



## Letter to Children who came from New York (8/1/04)

Letter to children who came from New York 8/1/04  
Dear Children,  
AS YOU 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

Letter to children from New York  
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 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 —  
ONE DAY YOU WILL BECOME  
GREAT. DO NOT REPEAT  
"WHO AM I?" but go on  
feeling — FOCUS YOUR ATTENTION.  
IT LOOKS DIFFICULT. BUT  
IN 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)  
Wish you NICE JOURNEY.

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)