

Om Shri Parmatmane Namah

**O  
LORD!  
I  
MUST  
NOT  
FORGET  
YOU!**

*Compiled from discourses of*

**Paramshraddhey Swamiji Shri Ramsukhdasji Maharaj**

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# O LORD! I MUST NOT FORGET YOU!

(Compiled from discourses of Paramshraddey Swamiji Shri Ramsukhdasji  
Maharaj)

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tvameva mata ca pita tvameva

tvameva bandhusca sakha tvameva

tvameva vidya dravinam tvameva

tvameva sarvam mama devadeva

[O Lord! You alone are my mother, you alone are my father,

You alone are my brother and friend.

You alone are my knowledge and wealth.

O Lord of Lords! You are everything for me.]

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## O LORD! I MUST NOT FORGET YOU!

All brothers & sisters! carefully put yourself into remembrance of God. Always keep praying to God **'Hey Nath![O Lord] I must not forget you'**. Remembrance of God eradicates entire adversities from one's life - **'Harismritih Sarvavipadwimokshnam'** (*Shrimdbhagwat 8/10/55*). Like a lantern, it gives light and support in the darkness. There is no other support in this world except the remembrance of God. Mere remembrance of Lord, sets human beings free from worldly bondage - **'Yasya Smaranmatren Janmsansarbandhanaat I Vimuchyate ...'** (*Mahabharat Anushasan. 149*). Everything in our lives become all right just by remembering God. Therefore, call with sincerity, **'Hey Nath!, Hey Nath!!'** (O Lord! O Lord!!). Pray to the lord only for one thing that **'Hey Nath! I must never forget you; please bless me so that I may not forget you'**. One *Shloka* goes like this -

***Shambhuh Shwetarkpushpen Chandrama Wstratantunaa I  
Achyutah Smritimatren Sadhawah karsamputaih ॥***

i.e. *'Lord Shankar is pleased with a white flower of aak, the moon with a fibre of cloth and saints are pleased with mere salutation, but Lord Vishnu is pleased just by remembering him'*. Except remembrance, neither any object nor any effort is required. Once, Mother Kunti told Lord Krishna; "Look! Your brothers are suffering in the forest; don't you feel any compassion for them?" Lord Krishna replied, "My dear aunt, what can I do for them? Draupadi remembered me, when her clothes were being taken away, but brother Yudhishtir put everything at stake in gambling but did not remember me! At least he should have remembered me". Lord Krishna knew everything about the sufferings of Yudhishtir but he did not emancipated Yudhishtir

without his remembering Him. Then how can you expect your emancipation without remembering Him!! The gist is that by mere remembering God, one attains salvation and the sorrows vanish forever and one gets great exultation. What can equate such an inexpensive deal! Such a simple *Sadhan* it is! But it produces such a great result. If we can't do such a simple thing then what can we do? There is neither any expenditure nor any physical labour is required. Therefore I suggest that start praying all the time - right from getting up in the morning till going to sleep. Keep praying '**O Lord! I must not forget you**'. Whatever the form of God you have in your mind, remember it and create a craving in you that '**O my Lord! I must not forget you**'. Indulge yourself completely in this, then undoubtedly everything will become all right.

Lord Krishna has told Arjuna in Gita :-

**'Tasmatsarveshu Kaleshu Mamanusmara Yudhya cha'** (Gita 8/7). 'Always remember me and fight *the war*'. This indicates that you do your work from time to time but always remember the almighty lord. Whether you are pure, impure, wise, unwise, healthy, unhealthy, and wealthy or poor, in whatever situation you are, just remember God. Pray to God with heart full of love, and crying with deep pain, '**O My Lord! Kindly bless me so that I may not forget you**'. Only with mere remembrance one attains salvation. Only devotion is yours but mercy is of almighty lord. What an easy and simple path it is! There are many different paths leading to God but this is the simplest and straightforward path to God i.e. pray '**Hey Mere Nath! I must not forget you**'. Only by remembering God all kinds of sorrows disappear forever. What an easy way it is!

