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1959

‘OM’

AT THE FEET OF MY SADGURU



HIS HOLINESS  
‘SHREE MEHER BABA.’

By  
C. V. Ramanuja,  
Meher Asramam, Saidapet.



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“The heart of man is a temple ;  
when its door is closed to man  
it is also closed to God.”

INAYAT KHAN.

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‘ OM ’

### 1. Prostrations to my Sadguru,

That noble Soul merged in Parabrahmam,  
Come out to the Earth in human form  
Bearing the name of Shree Meher Baba,  
For the upliftment of Humanity,  
Prostrates the devotee in all humility  
Bearing the name of Ramanuja.

OM.

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### 2. An appeal.

O Babaji! Blessed Sire,  
I pray Thee, call and cheer me, dear,  
Thy saintly life once when read  
Freeth the heart from all dread;  
Restrains the passion and the pride  
To fight life's battle fully tried.  
In Thee I feel my heart's content,  
To Thee I bow, O spotless Saint.  
For the good Thou doeth, let me oft pour  
My heart-felt thanks near Thy door.  
Where dwells Thy form, whether in Nasik  
Or in Panchgani? Please do speak  
That Sampath and myself may show  
Our love to Thee and make our bow.  
Grant this prayer which is sincere,  
Give Thy Darshan ere we expire.

OM.

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### 3. Out-Pourings.

Though a mortal weak and poor,  
 I strive to see Thee all the more.  
 Why, many a heart doth long to gaze  
 Thy form pure of faultless rays.  
 Baba dear, I am but young  
 To meditate on The One,  
 I seek Thy help with bending knee  
 To see the Light, enlighten me.  
 O Meher Baba, O Great Saint,  
 My soul Thou art, O Holy Saint.  
 To Thee I bow and Thee I ponder ;  
 Why, very oft in dreams I wander  
 With feelings keen of God and Man  
 That make one's life a happy span.  
 My Revered Guru, lift my soul,  
 Push me, push me to find the Goal.

OM.

---

### 4. Cravings.

O Embodiment of the Supreme Lord !  
 Come to the Earth as an embassy  
 To spread the Message of God  
 And establish spiritual fraternity !  
 O my Meher Baba, Divine Lord,  
 Of Thy leaving Panchavati  
 On a six month's solitude I am told,  
 On the hills of Panchgani.  
 My heart is full to overflowing  
 With love for Thee, of Love Divine,  
 I ever and anon, unceasing  
 Mutter Thy name, holy, sublime,

I long for Thee to kiss Thy feet  
 And learn Thy lessons spiritual.  
 I yearn to see Thy face Divine  
 And feel content and joyful.

OM.

### 5. Offerings.

O my Guide! O my Light!  
 Thou art to me what breath is to life.  
 Grant me strength and firmness  
 To follow the Path of Righteousness,  
 With unflinching devotion to Truth  
 Ever to contemplate the Truth.  
 The more I meditate on Thee  
 The more I feel Thy Grace to me.  
 Although Thou art far away,  
 Yet, I feel Thy Love day by day.  
 Thou art my Guide thro' life and death,  
 Thou art my Love, Divine and Blest,  
 How then can sin approach me  
 When I feel the Christ in me?  
 May Thou accept my life as a gift  
 For elevating my latent spirit.

OM.

### 6. Meditation.

Whether in sleep or wide awake,  
 I always pray, O Lord, to Thee,  
 Seeking Thy Holy Grace  
 To set my spirit free.  
 With my Sadguru, Shree Baba's form  
 Kept before my mental eye,

I meditate on Him muttering 'OM'  
And feel my spirit lifted high.

OM.

### 7. Divine Love.

Divine Love is a gift from God, or God-Incar-  
[nate,

Priceless, matchless, which cannot be bought  
Either from the mart or any millionaire,  
Neither can it from texts and books be

[learnt.

OM.

