

DIBYA BANI

DIVINE SAYINGS
OF THE
HOLY MOTHER



DIBYADHAM YOGASHRAM

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INTRODUCTION

Holy Mother very rarely taught by words. She taught more by example and through Her own actions and way of life. We have never seen Her Holiness lecture from a dais or hold philosophical or metaphysical discussions. But from time to time, whenever required, She did give some verbal instructions to the disciples around Her, and this She did very casually.

Although Her instructions were

carried out, no one, or very few, really understood how invaluable these precious pearls that dropped from Her lips were. No one took the care to note or record them. Now that She is not physically present amongst us, we realise the great importance of Her simple words. These sacred words were like shafts of light that penetrated into our very depths, removed our ignorance, corrected and guided us on the path of our highest good.

How we miss those simple but sacred words, potent with the authority of Realisation and the power of Her unity with the Ultimate! That opportunity will probably never recur again, though Her voice will always speak to us in the silence of our hearts and our *antakarana* (internal organs of thinking). Her teach-

ings will sound and resound within us, and manifest in our every action, because Her silent and verbal teachings are the very base, nay, the very substance of our spiritual being.

Even though Her teachings are imprinted in the hearts of Her dedicated disciples, we still feel a great necessity to see some of those verbal teachings in print. So we have managed to retrieve from the diaries of the disciples and also from Her letters some precious *banis* or pithy messages that 'She' had so generously bestowed. We have made an effort to put these *banis* in an order that will be beneficial to *sadhaks* and anyone who would care to read them.

For the disciples, of course, we expect that this will act like a *mala* or rosary of a hundred and eight sayings, which they could turn round

INTRODUCTION

regularly. From this regular practice, they will not only accrue great merit (as they are Guru's *banis*) but also resolve their problems and doubts which are bound to be projected if they are walking on the path. These *banis*, we expect, will resolve doubts and give clear instructions regarding the way in which not only a *sadhak* but any proper human being desiring his/her welfare should direct his/her efforts. We are sure that immense blessings will accrue from the study of these sayings of the compassionate Mother.

May Her divine grace and compassion be showered on all those who care to turn the pages of this small handbook.

- Swami Ananda -





OPENING MESSAGE





The words of Guru is like *tirtha* (something that sanctifies). His/Her every word is auspicious; keeping this in mind, keep on doing your duty.

MAA



*N*ow is the time for (this)
Creation to go upside
down. So man has to sincerely go to-
wards God and to live within Truth.

MAA



The Lord will protect the whole world. You don't worry. 'He' is everyone's support. Do not be afraid of anything. Live fearlessly.

Now is not the time for complete dissolution. Three fourths will be destroyed and one fourth will be saved.

MAA

GURU





Turn your mind towards Sri
Guru and contemplate
thus: 'My vital breath is the breath of
Sri Guru, and my body is the temple
of Sri Guru'.

MAA



When you see that a disciple is delighted in the ideals of the Guru, and his/her face blooms with joy in fulfilling these ideals, then know that in the heart of that disciple *Guru Sakti* is active.

MAA



*W*hat is the benefit of having the best Guru if one is not eligible? Success depends more on the recipient than the Guru. If the recipient is eligible, then only will he/she be able to hold onto Guru's grace. May you all become fit recipients so that you will be able to contain the grace showered on you.

MAA



*M*other is ready to give everything to the child, but all depends on the capability and receptivity of the child.

MAA



May your inside
become beautiful
through *Guru nistha* (dedication to
Guru). Your exterior beauty is not
that necessary.

MAA



No *sadhana* can be done without Guru. If a *sadhak* does *sadhana* without obeying Guru, he/she becomes impure and fallen.

MAA



*N*ever, in any way, disobey the commands of Sri Gurudev. Do not in any way counter His/Her instructions. In doing so, grave offence is committed.

MAA



*N*ever be negligent in showing respect to those who are the receptacles of Guru's love and respect. Disrespect to them is disrespect to Sri Guru. So always be alert about this. Also, to treat elders disrespectfully is an offence.

