



### The Need for Change

Dear Sisters and Brothers,  
I have been emphasising the aspect of change in all my last three or four speeches on such occasions. [...]

In my last talk on the subject, I had suggested that change is progress, and that without change there can be no progress. [...] To our senses we find the only things that don't change are mineral things of the earth. Any life higher than that is subject to continuous change. [...] So in one sense change is life, and without change life cannot exist.

Now, we accept all these things intellectually, but few people are able to accept with the heart. We all want change in our circumstances, in our existence, but we don't want to change. [...] Spirituality says, nothing can change without you yourself changing. Spirituality says further, that when you change, the universe changes with you. We know that each one of us is the centre of his or her own universe, so there is not just one universe, there are as many universes as there are people in this world.

So when we talk of changing the universe—what we really mean is to change all these universes, which is impossible. There is the possibility that each one of us can

change his own individual universe. All change starts from the centre, so we have to start changing our universe from the centre of that universe, which is our own heart. That is the main reason why Sahaj Marg teaches meditation on the heart. That is also the reason why Master did not value much education or intellectual changes, be-



cause they are at the periphery of our universe, and change there makes no sense.

The same thing applies to all the other facets of our existence like material aspects, physical aspects, social aspects. So what I am trying to suggest is that while we are all prepared for change in all these other aspects—in fact we welcome change in them—they are useless. My personal universe cannot change one atom whether I become richer or poorer, whether I become more educated or less educated, whether I become stronger or weaker physically. But every

time I have a change of heart in my heart, my universe changes to that extent. And the change is from the core outwards, so that it permeates every structure of that universe. This is the reason why we have to accept the need for change with our hearts, accept it in our hearts, and without that, progress is impossible. [...]

We have a very beautiful example in Indian philosophy: a perfect man is supposed to be like a coconut. The outside remains the same, but the inner coconut has dried and shrunk and is free of the surroundings. [...]

Similarly a spiritually perfect man—his heart is in the body but not of the body. It should not have any attachment with the body. In the normal human being, everything we do with the body affects the heart. In the spiritual person, the body must reflect what is going on in the heart. Instead of the life of the body regulating the heart, the life of the heart must now regulate the body and the whole universe itself. [...]

So spiritual practice must begin with the heart. The qualities of the heart must be changed. [...] And all this is made possible only when we accept the need for changing

### Thus Speaks

#### Lalaji

•The heart is generally drowned or absorbed in the activities of the gross body, losing the knowledge of its own reality.

#### Babuji

•We proceed with meditation on the heart thinking of the Divine light within, and by so doing we gradually begin to rise or, to express it better, to dive deep into the inner consciousness, with the result that an abhyasi begins to feel expansion, this being the first phase.

#### Chariji

•Spiritual practice is the only possible way of changing the heart in such a way that there is a lasting change in human character.

from our inside and not from our outside. The easiest way, dear sisters and brothers, is to receive the Master of the universe in your hearts and let him rule the universe from inside you rather than from outside you.

This is the message I have to give you on my Master's most auspicious birthday today. Thank you.

*Message given by Revered Master Shri Parthasarathi Rajagopalachari on the 86th Birth Anniversary of Babuji Maharaj, 30th April 1985*

In this Issue	Page
The Need for Change	1
Thus speaks	
Echoes of the centers	2-3
Questions & Answers	3
Whispers	4
Daily Reflections	4

Echoes of the Centers

Echoes of May in Douala and Bafoussam (Cameroon)



In Douala and Bafoussam, the activities of the month, started off with the vibrations that concluded the Revered Babuji Maharaj birthday celebrations.

We also noticed that some brothers from Yaoundé attended Sunday satsanghs in Douala. On the days devoted to individual sittings, many brothers and sisters were given individual sittings. However, many more abhyasis could benefit from this arrangement if the recommendations given by the preceptors were followed. Indeed, despite frequent reminders about the criticality of regular sittings in our practice, some abhyasis did not ask for sittings during the month.

In Bafoussam, activities are going on well; the centre is visited by preceptors from Douala every 2 weeks. Abhyasis get the most of these visits, in terms of receiving sittings and attending satsanghs. By Master’s grace, an abhyasi was newly introduced in May.

*E.M & J.M. [Cameroon]*

Echoes from Lenasia (South Africa)

On the 30th April 2010, 101 abhyasis gathered at the Lenasia Ashram in Johannesburg, to celebrate Rev. Babuji’s 111th Birthday. There were abhyasis from surrounding provinces such as KwaZulu Natal, the Eastern Cape and Limpopo. This was significant in that the abhyasis responded to their inner need to converge at the Centre in Johannesburg.

