

## Letter to a Householder on his Duties

*By Swami Shantananda Puri Maharaj,  
Hari Om Ashram, Nadiad, 09 June 1997*



My Dear \_\_\_\_\_

JAI SRI RAM

I hope you are in receipt of my letter in response to yours posted in the last week of April'97. Your letter was a shock to me as soon as I entered into the MOUN MANDIR. If you see Sloka 5 of Chapter II of Bhagwad Gita, Arjuna also wants to retreat & take up Sannyas. All life is a struggle (a KRUKSHETRA) & we cannot escape from doing our duties till we are absolutely fit for the highest stage. We have to develop all the 26 Divine Qualities listed in Sl. 1 to 3 of 16<sup>th</sup> Chapter of GITA. Spending an hour or so in PUJA / JAPA & spending all the 22 hours in sleep, household affairs, friendly gossips & office affairs – What a preparation for renunciation!

With all household & office work one should do JAPA / NAMA SMARAN – in all for 11 to 12 hours per day without fail for atleast 4 years. Where there is a WILL there is a way. PUJYA MOTA, the founder of NADIAD ASHRAM used to do it while working as Secretary to HARIJAN SEVAK SANGH, GUJARAT & also looking after a HARIJAN SCHOOL as Headmaster & warden of the HOSTEL. This can't be done in one day. Slowly you have to increase it. Side by side you should strive to be humble, leave off all ego, welcome all insults at home / office or society & love all those who heap insults. Do not even try to justify yourself. Love & help those who, you know are your enemies. Daily pray to the Lord for full one hour. Cut off visits to friends & relatives. Even when they come to your house, turn the topic of conversation always to GOD. You should consider that helping the family in household work & working in office are both duties ordained by GOD & we should do it with LOVE & Perfection. If your advice or instructions are not heeded by others, do not at all bother about it. You go as per the advice of others. Heavens were not going to fall. Let us not have the ego that I am always right & everybody should follow me only. Leave off all anger, inward resentment, hatred, etc. If things do not happen in the way we want it, let it go. This is real spiritual life while living in household & working in office. Always remember GOD – walking, eating, talking, etc. DAILY PRAY TO GOD IN YOUR OWN WORDS. Surrender yourself completely to the SATGURU or GOD (one & the same). When the time becomes ripe, Lord himself will make you graduate into the next step. It will come automatically when our Sadhana is perfect & when we have been doing it lovingly & uncomplainingly. Everybody cannot become a Ramana Maharshi. If we try it when we are not ripe, we will be committing a great sin & a great blunder too.

I was only praying sincerely to the Lord to give you the SAD-BHUDDI & to guide you in the proper path. Incidentally, the medicines prescribed by your doctor to be taken daily (are they tranquilisers – I don't know) SHOULD BE TAKEN WITHOUT FAIL. TAKE THAT ALSO AS GOD'S WILL & DO NOT FAIL EVEN FOR A SINGLE DAY.

It is about 1 ½ months since I came inside the MOUN MANDIR. It has been terrifically hot inside – like an IRON OVEN. All the 24 hours – night and day I perspire (sweat) a lot. Because of terrific perspiration one can't have good sleep even at night. All my body developed PRICKLY HEAT eruptions which became painful sores & developed PUS heads. It was all ITCHING & SCRATCHING. Body got dehydrated. For nearly 10 days, I was just lying down for 24 hours with weakness & debility. I was using whatever medicines I had in my kit & never informed the Ashram. All the time JAPA & DHYAN was going on to the extent possible. I take 1 roti at night and 1 roti in morning. For the last 2 weeks I am taking milk (morning & evening 1 cup each). By God's will there were some rains for 6 or 7 days and the room cooled down to a large extent. Now my health is becoming normal & the eruptions have all subsided. When we surrender to Him, He does help us even in PRARABDHA. My Sadhana goes on very well. I get very few letters from outside. It is all silence & solitude.

I am anxious to have your letter. Please write to me early. Depend completely on Lord, chant & write RAMNAM. Everything will become all right.

The R. K. MISSION BANGALORE has published two small booklets costing Rs. 3/- each in both English & in Kannada also – written by SWAMI PURUSHOTTAMANANDA (of PONNAMPET R. K. ASHRAM). The names are:-

1. Letter to a Student &
2. Secret of Concentration (for students)

They are excellent. Try to get copies & give to your children. Let them read it & then you discuss it with them. My HARI OM to your wife. I invoke God's blessings on you all.

With LOVE & OM,

Yours in the Lord,  
Shantananda

\* \* HARI OM \* \*

**Website:** <http://www.swamishantanandapurimaharaj.org/>