### 8. Maxim.

Poison-trees, though watered with Nectar,  
Will not produce fruits worth eating.  
Worldly-minded priests tho' muttering prayers,  
Can do no spiritual good worth speaking.

### 9. True Bhakti.

Neither the muttering of Mantras  
Nor the performance of rituals,  
Nor the acceptance of dogmas  
And the study of Scriptures  
Can alone be meant True Bhakti.

The mental repetition of one God's name,  
Having this as one's end and aim,

And the continuous remembrance of the  
[same

Without fixing any definite time

Can surely be meant True Bhakti.

OM.



**10. True Karma.**

Service willing to others rendered,  
 With no thought of gain or reward,  
 The idea of obligation surrendered,  
 And offering all to the Supreme Lord  
 Will surely be meant True Karma.

OM.

**11. True Sannyasin.**

Who has renounced his lower self  
 And all the worldly desires,  
 Who has given up love of self  
 And all the fleeting pleasures  
 Is truly called a real Sannyas.  
 Not he, putting on a yellow gown,  
 Rambling about with a staff in hand  
 And going round with a begging bowl  
 Is ever called a true Sannyas.

OM.

**12. Selflessness.**

Like a river that is useful to others,  
 Without drinking its own water,  
 Render unselfish service to others,  
 Regardless of their creed and colour.

OM.

**13. Renunciation.**

As when in hunger one asks for food  
 And refuses it when otherwise,  
 So one should renounce all for good  
 If to become God-realized.

OM.



#### 14. Inner Self.

What are wealth and power, fame and name,  
 Except that they are blocks to the game  
 Of man's struggle for self-realization  
 Which is won by constant meditation.  
 Why look for wonders outside  
 While most wonderful is man's heart inside?  
 Let one make room in his heart for others,  
 One will find accommodation everywhere.  
 OM.

---

#### 15. An Illusion.

As the juggler shows non-existing things as  
 [existing,  
 And Maya shows the illusory world as real,  
 We, ignorant men, with minds conflicting,  
 Regard the world as something true and real.  
 OM.

---

#### 16. God-realization.

Detaching from this world of Maya,  
 Leading the life of total renunciation,  
 Subjugating the props and agents of Maya,  
 Let us strive to acquire God-realization.  
 OM.

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#### 17. Faith.

Let kingdoms go and empires fall,  
 With my body, mind and all,  
 Whatever happens to the world and me,  
 Eternal shall be my faith in Thee.  
 OM.

### 18. In Quest of Truth.

With the flowers of Love and Devotion,  
 My Baba dear, Lord Divine,  
 With prayers simple and plain,  
 I offer to Thee my veneration.  
 As men go with a little pitcher  
 To the fountain head for water,  
 I embrace Thee as my true Teacher  
 And trust in Thee as my Protector.

OM.

---

### 19. Labour of Love.

Following one's inner voice truly,  
 One can be false to nobody.  
 Ever sound and solvent as our maxim  
 Let the Labour of Love be our axiom.  
 Let every one have his experience free  
 With Service to Humanity as the decree.

OM.

---

### 20. Universal Love.

Although I am a slave of Nature, mark,  
 I will serve Thee, my Lord, and do thy work;  
 May Thou free me from all unworthy feelings  
 And fill my heart with Love for all beings.

OM.

---

### 21. Solicitation.

Thy play with me of hide and seek,  
 In the course of my meditation,  
 Makes my concentration weak,  
 Despite my strong determination

To forget my own limitation  
And think of Thy Divine Manifestation.  
O my Lord, the Giver of all Blessing,  
The Giver of all Understanding!  
May Thou the object of my devotion be;  
May Thee the object of my illumina-  
[tion, I see ;  
May my trust in Thee ever remain unshaken ;  
May I fully hope I'll not be forsaken ;  
May Thou give me purity and inspiration ;  
May Thou ever keep me under Thy  
[protection.  
OM

## 22. Dedication.

O Lord, free me from want of wealth and  
[pleasures,  
Also from greed, lust and ire,  
And grant that all my thoughts and desires,  
Every part of me dedicated to my Sire.

