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Thus speaks:

Sahaj Marg - the way to Freedom of the Heart

I consider this a blessing of my Master that I am able to visit China in my life time. Because China is a country for which, even when I was a school boy, I had a great, I cannot say love, but affection for China, its culture, its heritage and the way it's people

lived, very much like, you know, normal people live in this world cultivating their field or doing their business looking after their families - a normal human life. Let me assure you that the Chinese life is no different from those of people in Chile or Argentina or Japan or India or any of these countries or Africa. We all have the same sun to give us light and to give us heat and to make our fields productive. We

also have the same rain to nourish our crops to give us water to drink, to bathe to be clean. We have the same air - it goes round and round the earth. There is no political air, you know, no Indian air no Chinese air no American air.

Sun, moon, rain, earth, sky, air - these are all common for all of us. You are Chinese because you live in a land called China. If it had been named 'Hiruki' you would be called Hirukis. And if it had been called 'Chu-Chu-Chu' you would have been 'Chu-Chu-Chuies'. So there is nothing special about being Chinese or Japanese or Indian or anything. We must be hu-

mans first. What we share, people all over the world is that we are human beings. [...]

I would like our friends of China, you know, my brothers and sisters to remember this. They should not say - "Oh we are Chinese". Not



important. Why? Because the creator created a human being. [...] God did not create anything except human beings and love.

[...] If you have a piano board, you know, do re me fa you play. You need all of them to produce music. [...] So variety is necessary for music. It is necessary for art. It is necessary for human beings to show a world full of colors, of joys, of varieties of possibilities of mixing this together and making something stupendous according to God's plans. [...]

If you want to exercise the freedom of the heart does not know the difference between a Chinese heart and an Indian

heart. All hearts have the same four chambers, same vessels, and same blood. If you recognize that truth then your love becomes free, infinitely free, eternally free. [...]

So where is the universality that is the universality of life? When I cannot breathe I need oxygen. There is no Chinese oxygen or there is no Australian oxygen. Oxygen is God created, blood is God created, heart is God, because God lives here. And this is what we deal in spirituality and therefore spirituality has no religion. Spirituality is not Chinese it is not Christian, it is not Hindu – it is the science of how to become one with the creator. follow. [...]

So in choosing a spiritual life we choose eternal freedom, freedom from all bondages. [...] So the choice is before you. We only come here to place the choice before you and to help you to go with that choice through your life and to re-live your freedom which you have already lost. So Sahaj Marg is the way of freedom. So this is offered to you. [...]

I pray that my Master may bless you all and give you this freedom not after two hundred (200) lives but in this life right here.

Thank you! .

*Talk given by Shri P Rajagopalachari
on 19th September 2008 - Shanghai,
China.*

Lalaji

- Men who have been caught in the chains of this bondage are so much worried that they are unable to understand reality. All these bondages are not real; all of them are artificial, illusory, pertaining to thought, and fictitious. This chain goes far beyond, so much so that it exists in the other world even after death.

Babuji

- *Only the torch of spirituality can remove the oppressing gloom and restore the real man. Let the light of the Real shine in the heart of everyone so that we may rise up to the expectations of the Divine!*

Chariji

- *When we want one humankind, one humanity, one world, perhaps one universe someday, we have to find the uniting factor, not the dividing factor! And that is what I think spirituality is all about.*

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Echoes of the Centres

Douala (Cameroon)

Douala Sub-Regional Seminar 23-29 December 2008

With Master blessings, a Sub-Regional seminar will be held in Douala from 23-29 December 2008, with Brother Kamlesh Patel participating in it. We are happy to

On October 11, 2008, Sister Jeanne asked Brother Kamlesh Patel to "kindly ask Master to give us a motto for the upcoming seminar in Cameroon"

Master's answer is the following:

Domalguda, Hyderabad, Monday, October 13, 2008 6:00:55 PM

Dear sister,

The subject I am now concentrating upon is: "Personal Character as the foundation for a spiritual life."

Love to all.

With Love and Master's Blessings

Affectionately,

Parthasarathi

say that to date, about 23 brothers and sisters from Congo, Gabon and Côte-d'Ivoire have already confirmed their participation. The program of the seminar includes sittings, satsanghs, preceptors meetings as well as questions and answers sessions not only in Douala, but also in Limbé (about



80 km from Douala) and in Yaoundé the capital city (270 km from Douala).

For any further information, please contact Sister Jeanne Nanitelamio at: jnanitelamio@gmail.com

Abidjan (Côte d'Ivoire)

Launching of the Project "Let us read again Echoes of Africa and Indian Ocean"

Since January 2006, with Master blessings, Echoes of Africa and the Indian Ocean, is

being published regularly on a monthly basis. After an initial series of French issues of the newsletter, as from July 2006, issues were also available in English. Echoes of Africa is focused mainly on our Masters' teachings. The 4 page-newsletter presents their teachings and advice to help us go deeper into our practice. From time to time it also includes personal stories from brothers and sisters about their personal experience.