***Sachhe Hriday Se Prarthana Jab Bhakt Schha Gaay Hai |  
To Bbhakt-watsal Kaan Men Wah Pahunch Jhat Hi Jaay Hai ||***

God can hear you everywhere - '**Sarvatah Shrutimloke**' (Gita 13/13). Whenever you speak, actually you speak in the ears of God only. Tell God that '**O Lord! I have only this to pray that I must not forget you**'. Apart from this I don't need wealth, good reputation, praise, worldly name or fame or any public attention. The only thing I want is that I must not forget you.

With this alone all your work will be done and nothing will be left unfinished. So start praying immediately-**'Hey Mere Nath! I must not forget you'**. Even if you do not have enough faith in your heart, then also start saying this. By continuously praying in this way your artificial faith will become real. While working, cooking, sweeping, filling water or doing anything, keep on praying **'O Lord! Please bless me so that I may not forget you'**, **'Hey Mere Nath! I must not forget you'**. Pray this frequently without a gap of five minutes. If you can't do this then say this in every ten minutes. If you cannot say this in every ten minutes then miss one meal. If you fall asleep, then as soon as you wake up, say **'Hey Mere Nath! I must not forget you'**. Never leave praying even if you don't feel like praying so. Practice this and see for yourself whether you get the benefit or not! Praying in front of God never goes waste.

If suddenly you remember God, celebrate the moment because this is possible only by the blessings of God. Salvation is possible only with the blessing of God. No devotee can ever say that he is absolutely pious. If he was thoroughly sinless then why was he born in this world? God forgives us and then only our salvation is possible. No one has power to attain salvation by being thoroughly sinless & pious himself.

God is omnipresent, but without remembering him he does not come to our rescue. A man's cow became sick. Physician told him to feed the cow with 250 gm *ghee* after giving black pepper. The man gave the black pepper to the cow but did not give *ghee*. Thinking that, I get 250 gm *ghee* daily out of cow's milk, hence if I won't milk the cow for one day that 250 gm of *ghee* will remain in the cow's body. But as a result the cow became further sick. The sum and substance is that although the *ghee* is present in the milk inside the cow's body but it is not useful for her. Only properly extracted *ghee* is useful. Similarly, God being present everywhere, he is of no use to us. But if you remember him, then your ship will sail past this world. God's remembrance is like processed *ghee*. Therefore look for God everywhere and remember Him saying- **'O Lord! I must not forget you'**. Whether you are wicked or virtuous, mere remembrance of God will give you peace. There is labour involved in extracting the *ghee* but there is no

effort required in remembering God. Only you have to keep in mind-- '**Hey Nath! I must not forget you**'. We don't want anything; the only thing we want is-- "**Hey Mere Nath! I must not forget you**".

## **THE WONDER OF THE PRAYER "O LORD"**

*[Due to the sensations of attachment-malice, lust-anger and illusions etc. we cannot pray sincerely. Even then keep on praying again and again. Like a motor starts with one stroke but repeated trials, similarly after repeated prayers once a real prayer will erupt and that single prayer will make salvation possible.]*

1. The simplest way to attain Bhagwatprapti (God realisation), is to call with desperate heart '**O Lord! , O My Lord!**'. Calling God this way is more effective than name-chanting etc. This can be done even by a sinner, pious, illiterate or scholar etc.
2. If you don't understand *Gyanyoga, Karmayoga, Bhaktiyoga* etc. (*the different paths to attain salvation*), then don't mind, keep on calling '**Hey Nath! Hey Mere Nath!**'(O Lord! O My Lord!).
3. *Spells & rituals* don't have as much power as a prayer has. So pray '**Hey Nath!, Hey Nath!**'.
4. Call '**Hey Nath!, Hey Nath!!**'. All diseases, misfortunes, suspicions will disappear. This is the panacea for all ailments.
5. A straightforward and simple way to attain salvation is to pray with yearning heart '**Hey Nath!, Hey Nath!!**'. Certainly you will attain salvation. I assure you! If not punish me.
6. '**Hey Mere Nath!**' - This kind of prayer moves the heart of God. And it reaches immediately to God.

