnacle. Success would touch your feet! So loving he is!

Avoid the acts of negations Recite His name to keep aloof. See that you are closer to HIM away from greed and lust!

He is *Paramkripalu* He is the bliss hidden in you. He plays hide and seek while residing in you! He loves you more when you search Him hard within the noiseful inside!

His Lila is all pervading You can talk to him You can seek help from Him! He is within you— Just a sincere call away! Chant the Naam Out comes Raaum.

## Ram Naam — The Philosopher and Guide

#### Sri Ram

The Cosmic Guide for mortal and immortal traverse! Once we realize He resides within and *Simran* of *Ram Naam* is done painstakingly then brilliance radiates! And the question of 'To be and not to be' never arises!

Negations and self-control become involuntarily powered. Wrong thoughts wither, so the negative *karma*!

Through the awakened Vivek He talks and guides for life cruise. Live for Sri Ram Leave out the given negatives. Thus Sri Ram once awakened within guides one and all to reach out to the eternal frontiers!

#### Ram Naam — The Yoga

Away from Maya Close to our heart Spiritualism resides! It's Science and Philosophy; It got reasoning called Bhakti which runs on a belief system through the Ether cord called Nama. Ram Naam is the essence within It's a spiritual path and destiny as well! Ram Naam purifies the Self beyond the Identity called I It has a rhythm as young as a splashing rivulet.

# Ram Naam

remains unuttered It runs from spinal base to vocal cord, yet remains silent. Then it springs up to reach our mind and the flash of eternal light is seen at the third eye— The Shree Nayan Then Bliss besmear our heart for eternal bathing. Let Bliss of Ram Naam shower on us for final emancipation.
#### Naam Guna

Ram Naam Simran allows attainment of pleasure and peace. Constant remembrance day in and day out remains Upasana and alongside mortal calling Ram Naam Simran facilitates Karma Kanda.

Meditation and contemplation with the touch of silence and utterance of *Ram Naam* cause the self-control and divine benediction follows. The *Naam Guna* changes perspective of life and culminates into eternal peace while journeying to the final abode of Sri Ram.

# Bhakti Bhava

The Sadhak who nurtures deepest love for Sri Ram gets possessed! The Bhava called Love or Prem dwells within. It arouses the longing for the ultimate merging with Sri Ram. The love of eternal kind empattern a sort of surrender to Sri Ram beyond the Birthlessness and Deathlessness. This Bhakti Marga is Karmic and also the mode for realization of knowledge. Thus Bhakti Bhava helps weave the cosmic robe for enwrapping the Sadhak while aspiring for salvation!

## Sri Ram—Our Sakha

Fall in love with Sri Ram He is Sakha He bestows Love eternally!

Being lover We seek him Around always! While we do Simran He teases us more When His name gets intensified He Plays hide and seek!

But in distress He appears With healing touch and we forget pain in His love So dear He is He smears our mind and soul with love and care He is Sri Ram He is our *Sakha* Beyond the realm of Birth and Rebirth!

## Ram Naam—An Awakening

Ram Naam the utterance is the sacredmost acoustic expression. It purifies one from within. Fear takes the backseat. Ram Naam wards off the sins and erases our negative qualities. Ram Naam if deep in heart actualizes the emancipation from mortal life!

# Ram Ram—The Mission

Ram Ram the Question Ram Ram the Answer Ram Ram the Lila Ram Ram the Sport Ram Ram is Quest Ram Ram is Riddle.

Life is Ram Death is Ram *Karma* is Ram *Upasana* is Ram Knowledge is Ram.

Ram Naam gives us the Vision Ram Naam awakens the Mission Ram Naam is Prem and Invocation Ram Naam ensures spiritual Salvation.

## Melody

The melodious *Ram Ram* is the Celestial Hymn. It's like nectar for the pious kin It's the divine *Japa Ram Ram* within!

## Aspirations

Sri Ram is eternal and truthful! He is the light and the bliss *Ram Naam* is embodiment of Cosmic Tranquillity He remains all powerful and highest in dynamics of aspirations.

## Sri Ram-The Guide

Sri Ram is the cause and effect of all utterance. In Him we find solace. From Him the nectars flow. He who empatterns our chanting. He who guides for our salvation.

## Where Sri Ram Resides !

Ram Ram has its glory Hidden beneath — Discourse Chanting and Singing! The eternity of His forms Remains the quest for Sadhak.

## **Holy Name**

Sri Ram is the holy name His Simran is the prologue of a song. Ram Ram is yet a cosmic punctuation for the thoughtful Sadhak. Meditate upon Him– Source of all solution So is Salvation lies within Raam Naam.

## The Path of Knowledge

Distinguishing between truth and untruth pure and impure wrong and right remains the Knowledge!

