



Attend to the call of the heart

Dear Brothers and Sisters, hates, our aspirations. [...] Years come and years go, I am happy to wish you all a and I wonder how many of happy new year, but a us are moving with the happy new year is not time,

surpassing time.

You know there is a proverb which says, time and tide wait for no man. [...]

When we travel by road and we look



at the milestone on the side of the road, each time we pass a milestone we know we are nearer the destination. For us every day, every morning when we wake up it should be another milestone in our spiritual progress. I wonder how many of us are really conscious, are aware that as time passes, we have less and less time ahead of us. [...]

Are we aware that each sitting that we take, when we close our eyes we should be something, when we open our eyes we should have moved on? I am afraid that sense of urgency is lacking in almost all abhyasis. We are prone to pay more attention to our material progress, to our health, to our income, and to so many other things which are part of the material life, the human life: our loves and

enough. Instead of looking for happiness — (I hesitate to say it), we should look to how many problems we have surmounted, how many problems are yet to be surmounted, because the spiritual life, when all is said and done, is not meant to be a happy life. It is meant to be a progressive life. [...]

This body is only a vehicle for the soul. The body is given to us only so that we can progress in this life from birth to death, and thereafter we don't need the body any more. It is like a car or a train or an aeroplane, only to take us from here to there, and after that we abandon it. But spirituality says, yogic literature says, psychic literature says, we come back again and again because, rather than being a passenger in a train who gets in at his beginning

and gets out at the end, we seem to be like the drivers and the conductors who go up and down all the time. [...]

I know, one part of you, there is this craving — not craving but at least desire. It is perhaps magnified when you come here, and you feel, you know, that there is

something in it after all, because it brings you back here, and you are willing to stay here facing all the problems of life: lack of accommodation, lack of facilities. But when we leave the gate again, we are back in that life. So, dear sisters and brothers: we must pay more attention to the call of the heart, the call of the voice from within. If necessary, close your ears to the outer world. Shut your eyes, don't listen. We have to turn our attention through the five senses which God has given us, from outside to inside. Without this turnaround, spirituality remains but a subject about which we speak, about which we discuss, about which we undergo training, but to which we pay no heed and therefore we remain where we are.

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

- *When craving is created (may God will it so!) the attainment of the goal becomes a question of no time.*

Chariji

- *Once you have decided that your heart says you must meditate and go to your spiritual destination, to deny that inner call is spiritual suicide.*

As is customary, I pray for all of you. May every day see you in a different position on the spiritual ladder, going up and up; never coming down, never looking back. May my Masters bless you with all that is good.

Thank you.

Parthasarathi Rajagopalachari – 1 January 2010, Chennai India

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Douala Sub-regional Seminar: Individual Reports

By our Master's grace and for the second consecutive year, a sub-regional seminar was held in Douala and Bafoussam, from 23 to 28 of December 2009, where we were gathered in His remembrance, His tangible presence and His grace. It is not always easy to try to put in words such experiences; nevertheless we will try to do so through various reports published herein. Through them we wish to relive and share these precious moments.

This seminar was an enlightening moment that provided us with firsthand experience of Master's work. The previous year, we were around forty, this time around, we were more than sixty, the increase in the number of participants is due to an increase in the number of abhyasis in Douala, but especially to the birth of Bafoussam centre in West Cameroon where in less than one year more than fifteen abhyasis were introduced.

Master's work was also obvious through changes in brothers and sisters' attitudes; who from one year to another realized that they were more focused and remained centered on their Master throughout the seminar, thus feeling more deeply the effects of His work. The questions and answers sessions also surprised us by the depth and the consistency of questions asked and comments made.

We spent the first two days of the seminar (December 23 and 24) in Douala. If the city of Douala was already familiar to most participants, the trip and stay (December 25 and 26) in Bafoussam were outstanding in many respects. We were truly carried by Him. This region of West Cameroon with its beautiful mountainous landscapes, the famous Dschang cliff, this rich agricultural region with its roads lined with fields of coffee-trees, pineapple and other food crops was the ideal setting for a meditation in tune with nature. On our arrival in Bafoussam, joy and emotion were palpable during group meditations when full brothers and sisters were happy to commune in the love and under the eyes of their Masters.

