Shrii Prabhat Ranjan Sarkar or Shrii Shrii Ánandamúrtijii affectionately called as Baba the most loved one, besides being a spiritual preceptor was an author par excellence. His pointers on all important aspects of human life offer new solutions on a wide range of problems in areas such as spiritual and social philosophy, education, history, neo-humanism and a host of others.

This beautiful book presents a small collection of gems from the cosmic vastness of his divine thoughts that reveal the wake towards shores of an ocean of eternal tranquility within the world of turmoil that we observe today.





## GARLAND OF STARS

A selection of Gems from the works of

Shrii P.R. Sarkar

Compiled by

Arun Prakash



All the entities of the universe are on the move. No one has come to rest, to lament unnecessarily. And in this movement lies the success of every entity, the colourful glamour of one's existence. So move on individually, move on collectively. Let your sincere help illuminate those who have lagged behind on the path of movement.

These quotes of Shrii Prabhat Ranjan Sarkar have been extracted from translations of the original Bengali or Hindi discourses and from those in English as well, and have been duly referenced. Minor adjustments have been made in some cases for the sake of clarity and presentation.

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Compiled by Arun Prakash

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## Garland of Stars



Few gems from the works of Shrii Prabhat Ranjan Sarkar

Should You perchance suddenly arrive And ask of me a boon from You Despite Your agony and mortal strife O what may I ever say to You.

Much You have undergone on my account With never a notion of being unaware Few deeds mine would never amount To any thing much could I dare?

Some may beg a mountain of gold To sit atop blind in its glare Or seek deliverance from getting old With not but a thought for You to spare.

Pain of this world who bears save You Always to labour for all to see While deliverance be denied eternally for You How can it ever be for me.

So wish I may just a chance
To grant be only up to You
Keep me close to sing and dance
In this world and others working for You.
Arun Prakash



I do not belong to heaven. What I am - I am to express...in a single sentence, I am yours...

## Preface

Born in Jamalpur, India in 1921, Shrii P.R. Sarkar with his deep love for humanity attracted people since childhood, showed and guided them along the path of self-realisation. Adjusting the ancient science of Tantra Yoga to this age, he developed a scientific and rational spiritual philosophy and a system of practical disciplines for physical, mental and spiritual development. Recognising him as a spiritually realized Master, his followers called him *'Shrii Shrii Ánandamúrti'* which means 'He who attracts others as the embodiment of bliss', or simply *'Bábá'* (father). Those who followed his teachings found their lives transformed as they overcame the weakness and negative tendencies of the mind and experienced a deep peace and bliss within. Inspired by his self-less example, they turned their energies to serving the society and elevating the oppressed.

In 1955, while leading a normal family life as a railway official, P.R. Sarkar formed the organization Ánanda Márga 'The Path of Bliss', and began training missionary monks and nuns to spread his teachings of 'self-realisation and service to humanity' all over India and later throughout the world. Reflecting the broadness of his universal vision, Ánanda Márga has become a multi-faceted organization with different branches dedicated to the upliftment of humanity through education, relief, welfare, the arts, ecology, intellectual renaissance, women's emancipation, and humanistic economy of PROUT (Progressive Utilization Theory) for the collective welfare of the entire society that would provide maximum utilisation and rational distribution of all resources and potentialities of the world physical, mental and spiritual and the creation of a new, humanistic social order of harmony and justice for all. Towards this end, he led his avowed mission till his departure from this world on October 21, 1990.

In a short span of the last eight years of his life he composed 5018 'Prabháta Samgiita', songs of a new awakening and also set the tunes for them. These songs encompass his vision of the certainty of mankind's ultimate victory over darkness and evil that would herald a bright new world. One such song (No. 4764) of February 20, 1990 in original Bengali in Roman Sanskrit Script, with the English translation alongside is below:

Jay Jay jay Tomári hauk jay. Álokojjval svarn'im práte Ke go ele cinmay.

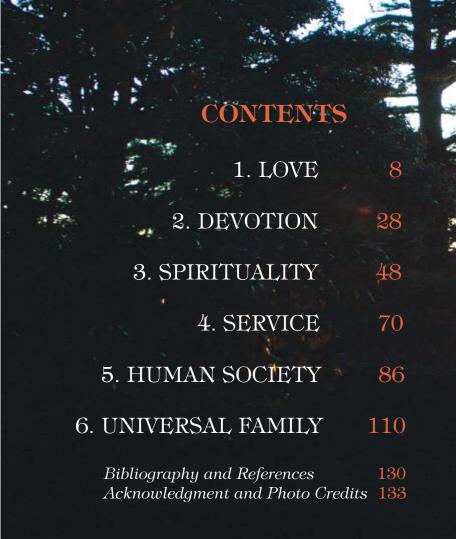
Morá svapna dekhiyá jái, Hala mádhurite bhará dhará, Duhkha-santáp nái, Shudhu ánandadhárá. Tarun' rakta jágiyá ut'heche, Sareche shos'n'a-bhay.

Bhábiáchilám ámrá Raciba notun amará, Káj kare jába, Gán geye yába, Dháliba pritiir pashará. Áj se din eceche, Tamasá sareche, Pu'vakásh álomaya. Victory, victory, victory Let victory be only thine. In a dazzling golden dawn O who was matchless one that came.

We keep on seeing a dream, The earth filled with sweetness There's no sorrow or distress Only a flow of joy. Young blood awakens, Gone is the fear of oppression.

Thought we would Create a new heaven, Shall keep on working, Shall keep on singing, Shall pour out loads of love. Today that day comes, Darkness has gone, The eastern sky dazzles.

Now established in 180 countries with over four million members, *Ánanda Márga* and PROUT have now become a powerful force for global social change, working ceaselessly towards that golden dawn.









The entire spiritual world is based on divine love. You are the creation. You are the created and the Supreme Entity is your creator. Your relationship with Him is the relationship of love...





