



## Change Your World by Changing Yourself

Dear Brothers and Sisters, [...]

For me it is always a privilege to meet so many people from different parts of the world who are interested in spirituality. I have been meeting people from all over the world for; I don't know, the last sixty years, both in my travels and in my work. [...] And in the last thirty years, or forty years almost now, my Master has made it possible for me to move in a different world. Geographically, it is the same world: the same problems, the same borders, the same customs, immigration, you know - very unsavoury, very divisive and very separatist, making humans who are already aware of their separateness from other human beings even more conscious. [...] We forget we are human beings from different parts of the world and we are not really separate. [...]

So in today's world, you see, our political, economical, social world has cut us into pieces. The human being has become fragmented and therefore we are struggling in our lives to find a harmony which is ours. It is not that there is no harmony, but we have forgotten the harmony.

[...] We are not seeking balance; we are trying to dominate everything in this world. First, we want that humans are more superior than all other forms of life. And second, some humans are more superior than others. And thirdly, some are the top.

If you make the mistake of thinking you have come from a prosperous race, from a more civilized race, from a



more advanced race, yours will be the biggest error in human history. In God's kingdom there is no superior race, there is no superior colour, there is no superior civilization. [...]

If people are coming to the spiritual life only to change the world (please listen to this carefully), if people come to spiritual life only to change the world, they will not achieve anything. I assure you. If you come to change yourself, there is guarantee of success provided you apply yourself to changing yourself. [...] When you change yourself, the law says, your world changes for you. You don't change the world, but you change your world. [...]

Therefore, brothers and sisters, here in this Mission, in our practice of spiritual life, the total responsibility for your welfare, for your happiness, for your growth is, bluntly, entirely on you - on nothing else, nobody else. It is not with the Mission, it is not with the preceptors, it is not with what we teach; it is with each one of you, for yourself. You live by yourself; you work on yourself; you grow. [...]

So this is the message of the spiritual life. This is the opportunity that spiritual life gives you, and it is also the promise that spiritual life, spirituality makes to you, that, do what you have to - first, we realize that there are human beings with animal ten-

dencies, lack of compassion, hatred, acquisitiveness, force, arrogance, pride, everything. [...] And if you go to the spiritual life, and you begin with your inner self, and remove all the destruction, and hatred and lack of love inside, you will find the world is changing.

Everything begins here [pointing to the heart]. If you don't work here [pointing to the heart], you do nothing. [...] This is what is spirituality's offer. It is what spirituality gives freely to everyone who wants it, with this promise that, do and achieve.

I hope you will all realize the seriousness of this message, realize and understand the seriousness of this practice. It is not just a free holiday to

## Thus Speaks:

### Lalaji

- *False is the delusion, false is the concept.  
False are the affairs of the world.  
When we know that all is false, All the opposites end.*

### Babuji

- *Love is really a wonderful thing.  
On developing real love the considerations of high and low, great and small, would all vanish, and all would appear equal.*

### Chariji

- *When we forget that we are human beings, we have ourselves disfigured our inner self, cut it into pieces, mutilated it and sacrificed it at the so-called altar of economic prosperity, political freedom, superiority of one nation over the other, of one race over the other, one colour over the other; and we have lost our humanness completely.*

India that you will get. It is your purpose, it is your chance, it is an opportunity in life to change yourself. And by changing yourself, you change the world.

Thank you.

*Address to the participants of the SMSF Scholarship Training Programme 2008-2009 on 20th December 2008, at Malampuzha, India*

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## Echoes of the African Seminar — Johannesburg, South Africa 20 – 23 August 2009

By the kind grace of our Beloved Master, Br.Kamlesh Patel (RIC) was granted permission to visit South Africa during August 2009. Preparations began immediately and was characterized by a great deal of brotherhood and co-operation amongst abhyasis. The duration of the seminar was four days and was open to abhyasis from the African continent.

The seminar was held from 20th to 23rd August 2009 and was attended by 175 abhyasis. It was the first time that abhyasis stayed at the ashram in the new extension block, which was converted into a dormitory during the seminar.

The cold mornings and nights did not deter the hive of activity at the ashram and almost all posts were manned by youth. Delegates from several countries, including, India, South Africa, Zimbabwe, Botswana and Iran attended this auspicious occasion.