7. If you want to elude from *Kaliyuga (the present age)*, then keep on praying to God - **'Hey Nath!, Hey Mere Nath!!'**.

8. You don't need to have any *Guru (preceptor)*, neither you have to study *Shastras (scriptures)* nor you need to go anywhere. Only call **'Hey Nath!, Hey Nath!!'**. By doing so, you will get an apt *Guru, Saint & sermon*.

9. While walking , working, sitting, getting up, at night or at daytime, all the time with true and desperate heart pray **'Hey Nath!, Hey Nath!!'**. By doing so, all your accumulated sins of infinite births will reduce to ashes.

10. If you experience that you lack in strength and you have firm confidence in the kindness of God (*Kripashyakti*) then just by calling **'Hey Nath!, Hey Nath!!'** your evils like lust and anger will definitely vanish.

11. If you are unable to leave the worldly attachment then, pray **'Hey Nath!, Hey Nath!!'**.

12. As boiling milk settles down by sprinkling cold water, in a similar way by calling, **'Hey Nath!, Hey Nath!!'** your vanity will vanish.

13. If you want the divine love of God, then take shelter in the holy feet of God and pray **'Hey Nath!, Hey Nath!!'**.

14. Keep praying **'Hey Nath!, Hey Mere Nath!!'**. By doing so, you may attain salvation in a moment, which you could not attain in years. But keep praying.

15. Fall into the holy feet of God saying **'Hey Nath!, Hey Nath!!'** and become anxiety free. With the blessing of God everything will become all right.

16. You only have to fold your hands and take refuge in the holy feet of God, saying **'Hey Nath!'** By doing so you will achieve the destination (salvation).

17. There is a great weakness in God, which you don't know! Now remember it. Pray to God with true heart 'O Lord! , O My Lord!'. God will come to you by the time you pronounce the last word "Lo-----rd".

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## PRAYER

*[Wherever a devotee prays either in loud voice or low or prays even in his mind, God listens to it then and there. 13/13]*

**O Lord!** Whether you keep me on earth, in heaven or in hell; you make me a child, a youth or old; you make me disgraced or honoured; you keep me happy or unhappy; in whatever situation you want to put me, put me in that, but **I must not forget you.**' (15/7)

**"Hey Prabhu! (O Master!),** I have behaved contrary to your wishes in many of my previous births about which I do not know. But whatever the situations you will generate according to those conducts of mine, those situations will be absolutely beneficial for me. Therefore, there will be no dissatisfaction in any of the situations; rather I will be very much pleased."

**"Hey Nath! (O Lord!)** How much care you take to account for my deeds. Birth after birth, forced by different circumstances, I did various actions. Now, to free me from the bondage of all those actions, you create such amazing legislation! I can never understand the slightest of your legislation and neither do I have any power to understand it.

Therefore 'Hey Nath!', why should I use my intelligence for it? I have only to look at you. Because, whatever you plan for me, it is as per your holy legislation and is for my ultimate benefit.' (9/34)

'Hey Nath! (O Lord!) I should never feel any specialty in me even if you give me parity (*samta*), perception (*bodh*), and even the authority to emancipate the whole world. I should always keep myself busy in your prayer and remembrance.' (10/11)

- *Compiled from 'Sadhak Sanjivani'*

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## ESSENCE OF ALL SPIRITUAL ENDEAVOURS

Remembering God is the essence of all spiritual endeavours (*sadhans*). All evils perish just by remembering God. There is only gain in it and no loss of any kind exists. In all religious congregations, the remembrance of God is vital and the gist of everything. Hence, while walking, sitting, getting up - at all times, remember God from your heart. Then it will not matter when your soul leaves your body.