MAA



When God is displeased,
Sri Guru can save one,
but when the venerable Guru is dis-
pleased, even God does not come to
one's rescue.

MAA



On the contrary, if Sri Guru is pleased, God also is pleased. So never do any such action which would displease the venerable Guru.

MAA



The disciple should always remember: 'My Guru is capable of doing everything and anything'. If a disciple does not have such conviction, then his/her dedication will not be one-pointed and his/her sadhana will not be successful.

MAA



*T*ry to be dedicated to Guru,
then progress will not
abandon you.

MAA



*P*rogress towards the goal or God by being always engaged in dedicated and devoted activities for Sri Guru. See Guru and God as one, then every work will be beneficial, and you will be adorned with divine qualities such as compassion and forgiveness.

MAA



GOD





God's love is always with you
and that is the only thing
that does not betray man in
life.

MAA



God always protects the
honest and the truthful.

MAA



*M*an can cheat all, but
cannot cheat God.

MAA



The will of Someone else predominates over all our wishes.

MAA



What does not the
Indweller (God)
know? What more shall I say? What-
ever He wills, may He do.

MAA

AIM OF LIFE





Eternal bliss and supreme peace can be found only in God; so the aim of human life is God-Realisation.

MAA



*D*o not bleat 'mem, mem'
(*'mu, mu'* – 'I, I') like a goat;
attain Knowledge of the Self and roar
like a lion.

MAA



*L*et *sadhana* be the goal of your life so that you may have God-Realisation in this life.

MAA

SADHANA





I may give you thousand
advices; but if you do not
do *sadhana* you can never become a
sadhak.

MAA



Do sadhana properly; if sadhana is properly done, all bondages will break and you will be eternally free.

MAA



*S*adhana does not mean only holding a string of beads or sitting in meditation. Every form of self-restraint is also designated as *sadhana*. *Sadhana* comprises of removing the impurities of the mind, eradicating deceit and hypocrisy, speaking the truth, being simple at all times, giving up lust, passion, anger and greed, writing the diary daily and properly and being guileless towards the Spiritual Master.



There is no higher penance than speaking the truth. There is no *sadhana* greater than controlling the mind. Keep controlling the senses. Always see your own flaws. You will reach the destination.

MAA



The highest *sadhana* in human life is the control of senses. For doing *sadhana* is required a healthy clean mind, pure character and physical restraint.

MAA



Just as the stomach is not filled by serving food to others, likewise, no peace is attained by '*prachara*' – propaganda or preaching; therefore do *sadhana*.

MAA



SELF-CONTROL





*A*t all times observe self-restraint, and be firm in it.

MAA



*A*lways one's own indiscipline is the cause of quarrel and discord. Keeping this in view, establish self-restraint and decorum in your own life, and make your speech and behaviour sweet.

MAA



*I*t is better to live in the forest, better to eat food by begging, better to earn one's livelihood by carrying loads on one's head being a porter than to live with one who has no self-restraint.

MAA



*I*t is better to die like a swan living on milk than to live for a hundred years like a crow eating rotten flesh.

MAA



*P*oison destroys one life,
but the poison of sensu-
ality destroys many lives.

MAA

INTROSPECTION





*A*lways introspect – who you are and why you have come. If you do proper introspection, violence, anger and egoism will go away.

MAA



*N*ever do anything without knowing 'why I am doing it'. Do not say anything without thinking 'why I am saying it'.

MAA



*M*an's ego destroys everything, (so) do introspection and be aware of how this ego functions, then you can get everything spiritually. A little impurity lying within destroys all one's good efforts.

MAA



*W*hat you are, you
yourself know best.

MAA

MEDITATION





Open the gate of Knowledge;
cutting asunder the veil of
ignorance, enter the palace of tran-
quility and live there in eternal
peace.

MAA



The mind gains supreme
peace if it gets fixed on the
Lord.