One of the characteristics that accentuated the seminar was the emphasis on youth and their development. Brother Kamlesh's message from Master that new life be infused into the Mission in South Africa seemed to instantly bear fruit. A meeting was held with all youth, where the importance of the practice was discussed and

how spiritual, mental and physical health is required to be effective tools in the hands of our Master.

An atmosphere of calmness and serenity



prevailed after each meditation. Three group meditations were conducted daily and each abhyasi was encouraged to take at least two individual sittings during the seminar. Throughout the day the abhaysis seemed to bask in the ocean of peace, and the usual chit-chatting seemed to be absent. A question and answer session held on Thursday was punctuated with an innovative idea proposed by Brother Kamlesh. Abhyasis were asked to sit in meditation and contemplate over the question to seek a solution from within. This method proved to be excellent, as the answers to most questions posed would always come from within.

An open house was conducted on Friday evening and was attended by about 15

members from the public. Five people started the practice. A group of care-givers based in the famous nearby township of Soweto attended a two hour orientation talk with Br.Kamlesh. They were impressed by the explanations given and about 10 of them expressed interest in the practice.

One could feel the presence of Master throughout the seminar and many commented the atmosphere to be electrically charged. The meditations were subtle and deep and abhyasis felt very different, compared to any previous seminars attended.

The stay over at the ashram was a unique experience since one could feel the effect of the atmosphere which tended to linger on even after the seminar. Br. Kamlesh Patel expressed his heartfelt joy at the attendance of the seminar. The Mission in South Africa was undoubtedly infused with a new life and all the abhyasis who participated expressed their heartfelt joy and appreciation to our Beloved Master for prevailing over this successful seminar. We remain eternally grateful to our Beloved Master and pray that the work done by Him bears fruition as per His expectations.

J.M.

## A meditation place in Bafoussam, Cameroon

After many years of turbulences and difficulties of all kinds, the Mission in Cameroon has started to pick up. After Douala, the main center, and Yaounde, it is now Bafoussam, a city in west Cameroon, to have a meditation place where the first meditation was conducted on Sunday, August 16, 2009. Indeed, after the regional seminar held in Cameroon, in December 2008, and on the initiative of a brother living in the city, a first visit by a preceptor took place in January 2009. On this visit, and subsequent ones, several abhyasis were introduced. The growing number justified the need for a meditation room and for increasing

twice a month the frequency of visits by Yaounde. Bafoussam records 15 regular abhyasis and 4 waiting to be introduced at the next preceptor's stay.



The Master said it in one of his speeches that the future of Africa belongs to him; and to serve him in this context, we must be willing to cooperate in His work and He will make our efforts successful.

We give thanks to Master for the growth of our Mission which is additional evidence that working in Master's remembrance is undoubtedly an undeniable pledge of success, as he uses to say.

to preceptors driving from Douala or

MBM



## A New Meditation Center in Abidjan, Cote d'Ivoire

With love and our Beloved Master blessings after five months of uncertainty, Abidjan abhyasis have a new centre. With support from the regional coordinator, a small group of brothers went to and fro various districts of Abidjan during nearly 3 weeks, to find a place corresponding to the following criteria: accessibility and enough space to suitably shelter spiritual activities of abhyasis. The district mainly concerned was that of Treichville, a mixed of dwelling and commercial district where renting are highly sought after. It is when they started to lose hope that the room was found, as one of the brothers who took part in the search of the place underlines it:

*"I think that Master cleared the way for us, we'll be ever grateful regarding the work carried out by Him. I am very very happy for this new centre, to think that it is very close to the old centre, really I did not be-*

*lieve in it too much, because we sought throughout all Treichville district without even knowing that the centre was at our feet. I think my Master had the last word; He wanted undoubtedly our share of re-*



*sponsibility in order to give us this well packed gift. I think that this new centre is for us a true blessing on behalf of our Mas-*

*ter. From the evolutionary and positive point of view it is known that difficulties prepare improvements, I am convinced that this centre will be for us a new starting point and a door to the Ashram of the Mission in India."*

The first satsangh in the centre was held on Sunday, August 23. And on this occasion Master addressed this message: "This is good news... love to all.. With Love and Master's Blessings." thus consecrating this centre of meditation.

The centre is located at Treichville, Avenue 13 X Rue 38 opposite to pharmacy Nana Yamouso. Satsanghs take place there every Sunday at 7:30 A.M. and on Thursday at 6 p.m.