Humanity's origin, humanity's starting-point, is in Divine love and its culminating point ... lies in Divine existence.
It is the Supreme truth of this universe. 2





Love is the first word, love is the starting point andlove is the last point. 3

Human beings are blessed, because they can feel the charm and love and all the pervading Existence of the Supreme Lord. 4

The thunder and the roar of the oceans hide His sweet music within their apparently frightful sounds. 5











He is with you. You are never alone. You are never weak. You are never helpless.  $_{\rm 6}$ 





He is within. He is without. He is in the closest proximity, you are never away from Him. You can never be an outcaste and you can never be hated by Him. 7



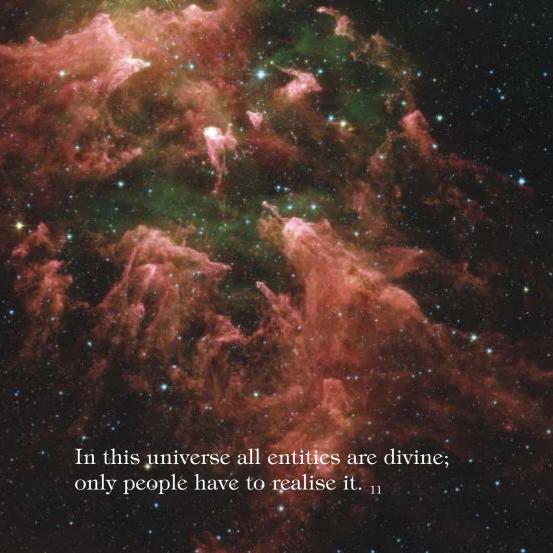




He shares your joys and pains, as He is with you through thick and thin. He never leaves you even when all others have abandoned you. 8

The subterranean flow of love and affection exists in all hearts alike. Every person cries out in pain, everyone feels pleasure when there are occasions of joy and happiness. 9

You are never alone or helpless. The force that guides the stars guides you too. 10

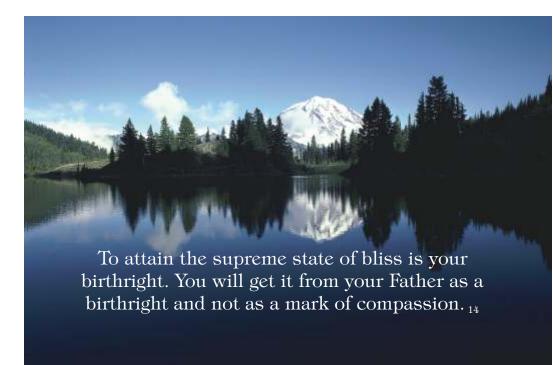




One may or may not establish oneself in the actional field. One may or may not establish oneself in the field of intellectuality. One may or may not establish oneself in the mundane sphere but one must not forget ... That the Supreme Entity is with you and loves you. 12



The sweetest part of God's play is that He is hidden in everyone and everyone is searching for Him. He wants His children to go around and He plays hide and seek with them. This gives pleasure to both the Creator and Created. Thus all things are one. This universal form of God, unity in all you will be able to see in this very life. 13







You are the strongest personality of the entire universe. Don't be affected, don't be assaulted. by any complex, inferiority, superiority, defeatist or any complex. You hail from the noblest family of the universe. The Supreme Consciousness is your Father. 15

Just as my life is important to me, others lives are equally important to them and if we do not give proper value to the lives of all creatures, then the development of the entire humanity becomes impossible. 16





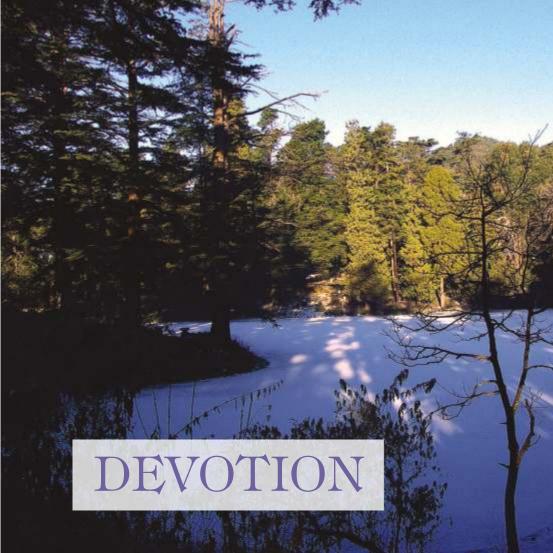






Like any other problem, economic problems have only one solution: genuine love for humanity. It is this love that will direct humanity in what should and should not be done. 17

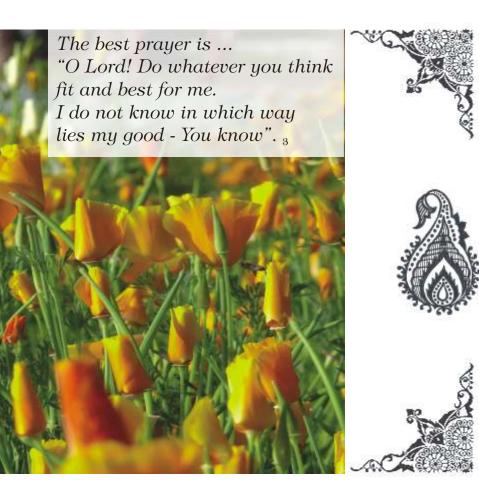
Building anything on humanistic lines requires a foundation of real love and affection for humanity. Where love is paramount, the question of personal loss or gain does not arise. The basic ingredient for building a healthy society is simply genuine love. 18

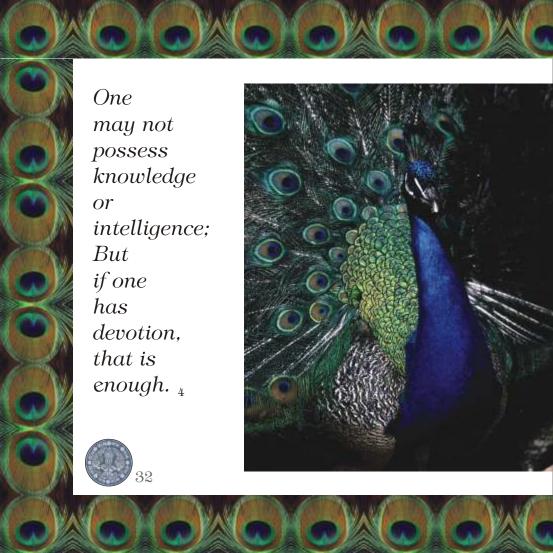




He appears to you according to your feelings toward Him. If you are subtle, He is nearest to you; if you are crude, He is farthest from you ... When you think He is here, He is nearer than here. He is so near that it is difficult to measure the distance. You go on searching for Him in the caves of the Himalayas and wander here and there, and He is nowhere. But when you attain awareness of Him, you find that He was all along with you in your search. He was seated in your heart. ,



