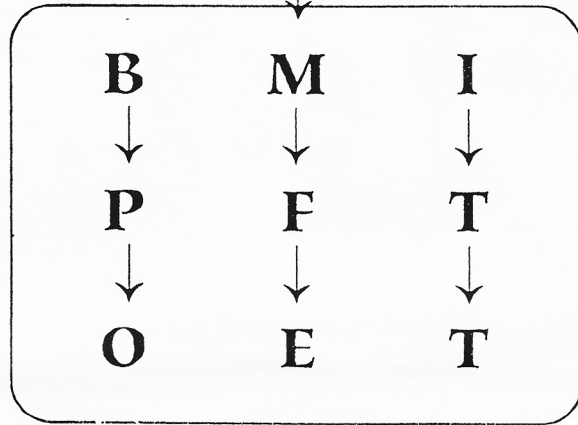




V



Through  
the BODY (**B**), MIND (**M**), INTELLECT (**I**),  
the PERCEIVER (**P**), FEELER (**F**), THINKER (**T**)  
becomes enmeshed in the world of  
OBJECTS (**O**), EMOTIONS (**E**), and THOUGHTS (**T**).

But when we transcend our  
VĀSANĀS (**V**),  
we realize our true Self,  
OM,  
the supreme Reality.

## SEVEN SAYINGS OF SWAMI PRABHAVANANDA

So long as we feel we can do it, so long God remains hidden.

As you proceed further, you will say, I don't understand anything -- until the darkness goes away and there is the light of Brahman.

I know it's hard to hear but, as I have repeated many times over the years, there is absolutely no one who is your own but the Lord.

People have a right to their pain and suffering.  
Don't try to remove it. Sustain and comfort.

The secret of meditation is fourfold: 1) the chosen ideal is you, yourself, no different; learn to feel that living presence. 2) Patience. 3) Perseverance, and 4) expectation.

If each one of us would see ourselves as the Atman, the true Self, and look at the things of the world objectively, everything would pass by, and be all right.

At the moment we become completely free from cravings and we are overpowered by the one desire for God, that very moment God becomes revealed to us.