

Metaphysical Poems



SWAMI VISHNUDEVANAND SARASWATI

INTRODUCTORY

Ever since the evolution of civilization, man has been in constant search of peace, truth and Reality of Life. Modern Science has failed to provide an answer to it, though it has provided all types of comfort and knowledge but has drifted the humanity towards materialism and ruins, and failed to provide the Real Peace of life—the ultimate object. The answer is provided by the Indian Saints and Yogis, who have attained perfection and their teachings have become scriptures—invaluable to mankind.

Rarely Saints have expressed their teachings so openly and in so simple words as Gurujee has done it in these Verses. The teachings in these Metaphysical Poems are meant not only for spiritual aspirants, but also for the worldly confused persons, who are slaves of sensual pleasures and have lost their peace of life.

Life—Its Aim

Life is nothing but a dramatic mental play, full of illusions and delusions; mingled with joy and fear, mixture of happiness and misery, full of doubts, pains of life and death, full of temptations and adversity. Death is roaring day and night and causing worry. Mind is the cause of diversity and its attachment with mortal things, causes unhappiness in life. The worldly confused man runs after the sensual pleasures and suffers. He fails to discriminate between Gold and clay. He has forgotten the real aims and objects of life and the reality of his ownself, which is the real and main cause of his suffering in Life. Everybody from birth till death is always fearful inspite of his best wishes to liberate himself and be free from the miseries of Life. A complete answer to these problem is found in these verses. One can liberate himself and be free from the fear of death and miseries of life by meditation and concentration.

For meditation, turn inward, have an unflinching faith, keep the eye fixed like a tree, avoid temptation by mental renunciation, live detachedly with illusory world. By constant concentration and meditation day and night, with pure heart and mind, one can have direct realisation of the inner most self, which has no beginning and no end, which is the real Gem and ultimate goal supreme—the aim and object of life. It is all bliss—no illusion—no delusion and beyond expression. Guruji's personal unflinching faith, experience and knowledge have taken the form of verses; which is the gist of his Life. These are the real Gems which everyone would like to have.

This book will be of immense value to the spiritual aspirants and others seeking peace in life.

Realise thyself and be free.

I bow down in deep reverence to Gurujee H.H. Swami Vishnudevanand Saraswati.

Shanti Temple

N.Y.-10977

Shanta Nand Saraswati.

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My Metaphysical Poems

To The Spiritual Aspirants :

It is my personal spiritual exercise,
worldly minded men may criticise.
This is Theological Verse and terse,
explanation of philosophical universe.

Life is a play of mental purpose,
Incanny cause of carnal compose.
This world is wonderful arrangement,
Law and Law giver is same management.

Delusive senses create evil and good,
Stupid mind makes different mood.
Phenomena appear and disappear,
Supreme Reality is ever the clear.

Here Tourists temporary Tournament,
Exhibition of prize and punishment.
Country of culture and torture,
Creatures of labyrinthine Nature.

In this profane world who is free?
Whose mental eye is fixed like a tree.
Character is with clear conscience,
Free from confused nonsense.

He is the divine man sure,
whose heart and mind are pure.
One has transcendental treasure,
He never runs after sensual pleasure.

One who has finished spiritual course,
Sure he has attained celestial source.
Sensuality is the realm of perplexity,
Sincerity is the sign of humanity.

—2—

Teach the worldly confused person,

Preach, experience of spiritual version.
Ordinary people are in confusion,
Few have attained the real solution.

Why all the creatures come and go,
Purpose of divine play they don't know.

Physical life is dream of mentality,
Self realization is cream of humanity.

O! man of mundane insanity,
Rise from mortality to immortality.

Change the colour of your mentality,
Earthly calamity into spiritual serenity.

Humanity has risen from animality,
Have to rise from humanity to divinity.

Indulgent life is glad and mad,
ultimate effect is bad and sad.

Play of youngness is temporary,
Death and oldness are transitory.

—3—

Young person never cares and hears,
All old persons fear and are in tears.

The amusement of physical attraction,
Ultimate result recalls repulsion.

All deep details of worldly letters,
Expecting freedom but full of fetters,

Physical property and personality,
Always take state of versatility.

In worldly dignity and quality,
There is no conclusion of finality.

Wise man's life is like a dramatic play,

They search the source, do not delay.

Sense perception is empirical farce,
Mixture of divine blessings and curse.

Every mental creation is mysterious,
All the sense pleasure is ridiculous.

—4—

Inner Self is the pivot and tower,
Subtlest soul is the source of all power.

It is self identity and self reliance,
Self complacency and self confidence.

Mind's nature is like mercury,
Frequently happy or full of misery.

Divinity is eternal back-ground.
By constant meditation would be found.

Wisdom of the wise appear seldom,
The immortal life of divine Kingdom.

Controlled mind cause of freedom,
Indulgent life brings thraldom.

