May, 1978
Visit to Kedarnath
Ambikananda had been at Kedarnath five months, enduring a severe winter, and conditions were not that much better as the weather got warmer –water supplied by an erratic diesel pump from the well, electricity by a geriatric generator. But his spiritual energy seemed greater than ever. He had acquired a chicken shed which he converted into a meditation 'cave' and named the Nahabat..

In the Nahabat texts from Srimad Bhagavatam included chapter 3: 'The twenty-four teachers of the Avadhuta':
'Those who, knowing My true nature and worship Me steadfastly are the first among My devotees.
Worship Me in the symbols and images which remind thee of Me, and also in the hearts of My devotees where I am most manifest.
Take delight in hearing and reading of My divine incarnations…
Take special vows of devotion to Me…Offer unto Me that which is very dear to thee which thou holdest most covetable. Infinite are the results of such an offering!
Meditate on Me, surrendering thyself to My service.
Trumpet not thine own good deeds. Shun egotism, and avoid hankering for name and fame.
Use not the light of knowledge for selfish ends.
The Sun, fire, knowers of truth, a devotee. Ether, air, water, earth, the body and all creatures – these are objects, the symbols wherein to worship Me.
Worship Me in the *Sun* through Vedic hymns.
Worship Me in the *fire* through oblations, saying to thyself that all thy impurities are therwith consumed.
Worship Me in the *knowers of truth* through hospitality and service.
Worship Me in the *devotee* by welcoming him cordially.
Worship Me through *meditation* in the sanctuary of the heart.
Worship Me in the *air* by seeing it as divine energy; and in water by accepting it as the symbol of divine purity.
Worship Me in the *earth* by repeating the sacred mantram, My holy name.
Worship Me in the *body* by offering food and drink; and worship Me , the indwelling spirit, with an even consistency of vision.
In *all these abodes* worship Me, in My benign form, thy chosen ideal, and worship Me with a concentrated mind.

'My devotee is compassionate towards all beings; he bears enmity towards none …
… He who worships Me through work and meditation lives continuously in Me and attains unswerving love for Me…'

Ch VI 'The Secret of the Holy' p.233. Sri Krishna continuing…
'…Therefore O Uddhava, laying aside the formalities of religion, do thou wholeheartedly take refuge in Me, the Self of all beings, and so pass beyond fear.'

… [M*ore quotes from Brahmananda]*
'….Sri Ramakrishna said, "…He who pays attention to occult powers becomes unable to live in God-knowledge. Take no notice of such powers when they come to you."… In later years Maharaj (Brahmananda) said: "It is easy to acquire occult powers but hard indeed to attain purity of heart. To find purity of heart is to know the real truth of religion." '
…
'[*Sathya Sai*]Baba says: "The formless divinity, the Lingam, is the very core of the heart of man as the sole purveyor of bliss, power and illumination. Cultivate an inward vision so that the Lingam may grant you all these three benefits. The mind will then be illumined by the cool comforting rays of love, like the cool comforting rays of the moon. *Chandrama manaso jaathal* (The moon is born from the mind. Unless you cleanse the mind with love, the full moon of spiritual wisdom will not shine in the mind….

"The installed Lingam (Siva) has to be seen through the two horns of the bull (the jiva – Nandi), which means one has to see Siva in the various jivas."

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