

# Happy Birthday BABA!

Jai Gurudev!

Dear Friends,

Greetings and good wishes to you all on Baba Muktananda's 112th lunar birth anniversary, falling this year on May 7, 2020. The solar date is May 16th.

We celebrate the birth of such great beings because their presence bestow God's divine grace on humanity. They guide us on the path of Self-realization, and reveal the true purpose of life.

My dear ones, the world is going through a difficult period. But know that this too will pass.

Have no fear! Rather, see the current circumstances as an opportunity: An opportunity to serve others, to care for others, to see everyone as your own Self.

Everyone is being asked to remain physically apart. But this only means that the body should remain apart, not you. You are not the body but the inner Spirit (Atman). Therefore, take this time to become firmly established in that awareness. Then you will truly realize your oneness with all beings. We have seen how people have expressed love and sacrifice for one another. This is because truly all are one in the heart. Yogis treasure solitude very highly. So during this period become yogis, and use the time to remember God, meditate deeply, chant God's holy names with great love, and realize that God dwells within you as you. This is what our Baba taught us. Let us therefore honor him by realizing the truth of his teachings and putting them into practice. May Gurudev bless and protect you all.



*Sadgurunath Maharaj ki Jai!  
Paramgurudev Nityanandaya!  
Sadgurudev Muktanandaya!*

With great respect and love,

Swami Prakashananda