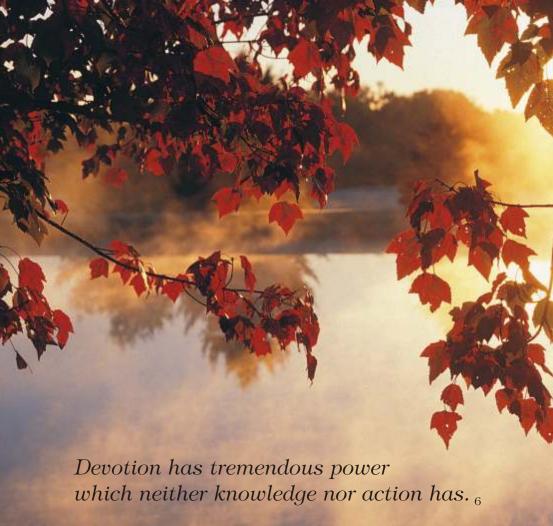






The only qualification is a sincere heart. *If your* heart is pure, you need nothing else. 5

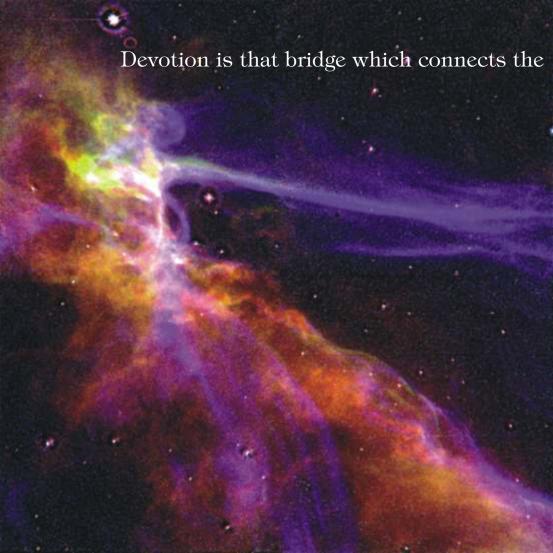


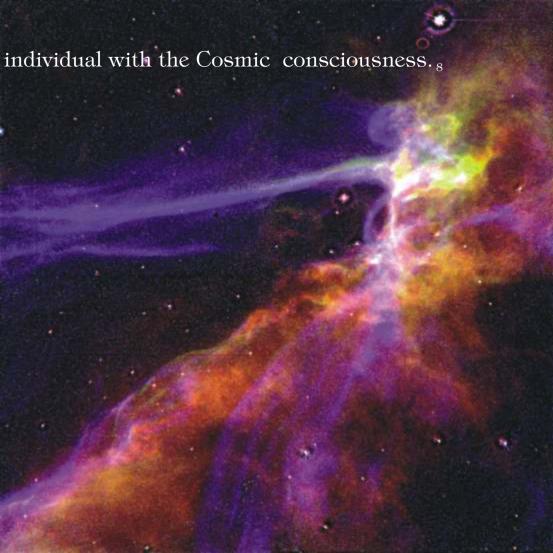


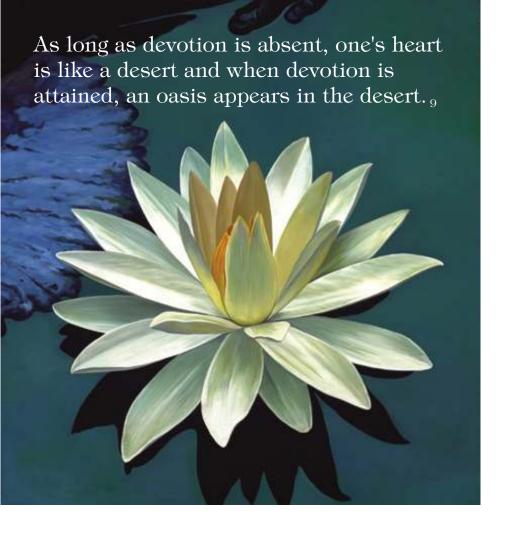


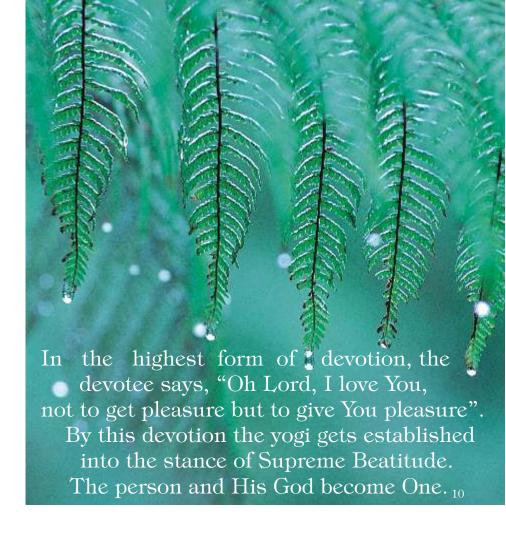
Never ask anything from the Supreme Consciousness. If the Lord does wish to give something, ask only for Him and nothing else. 7