MAA



If one contemplates God
with stillness, deep faith
for God dawns and the impurity of
the mind is destroyed.

MAA



*M*ay your steps move
ahead towards God;
may your mind be focused on 'His'
lotus feet. May your thoughts flow
towards nothing else but 'Him'.

MAA



Only within undisturbed
peace is the flow of eternal
life possible.

MAA



SILENCE





*L*ike a flower that blooms in silence so also the Self-consciousness of a *sadhak* awakens in silence.

MAA



The Sun is silent, the Moon is silent; they do their duty in silence. Therefore *sadhaks* and *se-bakas* should do their work and duty in silence.

MAA



Silence is the sign of a
sadhak's learning, etiquette
and high ideals.

MAA

REAL HAPPINESS





One who has the jewel of contentment, even though he may be a pauper, still he will have inner joy.

MAA



In a life bereft of faith and trust, there can never be peace and happiness.

MAA



A man may be wealthy even without having love, compassion and peace of mind, but (without these qualities) he cannot be happy.

MAA

CULTIVATION OF
GOOD QUALITIES





The diamond of good quality can cut the hard stone of all kinds of flaws and defects.

MAA



*M*an becomes good
through sorrow and
pain.

MAA

SIMPLICITY,
HUMILITY & PURITY
OF HEART





In my opinion, the training of the heart is (true) spiritual education. One who considers himself/herself humbler than all is truly qualified to be great.

MAA



The simpler you are, the
better will be your
progress in *sadhana*.

MAA



I am not influenced by
(someone's) property,
wealth, birth or pedigree. I want a
simple heart, a heart in which there
is no falsehood, no pretence, and no
deceit.

MAA



In fact, guileless and simple
humility is our protecting
armour.

MAA



*M*y belief is that
humility is the pri-
mary test of any great man.

MAA



*T*ruth can only be upheld in
a pure heart. Only a pure-
hearted man attains God.

MAA



FORGIVENESS





*B*efore finding fault with others, contemplate your own faults. Before judging, put yourself in another's situation and see whether you would not have committed the same mistake as him/her. So be forgiving towards others.

MAA



One who is using harsh words against you, bless him; one who hates you, forgive him. The Lord will keep you in peace.

MAA



*B*e completely good.
Forgiveness begets forgiveness. Love others, but do not be attached. Be attached to God only.

MAA

CHARACTER





*P*ure character makes a man immortal; character alone is the sweet fragrance of the flower of life; character alone is the bright light of the lamp of life.

MAA



*B*y desireless action,
spotless character and
steadfast devotion to Guru, God is
attained.

MAA

RIGHT CONDUCT





*D*o not think twice (or hesitate) before doing that which is good for others; but think many times before doing something that may not be good.

MAA



Do not show such
behaviour towards others
which you do not wish others to
show towards you.

MAA



What is poison?
Disregarding the
advice of elders.

MAA



The tongue is no less sharp
than the sword. So use it
carefully; always speak sweet words.

MAA



See good things, hear good words, think good thoughts, then from your mind will be eradicated the roots of all evil tendencies.

MAA



If you are not able to do good, at least do not do anything unjust. Actually, if you are not able to spread that which is auspicious, then see that you do not spread that which is harmful and inauspicious.

MAA



ERADICATION OF
NEGATIVE
QUALITIES





One who praises you in vain
is not your true friend;
rather, your true friend is the one
who points out your faults.

MAA



*M*an's only real duty in life is God-Realisation. So renunciation of passion, anger and jealousy should be done; otherwise God-realisation cannot be attained.

MAA



*I*n order to become good,
one has to leave jealousy
and egoism (pride).

MAA



Just as leprosy destroys
the entire body, greed
destroys all one's
goodness.

MAA



Does the coconut ever break by a single stroke when it is covered with fibres? It breaks only after removing the fibres that cover it. Likewise, one should remove the fibres of lust, anger, jealousy and their companions covering his/her heart.