23. As I sow, so I reap.

As I sow, so I reap,  
Thus am I the master of my life;  
With this norm impressed deep,  
I strive my heart to make it ripe.  
I now realize my conscience say,  
Cherishing my heart day by day,  
That virtue, vice, pleasure and pain,  
Good and bad, hell and heaven,



Joy or sorrow, loss or gain,  
 Are all the work of the mind, in main.  
 Know this, therefore, Brothers in Faith,  
 Ponder deep both day and night,  
 Realize yourselves if wrong or right  
 And follow the Creed with mind upright.

OM.

---

#### 24. Lead me, my Guide.

O Father of All! Almighty God,  
 All pervading, the Only Being!  
 Myself, Thy child, waiting, my Lord,  
 Release my soul to Thee to wing.  
 Ever my heart is at the thought  
 To have reflection of Thy Grace;  
 Lead me, lead me, the life well-fought  
 With the Law of Karma quite apace.  
 O Effulgent Being, King of Kings!  
 Omnipotent, without a second!  
 Free me from all misgivings  
 And give me wisdom to comprehend  
 The path for attaining perfection  
 Which leads to self-realization.

OM.

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#### 25. Restlessness.

O my Guide, my Pride, my Light!  
 Assure me of Thy help to fight  
 Maya's battle in this life  
 And join Thee soon perfectly safe;



My soul unrest for freedom flies,  
To reach it, I know, in Thee lies,  
Draw me, therefore, closer to Thee,  
And merge my soul setting it free.

OM.

## 26. Sacrifice.

At the feet of the Divine, the Giver of all  
[Blessings,  
The very thought of whom pulls down  
[all sufferings,  
Whose name cheers up the soul and gives  
[true rest and peace,  
With devotion I bow my head and bend  
[my knees.  
As there is none but Thee to be known and  
[worshipped,  
The only one to be served and to be realized,  
My thoughts and all my desires I sacrifice  
[to Thee,  
That I may find my delight and supreme joy  
in Thee.  
Make my heart harbour no unworthy  
[feeling,  
And fill my heart with love for every  
[living Being.  
OM.

### 27. Spirituality.

The teachings of perfect saints when under-  
 [stood,  
 Of the oneness of Self eternal, otherwise  
 Known as Universal Brotherhood—  
 Also called as Love Fraternal—  
 Will greatly help mankind to attain  
 The Goal of life—self-realization.  
 The Message of God, published monthly  
 In the Meher Message by Baba dear,  
 Which practised by all regularly  
 Elevates the soul and frees from fear.  
 Endeavour, therefore, deeply to sustain  
 The essence of the Sayings of that living  
 [Saint.  
 Pray to Him for Light and Wisdom  
 And become a great spiritual giant.  
 OM.

---

### 28. Nature v s. Man.

Waste not thy life by serving the unreal,  
 But learn to practise Service to the Ideal.  
 Study Nature as an object lesson.  
 And thou wilt feel with all veneration  
 How of all the Creations of God  
 The devil of the Man to please is hard.  
 The Sun gives the world His light life-giving,  
 The Moon sheds her coolness willing,  
 The Tree forgoes its shade and fruit,  
 The River relieves the man from thirst.  
 Thus Nature does her work selfless,  
 While man selfish proves to be heartless.

To rise above selfishness love thy neighbour,  
 The creed of Brotherhood always harbour,  
 Pray to the Lord with ardent feeling  
 To grant all Beings His Peace and Blessing.

OM.

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### 29. Who ?

Who gives the Sun light resplendent,  
 Who makes the dumb eloquent,  
 Who is the All-powerful Creator,  
 Who, of our shortcomings, the Forgiver,  
 Who gives His blessings while in sleep,  
 Who makes our thoughts one-pointed and  
 [deep,

Who freely illumines the Soul,  
 Who answers the genuine call,  
 Who is in every age adored,  
 Who is in every clime loved,  
 May He from bondage our souls release  
 And grant His Peace to rest at ease.