However, we have noted that some brothers and sisters don't make the most of this resource offered to them. Therefore, 5 brothers from the Abidjan centre namely: Camara Mamadou, Amany Jules, Ouattara Sanassi, Kouassi Inoussa and Asseman Leon, have volunteered to work on this project: "Let us read again Echoes of Africa", which consists inter alia in:

- rereading all 2006 and 2007 issues;
- analyzing their content and writing a summary which will be presented at the Abidjan centre in December 2008.
- sending a report to Echoes of Africa to share findings with other brothers and sisters.

Let's wish them good luck.

JN-MMK

Tell me, Master



Why are people afraid of death?

This is something so universal that nobody as found an answer to it yet. Philosophers say that death is the only thing that is certain. So

how can we be afraid of it? People who believe in God say, "Well, we are all going to God. Why be afraid of death?" But, yet, everybody is afraid of it. It is because, after death we don't know what exists. So it is

not exactly fear of death, but it is fear of the unknown that we have.

How can we fight fear?

No, no, we don't fight fear, because anything you fight will fight you. Just ignore. Suppose yesterday you were afraid of death, but you are alive today, so why continue to fear? We have been afraid of death every day, but we are still here. So what is the use of being afraid of death? Tell me.

How to develop the heart?

By giving up fear – because fear closes the heart.

How to give up fear?

This goes on, you know. [Laughs] How to give up fear? Give up fear. Babuji Maharaj has said every question has its own answer inside itself. How to abandon fear? Abandon fear. How to eat? Eat. It is very

simple.

How do we know when we have opened the heart?

It is not something that is like a zipper, you know. You will know. When you can speak fearlessly. When you can speak only one thing – it is not the truth, it is not a lie. It is what it is. Then your heart is open.

How can we find this force [ability] within us?

It is there. You have not lost the force, but you are like a person who has the treasure in his house and doesn't know it is. So in meditation, by cleaning, we find it again. We don't create it; we uncover.

Excerpts of "Tell me Master" - Spirituality explained to children" by P. Rajagopalachari

With Master in China

The language of the heart

About three months ago, an inner desire began to arise within me that I wanted to see my Master, I wanted to be with Him, I wanted to change and progress myself to a better human being!

Six weeks later, I got an invitation from Shanghai, China, asking if I would like to join the seminar to be held in September. Sahaj Marg has been introduced to China for six years. It was the first time for Master to visit the country. As public gatherings and religious meetings are sensitive issues in China, the seminar was restricted to Chinese abhyasis only. As a result very few abhyasis knew about my trip; I could

After I arrived in Shanghai, I found that there were abhyasis from China, Hong Kong, Malaysia, Singapore, Thailand and USA. Preparation for the seminar was well



organized; each individual participated in the work to make everything possible.

Ajay instructed the theme for the seminar to be called "the language of the heart". Master requested that the seminar be conducted in Chinese as first language, then in English. Cultural programs were presented to Master, including traditional Chinese singing, dancing, poem reading and Tai Chi. Master made time to meet every Chinese abhyasi attending the seminar, and had lunch with everyone. Perfect harmony and peace existed throughout the seminar, no discrimination, no cultural differences, but only love.

During my first meeting with Master in

Shanghai, I was very shy and nervous. Master said to me that, "You mustn't be so shy. You are a reflection of me." As he said this, he gave a smack on my head! That was rather sore, but afterwards, I found something inside me disappeared and I felt much lighter. Later during the seminar, I was able to be with Master with more ease and confidence, which I did not have before.

Spirituality is a relatively new word and terminology in China. It is an urgent need for people searching for inner peace in this fast moving and stressful life style. Master has planted the seeds in China by making seven preceptors in eight days. With His love, Sahaj Marg is going to grow. Only love can unite us all.

S.K.



only share my excitement and joy with my preceptor who gave me six consecutive sittings before I went.



A letter from my heart to sisters and brothers all over the world

This letter is being inserted here for those who may not have read it when it was circulated by email, a few days ago.

Dear Ones,

My beloved Master, Babuji Maharaj, has repeatedly affirmed that while it was HIS duty to give the abhyasis inner spiritual growth, character formation was, and will always be, the abhyasis' personal business. For a quarter of a century since HE left for His Divine abode in the Brighter World, the Mission has continued to abide by this principle, leaving their moral and ethical development to abhyasis, for them to nurture and develop to the highest possible levels by themselves.

My beloved Master has emphasized that the inner and the outer must balance in a developed human being. As inside, so outside, must be the reality of a spiritually developed person. Every abhyasi must ruminate and discover for himself whether this has been established within himself.

