

## Letter to children from New York

*By Swami Shantananda Puri Maharaj,  
Tiruvannamalai, 2004*



On Bhagavan's Jayanti day in 2004 (08th January 2004), a family with two children approached Swami Shantananda for his blessings. The Swamiji was residing at Sri Ramanasramam in the cottage assigned to him. He was at that point of time in mouna i.e. in silence. The family requested Swamiji to give instructions to the kids on how to meditate. Since the Swamiji was in mouna, he wrote down a very beautiful, simple message. This letter is a treasure, it is from God's child to all children between 0 -99 years. This heart-felt message was written very spontaneously, and all present felt the blessings.

8/1/04

Dear Children,

OM. In life as you grow, you have to meet problems. Even as children, problems in school, problems in house, health problems.

So in all these problems, there is one helper sitting inside our heart. He is very kind, all powerful. He will help if you call him.

How to call. There is a code word - daily sit down for 15 minutes & shut your eyes. By imagination, imagine that you are seeing in the right side of the body next to the HEART which is on the left. Then you just think continuously "Who Am I", "Who Am I". The one who is sitting inside the Heart is called GOD. Also called SELF. But His pet name is "I". If you do it daily, your intelligence, memory, beauty, creative capacity - all will grow - and one day you will become great. Do not repeat "Who Am I" but go on feeling - Focus your attention. It looks difficult. Do it for 6 months - so easy - It will help you at all times.

Blessings of Bhagawan & HARI OM.

Swami Shantananda  
c/o Sri Ramanasramam  
8/1/04  
[Jayanti Day]

What is HARI OM?

Short form for "Hurry Home"

Wish you a nice journey! (pointing to the heart, meaning the inward journey)

On the reverse of this letter, it appears that the following guidance was given to the parents of these children:

*"Daily or atleast 2-3 days a week read out all Reminiscences of Kunju Swami, Moments Remembered of Chadwick, etc. Need not teach meanings – let them memorise Upadesa Sara, Arunachala Pancharatna and Ganapati Muni's "Chatwarimsat" etc."*

Note: All the capital words / emphasis / sentences are as written by Swamiji. No editing has been done in order to retain the original form of the letter.

\* \* HARI OM \* \*

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