OM.

---

### 30. Seeking Self-realization.

O Messiah, Saviour of Humanity !  
 My prostrations to Thee in all humility.  
 I seek Thy Grace that nothing may delude,  
 Deceive or cheat in finding my refuge  
 In Thee alone, the only Reality.  
 Grant that my thoughts, heart, mind and  
 [body,



In fact, my all be hallowed to Thy Service ;  
 O Supreme Ruler of the Universe !  
 Reflect upon me Thy Light and Thy Glory  
 That I may make myself pious and holy  
 So as to gain a glimpse of the God in me  
 And realize my true existence in Thee.  
 OM.

---

### 31. Holy Union.

Like the bird in a caged nest  
 Awaiting the chance to fly,  
 Lives my Soul in heart at rest  
 Amid the limited 'I'.  
 As yearns the former for liberty  
 So as to soar on high,  
 My soul ever prays to the Almighty  
 For His Grace in Peace to lie.  
 O The Giver of all,  
 O 'The Origin of all,  
 Let me realize very soon  
 I and Thou are One.

OM.

---

### 32. Past-Present-Future.

Rue not o'er the past which is dead,  
 Seek not for the future yet to come,  
 Live the life in the living present—  
 Which is the *essence* of the past  
 And the *seed* of the future—  
 'Heart within and God overhead'.  
 The spider gets caught in its own nest,



Man gets into bondage by his own unrest ;  
 Do thy duty for duty's sake,  
 The results thereof to the Lord forsake ;  
 Thereby free thyself from bondage  
 And strive the God in thee to realize.

— OM.

### 33. Desires.

Realize what all thou desired  
 And what little thou acquired  
 In this world of variety ;  
 All our sorrows, sufferings, misery,  
 Are, of our desires, the outcome,  
 And to these we all succumb.  
 The longer for the world thou hungerest,  
 The stronger for desires thou adherest  
 And invite more of troubles and trials  
 And less of the fleeting pleasures.  
 Give up, therefore, desires selfish,  
 With thoughts spiritual thy minds replenish.  
 That state beyond desires, know ye brothers,  
 Is indescribable and surpasses words;  
 He who asks the taste of sugar  
 Has himself its sweetness to gather;  
 That state beyond desires to realize  
 By thy own experience should idealize.  
 Pray ye all to the Giver of All,  
 Ever who answers the genuine call,  
 To make our thoughts and prayers selfless  
 And create fulness of love priceless,  
 As to entertain in every being  
 Compassion and tolerant feeling.

OM.

### 34. The Right Path.

Philosophers, Saints and Sages  
 All have told us of life unreal,  
 Worldly man calls the one spiritual  
 Mad and foolish and so abuses.  
 Accuse him not nor blame for it  
 As, in course of time, he must change a bit.  
 Let him, convinced of the Goal of Life,  
 And standing by the Ideal—  
 That Truth alone is fixed and real—  
 Lead a pure and godly life.  
 Be not influenced by others say  
 As one blind to the other can't show the way.  
 Jesus, Muhmud, Buddha, Nanda,  
 Nimai known as Chaitanya,  
 Sri Ramakrishna Paramahansa  
 And many others known and unknown  
 Have all shewn us the righteous Path  
 For the realization of the one Sath.  
 Read the Sermon on the Mount of Jesus,  
 The teachings of the Prophet Muhmud,  
 Also those of Chaitanya, Buddha,  
 And the Sayings of Paramhansa and Meher

[Baba,

The last of whom is a living Personality  
 Spreading His Love for the whole Humanity.  
 His sayings are found in the 'Meher Message'  
 Which teach mankind freedom from bondage.  
 With faith and trust in the Almighty,  
 In all earnestness and humility,  
 Walk on the foot-prints of those Great Lights  
 Now immersed in the Light of Lights.