Meditation commenced promptly at 10 AM. As always, during these celebrations, the transmission is overwhelming and the abhyasis used this occasion to get absorbed in the Being Within. After the abhyasis were heartily

welcomed, the Centre in Charge, read out a profoundly inspiring message written by Rev. Babuji Maharaj in 1973.

A relevant theme of the celebration was the showing of a DVD based on aspects of Rev. Babuji’s life. Chariji’s thought provoking commentary was illuminating. Moreover, it was inspiring to note that beneath the frail, unimpressive physical form of Rev. Babuji Maharaj, there was concealed within Him, an indomitable will and consciousness that was far beyond human understanding. It was His iron will, His confidence and love for His Master, Rev. Lalaji Maharaj that enabled Babuji to spread spirituality throughout the world.

After lunch, abhyasis were requested to spend some time in silent contemplation. This exercise was followed by a tea break. Then Chariji’s message was received. He elaborated that the term “love” should only be used for our love for the unseen, the unknown or the unknowable; while human interactions are based on attraction, dependence or affection. Furthermore, He said that we should turn within, and that we should seek no solace from outside. In short, all knowledge, all powers, everything is within. Our destiny is within and the Ultimate too, is within.

The finality of the auspicious day’s events

It was indeed a spiritually fulfilling day, permeated by silent joyfulness and a forgetfulness of the outside world. During these functions, we are made to maintain in our thoughts, a constant feeling of His presence, thus enhancing our love for Master.

*Ramesh Hira, South Africa*

United Nations International Day of Families

The International Day of Families is commemorated by the United Nations every year on the 15th of May. The Shri Ram Chandra Mission in South Africa observed this important day with a prayer programme held at the Lenasia ashram. Ten abhyasis participated in a fifteen-minute prayer maintaining the thought that all people of the world are growing peace loving and pious. The Mission hopes to grow the participation in years to come as the prayer programmes arranged on the United Nations commemorative days are wonderful opportunities for abhyasis to invite family and friends as well as the general public to come together and experience the benefits and efficacy of prayer. Sahaj Marg offers the United Nations spirituality as a basis to unite people. In 1957 Revered Babuji Maharaj wrote a letter to the United Nations in



which he said, ‘It is only the spiritual force, which can remove the causes of war from the minds of people’. Revered Babuji offered the United Nations prayer as the simplest possible method giving the reason that, ‘We must learn to create within the heart a feeling of universal love, which is the surest remedy of all evils and can help to free us from the

horrors of war.’

*Heather Marti, South Africa*



**Questions and Answers**

Q: A second question from the same abhyasi: Can the Mission extend some form of a helping hand to facilitate greater participation by aspirants and abhyasis who reside in far off remote places, and who perhaps do not have means or infrastructure to participate in such events and programmes like this?

PR: Babuji Maharaj said that His Master Lalaji Maharaj when he sat in satsangh, thought of those who were not present first. It is like a mother, you know, who is feeding – let us say, she has six children and four are present. She is thinking of the two who are not there, rather than the four who are there. There is a story from the Mahabharata to illustrate this – that Kunti was waiting to feed her children when they were in exile and Bhima was not present. And the others were waiting and waiting and Kunti said: can you not have patience until your other brother comes?”

So a mere mother mere human mother, has that sort of concern for the absentee son, how much more should a Master have for those who are not in his presence? And the final thing is that for a Master of that calibre, your physical presence is not necessary; he could transmit to anyone, anywhere, at anytime. Space and time have no meaning for a Master of calibre. But for us abhyasis it is necessary to be in the Mas-



ter's presence as often as possible, because we have to develop what Babuji has said is most important – love for the Master, you cannot love someone whom you have never seem of whom you know nothing, of whom you have heard nothing, because love re-

quires a focus and for that focus at least one meeting with the Master, I would say – is necessary. God willing, it can be made possible. We have the resources to make it possible in individual cases.

Q: Revered Master, pranams. Why there are more natural destruction like earthquakes and cyclones and floods and many human created problems, destructions? And they seem to have increased especially after the twenty first century. How do you look at it?