Knowledge is not the bundle of orthodox texts but fathoming the truthfulness within the chaos of thought and philosophy.

Knowledge is realization which is in harmony with natural self. Because nature within has dynamics of God—Sri Ram and fathoming absolute truth remains the cosmic longing and the path for spiritual salvation as well.

## **Final Abode**

Ram Ram wherever it resounds it reigns the eternal pleasure. Ram Ram the eternal Juice unfolds its mysticism which lead to the final abode of Peace.

## **The Eternal Cruise**

Ram Ramthe sonic string links to the immortal state of Supreme Soul! Sadhak who contemplates and meditates upon His ńame can cruise calmly across the temporal life-ocean and finally merge with Sri Ram The summing up of life is Ram Naam.

# The Sacred Sound

#### Ram Ram

when uttered with utmost *Sraddha* the mind gets smeared with the sacred sound of Sri Ram. One finds the abode of Sri Ram who dwells nowhere but in the very name *Ram Naam* within the sound and silence of *Japa*.

### Mangalic Utterance

Sri Ram is all pervading who showers the bliss! He is trouble-shooter for mortals, as we are! Yet, in His name The light of salvation glows! He is *Mangalic* as the utterance of *Ram Ram* remains the sheet anchor of the *Sadhak*.

## Cleanliness is Sacredness

Sacredness of mind and body remains the rim of the spiritual wheel. Cleansing be it of clothes, or mind body is coupled with pious soul. And self-cleansing is the process progressing towards the *Dharma* of righteousness.

### Contemplation

Meditate upon Him Contemplate on Sri Ram —the dispenser of ultimate bliss! Let your heart sing in an uttered state! Then divine realization will envelop you! Your mind and body will stand still!

#### Instal the Ram Naam Icon

Instal the formless Icon called *Ram Naam* in your innermost self at the first string of acoustic centre. Then Bliss will be gotten! Remember... Where the sacred name *Ram Ram* dwells There resides the Lord of all the *Vaikuntha*!

## Internalizing Purification

Once we instal the Sonic Icon Sri Ram in our heart! We thus endeavour the self-cleansing process! The limitations of double face and duality of character get destroyed!

Chittasuddhi remains the goal of Sadhak! Banishing anger diminishing lust and nurturing love beget the purification within. The pious inner-core flashes the fragrance of sacred kind. Thus purification ensures direct linkage with the God who is seated within in the state of trance ----Satchitananda.

### Sri Ram Around You

As the acoustic vibration revolves in the body Ram Naam Resounds as reassurance with Sri Ram whose abode is within you. He watches all your endeavour So you beware of His presence everywhere. He swings and feels sad when a Sadhak nurtures aberration!

Thus Sri Ram is the witness He is the guide and goal as well. So feel him around all the time and seek His guidance. Then you would realize the Dynamics of *Ram Naam* the eternal spiritual boat ferries to the final abode!

# Ram Naam — The Tranquilizer

While one chants *Ram Naam* it involuntarily effaces the mortal agonies! It is a soothing Tranquilizer easing the mind for our spiritual journey!

#### Ram Naam - The Eternal Exit Gate

Sri Ram remains the final frontier! His eternal name is smeared with bliss! He is the Exit Gate for the mortal life. *Ram Naam* is the tree and seed as well which provides the shade through its acoustic swell! Blow off your fear Do *Simran* everywhere Get rid of mental agony On your spiritual journey.

## Ram Naam-The Purifier

Ram Ram

The sacred name When uttered through Guru's voice becomes dynamic As that simple word is processed in *Siddhi* Its utterance gets brilliance! Thus once one gets *Diksha* with *Ram Naam* the life and *Karma* change!

#### Ram Ram

remains the source of mystic *Lila* as it effaces the wrong and purifies within! It banishes *papa* or sins of *Karmic* level and negate the negative contemplation. The mortal fear and agonies wither with His name So *Ram Ram* remains the most powerful seed *Mantra*!

## Patience

Patience dwells in Will Power to control human thought and action. The Will to control is the patience to highlight and experience the *Dharma*!

## Merciful

Being merciful is another element of *Dharma*. Avoiding provocation in any perspective comes out of self-control and forgiveness. When Sri Ram can pardon the sinners then why can't we follow his footsteps?

Forgiveness usher in calmness which help inward adjustment that is linked with our endeavour.

### Ram Naam Miracle

Ram Naam Diksha leads to spiritual sphere; Ram Naam Yoga awakens the sleeping self!

Ram Naam expands our horizon perspectives and vision. Ram Naam helps achieve spiritual mission! Yet, the lure of unending ambition is Maya's creation posed by Sri Ram as a sign of interrogation! We the Sadhaks should realize that materialism is not the ultimate frontier. It is a spiritual barrier!

