



# The Mt. Tron Mail

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*Swami Paramananda at Ranchi, Bihar, 1983. Photo: BP.*

## IN SEARCH OF TRUTH

### MY EXPERIENCES WITH SWAMI PARAMANANDA

AUTOBIOGRAPHY OF A YOGI IN THE WEST

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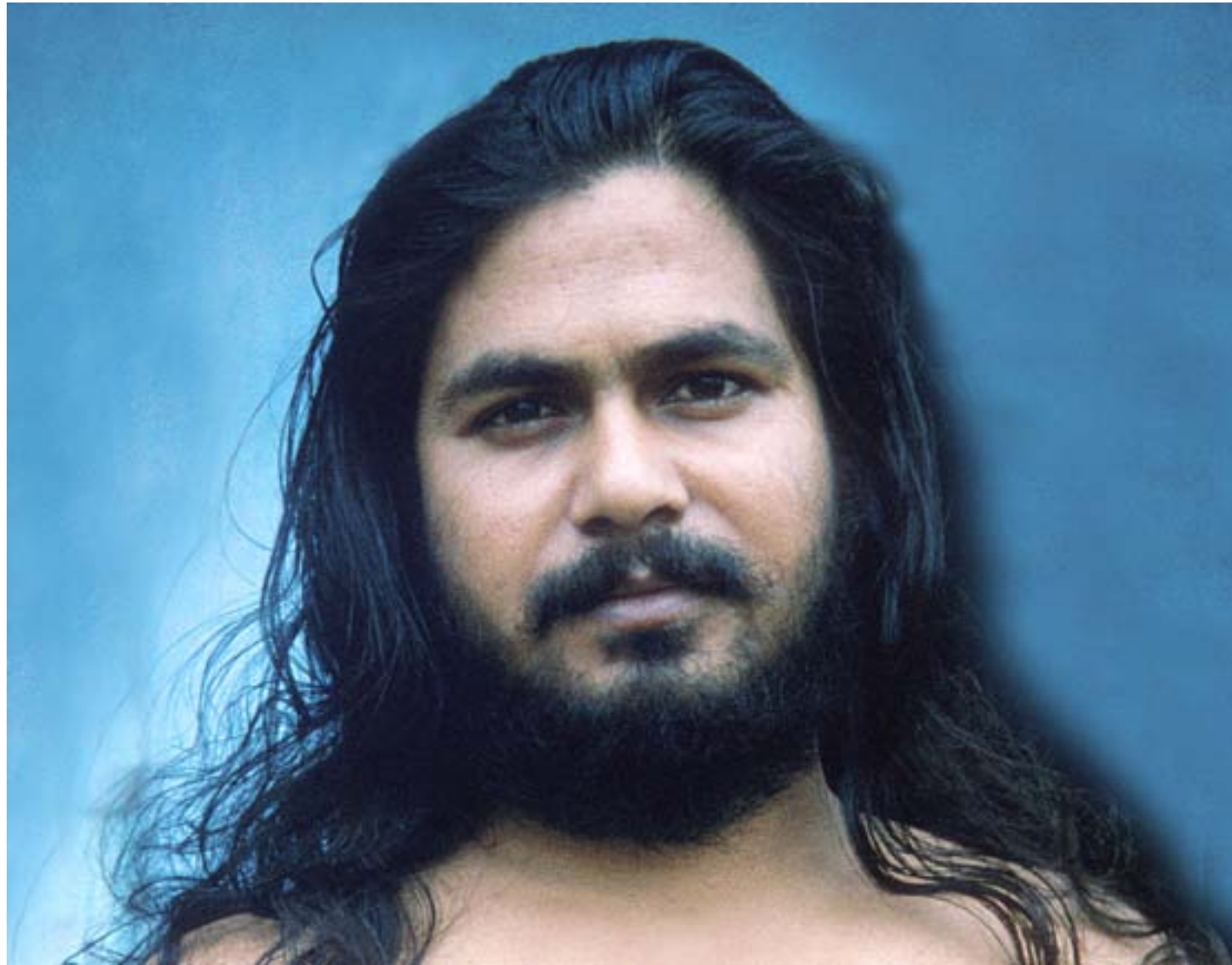
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# FOREVER PARAMANANDA