OM.

## 35. Advice to Human Organs.

Thou and my Atma, O Lord, are kindreds ;  
 Thy Beloved is my Understanding,  
 My Prayers are Thy Harbingers,  
 And my body Thy Place of Dwelling.  
 All my acts are for my Deity ;  
 While asleep, 'am in Samadhi.  
 My movements are rounds towards Thee,  
 My utterings all are in Praise of Thee,  
 Whatever I do are done for Thee  
 As service willing rendered free.  
 O Tongue, chanting His name, thy only duty;  
 O Mind, worship the Lord with all modesty;  
 O Hands, freely well-spread serve humanity;  
 O Ears, lend yourselves to hear His eulogy;  
 O Eyes, drink deep thy Ideal Image;  
 O Legs, ever move to carry His Message.  
 O Breath, inhale the fragrance at His Lotus  
 [Feet;  
 O Head, Him in all humility greet;  
 O Heart, be saturated in Love sublime;  
 O Life, offer thy all to the Lord Divine.  
 ————— OM.

## 36. On Human Life.

Antony sought happiness in lechery,  
 Brutus sought the same in glory ;  
 Caesar also sought it in domain,  
 And all of them sought their own ruin.  
 Thou that seeketh the soul's freedom  
 Ever pray for Divine Wisdom.  
 I cry to my Lord, ever and anon,  
 To shower His Grace and make me strong,



To control my thoughts, mind and body  
 And lead the life truly Holy.  
 Claspings in thought His Blessed Feet,  
 Diving deep into my heart to meet,  
 I strive to seek that precious Pearl  
 Hidden inside my heart's shell.  
 Let us our minds in God immerse  
 While attending to our work and business.  
 And from those giddy heights celestial  
 Cometh not our feeling to globe terrestrial,  
 Then thrice blessed becomes our life,  
 Else profitless is Human Life.

— OM.

### 37. At the Feet of my Sadguru.

On the night of first March nineteen thirty,  
 Before the clock struck nine thirty,  
 There hailed from Nasik my Sadguru,  
 Followed by His fifteen disciples true,  
 His Divine Majesty Meher Baba,—  
 A Thathagatha, like Lord Buddha—  
 To bless His bhaktas at Madras  
 And Saidapet who were sore depressed.  
 Readers, His Love dragged me near His seat,  
 His Grace allowed me touch His feet.  
 What wondrous change in me He wrought  
 Is realized by me only in heart.  
 I see in Him Rama, Jesus,  
 I see in Him Buddha, Muhmud.  
 Also I see Zoroaster and Moses,  
 \*With golden crown upon His head.

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\* Refers to the tuft of hair on His Holiness's head which is of gold colour.



He is, forsooth, God-Incarnate  
 Come to proclaim brotherhood in man.  
 He is eager to elevate  
 Those that near Him without a plan;  
 His Holiness touches the heart,  
 Stirs up the soul to ecstasy;  
 Teaches Mercy, Unity and Troth  
 For the welfare of Humanity.  
 Ah! words may sound and thoughts may bound,  
 He is beyond both thought and sound;  
 Brothers in Faith, it is your privilege  
 To seek and read the sweet 'Meher Message'  
 And purify yourselves in daily life  
 So as to live in Him, for He is Life.

OM.

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### 38. Our Creed.

Realize that one God dwells in all  
 As the inmost Self of all;  
 As such He is in all of us  
 And we are all One in Him.  
 Let us see Him in all Beings  
 And love them as our own self  
 And be guided in all our dealings  
 To render every possible help.  
 This is the Creed of the 'Meher Gazette',  
 The same as that of the 'Meher Message'.

OM.

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### 39. Be Law—Abiding.