In Bafoussam we also had the opportunity to drive to Foumban and visit the sultan of Foumban palace as well as its museum

steeped in history. This incursion into a past and a present rich in traditions reminds us of these words from Master's inaugural address at CREST Bangalore in August 2006: "[...]



that people who have been assigned subjects against which they rebelled, have delved deeper and deeper into their own roots, and have come up with surprising evaluations of what their pasts were, of the traditions from which they have arisen, of the cultures from which they have sprung, and the beauties of those pasts—relegated into the subconscious like the foundation of a house, not visible but supporting everything. It would be a serious and dire mistake to relegate the past into a forgotten past. We must remember that the roots of the tree are what keep the tree in all its glory, its manifestation. ..."

Bearing those words in mind we drove back from Foumban to Bafoussam and then Douala, happy for Sahaj-Marg allowed us to travel further towards Their light.

JN & MMK

It's True: Master Takes Care of Us...



I did not take part in the seminar held in Douala in December 2008. This time around, I resolved to be present from December 23rd to 29th, 2009.

An uncertain departure.

My electronic ticket showed December 25th, 2009 as the departure day, whereas I had to travel on December 21st, 2009 at

9:25 a.m. I went to the travel agency to submit my problem. A lady from the agency said that it was impossible for me to travel because I was booked on the 25th flight. Changing the departure date would require penalties. I almost sank into panic, because, that would imply my missing the seminar.

I then said inwardly: "Master, I surrender my departure to you; it is up to You to decide whether or not I must take part in the seminar. Thank you!" Without any worry or fear, I remained quiet, and stepped aside from the lady's counter. Suddenly, she asked me to hand out my ticket so that she could change the date therein. She tried, but to no avail! She then picked the phone and called the person in charge of passengers' registration at the airport. I just heard: "Chief, I have

a customer here who must travel today to Douala, but his ticket reads 25th as the departure date. After a brief hush, she went on saying "Forgive me Chief, he should be helped out". A few minutes later, she wrote something on the back of my ticket and told me to rush to the airport to see her boss.

At the airport, long lines of passengers were waiting for registration. I was quickly called by someone: "You look as though you are in a hurry, Sir; can I help you?" I thought he was one of those irksome individuals seeking to tap your money. In spite of that, I showed him the back of my ticket. He asked me to follow him through the maze of many big pieces of luggage and their owners, to the registration officer's desk. As soon as the latter saw my ticket, he attended to me immediately, gave me the boarding pass and said: "You are lucky. Bon voyage". I answered: "Thank you!" Master's grace did follow me from the morning meditation to the airport as well as at the travel agency. I thus understood the actual meaning of "letting go" and constant remembrance which enable us to be in permanent connection with our Master.

The whole process from Brazzaville to the end of the seminar made me understand really that our Master follows his abhyasis.

Thank you Master.

Marcel Mbaloula

Personal Experiences



Brazzaville - Pointe-Noire - Douala: An eventful departure...

On Monday, December 21, after my brief morning meditation, I packed my bags, and my sister and I headed for the airport. There was a long line for check-in and subsequent formalities. We kept waiting, and while looking around I kept my condition; suddenly some man advised me to go directly to the desk and submit my passport and ticket as boarding was already underway!!! The check-in officer was a very haughty and covetous young man who requested some bribe, but as I was indifferent to his expectation, he tried to intimidate us by saying that we would board the next flight only. I remained very serene and as the situation was beyond me, I let Master take care of it. After about fifteen minutes he eventually took our tickets and passports. The plane was due to take off within five minutes; he entrusted us to his colleague who, in the interest of time, drove us in one of the beautiful cars of the Civil aviation department and reminded us to go through emigration formalities in Pointe Noire. It was like in a movie: unbelievable! We were the last passengers to board the craft under everybody's stare!