#### Ram Naam

is inherent with mystic values and spiritual *Siddhis*. One has to nurture it for achieving spiritual realization and emancipation through *Ram Naam*. *O' Guru, O'Param Guru* help us to get drenched in the eternal *Naam*.

#### Loving Ram

Since I became Ram Naam Sadhak I have fallen in love. My love with Sri Ram remained platonic as Lila and Viraha swinged within me! My love affair with Ram remain a secret affair!

Today when the world of lovers enjoying Valentine Day Sri Ram teases me to enjoy a Divine Day.

He is my Sakha who stands behind me and plays hide and seek. When I look around He is not found! He taxes my patience feigning innocence!

Sri Ram plays the game 'catch my glimpse' and makes me tame. Then romance rolls up and I don't give up.

He utters from distance and runs away. I follow the *Ram Dhun* but not able to utter! He beams a passionate look and make me shudder!

I feel lost and my heart beats faster! The silent light fascinates me as I close my eyes and he plants a kiss on my 'Third eye'. But He never awaits my response as He runs away with a teasing smile! My love for Him gets intensified so my longing. He comes to me with Sakha Bhava and breathes heavily close to my heart! He smears me. with divine grace and I wait for another date!

Everyday He comes and goes and before parting I hear him saying 'Same time, Same Place'.

He comes back to keep His promise. He remains my pulsation *Ram Ram* I am in bliss and in deep love O' Ram!

# Sri Ram-Love Me

Lovely thy name O' Ram. Love you bestow upon to all sinners like me! So loving merciful you are Sri Ram! Ram is the utterance of cosmic kind. I cannot equate your love my voice my mouth is not worth thy name! Yet, you allow me to chant! So merciful you are Sri Ram!

Your Prem Bhava is all pervading and engrossing! Yet I remain ignorant an ailing patient of Tama Guna! Thus I fail to pronounce your name with loving care so I falter! Give me your love Even an atom would do! It will enable me to experience your Prem Bhava which is unfathomable for an ignorant like me!

## Merciful Sri Ram

Asraddha Adharma overpower ordinary mortals. But the sinner who takes refuge in Ram Naam can escape the pitfalls! Sri Ram is all merciful and grants refuge with no discrimination. Those who nurture Tamasik Asraddha even get respite through Ram Naam. Ever pardoning Sri Ram is there to salvage those who surrender to Him heart and soul.

## Ram Kripa

Ram Naam Sadhak longs for the Bliss. The Bliss and Blessings of Param Guru is Ram Kripa. Sri Ram being most merciful His Blessing or Kripa takes away negations of life and death. Blessed with Ram Kripa one need not bother about salvation. Ram Kripa is the celestial linkage enjoined with Naam philosophy and realization. Ram Kripa is absolute truth a spiritual means for emancipation!

#### Ram Naam and I

We put our Signature in our every deed! The credit line of our endeavour remains so pronounced that *I* works too much to cow down others, belittle many. *I* the ego is the killer of good deeds and sacred endeavour gets ruined! So the blessings are lost!

At Sri Ram Sharanam Param Guru is the doer who allows every benevolence. It's with His grace Guru allows a Sadhak to serve. Yet some Sadhaks stand foremost even with folded hands! But in course of time they get smaller in the eyes of others.

Thus banish the *I* in yourself and dedicate yourself to Sri Ram. In the process *I* gets crushed so are its pitfalls.

Think and act as if He is enacting in yourself. Thus self of shallow kind gets the back seat!

## Sri Ram the mighty acoustic vibration can uncover our narrowness and disillusion follows. Chanting of *Ram Naam* shortens our king-size *I* and widens our endeavour of pious deeds of selfless kind.

#### Ram Naam and Maya God

Maya is the Devi of Wish and Desire. She is the creator of Lure and Lust! She invites for drinks and drugs wealth and worthless sensuality! Mortals become temporal casualty! To escape the menace called Maya pour no more oil in your Diya of Desire. Constant remembrance of Ram Naam helps escape the vicious circle of unending pleasure whereafter follows the whirlpool of agony and pain. Banish the mortal wish and Sri Ram would help to wipe out your sins and cruise across the ocean of birthlessness to his Vaikunthathe final abode.

## Ram Naam-The Mystic Three Ss

Ram Naam Sadhak should practise Samvam. This is self-control -a mechanism of positive punctuation against greed and lust. Self-Discipline pious conduct is Samyam. Constant Simran or remembrance of Ram Naam serves as a spiritual link. Every endeavour initiated with Ram Naam is Simran of celestial kind.

Sewa for Ram Naam is an act of self-offering to Sri Ram. Sewa should not demonstrate pseudo dynamics or vanity and ego emanating from earthly wealth. Sewa is complete submission to Sri Ram with no question asked!