MAA



Through indulgence
 increases passion (lust),
 (but) through renunciation increases
 '*Prema*' or Divine Love.

MAA

ENDURANCE





No great work can be
completed without en-
durance.

MAA



Just as the body becomes strong by hard work, the mind becomes strong by tolerating sorrow and pain.

MAA



*H*ow long are we going to stay? For what shall we show conceit and pride? *Sadhaks* should endure everything as this life is very short.

MAA



To attain God one has to tolerate everything in life; amidst sorrow and pain, He is attained.

Do not worry; have patience. The fruit (or result) of patience is sweet.

MAA



EFFORT





*T*ruth is a big tree. The amount of fruits it bears depends on how this tree is tended. (If properly tended) the fruits will be countless.

MAA



*M*ost people do not lack capacity but they lack effort and true desire (will).

MAA



One day or the other, success will come to one who perseveres in his/her work. But see that there be no flaw in your work.

MAA

DEDICATION &
DETERMINATION





*A*ll is possible through service
and dedication.

MAA



If surrender is proper, then
there is no hindrance in
attaining success.

MAA



*B*e firm in your dedication,
Divine Love will come to
you of its own accord.

MAA



If any duty is done properly, the Lord will give darshan; but you should also remain firm in dedication, truth and observance of continence.

MAA



Consider *bisaya* (sense-attractions) as *bisa* (poison). Use your *purusakar* (will power) to push aside the obstacles in the path of *sadhana*.

MAA



Victory is certain for those who keep doing their duty with determination and dedication.

MAA

TRUE
RENUNCIATION





*L*eaving or renouncing this world you may go anywhere you like but your unrestrained mind will accompany you. So, learn to control your mind first.

MAA



There is no necessity to dress as a Sadhu; make efforts to really become one.

MAA



ACTION & DUTY





*D*o not say, but do.
Say less, do more.

MAA



Leaving aside all thoughts, if one does every action thinking 'I am doing God's work' or 'I am doing for Guru', then his/her spiritual progress will occur spontaneously.

MAA



*I*f the mind has doubts and one lacks one-pointed dedication in one's work, then no work will be well-accomplished.

MAA



When you are doing something for the Divine, the only aim should be service of the Divine. At that time, never bring to mind the thought of accomplishment or unaccomplishment; regard both accomplishment and unaccomplishment alike.

MAA



There is blessing in every good act. When you do good, blessing comes of its own accord.

MAA



*Y*ou keep serving others selflessly. When the time comes, there will be someone to serve you.

MAA



*G*ive, give, give, give away everything. If you give here, then you will receive there.

MAA



Do not run after God. If you go on doing your duty, God will follow you with His vessel of grace in His hands.

MAA

FAITH & DEVOTION





If there is trust and
longing, the impossible
can become possible.

MAA



*A*ction follows faith. As is
your faith so is your action.
Everything is possible by the power
of deep faith, (but) be alert that pride,
impatience and irritation do not
enter your mind.

MAA



Only those whose faith in the Lord is firm and unshakable are secure.

MAA



Everything is possible by
faith, purity and devotion.

MAA



*I*t is not good if a beautiful flower is not used in God's worship and fades away in the forest. May the flower of your heart be offered at the feet of the Lord.

MAA



DIVINE NAME





In order to get protection from this falsehood and pretence that has spread everywhere in the world, remembrance and repetition of God's name is the only protection.

MAA



The tongue should be utilised in chanting the names of the Lord rather than exhibiting anger and terror, by hissing like a snake.

MAA

LIBERATION





There is sweetness in duty,
bliss in *sadhana*, and liberation in worship of the Divine.

MAA



*V*iveka (discrimination) is the seed, *Vichara* (reflection) is the root, Guru's grace is the water, Knowledge of the Self is the flower and Liberation is the fruit.

MAA

DIVINE LOVE





*B*egin your day with Love,
spend the whole day with
Love. Fill the day with Love, and live
in Love.

MAA