I took advantage of the duration of the flight -45 minutes - to Pointe Noire to complete my disembarkation form to save time. I remained centered and meditated from time to time. In Pointe Noire, we boarded another plane, which was not initially planned; I understood very quickly that it was a golden opportunity granted to us by Master to have our passports and disembarkation forms properly stamped. A policeman took us through immigration formalities before proceeding with an 80 minute flight to Douala. I remained centered and there too, I made brief meditations.

Immigration formalities in Douala went on smoothly. We were guided by Master Himself. It was 1 p.m. when we reached destination. I was very glad to be back in Cameroon to meet Master!

Germaine Biampondou - Brazzaville Congo



Douala Seminar, My experience (from my diary..)

In August, I was just coming back from my interrupted vacations; when Br Fidèle Ngouala informed us of a seminar to be held in Douala in December from 23 to 29. I was really looking forward to such an opportunity because I wanted to pause from the daily routine of work and home life. My heart was longing for something higher and I immediately decided to participate in the seminar. I had not attended a spiritual gathering for the past five years.

Afterwards, I was really wondering



Ready to depart to West Cameroon

whether a demanding work like mine would give me time in December to attend the seminar. I had to inform my boss about my interrupted vacations and wanted to take some days off in December... he didn't argue this time, I know for sure Master was clearing the way for me. I just realized that was the reason I was called back to

21. I reached Douala at 2:30 pm, brothers abhyasis came to fetch me at the airport; I started feeling that subtle connection between us, a kind of pull from the heart. I often get this feeling whenever abhyasis gather; I knew then that Master was filling our heart with His grace. On Dec. 23, the seminar started officially but grace was already pouring long before at the ashram. The 6:00 pm group satsangh was really subtle, I was kind of conscious of my being but disconnected somehow from the physical. On Dec. 24, I didn't even know when the morning group sitting started, I was already gone; after the sitting, we were divided in different groups to discuss the theme given to us by Master for this seminar: "A balanced life".

On Dec. 25, after the 7:30 am group satsangh we get ready to head to Bafoussam; we left Douala at 10:00 am, we travelled for 5 ½ hours. The Journey was inspiring, I was really focused on the heart, I had no worries... calmness was prevailing all the way; watching these beautiful and endless bananas, papayas and oil palms fields. When the bus stopped in Bafoussam, I just realized it was Christmas and I was in the middle of a spiritual seminar. The Day was concluded with an evening group sitting at 6:30 pm at the Ashram. Dec. 27, we had a Morning

satsangh at the Bafoussam center. After breakfast, at 11:00 am, we drove back to Douala; I experienced almost the same condition as on Christmas day. We bought different fruits on our way but I remained totally focused within. Dec. 28, the 7:30 am group satsangh was really intense; I went so deep I had the impression of being there for few minutes while an hour had passed. We concluded the seminar after that group meditation.

...These days of blessing are still going on, the seminar was really intense. Being constantly in contact with the inner self for nine days and forgetting almost about worldly worries are real blessings from our Master. Maintaining this balanced condition in our daily life is the real Quest. Leaving Master guiding our steps towards the goal is the solution.

Franck Kibangou - Pointe Noire (Congo)



A group of preceptors

work from my vacations.

I flew from Pointe-Noire to Douala on Dec.

Personal Experiences [Cont'd]



A spiritual event

First of all I thank my Master for allowing me to take part in a seminar like this. I cannot find the right words to tell Him how I feel. I also thank the coordination team for

having followed through this seminar. Indeed, my joy is great, because I learned things which I could not expect. This seminar was truly a spiritual one in the full sense of the word. When we arrived in Douala at midnight, I was really surprised to see some of our brothers abhyasis at Douala airport at this late hour, all happy to welcome us with a heart full of love. That was the very first teaching of my Master for me: the real expression of love for my Revered Master and our brothers and sisters all over the world.

On December 25, we travelled to Bafoussam a city 280 km away from Douala on board two mini buses. We reached the famous Dschang cliff which is at a height of about 2800 meters; 10 km before reaching the top one of the two mini buses had a mechanical failure. The coordination team drove back to provide help and the bus started up again by Master's grace; we reached the top safely. I understood through this event the emblem of Sahaj-Marg the path which is paved for us by our Revered Master, this way opened up through the mountains of difficulties which the abhyasi must cross while being in constant remembrance of his Master.