Samyam, Simran and Sewa are the three Ss which illuminate the spiritual vision of the Ram Naam Sadhak.

#### Shelve the Anger

Anger is a reflective state of mind. It disturbs mental disposition leading to use of negative words and provocative action.

When Sadhak is angry his patience is tested and tranquillity distanced. Sadhaks who do Simran of Ram Naam should be aware of the enemythe Anger. Ram Naam processes the mind to evolve peace within! The Prem Bhava once awakened the disturbed state of mind takes the back seat and divine peace reigns within.

## **Doubt**—The Hindrance

#### Sri Ram

the name of *Param Guru* is the finest link in our spiritual endeavour! Sri Ram is the embodiment of *Nirguna Ram Ram*—the seed *Mantra* is no common commandment of Swamiji Maharaj. He asked us to realize its significance and as a student of Science experiment with the formula of *Ram Naam*.

But if one nurtures doubts one will get caught up in the whirlpool of Sanshay. Doubt begets doubt and one will get landed in the blind alleys of life. Do away with the doubt and surrender all your questions to Sri Ram. In the process of cultivating belief a new vista of Revelation and Realization is opened up and you bathe in the divine light!

#### Maan--The Turbulent Heart

The mind capped with desire of all absurd kind is *Maan*. It's like splashing rivulet or violent wind with no bind! So Swamiji Maharaj describes it '*Awara Gardh-Maan*'.

To checkmate deviation one should engage oneself in *Karma* and *Ram Naam*. Then mind would not behave like the tide of the ocean.

If each day is time-framed with heavy schedule so that mind does not remain idle, then one can get rid of negative thought and action.

Thus if days and years are well punctuated with positive endeavour then life gets disciplined. Again *Simran* of *Ram Naam* rolls down the carpet of *Dharma* within to help the mind tread the path leading to emancipation.

### Cultivating Cult of Control

The things which are not ours, fascinate us most. Passionate desire creates war within and makes us aggressive.

The desire for other 'women' and other 'men' disrupts our *Sadhana*.

Sadhak who champions Dharma should desist from temptation. Desire and longing for anything not 'ours' should be banished.

Remember the most facinating thing of the world is Sri Ram who is within you provided you uncover yourself. *Ram Naam* would facilitate tranquillity within which in turn would keep our desire under control. That is the manifestation of Sri Ram.

#### Daan—The Gift

Charity or Gift when meant to uplift others is *Daan. Srimad Bhagavat Gita* indicates three kinds of charity— Gift of Knowledge. Gift of Counselling Gift of Service.

Donating knowledge which has benevolent effect for others is *Mahadaan*. Counselling with positive perspective is *Sumati Daan*.

The other *Daan* is *Sewa Daan* the mission of service of a devout. Again, *Sewa* which is selfless and with no expectations is *Mahadaan*. Service by imparting knowledge, offering counselling and the service itself remain the three types of *Daan*.

### How a Sadhak should be

Shelve thy jealousy shed vengeance and let the *Karmic* level be balanced !

Love and friendliness to all and sundry should be the guiding factor for a *Ram Naam Sadhak*. Winning all with love should be the motto without discriminating friend and foe.

Compassion for all demarcation with none and sincere involvement in other's pathos ensure a Sadhak's Prem Bhava!

No Sadhak should be ruthless and nurture aloofness from anything and anybody.

Banishing the aggressive ego should be the *Sadhak's* goal. Attitude of Self-control and mental disposition to pardon others need to be nurtured.

The behaviour of a *Sadhak* should be balanced even when faced with extreme happiness and sorrow.

Self-contentment with whatever one gets and unperturbed with whatever happens around should be the nature of a *Sadhak*!

Sadhak's heart be linked with Sri Ram and the self, the mind and intellect be dedicated to Sri Ram.

Sadhak's will power and his trust in the chosen path should be unflinching and unshakable!

#### **Duty is Worship**

The whole universe is created by Paramatman-the Supreme Being Sri Ram. He dwells in allanimate and inanimate alike. He destined all with their respective Karma. Deviating from one's path of Karma is aberration. Duty towards parents or to the family or to the society or to the creatures or even to the flower and plants remain the duty of all as ordained by Sri Ram. None need to give up his Karma as Karma itself is worship. Sri Ram dwells in all Karma Discharging one's duty is an act of worship.

## Fearless Mind

Sadhak

who surrenders heart and soul to Sri Ram fears none and dares all. The fearless mind submerged in Sri Ram sails on the celestial cruise charting seas of life beyond with no fear of losing anything even not the mortal life!
# Ram Naam — The Medication

Humans, as they grow, get submerged in the given negatives of life. Some get addicted to drinks and drugs others get entrapped in other deeper sins.