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'Hey Mere Nath! (O My Lord!) I must not forget you' - This prayer is very useful for everyone. By doing this prayer all the time - you will notice amazing difference in yourself. But don't use your intelligence in between. If you don't forget God, then everything will be all right. Originally the 'Self' is a part of God and if it takes the shelter of God, then what is left?

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Do any work, go anywhere, but remember God. Merely by remembering God, man becomes free from worldly bondage - '**Yasya Smaranmatren Janmsansarbandhnaat I Vimuchyate .....**

**II'** (*Mahabharat, Anushasan. 149*). By remembering God, all the works will get completed successfully with the blessing of God. *Laxhmanji* went to fight *Meghnath* without greeting *Ramji*, he fainted in the battle-ground (*Manas, Lanka. 52*). And when he went after saluting *Ramji*, he killed *Meghnath* in the war - '**Raghupati Charan Naai Siru Chaleu Turant Anant'** (*Manas, Lanka. 75*). By remembering God one gets victory and faces defeat if he forgets. Always remember God while doing your work. Victory is only perceived and not actually attained in the worldly affairs. However, victory is always attained with the prayer of God and one never faces any defeat. By watering the roots of a tree, the whole tree gets nourished and food & water, gives energy to the whole body. In the same way remembrance of God gives strength to the whole world. This is a secret which nobody tells. Remembrance of God is the essence of everything. Sorrow can't stay when we remember God and happiness can't stay by being indifferent to God.

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Remembrance of God is the real solution for the destruction of all evils. If worldly attachments and malice bother you, pray '**Hey Nath!, Hey Mere Nath!**' with deep distress in your heart, as men pray for help when dacoits loot them. By doing this you will definitely find a change. All evils vanish by truthfully telling God about them. Even if you feel the slightest of passion towards worldly things then pray '**Hey Nath!, Hey Mere Nath!( O Lord, O My Lord)**'. Pray to God for both, for destroying all vices and instilling all the virtues in you. The removal of evils and protection of virtues is possible with the blessing of God. While walking, sitting, getting-up - at all

the time keep praying '**Hey Nath!, Hey Mere Nath! !( O Lord, O My Lord)**', God will protect you in all ways. When you find yourself incapable of getting rid of worldly attachments and malice with your own efforts, then pray to God with a sorrowful heart. You will become free of all the worldly vices which were troubling you.

First you use your own efforts to remove these shortcomings. If you do not succeed and you find yourself helpless, then call '**Hey Nath!, Hey Mere Nath! !( O Lord, O My Lord)**'. There is no other remedy like this. But one should not be proud of one's own strength or efforts. If you are arrogant, then you will not be able to pray truthfully and the benefit will be delayed. This remedy will not work if you are proud of your strength, intelligence, education, spiritual status, *varna*, *ashrama* etc.

Never ever accept defeat in praying to God, even if it takes years to get success. You will undoubtedly succeed in the end. Pray to God with firmly believing Him to be your own. God even accepts artificial prayer (not coming from the heart), considering it to be a genuine one. You will definitely succeed if you are not proud of your own strength and have a firm belief in the strength of God.

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God is pleased by mere remembrance - '***Achyutah Smritimatren***'. Ask God for only one thing - '**Hey Nath! (O Lord!) I must not forget you**'. This is the formula (*mantra*) to remember God. With always remembering God, you will be amazed to discover in yourself unending peace, happiness, compassion, forgiveness, magnanimity etc. All sorrows will disappear completely forever. Only remember God at all times. By mere remembrance of God one gets all kinds of fulfilments ('***Riddhi and Siddhi***)

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Remember God all the time. There is nothing as valuable as remembrance of God. Whether it is day or night, morning or evening, all the time pray to God that '**Hey Nath! (O Lord!) I must not forget you**'. Remembrance of God vanquishes all adversities forever - '*Harismritih Sarwvipdwimokshanam*' (*Shrimadbhagwat 8/10/55*). God is pleased only by remembering him.