May our hearts remain eternally connected to Him, may our Beloved Master bless us and cover us with His mantle of grace.

Sanassi Ouattara

Abidjan – Côte d'Ivoire



Awakening and awareness...

Once again, the sub-regional seminar was held in Cameroon. Volunteers rushed headlong into work, which henceforth brought everyday life to a standstill.

I have the impression that one participated, once again, in a "balanced" seminar in terms of: brothers' organization and devotion and more so Master's spiritual "gift"; knowledge through questions and answers sessions; through-meditation transmission and awareness-based awakening. This also included energy vibrations felt while working as volunteers or meditating. I learned once more that Master works much for us and that we must

also work on the spiritual and physical level to make his work easier.

All I can say is that Master opened his building site to save souls. He needs technicians and workers on a voluntary basis. Let's work eagerly!

*Emmanuel Engoto Mbeleg
Douala - Cameroon*



A mechanical failure

In His presence and Energy.

After last year's seminar with all the wonders received all along, I thought that this one would be the same, but it was not, it was better! I do not know if it

is my mind that opened up a little more, but the progress was obvious, because as from the beginning, we all could share a feeling of profound happiness as we met with brothers whom we knew already and those we had never seen before.



As far as I am concerned, I felt encouraged by the commitment of brothers who were working hard to make the seminar a very successful one, which it was. It was wonderful to see the expressions of joy, happiness on the faces during meals or exchanges; all this gives me evidence that Master keeps us all in his infinite love.

In Bafoussam and Fomban, while remaining focused on the goal, I could feel the presence of Master and his energy allowed me not to be distracted in spite of the beauty of the landscapes across which we were traveling.

I thank Master once again for having allowed us to meet together and share this condensed state of energy but also to learn many things including that balance is not our goal but it is essential for us because it is an instrument to be used to achieve our goal. While looking forward to subsequent seminars, I can only say: "thank you Master, thank you, thank you and again, thank you for everything."

*Julien Ronald Modjo
Douala - Cameroon*

My first seminar

The dates of the Douala-Bafoussam seminar coincided with my university classes so it seemed difficult for me to take part in the seminar because Christmas holidays were scheduled only for early January. In spite of that, I decided

to confirm my participation in the seminar. I was introduced into Sahaj-Marg only a few months earlier; this was my first seminar, and I was eager to attend it!

The seminar met my expectations, I experienced and understood many things. The day we watched the video film on Master, I was deeply moved by Him. During satsanghs, I felt as if I've slept for few minutes and I did not remember what happened. The seminar was an opportunity to do my practice intensely through sittings, satsanghs and discussions with brothers and sisters.

I am very happy for having attended the seminar where I've learned so many things, including how to reconcile everyday life with Sahaj-Marg practice, and I met nice brothers and sisters.

So, I thank Master for having made this seminar possible and guiding us through our daily lives.

Agathe Biampondou - Brazzaville Congo



A view of Bafoussam

Personal Experiences [Cont'd]

Thank you...

At the opening of this event in Douala, we watched a DVD where Master exhorted us to rid ourselves of our racial inferiority complex. By opening our heart to him we understood



that it's necessary for us to also rid ourselves of the inferiority complex related to gender. This is why we, sisters abhyasis of Master in the West we wish to have our voices heard.

Let's remind ourselves far from gender-related competition, that in Cameroon, especially in the Western region, steeped in tradition, it's the woman who is the custodian of the power of the king or chief. This is why on your arrival here, a brother welcomed you. On your departure from Bafoussam, a female voice would like, on behalf of all abhyasis from Western Cameroon say goodbye, as per the will of our Beloved Master.

We are touched by your presence among us since December 22, touched by the love that you showed to us by coming to the hinterland to visit us and by sharing your warmth with us. Our joy is such that words are failing us to express it to you.