These in turn invite ailments of incurable type. Pain and agony follows Pathos spread within.

The ailing mind and the suffering body can be cured only with *Ram Naam*.

Ram Naam Simran ignites Viveka—the conscience. The awakened self beckons the sinner to lead a sane life Chanting Ram Naam all the while.

Constant Ram Naam Simran effaces all the mental ailments. Ram Naam remains the Mahausadhi as it cures the mortal craving.

# Experiencing Naam Medication

Life is full of craving with its attending tension. It disturbs the physical and mental health. *Ram Naam* remains the spiritual medication Swamiji and Gurudev have told us time and again.

It so happened on 19th January, 2000. I had a stroke of cerebral kind. causative factor remains my brain hernia from the frontal sinus. I experienced millions of electron raining down from my head as I was slipping into coma. Numbness spread all over my body left with the feeling of getting paralyzed.

I had no access to medicine as it was late night! Yet, Emergency hospital treatment was unaffordable.

I left myself to Sri Ram *Ram Naam* chanting went on within in an involuntary fashion

I forgot the time and space I felt myself semi-dead as the body was fast turning into bundles of nerves. But,after hours of this ordeal I could open my eyes I got the strength to lift my hands and legs.

Chanting of Ram Ram went on I slept when I knew not I got up when it was new morn The whole day passed by as if in trance Physically my chest pain was on But there continued Ram Naam Simran Finally I slept to wake up again My mind and body had no pain! I took no medicine during 72 hours ordeal! Yet I got myself recovered with spiritual medication-Ram Naam. That is what I faithfully feel!

### Ram Ram Prayer

Ram Durbar is the sacred place where each prayer is heard and solution comes forward. Param Guru Sri Ram is most merciful Ask anything from Him and He would provide you everything! But ask for something immortal It's foolish to ask for anything mortal. Pray to Sri Ram for escape from Life and Death or grant you unquestionable Love and Bhakti for Him or the final oneness with Him. Heighten vour Ram Naam Simran to the highest order and demand anything from Him But that must be towards Spiritual Salvation. Smaller things of life like cravings and desire beget more craving and more desire with the fulfilment of our cherished craving and desire. Sri Ram could give you everything but at the end you would be entrapped and caught in the net of earthly longing and die with unfulfilled wish and desire! Chant Ram Naam and cherish something sublime and pray for prosperity of immortal kind.

# Ram Ram—Jai Jai Ram

Ram Ram Jai Jai Ram O' Eternal Jyot You're so caring Sri Ram! The sound of your name empattern our mind and deeds within our Silence and Sound! Your Nada smear our heart as we negate our Given Negatives! You the Ram Ram remain our seed Mantra So please grant us refuge Give us the power to do Japa where you and only you will rule over our Body, Mind and Soul-Beyond the horizon of Birthlessness and Deathlessness! Ram Ram Jai Jai Ram O' merciful Sri Ram!

# Revelation — A Secret

#### Ram Naam

the eternal fountain springs out from within The Lila of Metaphysics comes into play internally With the Guru's blessings the Sadhak hears the inaudible He sees even the invisible and experiences ecstasy within! This Lila is the memorable milestone on Sadhak's spiritual journey Keep this realization a secret! Share this secret with none but Guru only Mortal relations have nothing to do with this Lila Sadhak's lonesomeness is facilitated by Sri Ram This is Sadhak's spiritual saving and it should be multiplied with nobody knowing anything!

# Composure

To aspire for spiritualism and realize the *Guna* of *Ram Naam Sadhak* should nurture composure of mind. This is a prerequisite for the realization of *Ram Naam* Aspiration follows within the dynamics of *Japa* when the mind remain calm.

Away from chaos and noiseful within the sedateness reigns and within it Sri Ram resides.

Ram Naam Sadhak has to silence the sound within and without, to cultivate composure of mind to realize Sri Ram!

### Sadhana

Sri Ram O' my beloved Ram You remain my goal and noble soul! Let me cultivate the deepest Bhava with divine Guru Kripa Let me mend my behaviour and purify my body and endeavour! Swamiji Maharaj taught us to create the 'Sacred Temple' called the self before installing Sri Ram there Let me try to do this though it is impossible Let me make possible what seems impossible.

Let me understand the cosmic Ram Dhun Let me sing and chant loudly and silently in Ram Durbar Let me collect myself completely Let me find Ram Dham in Ram Naam O' my Guru! Help me and guide me to surrender myself to Param Guru.