As one responsible for the development of abhyasis, I have been observing a slow, but steady, erosion in the values of the external lives of abhyasis during the past twenty-five years. This is a sad observation to make. The world has been plunging headlong into the materialistic mode, with dire and predictable consequences, which, today, all can see. Sadly, within the Mission itself, this degradation in values has been troubling all of us who are sensitive to

these issues.

The value-based system of education slowly introduced to willing schools has been effective for children. But what about the adults? And what about the abhyasis especially? In this context, I must confess that I have been wary of introducing anything that even faintly resembles control, based on so-called judgmental attitudes. I feel that I have failed in my duty to you all by not having set before you necessary moral and behavioural codes for your adoption, without ever forcing them down unwilling throats. The essence of a human life is the guarantee of personal freedom to choose one's path, and mode of life. While guaranteeing this freedom to all, I now feel that it is necessary for the Mission to define the following for the benefit of you all.

1. Love, understanding, tolerance and forgiveness, are all necessary, and must be manifested at the individual level in personal interaction.
2. A body of universally applicable teaching MUST reflect principles and practices that will be all encompassing, transcending the cultural, religious and behavioural norms laid down for people not involved with personal spiritual development. I affirm

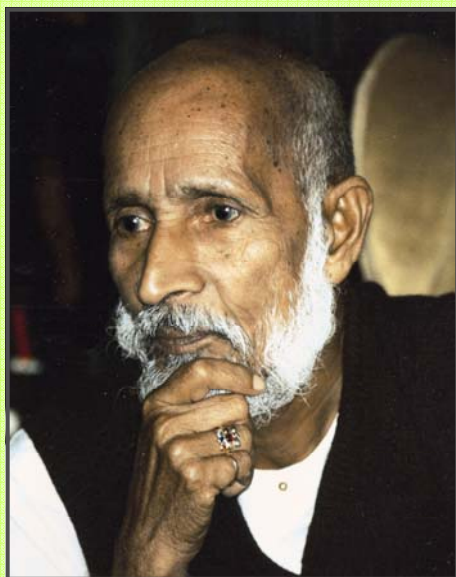
that this need is of paramount necessity even in the lives of those leading mundane lives, but the necessity for such codes in the spiritual life cannot be ever sufficiently emphasized. After forty-five years in Sahaj Marg, I now consider it to be vitally necessary.

3. I am writing this to you all to assure you that I shall now set my heart towards furthering the education of abhyasis into these principles which may be called higher, or divine, but which are certainly universal. Please cooperate in this adventure, your personal adventure if I may say so, in the spiritual life into which we have all strayed, knowingly or unknowingly, and pray for my Master's Blessings to promote our total development and welfare, in all the realms of existence: Physical, mental, moral and finally the spiritual.

P. Rajagopalachari
 Message from Rev. Master
 "A letter from my heart"
 CHENNAI
 8th October, 2008

Whispers From the Brighter World

Tuesday, October 31, 2000 – 8:00 a.m.



"You are trying. You make efforts to please us and improve yourself, even though they are not crowned with success, they are accomplished with all your heart. You understood that no method, the best one though it may be, could actually be successful without an active commitment of the person concerned."

"Where would be the merit without this dimension? When you enter a way like ours, you already have a certain openmindedness that makes you want to go farther. Your heart aspires to find harmony by going toward perfection. You have gone a long way in order to reach that point. Your inner Self has managed to guide you toward what is convenient to it. It is on the right track; it feels it and sometimes prompts you to advance, against your own wishes."

"Sometimes you rebel; you want to live, as you say, to enjoy yourself, travel, laugh and sing. There is no incompatibility in this program. Your sadhana does not take all your hours and we do not ask you to live a cloistered life. Your life can be adjusted harmoniously, while tasting the joys of an in-depth spiritual process. Our way doesn't exclude any aspect of a normal, working, family and full life. You know it, we always insisted on this point."

Babuji

*Daily Reflections***World Citizen**

In his spiritual character, however, he [Rev. Babuji] never felt that he was anything except a citizen of the world. He also said that what he had received from his Master he had received very cheaply, and it was of such great value that he felt it to be his bounden duty to offer it without any distinction to people all over the world, and also to offer it as cheaply as he himself got it. This emphasizes the second lesson that I

learned, namely, whatever be the circumstances of our birth, it is in our power to grow out of the narrow environmental limitations imposed on us by birth and by geography, and thereby really become servants of the Master serving the world and possibly even serving the universe.

Taken from Yatra, vol.1, p.183, (India in the West, Epilogue) -Rev.Chariji

Love is Self-Discipline

Love is wonderful. Love is a many-splendoured thing. Yes, of course, on the screen! In real life, it is full of discipline, of orderly behaviour, of correct living, of self-discipline. In this sense, charity begins at home, but it does not end there.

Taken from Revealing the Personality, p.111, chapter "Discipline" -Rev. Chariji

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