

[Personal Peace Leads to Universal Peace](#)

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Practice daily meditation, express love, find peace within, then the world will change

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My wish is universal peace, to be achieved through the cultivation of individual peace. If each person is at peace in his home, in his city, in his country, there will be peace in the whole world. Why is there discord and unrest in this world? It is selfishness which perpetuates mortality and sensual life which leads to hell. Wisdom, divya prema, divine love and forgiveness all lead to immortality.

All religions should be honored. They all teach truth, and they all seek to realize divinity. In following the teachings of their own religions, those followers should lead a very simple and very peaceful life. Whatever has been said in their scriptures is what they must practice in their daily lives. They must cultivate universal love and self control. This will make their lives peaceful and happy.

The lifestyle we see everywhere in the world now is very colorful, but when we look closely and examine it carefully, it is completely empty. The emphasis on the material is why there is so much frustration and tension in daily life, and why people

cannot find peace. To avoid such unhappiness is why a person must become spiritual. Only then will he achieve inner peace.

He who has intense desire for God, who has the inner vision, only he understands the universe. Your heart must be pure. When you have inner vision, you can rightly understand the universe and know what life is. This is the goal of life and to achieve that state of absolute consciousness, that poorna pragna, the seeker seeks. That is why holy people from all religions come down to the level of ordinary human beings--to elevate them to that awareness.

Body, mind and spirituality--these are three cages. A spiritual seeker will go beyond all these cages. In his natural state, samadhi, the entire universe is nothing but his Self. Whatever he enjoys in this world is nothing but Self; time is Self only; wisdom is Self only. He realizes he is not this body. In fact, when he achieves that highest state of absolute consciousness, he sees no differences at all. He sees everyone the same, and he sees the whole world as his own, knowing that the entire universe belongs to him: the rivers, the mountains, the trees, the birds, everything belongs to him. He sees nothing as separate from himself. He knows that he belongs to nature, and nature belongs to him.

We must love and serve nature. Nature teaches us so much and gives everything. But in return we do nothing for nature. So we must not pollute. Not only physically. Pollution goes beyond the visible and the material. It includes impure thoughts. Negative thoughts will pollute nature, therefore our thoughts must always be pure. When thoughts are pure,

nature also will be pure. Nature has to be saved and respected. One who loves nature and who listens to the teachings of nature becomes a wise person.

We must love nature and our fellow man. Love is lacking in the world, and this is what the holy ones are giving to the people. By giving this love to the people, they are elevating them to higher spiritual consciousness. This is very important. The love which the holy people give is very clear and full of purity. It is crystal clear. There is no pollution at all in their love of mankind.

Knowledge without compassion is not enough. Just speaking knowledgeably is not enough. We must be very kind and very simple. We must have that pure and compassionate knowledge which gives the great quality of forgiveness, forgiving others. When we have only half-knowledge, without understanding, we will be very strict and intolerant. We will always be commanding people.

Many people come for spiritual solace. They ask, "What must we do to overcome all these miseries of life?" I tell them that meditation is the only method which can give us a balanced mental state. Start with at least 15 to 20 minutes early in the morning. The brahma muhurta hour is ideal, between 3:30 and 4:30am. If you're not able to do that, at least meditate before the sun rises, not after sunrise. Gradually increase the meditation to one hour. Start the day with meditation and end the day with meditation. As we proceed on the path of constant meditation, bad qualities such as anger, jealousy and hatred will be reduced. External worship involving many rituals

and requiring many things may be a bit hard for everyone. That doesn't mean that it is not important, but that it is different from meditation which does not require externals.

Amma's blessing is meditation. The meditation I give is the Saraswati Mantra meditation, which is so powerful. It is the bijaksharas ("seed syllables") which inspire and enrich the mind. They grant memory, the power of concentration and give the mind peace. This meditation is a very simple process. You have to be like a baby infant who has no thoughts at all. The meditation state is also without thought. Silently, closing one's eyes, one turns the mind inward, concentrates and does the meditation by chanting the Saraswati Mantra. There is a lot of difference between prayer and meditation. In prayer we are always talking with God. But in meditation, God will be speaking to us.

Language is for sharing feelings with each other in this world. But in absolute silence is the connection with the entire universe without any disturbance. This is how, directly, soul to soul, holy people transfer divine energy and elevated feelings without even opening their mouths. They transmit their feelings in silence.

Silence is the language of Divinity. I like silence very much

With divine love, Yours Amma.

KARUNAMAYI SRI VIJAYESWARI DEVI, 38, considered an embodiment of the Divine Mother, lives at her forest ashram in Andhra Pradesh. After years of tapas, she now travels and teaches globally.