### Wish Tree

I wished to have pleasure; I became a victim of Maya. When one wish got fulfilled other desires peeped out and insistence on their fulfilment followed. Of late I found myself besieged with pain and pathos. But Guru Kripa showered on me and my Vivek called conscience was awakened. Sri Ram dwelled in my nervous system with sonic pulsation! I was stopped on every 'negation' I was warned within Then I could control some of my longings! Wish begets success and success is often suffixed with pain! Such is the impact of wish called materialism! Now I hear the voice of Guru commanding me only to chant Ram Naam and aspire for Wish that begets Bliss. I have full faith in Ram Naam and Sri Ram takes me from one horizon to another horizon in search of my salvation.

### Faith

Without Faith in *Ram Naam* nothing fruitful comes out!

Life without Ram Naam besiege ourselves with sorrows and suffering !

### Sri Ram

tests the devout with inflictions of pain and pathos! But unflinching Faith binds the sincere *sadhak* to Sri Ram!

# Sri Ram when faithfully felt within elevates the Sadhak as Peace dawns and Bliss showers! Manifestation of Faith in Ram Naam is the salvation itself!

# Belief in Ram Naam

Human beings since childhood nurture many a Belief and many a *Samaskar* grow with them!

Absolute Belief is the seed of *Ram Naam Sadhana*. This Belief is unquestionable and the seed-like Belief sprouts all spiritual aspirations be in this life or the life beyond!

# Confidence and Ram Naam

Confidence in Guru is the foundation stone of the edifice-Spiritualism. Walking along the spiritual corridor our Guide and Guru we discover who helps clear our doubts and confusions in life! Confidence in Sri Ram and confiding the spiritual self to Him is a matter of Faith. Guru has confidence in Sadhak thus he unfolds to him the mysticism called Sri Ram who is all powerful and all pervading. Confidence remains the key of the spiritual vault-**Emancipation!** 

# Divine Revelations

Divine revelations are no illusionsrather a matter of realization. Commandments or Akashvani heard or felt within with Guru Kripa is the mystic thread which patterns a weaving of loving relationship with Sri Ram. Feel Sri Ram within and revelation of divine kind would flow out to enable you to rescue ind help others who need you to reach out to Him.

# Ram Durbar

Here in *Ram Durbar* Sri Ram is surrounded with His acoustic presence.

Sri Ram remains within the silence and melodious sound in *Ram Durbar*:

Ram Durbar is the Tirtha whereby acoustic Ganga flows by. Ram Naam Sadhaks chant in ecstacy and bathe in the spiritual sound at Ram Durbar.

Sri Ram dwells in *Ram Durbar* But He requires no flower or ritualistic offering.

Sri Ram can't be pleased with fruits and sweets. He does not descend at the auspicious hour. Sri Ram prevails beyond time and space.

He purifies all who offer Him nothing but only themselves.

Ram Durbar is the escape route of all mortals from earthly suffering.

Feel the presence of *Ram Durbar* everywhere and pray for others then and there. This pleases Sri Ram who dwells in sonic power in the omnipresent manner.

# Ram Naam and Trust

Trust in Ram Naam is the cosmic pillar whereupon stands the spiritual stair. Ram Naam ensures conscious stepping over there Trust in Ram Naam is the pivotal hinge whereupon rests the Sadhana urge! Trust in Ram Naam is the spiritual manifestation ending up in final salvation.

# Sacred Word—Ram

Ram Naam is the lyrical, sweetest sound of eternal kind. The lucidity within Ram is like the musical aalap. Ram Naam is like listening to rhythmic music of the sacred sound of creation!

The core sound Ram Ram is the cosmic key and at Japa it is the mode or Simran which unfolds the mysticism of unfathomable dynamics of eternal acoustic energy that is Ram Naam.

### Pravachan

Sri Ram wishes The *Guru* utters and proclaims the path of eternal kind.

Sri Ram feels for your failure and sorrow Then *Guru* casts his attention and pray for your salvation both mortal and spiritual !

Sri Ram grants the Kripa on Sadhak Through Guru Kripa the Bliss is showered Nurturing ultimate Sraddha on the words of Guru is of primary importance Guru Vachan or his words are ordained by Sri Ram Himself Guru says whatever Sri Ram wishes to utter. Guru remains the medium and through his Siddhi he guides us successfully on the spiritual track.

### Namaskar

Swamiji Maharaj proclaims that before meditation offer yourself to Sri Ram as you lower your heads. Self without I and submission to Him should be complete. Articulate movement of body is followed by Bhakti filled utterance of Sri Ram. Thus mind and body remain harmonized. Swamiji again proclaims that the total submission to Sri Ram not only cause Mukti but also efface Papa we gather as a stone gathers moss. Sri Ram is the eternal light and graceful offering of Self to that light pave the path for the complete submission and amalgamation with Sri Ram.

# Dhyan

Installing Sri Ram at your third eye and experiencing the Bliss is the secret of meditation for Ram Naam Sadhak. Meditation leads to Siddhi and then celestial linkage is established with Sri Ram. Mysticism and salvation is awaiting the Sadhak to open up new vistas of vision beyond Deathlessness and Birthlessness.

