

Munger  
30.3.87

Swami APY

Hari Om

During times of mental conflict and inner turmoil one should search for the truth within oneself. To do this you should keep your mind free from ~~ex~~ternal distractions and involve yourself in intense sadhana. Practise mouna and japa, this will help you to observe yourself and reinforce your faith and dedication to the path which you have chosen.

Continue teaching Yoga and remember the eternal sayings of St Francis.

Om Tat Sat

