

Ananda Vanii (2001-2015)

Ananda Váníi - Ananda Púrńimá 2015

Do good. But do not be arrogant and vainglorious. Arrogance and false pride can ruin Ananda Marga.

Shrii Shrii Anandamúrti

Ananda Váníi - New Year 2015

A yuga parivarttana [change in age] is taking place. All of you plunge wholeheartedly into making sadvipra samája [spiritual society]. Do not be indecisive, do not hesitate, and do not under any circumstances feel fear. Your victory is a certainty.

Shrii Shrii Anandamúrti

Ananda Váníi - Ananda Púrńimá 2014

Each and every intelligent person of the world, everyone who has an iota of intelligence, should try to goad all his energies, all his propensities unto Him. He is the Supreme Shelter. There is no alternative.

Shrii Shrii Anandamúrti

Ananda Váníi - New Year 2014

O human being! remember, Parama Purus'a is your closest friend. You are never alone. He cannot be indifferent to your sufferings. He feels your pain. Act as per His biddings and get free from your sufferings.

Shrii Shrii Anandamúrti

Ananda Váníi - Ananda Púrńimá 2013

I want you to be persons of the uttama category. You must always think of the goal. Always look to your ideal. By spiritual ideation you can get inspiration to adhere to your principles.

Shrii Shrii Anandamúrti

Ánanda Váníi - New Year 2013

The firmness of a person's resolve makes him great. However lowly a person may be, he can become great by his determination. If you have a firm resolve to realize your goal, you shall become great. Without a firm resolution, you cannot achieve anything.

Shrii Shrii Ánandamúrti

Ananda Vanii - Ánanda Púrńimá 2012

'The followers of the path Shreya will naturally have to fight against their samskaras of Preya, their animal propensities. They will have to control their crude tendencies like greed of money, craving for name and fame, desire to maintain a sanctimonious façade and longing for praise through misrepresentations and lies.

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2012

One should remember; We are only playing specific roles in a great drama. I will act properly according to the role I have been given in this drama. This is a person's duty. It is meaningless for a person to think about anything more than this—about what is beyond one's power.

Shrii Shrii Ánandamúrti

Ananda Váníi - Ánanda Púrńimá 2011

Colour your mind with His colour. Those who have not done so cannot attain Him, for this very coloration is Prema or Divine Love. The differences in colour are signs of distinction; without these differences there is identity. No external sign of Sa'dhuta' or virtue is necessary. Become sa'dhu within. Behind the external virtuousness of many so-called Sa'dhus exists a pharisaic state of mind. Preserve the true dignity of the word, Sa'dhu.

Shrii Shrii Ánandamúrti

Ananda Vanii - New Year 2011

If you want to attain the Bliss of Brahma, you must offer your own self. If you want to have the Great "I", you must give away your little "I". You have to give the full sixteen annas, (the full rupee).

Giving fifteen annas and holding back one anna will not do. You must completely surrender. To attain that Infinite One with the help of your mental concentration and strength, you have to surrender yourselves.

Shrii Shrii Ānandamūrti

Ānanda Vāñii - Ānanda Pūrñimā 2010

To attain Brahma you shall have to do sadhana or spiritual meditation. You should make Him the only goal of your life. For this you require integrity, devotion and singular and earnest love for Him. He is not attainable without reverence and unflagging and unflinching devotion. When the devotional depth will come, love, too will be out-brimming with high sentiments- will be full and over flowing. When love will reach its completeness- its saturation point, merger of the self into Supreme, will become easy and simple. In that state alone will come your final realization of the Supreme Consciousness.

Shrii Shrii Ānandamūrti

Ānanda Vāñii - New Year 2010

Obstacles are the concomitants of sādhaná, struggling is a good sign. By these obstacles sādhakas can understand that their spiritual practice is on the right track. Spiritual philosophy comes into being only when sādhakas struggling with avidyá's hindrances, vindicates their move towards Brahma after defeating the base propensities of avidyá by their own intellect and judgment.

Shrii Shrii Ānandamūrti

Ānanda Vāñii - Ānanda Pūrñimā 2009

When the *Sadhaka* or the spiritual aspirant will stand untrammelled and resolute, with the courage of the conviction and self confidence, all snags and danger will gradually wither away—will timidly disappear from his path. Thus shall proclaim the *Sadhaka* thunderingly to the obstacles and dangers. "You do your work and I will do mine. I have no road behind to retrace my footsteps." What fear of loss there can be for those who have sacrificed their all for the attainment of their

goal? At whose threatening finger will they stop short?