# Meditation

Swamiji guides us how to submit to Sri Ram. Namaskar to Sri Adhisthanji should be with Bhava-purna bowing. Attention should remain towards the spiritual Sun whose radiance beams from the third eye. Ram Naam chanting within helps open up the ten Chakras and hence Chittasuddhi can be attained!

It purifies *Buddhi* and *Vivek* comes to the fore For the *Ram Naam Sadhak* Salvation reaches the shore!

# Ram Ram- The Lyrical Note

Sa re ga ma It's Shristi or the cosmic beginning called Ra...au...mma! Ram Dhun rings on eternally! It's a musical voyage as Dhun sings on Ram Ram Ram!

Ram Ram Ram is the song and tune It's the musical instrument as well!

Sound of *Ram Naam Dhun* purifies the mind and soul and links it up with sonic Sri Ram. It's an *Aalap* or *Kheyaal* yet never changes its *Raga* while hour after hour *Ram Ram Ram* keeps on ringing the world over!

85

# Ram Naam — The Cosmic Tree

Ram Ram the seed when sprouts slowly Tree it becomes! It is immortal or Akshayay which provides spiritual shade to all.

#### Ram Ram

branches out from one end to the other sometime it is a root; sometime a stem; sometime a fruit; sometime a seed!

Sri Ram resides in the cosmic tree which envelops the whole universe of active or inactive kind! He is the shelter He is the food He is the means He is the goal He is *Param Purush* —the Cosmic Tree!

.

# Sonic Sri Ram

Sri Ram is omnipotent and omnipresent He is beyond the Icon time and space He is *Arupa* yet *Jyoti* remains His true identity.

Sri Ram is above all the nature so He is *Nirguna* Yet He is merciful and caring He remains for all who take refuge in Him!

Through rituals of worship with flower and food He need not be reached. He is accessible through Japa, Simran and Kirtan So simple is Sri Ram. Complete surrender to him in acoustic silence with Prem Bhava would please Him. He distances nonerich and poor or the helpless sinner He resides within you just you remember!

# Sri Ram—The Positive Energy

Sri Ram dwells everywhere He is the positive energy of the Universe He comes down as rain from the space For a Sadhak who lives with Simran may observe sparkling rain without water pouring from the sky in a diagonal fashion This is the positive energy and if we are correctly tuned to Sri Ram we will be bestowed with divine Ram Kripa.

Ram Kripa is the eternal energy raining down all the time But it can be observed only when we have the capacity to vision His Lila.

### Shelve the Fear

Sojourn in the mortal body is an individual affair. Individually we feel lonely no matter how big is our family and the spread of our relation! Mortally we flock together only to get rid of pain and fear.

In the lonely life our only partner is Sri Ram who helps us to discharge our duties and dispel our failure and fear.

Ram Naam is the eternal cord It's an antenna to receive revelations It's a stick to walk across! It's a whip to control our aberrations Sri Ram is the friend living within you So then why fear when He is the navigator!

# **Testing Time for Sadhak**

Ram Naam Sadhak with lukewarm approach towards Sadhana sometime lands up in the whirlpool of suffering. Then the Sadhak tends to abuse his name and fame with the acquired spiritual power The sweat of unhappiness erase the noble Karma of yester years.

With the passage of time the *Sadhak* realizes his mistake and sets himself steadily on the path of *Sadhana*.

Again with the time temporal sorrow take the back seat after the testing time is over With divine grace the *Sadhak* is all set to experience the bliss of eternal kind.

# **Cry in His Name**

Tears roll down the cheeks of *Sadhak* not for temporal sorrow not for mortal loss but for spiritual elevation Those tears roll down only for repentence and spiritual submission Cry for Ram Cry with Ram and more tears you shed you become more blessed ever ready to take off for final emancipation!

### Ram Naam Addiction

Drink a glass of Divine nectar-Ram Naam It produces a sort of spiritual intoxication The state of addiction and the trance experienced within is sublime. The elevation the swing the vision of Ram Lila open up new vistas of spiritual experience. Divine bliss and piousness dawn on you There is no supplement to Ram Naam The life is worth of addiction but only with the Divine nectar-Ram Naam.

# Sri Ram Within

Japa Ram Japa Ram Jai Jai Ram Japa Ram inwardly Japa Ram outwardly Japa Ram Japa Ram Jai Jai Ram.

Remember Ram Simro Ram Japa Ram while dreaming or working Japa Ram while talking or walking Japa Ram Japa Ram Jai Jai Ram.

Think of Ram Look up for Ram Try to feel Ram Talk to Ram Live with Ram Japa Ram Japa Ram Jai Jai Ram.