Should phenomena of Nature  
 Commit breach of trust,  
 Loath in their seasons to appear,

The world's order ready to upset ;  
 If at all times the Sun rose not,  
 The North the Magnetic needle pointed not,  
 Material bodies the Earth repelled,  
 The Pole star from its position swerved,  
 If, like dishonest men,  
 All the great objects broke their promise  
 Never appearing in sequence,  
 What would be the consequence?  
 Nature's laws to obey  
 Are these phenomena conformed,  
 But to go out of the way  
 Man alone is destined.  
 After struggling against Nature  
 And meeting with trial and failure,  
 Should not man, as the Stars in Heaven,  
 To the moral laws confine?  
 Our sacred books say, also Seers of Truth,  
 That the ' Worlds stand on Truth '.  
 To help, therefore, the Lord's working  
 Wake up and be Law—abiding.

OM.

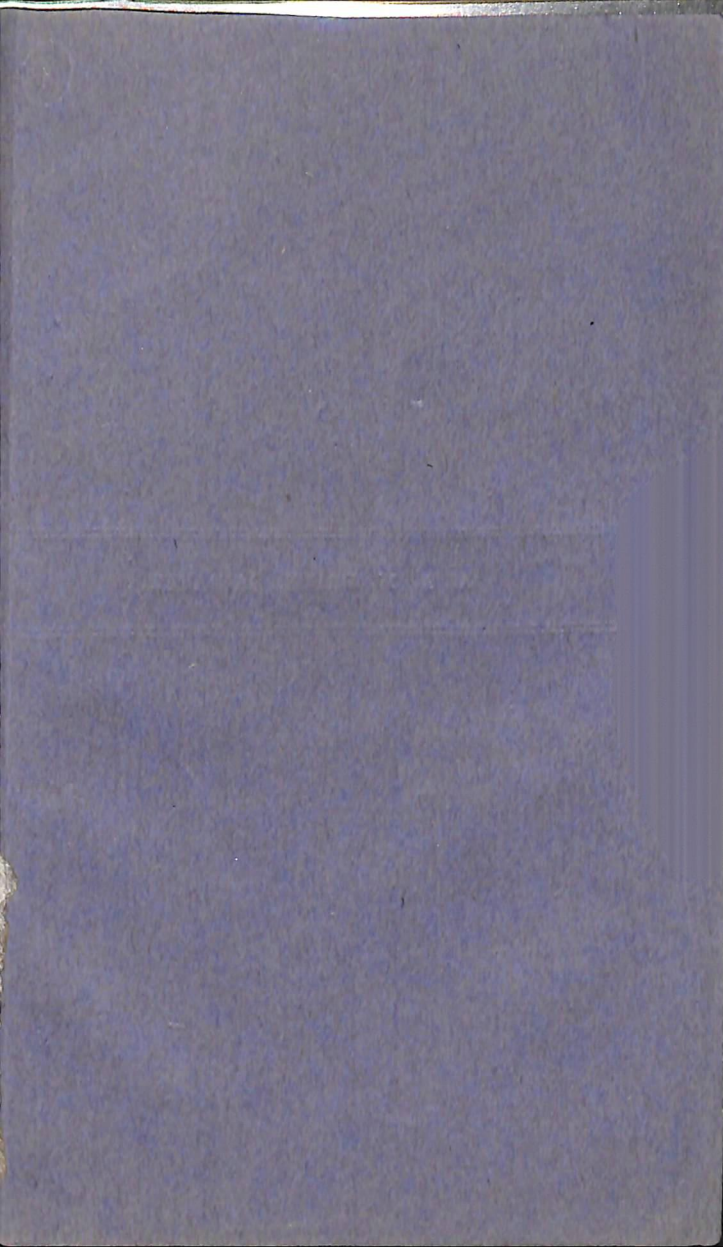
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#### 40. Hope and Wait.

Despite my longing to perceive Thee,  
 Thou speakest of Thy solitude to me.  
 I will then watch Thy early return  
 And patiently wait for my own turn.

OM.

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