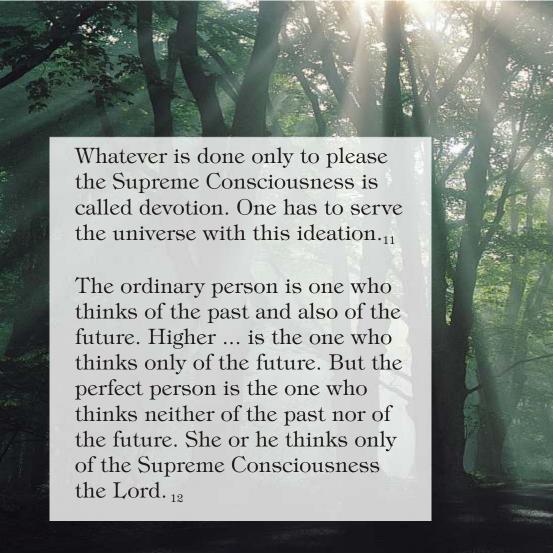






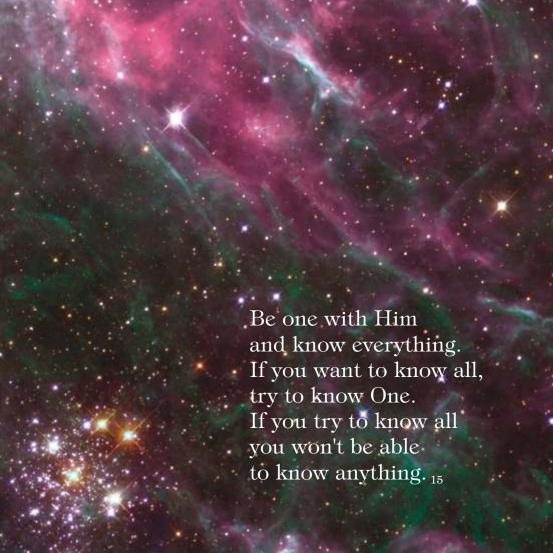








Eternal hell or heaven is a totally defective idea ... There is no hell or heaven and no one will go to hell or heaven for eternity after death, or lie in a grave for ever; nor will anyone have to wait until any Day of Judgment. 14



When a person is established in devotion one becomes able to understand the greatness and magnificence of the Supreme Consciousness The understanding at this moment is born of real experience through taste ... after climbing a step on the tree of devotion. Only then can one understand the brilliance and greatness of the transcendental Cosmic Entity. 16

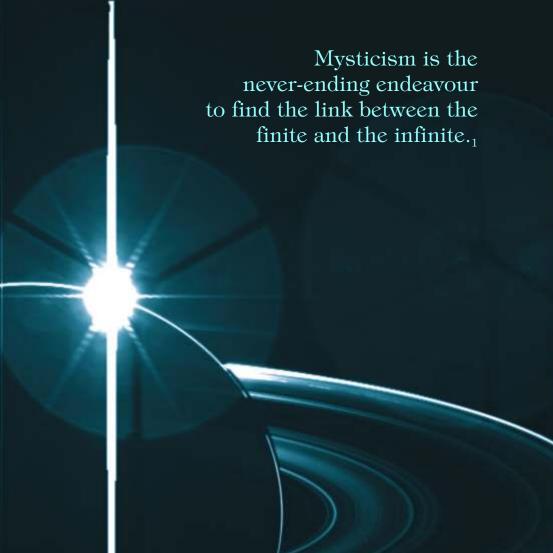


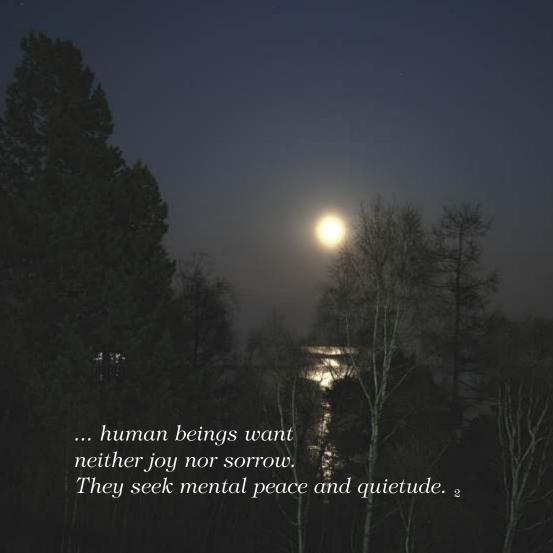


hen one starts questioning the source of one's energies and capacities ... are they really one's own ...? Even the strongest of wrestlers becomes frail and is unable to speak, ... the scholarship of a scholar vanishes in the thin air if you keep him or her without food for a week. Meaning thereby, all your knowledge, intellect, capacity and valour, are dependent on Him. The moment one understands this, one is ensconced in devotion and then alone will one be able to realize that one is working according to the wish of Paramátmá with all one's capacities. This is the sign and feeling of a staunch devotee. 17

he devotional sentiment is the highest and most valuable treasure of humanity. This element of devotion, the most precious treasure of humanity, must be preserved most carefully. Because it is such a tender inner asset, to preserve it from the onslaughts of materialism, one must build a protective force around it, ... what is this protective force? It is a proper philosophy which will establish the correct harmony between the spiritual and material worlds and be a perennial source of inspiration for the onward movement of society ... this surging Neohumanism ... making all things sweet and blissful, unifying individual life with collective life and transforming this earth into a blissful heaven. 18







There is one moon, but its reflections, falling in countless puddles of water, appear as countless moons. No new moon is born. The same moon is being reflected in many receptacles. Similarly, the one and the same Supreme Consciousness is being manifested as limitless individual entities, in countless mental receptacles, in countless minds. 3



Spirituality provides humanity with that subtle and tremendous power with which no other power can be compared. 4





Knowingly or unknowingly everybody loves the Supreme Consciousness. The movement of spiritual aspirants towards this goal is their spiritual progress and it is achieved through spiritual practice. 5





You should never say,
"I am a sinner, I am a sinner".
You should say, "O Lord, I am your child,
I am your son, I am your daughter...
Please purify me". 6



Spirituality is not a utopian ideal but a practical philosophy which can be practiced and realised in everyday life. Spirituality stands for evolution and elevation, not for superstitions or pessimism ... spirituality does not recognize any unnatural distinctions and differentiations made between human beings; it stands for universality. 7











he real knowledge is knowing one's self. You know, there are certain defective philosophies in the world which maintain that the material world, matter, is everything. When matter is everything, then matter becomes the goal of life. And human existence, human consciousness, will become like earth and stone ... You should keep your mind free from ... such a defective philosophy because it is, antihuman. It is most detrimental to human existence and human development.

hat is Yoga? It is to become one with that Supreme Entity. When you become one with the Supreme you are getting everything, you are losing nothing. You are losing only your little name, the name of your little "I", and nothing else, and in return you are getting the Supreme "I". This is Yoga in the spiritual sphere. Some people think that Yoga means a particular exercise. No, no, no. Yoga does not mean exercise; Yoga means unification.