J.N.-M.C.-S.O

## My Echoes of Tiruppur



My attendance of this year's celebrations of the 83rd birthday of our Master in Tiruppur allowed me to take part in a team work under His benevolent guidance. Indeed, at the request of some brothers and sisters, I agreed to be the travelling companion of our brother Michel MBELEG from Douala, Cameroon, who had to undertake his first trip to India, attend his first big seminar and see Master for the first time.

While being conscious that his true travelling companion was in fact his Master, I took this mission as a gift from our Master who thus allowed me to take part in his

work. I asked my Master to guide me so that Brother Michel's stay would be most beneficial.

I then realized, once again, that I did not have much to do, but only to follow. Indeed, the way was well-charted by Master and it all went wonderfully as per His will. Our Brother Michel was expected by our Master who opened to him all the doors.

The concept of service implies being constantly available and listening to be an instrument in Master's service. It also means that if one wants to be a powerful instrument, it is necessary to revert to the basics, i.e. doing one's abhyas correctly without fooling oneself. It's what our Master keeps pointing out to us.

Through daily practice, each one establishes their own connection with Master and seminars are unforgettable moments insofar as they make it possible to strengthen and better value this connection. I thus experienced unforgettable moments in Tiruppur, because being in the service, I felt myself carried by Master.

Any inner feeling, however intense, is always difficult to translate into words.

I thus thank our Master, as well as all brothers and sisters who allowed me to live these moments.

J.P.M.B

## News from Ouagadougou (Burkina-Faso)

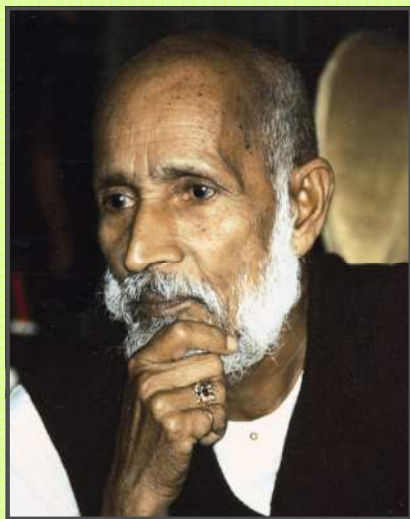
*Received on August 31st*

"Yesterday brother Siméon and I were in Ouagadougou. We met sister Awa as well as other brothers, who are teachers spending their holidays in Ouagadougou. We first had sittings before closing the day in the afternoon with a satsangh. By Master grace a doctor was interested by our way and I remained to give him introductory sittings. The great opportunity for me is that I've been posted to Ouagadougou. The assignment was done by drawing lots; I think that is Master work, because in addition to my work as teacher I have another mission to achieve: to help Sahaj-Marg seed grow in Ouagadougou; I will be happy to do so under His guidance."

P.O.

*Whispers from the Brighter World*

Friday, January 26, 2001 – 10:00 a.m.



*If the number of our aspirants is constant or even declining in certain places, there is nothing alarming about that. Didn't I tell you, a few years ago, that Sahaj Marg was to be purified? We want abhyasis really determined and not dilettantes. A true process must be followed at several levels: in the silence of the heart, by an increasingly deeper interiorization and the attendance of group meditations and seminars. They are specifically important and go hand-in-hand with personal work, which has to be repeated, regularly, every day. It makes up a whole against which an abhyasi can measure, over the years, changes taking place in him.*

*"To meet the Master represents a privileged moment. It is desirable that that occurs at least once, any further meeting being every time a special blessing.*

*"The sincerely practicing disciple makes progress even if he cannot meet the Master physically, provided that he remains well connected to him. That is a strong point of our way: a reliable method with, at the top, a living Master who can transmit a subtle and divine energy, whatever the distances which*

*separate him from our brothers and sisters.*

*"Work is being carried out; there is nothing to worry about that. The system is very well designed and effective; one has only to adhere to it completely."*

Babuji

*Daily Reflections***Universal System**

Sahaj Marg is a universal system precisely because here we do not recognize any differences of any nature which set apart human beings.

*Heart Speak 2004, vol. 2, p. 201 – Rev. Chariji*

**Earn Here!**

Philosophy of self-help - you get nothing

that you don't earn here. And if it is possible, you get even less there (in the Brighter world) if you don't build it right here.

*Heart Speak 2004, vol. 2, p. 21 – Rev. Chariji*

**Sub-regional Seminar****Douala, Cameroon**

With Master's blessings, a sub-regional seminar will be held from 23 -29 of December 2009 in Douala, Cameroon.

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