Japa Ram Japa Ram with open heart and with no halt Laugh with Ram Joke with Ram Eat with Ram Sleep with Ram Jai Jai Ram Ram Japa Ram Japa Ram Ram Ram.

# Karma Yoga

Swamiji Maharaj proclaims— *Narayan* resides in one and all and dedication unto Him at the *Karmic* level is *Nishkama Karma*.

He is the absolute one For the *Sadhaks* He is Sri Ram He showers inspiration for human *Karma* and through the medium of sound His blessings descend.

Thus life and death happiness and sorrow bliss and blessing are part and parcel of Sri Ram Dedicate your work to Him and live for Him Then Mukti is assured Karma I do Karma you do let it be done piously in His name He is the creator and controller of all Karma and its fallouts.

# The Eternal Deepak

Ram Naam the eternal Deepak beams light of enlightenment amongst Ram Naam Sadhaks.

Ram Naam clears the vision Illusion and lust get faded The wish and longing for Sri Ram get enhanced!

Ram Naam burns the mortal wish and paves the path for liberation of eternal kind!

# Ram Naam—The Light

The alphabets of eternal light are infinite The rays and flickers beam from nowhere are personification of Sri Ram.

Our knowledge of colours is not enough! The streak of shining colour the mixture and collaboration of visions of vivid nature are all His play! Sometime it dances upon the third eye sometime it smears the eyelid and a feeling of divine happiness run through our nerves Sri Ram proves His presence through the medium of Lightdivine and sublime.

# **Never Question!**

Sri Ramthe cosmic sound and embodiment of formless eternal light! Sri Ram is unquestionable and beyond doubt! He can be reached only with Sraddha and not through sheer reasoning His Guna can smear all the mortal beings! Sri Ram is all powerful! Pray to him while in distress He is all merciful! **Experience Him** with total submission to Him! He is the final goal of emancipation Experience it while doing Sadhana and get all your reasoning answered! But question Him not being a mortal being! Yet you can argue with Him Talk to Him and even fight with Him He would smile and love as a mother does So affectionate is our Ram Feel Him through love and Bhakti and question never your spiritual endeavour.

# Silence Called Sound

Silence is Sound it is nothing mystic When sound loses its pitches and echo fades the silence peeps out within Ram Naam Japa allows this experience Sri Ram resides in the sanctum sanctorum of the heart hemmed with silence The state of mind sans chaos or sound is the significant aspect of Sadhana Satsang I wish I could be able to fathom the frequency of Anahata or soundlessness or silence of celestial communication.

# Ram Bhaj

Ram Bhaj Ram Bhaj Ram Ram Ram Feel Ram within Feel Ram without Ram Bhaj Ram Bhaj Ram Ram.

Ram Bhaj Ram Bhaj Ram Ram Ram Ram is in pain and pathos Ram is in happiness and peace Ram is in distress Ram is in loneliness Ram is in loneliness Ram is in peace Search Him in work Search Him in worship Search Him in self-study Aspire for Him Inspire others for Him Ram Bhaj Ram Bhaj Ram Ram Ram.

# Archana

Ram Naam Archana is the essence of life and living Ram Naam Archana effaces the negations of mind — jealousy, anger or hatred.

Ram Naam Archana makes the mind pious and purify our endeavour.

Ram Naam Archana inspires the mind for immortal longing and helps cruise down the road of mortal duty.

Let us pray to Sri Ram Let us chant *Ram Naam* Let us live a life of dedication Let us live a life of meditation This is the essence of *Ram Naam Archana*.

# Viraha—The Parting

During Sadhana Satsang we witness the vision of love and loneliness Materialism banishes Spiritualism awakens Mortal relations and the sound around take the back seat.

Introspection is allowed and dynamics of elevation is felt Maharajji's voice His thought mould our mind towards spiritual aspiration In the Akhand Jap the sound of silence and chanting of light spark off a sort of repentance for our earthly deeds! But at the final hour we are oblivious of everything and find ourselves playing on the lap of Gurudev and Sri Ram Then time comes for parting The sense of parting or Viraha looms large on our mind We wish to come back again and again at the feet of Param Guru for furthering spiritual realization.

# राम राम

... "Gautam in his <u>101Ram Naam Theme</u> and <u>Thought</u> has begun with <u>Ram Naam</u> Vision and concluded his exposition with Viraha encompassing ninety-nine thought provoking titles in between. A figure of 101 is considered highly auspicious in Hindu Mythology. He has covered 101 themes in 101 pages. A page a day will make <u>Sadhak</u>'s day. I congratulate Gautamji for his notable revelations on <u>Ram Naam</u> which when contemplated by <u>Sadhaks</u> will bring them peace, joy and bliss...."

5-17

1 - 1

3

रामराम

रान रान