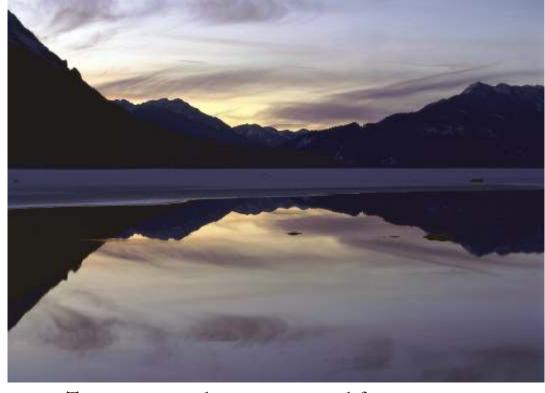






Don't compare life to a pool of muddy, stagnant water. Life resembles an ever-flowing spring. 10





To attain complete success in life, one must have mental equipose, mental balance. There must not be any complex in the mind neither superiority nor inferiority complex. 11



Knowledge is for all - it should be open and free like the light and air of the sky.  $_{12}$ 





Your relation with God is personal. No one can sever this relationship. It is part of your being ... <sub>13</sub>

You have been born in eternity and you are moving towards immortality. Therefore there is no need to be afraid, despondent, or sorry in any condition. 14

Humans can mould their own fate in accordance with their actions. They must not become slaves to their fate. 15

harma does not mean any particular religion; it means the quintessence of one's very existence. As human beings have come in human form, they will have to live and grow, they will have to establish themselves in human life and die a glorious death, for this is their human dharma. They can not afford ... to degrade themselves to the level of nonhuman beings. 16

nferior people do not even start any noble activity because of the mere anticipation of opposition. Mediocre people no doubt start their work, but, when confronted with opposition, leave it unfinished. The best type of people never leave any work unfinished. Even if they are confronted with enormous difficulties at every step, they persist until the work is successfully completed.17



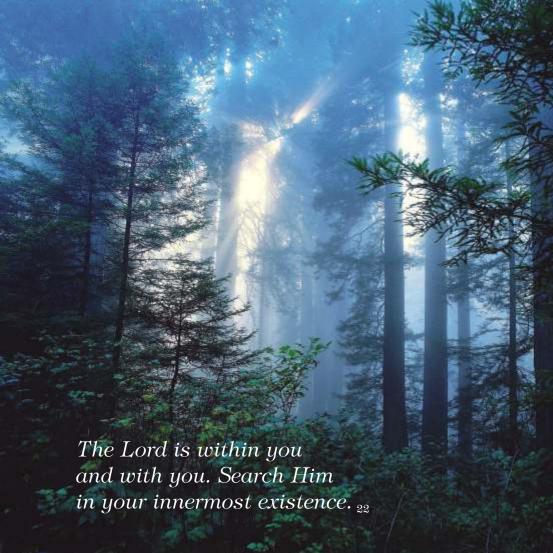
This has been our failing: that we neglected the spiritual faculties of human life, we neglected the cardinal spiritual points of life. If we are interested today in the welfare of this beautiful universe, we should try more and more to accelerate the speed of spiritual progress. 18

The spiritual strength that a person can acquire is not only immeasurable, but also infinite. 19

Never attack
the religious beliefs
of anyone.
Make the person understand
gradually with logic.
If you attack
a person's religious beliefs,
it means you have attacked
Ananda Marga. 20

You must try to arouse the seed of benevolence that lies hidden in the inner recesses of the human mind. 21







Human beings have an instinctive and limitless desire for all-round victory in all spheres of life. 23



Your ideal is represented by your conduct. Your learning, your social or economic status have nothing to do with your ideal. 24

barriers. It is universal. It is transcendental. It is not reserved for black people or white people or rich or poor. It is the divine gift of God to all of His children. Spirituality (dharma) is all-embracing. It is the birth-right of all people. 25



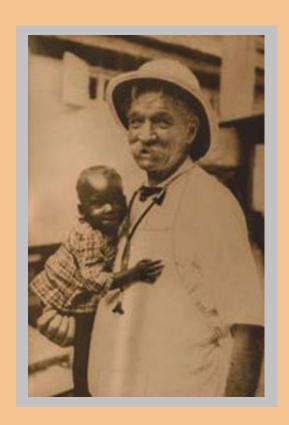


While moving towards the Supreme Entity, you are to do all your worldly duties in the social, economic and all other spheres. That is, your hands should be engaged in worldly duties and your mind should be moving towards the Supreme Entity. 26





## S E R V I C E





Those who take great pains to assist the helpless are more civilized and endowed with greater awareness. They are the socially-minded beings who readily embrace the underprivileged, the downtrodden and the rejected people of society. 1

Giving help and shelter to the helpless and shelterless is indeed the mark of real greatness, of the really great. 2





It is action that makes a person great. Be great by your sádhaná, by your service, by your sacrifice. 3



The best way to propagate a sublime ideal is by doing constructive work. If one condemns or criticises the ideals of others one may enjoy the satisfaction of an apparent victory, but humanity has never gained anything worthwhile from such a practice. In fact, a criticising mind becomes associated with that which is being condemned. 5

Bear in mind that you have a duty towards, indeed you owe a debt to every creature of this Universe, but towards you, no one has any duty; from others, nothing is due. 6

You have to offer yourself without expecting anything in return. If you offer yourself completely at that time, you will attain the highest benefit... This alone is known as service. 7



For a spiritual person, for a spiritual aspirant, for a good soul who renders service to the society, the service it self is the prize. He or she wants no other prize, no other success. Suppose, a man is dying. You are nursing and helping him, and finally he is cured. This cure is the prize. You require no other better prize. 8

The entire human society is anxiously waiting for you, for your service. You will have to shoulder a great responsibility for the suffering humanity. You know, actually humanity bleeds and you will have to save it.