In sleeping, eating, maintain regularity,
Get sound mind and physical vitality.

There is no life than self restraint,
There is no peace than self content.

—5—

Self existence is the ultimate property,
Contentment is the real life of liberty.

There is no life than temperance,
There is no mind than forbearance.

Self restraint is the supreme chancellor,

Highest hero is the mind controller.

One who has a life of practical exercise
He is really the ideal and the wise.

Earth is mixture of demon and divine deity,
Dreadful desert and beautiful city.

Behind the intellectual attitude,
Human life is full of gratitude.

Mind is the cause of diversity,
Self is the back-ground of unity.

Behind the field of mental magnitude,
Best life, endless joy and beatitude.

Rare pious persons have reach.
Therefore they popularly preach.

All young persons don't care,
See everywhere love and fear.

They want better and the best,
But everywhere mingled contest.

—6—

Saints are free from desires and doubt,
Really those who are ardently devout.

Inexorable death is roaring,
In the earth relatives are boring.

Mental renunciation is the solution,
Detachment is the way of liberation.

Supreme self is silent ground,
Name and form are all around.

Here is the Heavenly whisper,
Enjoy blissful sound forever.

Self has no beginning and end,

No one can connect or mend.

Wise man's desire is dramatic play,
They give same value, gold and clay.

Follow peaceful path of the middle,
Refrain from the over-eating widdle.

Change the desire of variety,
By compassion and charity.

First faith, then contemplation,
Thereafter direct self realisation.

—7—

Avoid by practice and intense faith,
Physical birth and inevitable death.

Please introspect and scrutinise,
Turn mind inward and realise.

Reality is the innermost self,
That is the ultimate Entity and Help.

Be absorbed in celestial sound,
Here stubborn mind is bound.

Take delight in million of sun,
Go beyond the phenomenal fun.

Having direct Self-Knowledge,
No need to go to library and College.

In transcendental luminosity,
Know your essential identity.

Sense world is profane delusion,
Refrain from sensual illusion.

You should have unswerving belief,
Then you would get spiritual relief.

Practice is the way of perfection,

Theory is momentary consolation.

He is the ideal and the best teacher,
Whose teachings agree with the character.

—8—

For some hours of regular meditation,
Bring to life eternal consolation.

Why you search for truth outside,
Concentrate inwards by proper guide.

Within the inner being is felicity,
Obtain wisdom and tranquility.

Practise to see the One in many,
Realise, the obstinate mind is funny.

Meditate on one single point or idea,
This is the best way and panacea.

Penetrate into peaceful kingdom of Heaven,
Cross relative existence of puzzling Oven.

Be careful from absurdity,
This is the world of diversity.

All happiness, peace within you,
Go beyond the sensual view.

Inner illumination brings perennial joy,
Detachedly play with the material toy.

Hear the melodious Inner sound,
Within the core of your self ground.

Enter into the kingdom of God,
Attain the endless Light abroad.

—9—

I pray to the Almighty Lord,
May you tear the illusive cord.

May you enjoy inner illumination,
Be free from terrestrial temptation.

May you be free from phenomenal falsity,
Release from modified mentality.
May you jump in the life of endless joy,
Be free from play of transient toy.

May you have unflinching faith,
Cross the river of dangerous death.
Know, mind is the servant of habit,
Follow the life of divine orbit.

Drown in the life of cosmic wisdom,
Take delight in life of eternal freedom.
Realise the blissful life of Immortality,
Dance in ecstasy in the field of felicity.

Live in atmosphere of ever hilarity,
Direct knowledge of self identity.
Enjoy the life of doubtless liberation,
Avoid all mundane motivation.

All the mortal body is boring,
Day and night death is roaring.
Know the real nature of conscience,
Go beyond the room of nonsense.

Self is infinite and all pervading,
Innermost self is all permeating.
Understand your real nature,
By Metaphysical culture.

Life above physical confliction,
Be free from adversity of confusion.
Through the mental renunciation,
Comes the divine perfection.

Take delight in self contentment
Out of self is natural punishment.

Study the teachings of ancient wise,

Practise fervently and recognize.

Dance in the field of divine Illumination,
Drown in the life of cultural culmination.

Enjoy the life of doubtless direct knowledge,
No need to go to the university and college.

Avoid the practice of mundane motivation,
Recognize the background of gravitation.

Have to go, beyond the intellectual discussion,
Get ultimate Existence and Eternal Solution.

You can enjoy the Divine Existence,
If you care the spiritual persistence.

Achieve the life of uncanny wisdom,
It is the realm of unchanging freedom.

Obtain the bestitude birth right,
Pray and meditate day and night.

I pray to the Almighty Ubiquitous Lord,
May you tear the Illusive dewshive cord.

May you enjoy Inner Illumination,
Be free from terrestrial temptation.

—11—

Be careful from phenomenal falsity,
Be free from modified mentality.