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2009

Taking refuge unto him means merging one's egoistic vanity into him.

Attainment of the supreme would be difficult for those who would consider the account of gain or loss one incurs in attaining him. If some one consider about the loss or gain in merging into him, how then can one surrender his pretty unit "i" to thee. His such worm-damaged mental petals of flowers shall be of no use in worshipping the lord.

Forgetting every thing, even a grain of pleasure, one will have to merge himself into thy ocean of bliss. The feeling of merging all the desires is known as radha bhava or personified love sublime, the innocent feeling of a true devotee.

Shrii Shrii Ánandamúrti

Ánanda Váníi - Ánanda Púrńimá 2008

Train yourself in the ideal of the lily, which blossoms in the mud and has to keep itself engaged in the struggle for existence day in and day out , parrying, bracing and fighting the shocks of muddy water and the force of storms and squalls and various other vicissitudes of fortune; and yet it doesn't forget the moon above. It keeps its love for the moon constantly alive. It seems but a most ordinary flower: there is nothing extraordinary about it. Yet, this most ordinary little flower has a romantic tie with the great moon. It has focused all its desire on the moon. Similarly, you may be an ordinary being, you may have to pass through the ups and downs of worldly existence- yet don't forget that Supreme Lord. Keep on your desires pinnacled towards Him. Keep yourself engrossed in His thoughts. Dive deep into the mood of that Infinite Love, then alone your any activity will never be affected in any way.

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2008

For everything, big or small, every person in the universe should be optimistic at every step. I have been singing the song of optimism, and shall continue to do so. Since I know that those whose desideratum is towards perfection will ultimately

become victorious.

I hope those who shall move ahead with the spirit of Dharma, this year will be glorious for them. They will be enlightened with Supreme Bliss. I also hope those who are oppressed and suppressed under the pressure of exploitation their each and every drop of tears will be wiped out with the advent of this year.

Shrii Shrii Ánandamúrti

Ánanda Váníi - Ánanda Púrñimá 2007

Finally satya becomes victorious in each and every fight, in each and every clash and in each and every work. Satya comes out successful. "Satyameva jayate nánrtamí." That is, the falsehood won't be victorious. "Satyena panthá vitato devayánah": your path to godhood becomes widened with the help of this satya, that is, this satya makes the path wide so that progress towards godhood is achieved.

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2007

Moving forward is life. The human society will have to be freed from all the static bondages, which obstruct human progress at every step even today. You do not have time to worry about what one speaks about you and whether you are supported or not by any one. Today it is a must for you to take this bondage-freed people with torchlight in your hands and will have to march ahead, this alone is your sacred duty. You are born on this earth to materialize this task alone.

Move ahead on the path of progress and take the entire world together with you on this path. Moving forward is life, it is the Dharma and it is the real achievement of all attainment.

Shrii Shrii Ánandamúrti

Ánanda Váníi - Ánanda Púrñimá 2006

For a bhakta, only ápta vákya has value. What comes from Parama Puruśa is ápta vákya. When the devotee is able to hear, feel, realize and understand the will of Parama Puruśa through having developed a relationship of love with Him, it is called ápta vákya. As devotees, you should follow only ápta vákya. You should remember that the Sixteen Points are your ápta vákya.

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2006

Spiritual elevation of the human being is sure to come if they follow three principles of Pranipata, Pariprashna and Seva. Except for these, nothing else will benefit you. Remember! you have come on this earth for a very short span of time. Therefore, utilize the opportunity and your time in all round service to entire creation with the feeling of service in all the three spheres- the physical, mental and spiritual.

Shrii Shrii Ánandamúrti

Ánanda Váníi - Ánanda Púrńimá 2005

When everything comes from the same progenitor and moves along the same path towards the Supreme culminating point, then should there be any cardinal differences between man and man? No, there must not be. Everybody should be given the scope or circumstances should be created, so that nobody gets the scope to feel that their future is sealed for ever or blocked. So let everybody feel that everyone in this expressed universe belongs to the same great human family.

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2005

You should always remember that you are in a world of passing shows, moving panorama. No picture, no position, no stance shall remain as they are just at present. That is, everything will change, everything is to undergo changes and you should be ready to adapt yourself, to adjust yourself with those changed phases.