You should remember that if you don't help humanity, who else is to come and shoulder the responsibility? 10





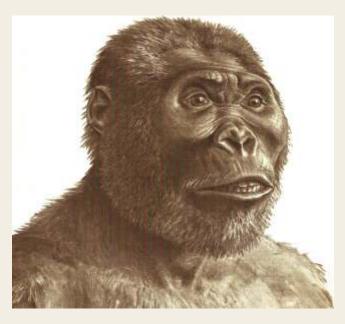
If, while helping a man, a poor man, or a diseased person, you ascribe Godhood to him, that is, if you think, "I am not helping a man, I am helping God in human structure," then vanity will not be encouraged. 12

s long as you exist, you have to perform service. The moment. you stop, you will fall into an abyss ... It is your nature to carry yourself from narrowness to vastness, from greatness to divinity. It is against your nature to allow yourself to fall into an abyss. O human being! Be established in the radiance of godliness, in manliness, because yours is a path of a revolution. You have not a moment to stagger or look behind. 13

o establish the heavenly kingdom in this world, those with tireless cosmic ideation have to fight within themselves the devil of their own weaknesses and defects. But remember this "devil" is not your goal, so you are not to think of it. Whatever the obstacle in this march to the Great there will be no compromise with it. That is why I say, this is the path of bravery, this is not the path of crudeness and there is no place in it for cowardice. The aspirant will have to go on fighting endlessly, without pause. 14

## **HUMAN SOCIETY**

The darkness of evolutionary night began to fade centuries ago when the first ape-like creature deserted his tree-branch kingdom and shambled



out into the light of the plain. He was guided by something he could not understand: something unapelike and impossible for his comrades. Somehow, somewhere in his seething body chemistry, something had changed. In his brain lay the seed of humanity; in his strangely bright eyes, the dark shadow of a hidden dream.

Time passed slowly. The new creatures developed and multiplied. The wonderful changes in their bodies and minds continued; their brains, nerves and glandular systems grew in complexity and specialisation. New behaviour patterns evolved and after some time, emotions and feelings unknown and denied to all previous forms of life found their means of expression.

The Dawn of Man was reached at that auspicious hour. The waves of thought generated by that first human expression vibrate even to this day in the unconscious mind of every human being. Everyone of us carries within him the hidden memory of that first sunrise, and even beyond it into the darkness of antiquity. We are, by means of this primordial memory, which is part of our human heritage, intimately connected to all forms of life. 1

Amidst endless reproaches and humiliations, profuse sweating and bloodshed, through the ordeal of unbearable torments and agonies, humanity has evolved to the present status. The very existence implies struggle. Nevertheless, it's your duty to accelerate the speed of human progress. <sub>2</sub>







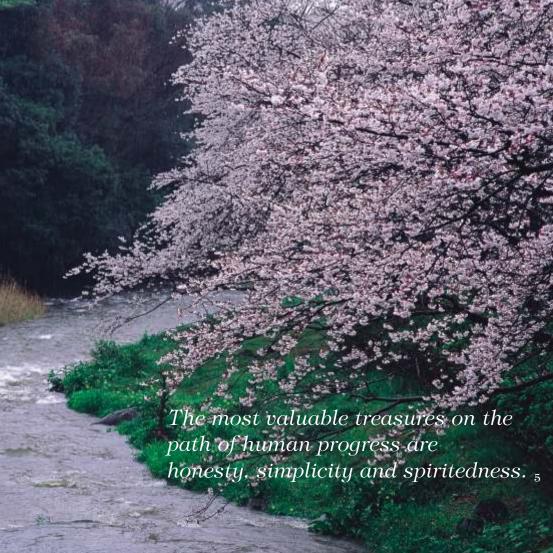


The only true progress for human beings is spiritual progress. The wise will, therefore, concern themselves only with the spiritual sphere. The only concern with the physical and intellectual spheres will be adjusting the base on which spiritual progress will thrive. The wise, remembering that the goal of life is the subtlest goal, will make efforts to reach supreme blessedness. This is the only way to progress. 3

Whatever liberty exists in society today is the result of prolonged struggle by many individuals and groups. At the root of this struggle is the innate human desire for happiness the longing to establish oneself in the supreme flow of bliss. 4







I want every human being to be guaranteed the minimum physical requirements of life; every human being to get scope for the full exploitation of his or her psychic potentiality; every human being to attain absolute truth; and endowed with all the glories and achievements of the world, to march toward the Absolute. In and through this movement, humanity should be made conscious of the purpose and meaning of life. 6



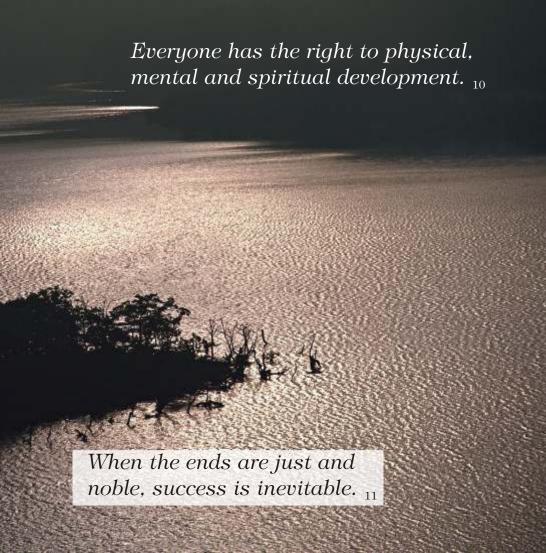
... we are to remodel the social order so that nobody is compelled to resort to immorality for lack of food or clothes or other necessities of life. 7

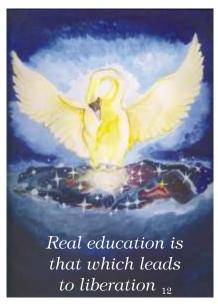
A spiritual aspirant must know that in a civilized society there is no scope, no room, and no option for hatred or mutual intolerance. All are equallyblessed human beings. All have the same parentage, and will have to move with all others. 8

In human society the importance of a highly powerful and eminent person is at par with that of a disabled or dying patient. None (no one) can be ignored. The slightest injustice done to anyone will cause the breakdown of our entire social framework.