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The sum and substance of all religious scriptures is to remember God. There is nothing as sacred as contemplation of God. When you think of God, you are attached to Him and at that time you are living with God.

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Always pray to God '**Hey Nath!, Hey Nath! (O Lord! O Lord!)**'. To get rid of the worldly desires pray to God. To become free from vices, pray to God. If you want to have virtues in yourself, then pray to God. If worldly desires keep you preoccupied, pray to God '**Hey Nath (O Lord!)! I must not forget you**'. Whatever happens, it will happen only with the blessings of God and not by one's own efforts. What option is left to a child who faces troubles except to call his mother? If there is even slightest attraction for the worldly affairs then pray to God day and night. As soon as you become free from the worldly desires, God Himself will come to you.

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Our relation with God is direct and independent - it doesn't depend on anything or anyone else. The problem occurs only when we attach ourselves to others and have expectations from them. No middleman is required in establishing relationship with God, only God and you are there. You come under the wings of God with true heart and pray '**Hey Nath!, Hey Nath (O Lord! O Lord!)!**'. You don't need anybody else even in your dreams.

Whatever the name of God you like, chant it and pray that '**Hey Nath! (O Lord!) I must not forget you**'. You will certainly attain salvation.

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Now a days it is becoming very difficult to set ourselves free from the worldly entraps! In such a time, one can easily attain salvation by taking the shelter under God with true heart and by accepting that God is mine and I belong to God. Believing this and by praying '**Hey Nath!, Hey Nath(O Lord! O Lord!)**' one can attain supreme fulfilment with great ease.

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One should remember God before starting any work. Write the name of God on the top of every page you write. Before starting any work, first remember God - this is the fundamental element of our culture. When I started my education, I first learnt to write '**Shri Ramji**', only after that I learnt the alphabets. If you want spiritual progress in your life, then you should remember God before starting any work.

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Right from getting up in the morning till going to sleep in the night, keep praying '**Hey Nath! (O Lord!) I must not forget you**', at every interval of four to five minutes. God will then be easily accessible. Just try and see the result. Whether your status of mind is good or bad, never forget God.

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Whatever the form of God you have understood till now, remember it at all times. God accepts that very form in which you believe - it is His rule. Therefore pray '**Hey Nath(O Lord!)**, **Hey Mere Nath!! (O My Lord!!)** **Hey Mere Prabhu(O My Master!)**'. God is accessible for all. Immaterial of whether they are capable, incapable, of high morals or immoral, good or

bad, everybody can say that God is mine. God never looks at our faults when we call Him. He only looks at our prayer.

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In your hearts of heart, always keep praying '**Hey Nath! (O Lord) I must not forget you**'. Everything will become all right just by remembering God - '*Ekai Sadhe Sab Sadhai, Sab Sadhai Sab Jaay*'. There are a number of paths leading to God - follow one with full dedication and faith and you will achieve the supreme fulfilment; if you try to follow all the paths, you will reach nowhere. Put yourself into praying '**Hey Nath!, Hey Nath!! (O Lord! O Lord!)**', do not rely on any other means.

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There is immense power in the prayer '**Hey Nath(O Lord)! I must not forget you**'. Continuously chant the name of Lord and keep praying this prayer at small intervals. You will be totally at peace with yourself and satisfied. Our duty is not to forget God; all the rest will be taken care of by God. You will not be required to do anything.

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By remembering God, one's inner self naturally becomes pure and good thoughts arise there . Keep praying in short intervals '**Hey Nath! (O Lord) I must not forget you**', '**Hey Mere Prabhu! (O My Master!) I must not forget you**'. Then good virtues will automatically emerge in you. By remembering God and discussing about Him, virtues and good habits naturally evolve in us.