Jump in the eternal life of endless joy,
Don't be attracted by transient toy.

May you have unflinching faith,
Cross the river of dangerous Death.

Know, stupid mind is the servant of habit,
Follow the heavenly life of divine orbit.

Drown deeply in the life of eternal wisdom,

Take delight in the life of Inner Kingdom.

Realize the blissful life of immortality,
Dance in ecstasy in the field of felicity.

Know the real nature of conscience,
Go beyond deception of nonsense.

Live above physical confliction,
Be free from mental affliction.

Cut the knot of idiotic curiosity,
Be free from worldly adversity.

Through the mental renunciation,
Achieve the divine perfection.

Take delight in self contentment,
Out of self is natural punishment.

—12—

It is my experience, knowledge and faith,
Go beyond speech, mind, body and death.

Enter into the finest cosmic dazzling light,
Realize the Reality, refrain from mental fight.

Realize the Self by the heart of limpidity,
Go beyond mental tension and turbidity.

It is plenum, whole and existence absolute,
Stick firmly within own self and be resolute.

Search the source within inner being,
Mind will not believe without seeing.

Look at me and hear O', my dear boy
Refrain from the play of transient Toy.

For perishable property, you should not cry,
For perfection in the Spiritual; you should try.

Taste the perfect life of divine emigration,

Fascinating freedom and unchanging vibration.

Pray sincerely and contemplate fervently,
Sing the Glory of God and dedicate ardently.

Achieve Bliss, Peace, Wisdom Permanent,
Penetrate and cross the sea of sentiment.

—13—

Struggle or play with boy's or girl's,
Weep or laugh with toy's of clay or pearls.

Follow the wise and person of the best,
Realize the reality and enjoy divine taste.

Realize life of Supersensuous perception,
Transparent, Celestial God realization.

By intense metaphysical concentration,
Enjoy extraordinary heavenly Vibration.

Recognise and enjoy spiritual comedy,
Wise are free from terrestrial tragedy.

Don't run after the external woeful object,
Internal self is the immortal blissful subject.

Love, charity, service and compassion,
Cultivate everything through dispassion.

If you want Life of divine delight,
Please separate from sensual fight.

When one becomes characterless,
Money, mind, wealth are worthless.

Be abstemious in eating and drinking,
Keep moderation in working and sleeping.

You should have highest moral ambition,
Don't join in luxurious material competition.

If you want to climb the spiritual hill,

You should practise with unflinching zeal.

—14—

Mind will not refrain until getting a blow,
It will repent, lament, weep until tears flow.

Disease is punishment and warning,
In this way Nature is governing.

Mind is mingled of aversion and fascination,
Body of living being and inertia combination.

It would be realized heart of limpidity,
Other shore of mental tension and turbidity.

Self is the abode of highest happiness,
Eternal Store of immutable cheerfulness.

That is the place of millions of Sun,
Material world is infinite illusive fun.

Life is a matter of mysterious play,
Body is made of mud and clay.

First imagination then perception,
Then freedom giving self realization.

Eternal Self is infinite and all pervading,
Silent inner-most self is all permeating.

Infinite colour the subtlest and bright,
Remaining with glory day and night.

Supreme Self is ineffable, incomprehensible,
Inspeakable, incognitable, inconceivable.

World is worried, fully confused and crazy,
Being absorbed in sense pleasure and busy.

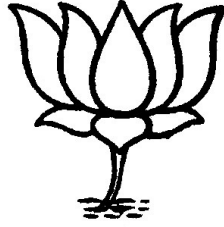
If you want life of Divine delight,
Meditate and Concentrate Day and Night.

Keep your eye fixed like a Tree

Realize thyself and be free.

Vishnudevanand Saraswati

Hari Om Tat Sat.



OTHER PUBLICATIONS

By Swami Vishnudevanand Saraswati

1. Yogiraj HANDIA BABA (Hindi & English)
2. Glory of Yoga.
3. Spiritual Clue (Hindi & English)
4. What am I Really ?
5. Wise Monkey.
6. One & Zero.
7. How to attain Good Health.

By Swami Shanta Nand Saraswati.

8. Shanti (Hindi)
9. Triveni (Hindi)
Devotional Songs in Hindi.
10. Gyananjana (Hindi)
11. Enlightenment.
(English Translation of Gyananjana).

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The website for Kali Mandir in Laguna Beach, California:

<https://www.kalimandir.org>

The Kali Mandir Satsang Podcast:

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The Kali Mandir Youtube channel:

https://www.youtube.com/channel/UC1_qVIQdvl1xgnFbm0EH6ZA

The blogs of Swamis Bhajanananda and Ambikananda Saraswati:

<https://www.cyberdhuni.org>

The website for Swami Paramananda Saraswati:

<http://welcomehome.org/swamip/>

The blog of Brahmachari Tejasananda Chaitanya:

<http://www.goddessdevotion.com/>