Shrii Shrii Ánandamúrti

Ánanda Váníi - Ánanda Púrńimá 2004

Keep on moving with sincerity and devotion; go ahead along the path of devotion. Remember, where there is devotion, there is Paramatma. For jinanis and logicians, the path of dharma is razor's edge, but for the spiritual aspirants, who are devotees, the path is like a bed of flowers. Since God is attainable only

through devotion, the devotees will certainly attain Parama Purusa. You are spiritual aspirants, you are marching along the path of devotion, and victory will certainly be yours.

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2004

A person must stick to his ideals irrespective of whether he receives praise or abuse, whether wealth comes or wealth goes, whether he lives a thousand years or suffers death the next moment. Such a person is called “dhiira”. My direction to you is to be Dhiira. You must stick to your ideals in spite to everything. In this lies your spiritual growth.

Shrii Shrii Ánandamúrti

Ánanda Váníi - Ánanda Púrñimá 2003

From how many bondages human beings suffer! Human bondages are chiefly of three types: physical, mental and spiritual. But when, remembering Parama Puruśa, they surrender all the sweetness of their existences to Him, then and only then can they attain permanent liberation from those three bondages. Shiva says, “In this state, shattering all bondages, they attain the supreme stance of eternal bliss.”

Shrii Shrii Ánandamúrti

Ánanda Váníi - New Year 2003

In the universe, under no circumstances was anyone alone, is anyone alone, or will anyone be alone. All the entities lying within the cosmic bosom from beginning to end are moving, and the touch of Parama Purus’a, the Supreme controller, who is stronger than even the thunderbolt, is upon them all. On the one hand, in His Protá-yoga, He is associated with all entities of all lokas (worlds) and all spheres, and on the other, in His Ota-yoga, He is shining like a bright jewel in the most solitary corners of the minds of all creatures.

The sky of the external world is glittering with His light and the sky of the inner world is also gleaming with His effulgence.

Shrii Shrii Ánandamúrti

Ānanda Vāñii - Ānanda Pūrñimā 2002

Cultivate the desire to live for a hundred years just to be able to do more and more work. Then I say, I want, that you live a very long life. Drive past hundred years, exceeded that threshold, and prove with your actions that someone with your name came into this world and worked to the best of their abilities. He cried when he was born, but he was smiling when he left this world.

Shrii Shrii Ānandamūrti

Ānanda Vāñii - New Year 2002

One need not run about in the world to find Him who is contained within the jewel-case of one's existential feeling. One can easily attain Him if To forget the brightest jewel of the inner world and then vainly search for the source of light in the outer world-this is indeed a waste of time! Shiva says, Why should people waste their time in this way? Why should people throw the food from their hands and then bet for alms from door to door? His advice is: proceed towards the inner world.....deeperstill deeper.....and still deeper.only one searches within.

Shrii Shrii Ānandamūrti

Ānanda Vāñii - Ānanda Pūrñimā 2001

To the Supreme One, who is the central figure of all existence, of all ideas of the universe, one should offer only one's soul. One should offer one's most favourite object - the quintessence of one's existence. And while offering one should say, *Nivedayāmi cātmanā tvam gatih Parameshvarah* ["O Supreme Lord, I offer myself to You - You are the culmination of the journey of my life"].

The sādhanā to assimilate the ideation of Parama Puruśa by surrendering one's "I" feeling unto Him, is the sādhanā of self-knowledge, and one can attain salvation only by this type of sādhanā.

No one can escape the consequences of his or her actions by resorting to falsehood. This applies not only to the mundane sphere, it applies in the psychic world as well. This is the essence of countless words.

Shrii Shrii Ānandamūrti

Ānanda Vāñii - New Year 2001

Oh! Followers of Ananda Marga, march along the path of Satya and awaken the Satya hidden in you. Develop the cosmic consciousness that is latent in you. In the same manner as Bhagiratha through his sagacious powers summoned the holy currents of the Gangotarii through the dark mountain chasms. Through those currents of Satya enliven your society and carry it along on the path of the infinite ocean of inseparable souls which are awakening on the road to the Supreme Union-the holy confluence of the sea. When this is attained, there will be no mean wanderings or the externalized struggles for existence. There will be one Universal "You" who will forget its own self in the serenity of the serene, the exaltation of Consciousness and the holy touch of the supremely blessed.

Shrii Shrii Ánandamúrtil