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Keep saying '**Hey Nath! (O Lord) I must not forget you**', then every thing will become all right by itself.

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*Tumko bhulun ab nahin naath, daas par aisi kripa karo |  
Chadhe raho chit upar mere, kabhun naayn taro ||  
Bikal rahun darshan binu tere, aisi aag laga do mere |  
zinda rah naahin sakun ek pal, aisi lagan bharo ||  
Chahun swarg narak men daaro, sukh chahun to dukh mat taro |  
Pyare lagate raho mujhe tum, duji chah haro ||  
Maa maa kah baalak akulawe, le godi jhat hridya lagawe |  
Aap anant janm ki mata, dhiraj kahe dharo ||*



परमश्रद्धेय स्वामीजी श्रीरामसुखदासजी महाराजकी वाणीपर आधारित  
'गीता प्रकाशन' का शीघ्र कल्याणकारी साहित्य

१. संजीवनी-सुधा—'गीता साधक-संजीवनी' पर आधारित शोधपूर्ण पुस्तक ।
२. सीमाके भीतर असीम प्रकाश—मार्मिक प्रवचनोंका सार-संग्रह ।
३. बिन्दुमें सिन्धु—मार्मिक प्रवचनोंका सार-संग्रह ।
४. नये रास्ते, नयी दिशाएँ—मार्मिक प्रवचनोंका सार-संग्रह ।
५. अनन्तकी ओर—मार्मिक प्रवचनोंका सार-संग्रह ।
६. स्वातिकी बूँदें—मार्मिक प्रवचनोंका सार-संग्रह ।
७. अनुभव-वाणी—चुने हुए अनमोल वचन । अँग्रेजी-भाषान्तरसहित ।
८. सहज गीता ( अँग्रेजीमें भी )—नये पाठकोंके लिये 'साधक-संजीवनी' के अनुसार गीताका सरल हिन्दीमें भावार्थ ।
९. हे नाथ! मैं आपको भूलूँ नहीं ( गुजराती व अँग्रेजीमें भी )—इस प्रार्थनाके रहस्य तथा महत्त्वका अद्भुत वर्णन ।
१०. कृपामयी भगवद्गीता ( गुजरातीमें भी )—गीताकी महिमा और उसकी विलक्षणताका वर्णन ।
११. लक्ष्य अब दूर नहीं ( गुजरातीमें भी )—परमात्मप्राप्तिके विविध सुगम साधनोंका अनूठा संकलन ।
१२. सहज समाधि भली ( गुजरातीमें भी )—'चुप साधन' का विस्तृत विवेचन ।
१३. अपने प्रभुको पहचानें—भगवान्के समग्ररूपका विस्तृत विवेचन ।
१४. एक सन्तकी अमूल्य शिक्षा ( क्या करें, क्या न करें )
१५. विलक्षण सन्त, विलक्षण वाणी—प० श्रीस्वामीजी महाराजकी वसीयत-सहित ।
१६. गोरक्षा—हमारा परम कर्तव्य
१७. क्या करें, क्या न करें?—आचार-व्यवहार संबंधी शास्त्र-वचनोंका अनूठा संग्रह ।
१८. भवन-भास्कर ( परिशिष्ट-सहित )—वास्तुशास्त्रकी महत्त्वपूर्ण बातें ।
१९. सुखपूर्वक जीनेकी कला—सर्वोपयोगी प्रश्नोत्तर ।
२०. क्या आप ईश्वरको मानते हैं?—साधकोंके लिये चेतावनी ।
२१. बोलनेवाली श्रीमद्भगवद्गीता ( अर्थसहित )—इसे पढ़नेके साथ-साथ शुद्ध उच्चारणमें सुन भी सकते हैं ।
२२. ग्लोब गीता—आकर्षक ग्लोबके आकारमें सम्पूर्ण गीता ।

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