## *Paramananda's poem "I"*

Of all that is written of Paramananda, most important, of course, are his own words – those that he has written himself. And the most wonderful of these, I feel, is the poem "I", which he gave to me on my departure from Banagram in May 1985, and which has been my meditation for many years. This "I" which is portrayed here is the innermost, neutral I-feeling ever present in all humans, which is unchanged throughout life and beyond life. It is only here, in this particular poem by Paramananda, that it has been expressed with full consciousness, and no one but he could have done that! Here, the poem is reproduced in its entirety in an authorized English translation from the Bengali original:



*Swami Paramananda, Ranchi, Bihar, India, July 1983.  
Photo: BP.*

## I

I am the Truth Unchangeable,  
Eternal and Ever-existing.  
I imagine the universe in its entirety,  
Imagination can never ascertain Me.  
I can never be afflicted by disease and decay.  
I am the Amrita Immortal.

I am the Seer, I am the Knower,  
I am the Feeler and the Imaginer.  
I was never created.  
I am the Sole Consciousness of the universe.  
The world appears in Me, exists in Me  
and merges in Me.  
Creation, preservation and destruction  
do not affect Me.  
I am the Mahakala,  
Past, present and future do not touch Me.

I am unimaginable, infallible,  
None can know Me by the power of thought.

I am the Consciousness Infinite.  
I am strange and marvellous.  
I cannot be expressed by speech.

I am never afflicted by disease and decay.  
I am ever existing and eternal.  
None can know Me by the power of mind.

I see everything,  
I feel everything.  
None can see Me since I am the Seer  
and not the thing seen.  
I feel the body,  
The body does not feel Me.

I permeate the universe.  
I am independent.  
I am the Refuge of All and all depends on Me.

I am unbound and ever free.  
I am spotless,  
Nothing can contaminate Me.

Wakening cannot know Me,  
Dreams do not see Me,  
Sleep cannot comprehend Me,  
I imagine all these.  
I only can feel Myself.

The whole universe is My imagination.  
I alone exist.  
I am the Amrita,  
Birth and death do not affect Me.

I am no created object.  
I never appeared,  
Neither ever disappeared.

I am the Blissful Truth Eternal.  
The universe is unable to express Me.

Food, motion, sex and sleep  
- these do not affect Me.

Creation is change,  
a process of continuous transmigration  
through appearances and disappearances.  
I am apart from creation.

The inner world and the outer world  
do not know Me.  
I am invisible, unknowable,  
I cannot be seen,  
I cannot be known.

I am the Seer, Knower and the Feeler.  
I make imaginations numberless.  
Ishwara is an imagination of Mine,  
Allah, God, the gods and goddesses  
- all are My imagination.

I name the whole universe,  
The universe cannot name Me.  
I imagine all names and forms,  
Name and form cannot know Me.  
I am beyond all names and forms.

I cannot be known,  
I am beyond knowledge.  
Of all truths I am the Highest One.

I do not increase by acquiring,  
Neither do I decrease by non-acquisition.  
In the midst of ceaseless karma  
I am Perfection.

*Swami Paramananda*





*The original photo to the portrait section attached to the poem.  
Photo: BP.*

## **GLOSSARY** (simplified)

**amrita** – immortality; divine nectar; ‘ambrosia.’

**karma** – ‘action; ‘deed’; popularly known as the ‘law of cause and effect’ in relation to man.

**Mahakala** – “timeless time” (poetic expression); ‘great time’ or ‘beyond time’; ‘The Lord of Time and Death.’

Continuation follows in the next number next week.