The ideal of an artist is to be established in a transcendent realm, beyond the limits of the senses. ... The greater the artists' understanding of their kinship with God, the greater their art. Those

who possess a creative faculty yet do not seek the subtle Transcendental Entity, cannot create a worthy or successful work of art. 13

The knowledge of the learned, the strength of the strong, the intelligence of the intellectuals all these faculties have been given not to be merely preserved but to be utilised. 14

The true writer is not only a creator but a sage as well. As the representatives of millions and the architects of society, the writers cannot forget even for a moment the highest sanctity of their avocation. They are the messengers of the mute masses, the guardians of society. 15

Book knowledge that cannot be utilised in life has no value. 16

Art or literature is one of the sources by which the common people are inspired to establish themselves in the Cosmic Mental Sphere. That is why the effort (sadhana) of the artist or the writer through the ages has been to see the one among many, to lead many to the path of the One. 17





That which moves along with the society, that which takes us to the real path of benevolence, to the path of growth and fulfillment, is called literature.

- "Art for art's sake" is not acceptable; rather the expression should be, "Art for service and blessedness". <sub>18</sub> One can attain freedom only spiritually, for freedom lies in the mind. One cannot attain freedom with the help of sword or pen or muscle. That is why ... human beings have no reason to worry about hydrogen bombs. A hydrogen bomb is only a mechanical device made by humans. One day, ... it will also be destroyed, its present importance, its current horror, will all vanish into nothingness. The same human intellect which invented these bombs will one day ... invent a deterrent force against them. 10



Yes, there is necessity of weapons weapons not for strengthening the hands of warmongers, but for providing security for good ideas, good thoughts, and good persons. Science should be just like art: science for service and blessedness ... 20

To shout "Peace" has become a fashion of the day in this world. There is no other way of establishing peace except by fighting against the reasons that disturb the peace. 21

The proper use of science under a collective economic system will only bring about human welfare. ... Being not always engrossed in anxiety about food and clothes, ... People will be able to devote more time to sports, literary discourses and spiritual pursuits. 22

It is not nature's desire that human beings should penalise one another ... If anybody takes some sort of requital action against someone else, it should be corrective, not penal. 23

A person who is a sinner, a thief, a criminal or characterless ... inherently vibrates with the potentiality of being purified. 24

All those actions which help in the spiritual, mental and physical growth of humanity should come under the category of virtuous deeds and those actions which impede the spiritual, mental and physical development of humanity must be considered vice. This conception of virtue and vice applies for humanity in general. 25

The concern for the vital flow throbbing in other human creatures has driven people to the fold of humanism, has made them humanists. Now, if the same human sentiment is extended to include all creatures of this universe, then and only then can human existence be said to have attained its final consummation ... which will touch the innermost recesses of the hearts of all creatures ... 26





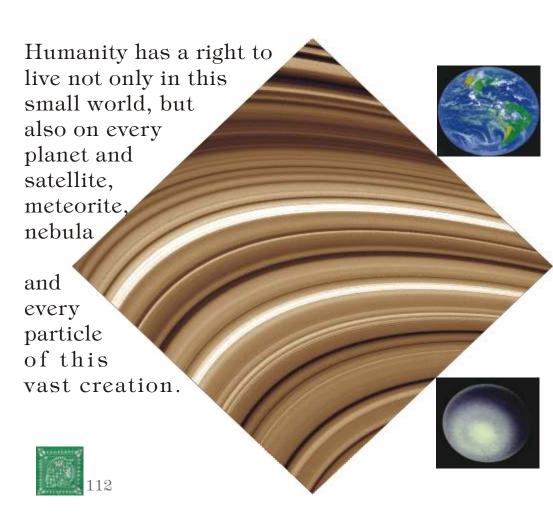
Some say that after thousands of years, there will be no humanity. Beings from other planets may come and see their fossilized existence, to see that there were creatures on this earth named human beings who were educated, who were intelligent, who used to build palaces, buildings, cities, but who have now become extinct due to their internal disunity and infighting. Do you want history to be written like this? Then preach the gospels of humanity everywhere, save the dying humanity. 27

Human civilization now faces the final moment of a critical juncture. The dawn of a glorious new era is on the one side, and the worn-out skeleton of the past on the other. Humanity has to adopt either one or the other. You are the spiritual soldiers, you are the worshippers of life divine. Hence I call upon you to adorn this crimson dawn deluged with glorious light. Victory is surely yours. 28

## UNIVERSAL FAMILY

The fact that the fortune of every individual, not only of this earth but of the entire cosmos, has been wreathed together, will have to be admitted one day by people. The spiritual aspirant has to hasten that auspicious moment by pauseless effort, service and propagation of the great Ideology. This alone is the Supreme task for the present humanity. 1







Love for all, the ideal that the whole of humanity is one family, and the utilization of all the property of the world as that of one unit, combined with the idea, given to those participating in the Namakarana or naming ceremony of a child, that the social, psychic and spiritual upbringing of the child is the common responsibility of all - all these provide an undying common ideal. 3





We belong to the world The world is our homeland. To state it more clearly, the entire universe is our homeland. 4 When human beings bring the entire universe within the range of their minds through spiritual practice, the result will be one universe, one universal society.  $_{5}$ 

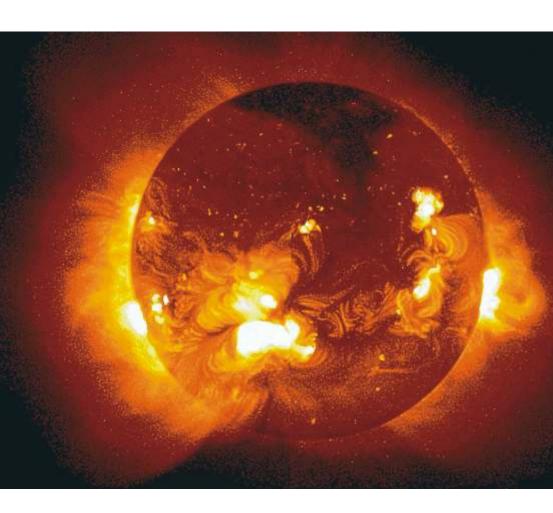


Today not even the Pacific Ocean between Asia and America is difficult to cross. The people of Asia and America are approaching one another, touching and understanding each other's minds; they have learned to think about each other sympathetically, as one family of humanity. Europe, Africa, Australia, Mercury, Jupiter, comets, stars, and constellations - none is alien to the other, none is distant. Gradually everyone has begun to realise the vibration emanating from the One Mind. 6 The feeling and sentiments of the entire humanity are the same, and the preparation for a nobler life is the same for all. The requirements and necessities of all human beings are the same, so humanity is a singular entity; humanity is one and indivisible. 7

