

Shanta-Ananda – The Bliss of Silence

What you think, so you become!

IN & NORTH INDIA MANY DEODLE HAVE THE HABIT OF TELLING & VERSE WITTLE BOTHING "LURD I am a fimmer - born out of Sim - with mind fall of tim, at sin all around me No. ch. PAPT HAM PAPA JANMA HAM PAPATMA PAPA SAMBHAVA Even det menks repeat it while bathing. The more you think of PLORITY Spie becomes pure 17 2 SIN one 12 SINNER.

In North India, many people have the habit of telling a verse while bathing: "Lord, I am a sinner - born out of sin – with mind full of sin, and sin all around me, etc. etc.

PAPI HAM PAPI JANMA

PAPATMA PAPA SAMBHAVA

Even old monks repeat it while bathing.

The more you think of Purity one becomes pure.

The more you think of SIN one becomes Sinner.