PR: When a person is sleeping, if you have

a bed bug or a mosquito even without being conscious you slap it, and next morning you find the blood stain on the bed sheet or the pillow. Similarly, the earth responds when there are pockets of shall we say, adharmā [non righteous conduct] in Sanskrit, which is swerving from the path of right. So the earth shrugs. You have seen cows doing it, you have seen elephants doing it. They swish it off with the tail or the skin vibrates. So, nature only responds to what human beings do and think. Animals cannot influence the earth. Birds cannot influence; angels cannot influence. Only human life, because human beings have been given the power of thought. As Babuji said, what distinguishes [us] from the rest of creation is that we have a will and we have an intellect – the

intellect help us to choose what is right, and the will to enable us to do what is right. When we fail in these two streams of existence the earth possibly shakes, trembles. In French they call it “trembling of the earth”. It trembles to say “oh, yes, okay”. We should respond to these things and then that will stop.

Excerpts from: Here and Now Talk by Shri P. Rajagopalachari – Questions and answers, 13<sup>th</sup> November 2009, Kharagpur

**Echoes of the centers [Cont'd]**

**Echoes of Tanzania**

We are two families' abhyasis in Tanzania here, in Moshi town, and another in Dar-Es-Salaam. With the blessings of our Be-



Br. Sivaramakrishnan and family

have a spiritual gathering and also chat through the phone. During Easter we had a small gathering which really helped us to focus more on our sadhana. We found that was effective by sharing and learning from each other experience. So far, there is no centre here or a preceptor, but, we have sent our photos to Rev. Master and He is taking care of us in His direct control. On Wednesdays and Sundays, we attend satsanghs at our places in the respective timings and Master's Friday sitting is always a special one for us. We pray to Him that Sahaj Marg will get more abhyasis in Tanzania by His grace.

**Babuji's Birth Anniversary Celebration**

With the blessings of our Beloved Master



Madhavaraj and family

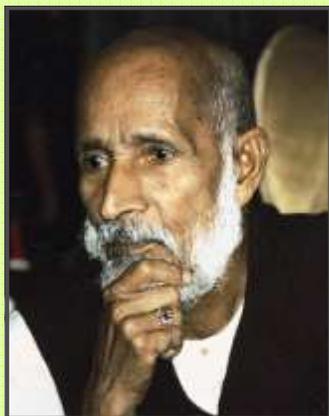
we have celebrated Babuji's Maharaj Birthday on April 30th. Though we are physically far from our Rev. Master we could feel the Love he showered on us during the satsangh.

Sivarama Krishnan R & Madava Raj - Tanzania

loved Master whenever we get time we

## Whispers from the Brighter World

Wednesday, May 21, 2003 – 10:00 a.m.



In the very heart of silence, there is beauty, that which cannot disappoint you beyond your daily qualms. It exists unadulterated. Being of divine nature, nothing can alter it. Draw from this incomparable source; let your heart drink from it and get stronger, to better face this life, which weighs heavily on you. Keep your spirits up; you have this resource that many do not have. They are searching in vain in this world for what they cannot find therein. Only God can quench their thirst, but they don't know it or fail to make the necessary effort to meet Him.

“In the heart of silence there is peace, which is communicated to the soul, adorned with divine graces, exhorting it to love: this kind of love dedicated to the supreme Master who invests his chosen sons to let them act in His divine name. In the heart of silence, there is life, the divine life, that which does not appear in this world. The most important thing is not visible to men's eyes; it strongly appeals to hearts that are ready to listen. This life carries the heart far from the troubles that prevail here below, generating only dissatisfaction and giving rise to hatred.

“Man hopelessly seeks elsewhere for that which is eternally within him. He gets breathless in struggles where he gets lost, since he does not know his own real nature. Ignoring his only wealth is an unquestionable handicap. Man's heart is so poor when he has not found the favourable outcome capable of embellishing his life. We extend our blessings to all our brothers. May they reach their goal.”

Babuji

Whispers from the Brighter World, Vol I, Page 560

## Daily Reflections

### Real inside

We all think that we know the inside of things - we talk of knowing things inside out, of having inside information and so on, but if we think over it, we will realise that all we see of objects is the outside only. Even when we are inside a room, all that we see is but the outside of the inside, if I

may so term it. The real inside ever escapes us! And this is precisely the region of Master's spiritual work - the inside of the human system! It is not surprising that both this region and the work done there escape our observation, however trained and acute it may be.

Taken from Yatra, vol. 1, p.5, Preface -Rev. Chariji

### The heart

In Sahaj Marg, in this method of raja yoga, the focus of all self-development effort is the heart. Because it is the heart, the organ par excellence, which is signifying, which is denoting, human values.

Taken from Heart to Heart, vol. 4, p. 32, lecture "Way of the Heart" -Rev. Chariji



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