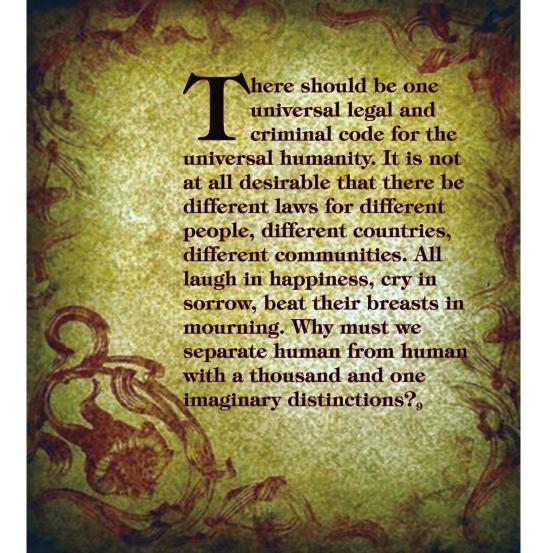






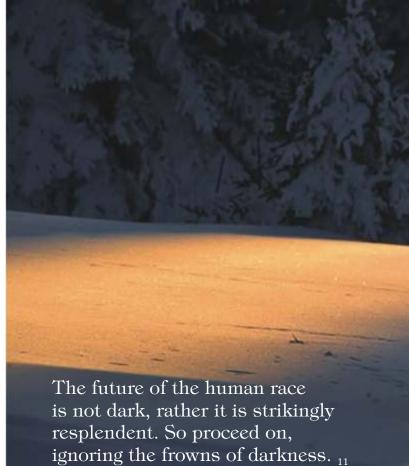


t is a fact that the temperature of the sun will gradually decrease. One day Lit will become a dead star. The conversion of the sun into a dead star will mean a similar fate for its planets. The earth then will not be a congenial place to live. But the destruction of a particular planet or solar system does not mean the end of the human race. There are numerous other stars and planets in the universe. With the further development of science and with the help of interplanetary transportation, human beings will move to other planets. The dream of today will become the reality of tomorrow. 8

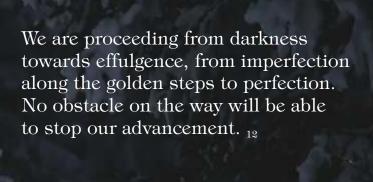


oday you have to create the Great Universe, and the guiding principle behind it will be that all humans are the progeny of the Supreme Progenitor, God. Thus all are His children, all should live together, all will have to live together. Black or white, literate or illiterate, small or tall, all are the children of the same Father and all will have to live together. There will be unity in the physical realm and also in the psychic realms.10

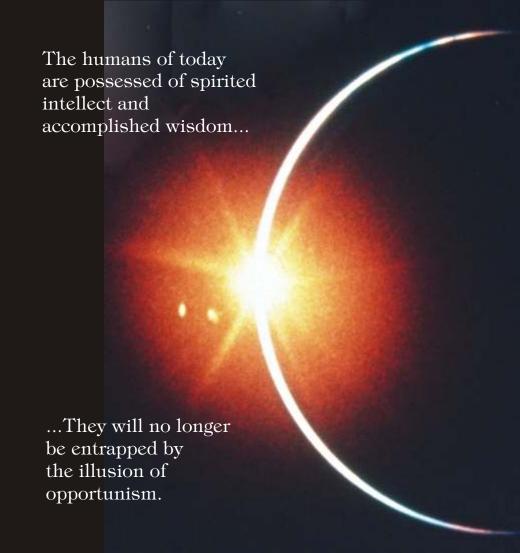


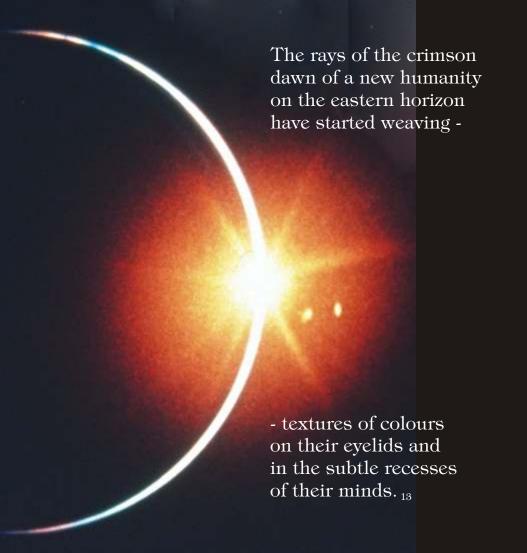


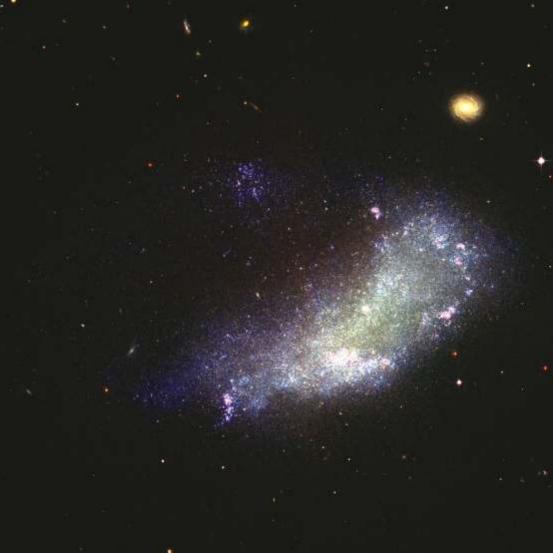












No power in heaven and earth can separate me from my children. Even if this universe comes to an end, I will be with them in the expressionless Cosmos. My children be they gentle, be they naughty they are mine. 111

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The entire universe has to be brought within the realm of your mind and made wholeheartedly your own. This indeed is the way to benediction, the way to all-round prosperity and success. This is the only path of your individual and collective survival.