During this seminar, we learned, we were exhorted, guided, motivated, and we particularly felt our Master love through you. We look forward to more and more of events



Towards the past

like this through which our Revered Master will expand his action here with a view to saving humankind. We have assurance that we are in the best way. You should likewise rest reassured that the seed of Shri RAM Chandra Mission in Western Cameroon will germinate successfully; this process is just in its beginning stage.

We thank all our brothers and sisters who came here to share with us the wonders which

Master showers on this place. May our Beloved Master keep you in the state of inner richness received during this seminar.

Rachel Boguissogo - on behalf of Bafoussam brothers and sisters

Master's Work

The second regional seminar for French-speaking centers held from December 23rd to 28th, 2009, in Douala and Bafoussam, Cameroon, was for me an enlightening meeting full of hope. I could realize the work completed by our Masters since the December 2008 seminar. Not only did the number of abhyasis increase considerably, but also the quality of discussions and questions related to practice and relationship with Master was an indication of one's thirst and eagerness to delve into the understanding of his teachings.



I have returned from Cameroon with the renewed feeling of having lived unforgettable moments in His constant and permanent

presence. On the evening of our arrival, as we all gathered in the Douala ashram for dinner, a fine drizzle started falling in spite of the dry season as a confirmation of blessings from above. This rain did not last long, but when we left the ashram, we fully realized that it had rained only where we were gathered. While getting into the car to the hotel, I felt a great feeling of gratitude towards my Master for this convincing evidence of his presence among us.

In the next morning, the individual sittings made it possible to establish an atmosphere of peace, serenity, waiting and true thirst in our hearts; the actual opening of the seminar was scheduled for the afternoon. It included the screening of a video shot in Tirupur in July 2007 by Brother Jean-Armand Nkoma featuring the meeting of our Master with the group of abhyasis from Africa who attended the celebrations of His 80th birthday.

The video allowed those who did not attend the celebrations to benefit from the precious advice distilled by our Master throughout the meeting. As far as I am concerned, I was clearly convinced that this video brought the

Physical Master among us; the condition of the room was imbued with his presence. The subsequent questions and answers session was



A working group session

interrupted only by time requirements of the evening satsangh as the abhyasis were so thirsting for this kind of exchanges.

In a nutshell, not two seminars are alike, as in the meanwhile, Master's work has taken



Bonne route

shape and made its way in the hearts, which compels us to truly take responsibility for ourselves if we want to take part in this work.

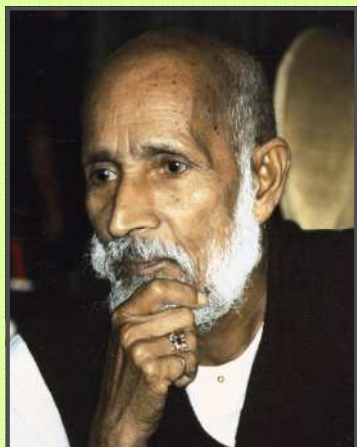
Jean-Pierre Mboungou Batiako - France



A brief halt

Whispers from the Brighter World

Monday, December 27, 2004 – 10:00 a.m.



That catastrophe moves your heart, my child; it is a prelude to much harder times when this planet will not be spared. So many sufferings for a country already plagued by poverty—an ordeal, giving rise to a lot of compassion world-wide. “India is a spiritual headlight on this planet; so has it always been and nobody, here below, can change that situation. Man cannot easily understand the great divine principles. Why is this country so affected? Why must those men or those women undergo all those ordeals? No satisfactory answer can be given to them, except those already known, and which those who are suffering cannot easily accept. May all these beings have the refuge of faith, the supreme recourse in such circumstances. May those who are spared have a lot of compassion and love to give them.

“Man can only bow before the divine power. The more it manifests itself the more it will lead man to wonder about his smallness, and what he has done with his life, especially if he wants to ignore God and lead his life without referring to Him. In this matter, our brothers have a good grounding; they are following a way and are doing their level best as far as their conscience is concerned, while relying on the spiritual Master leading our Mission. Our way enlightens them on the realities motivating their process. They are committed and thus take part in a movement that is emerging in this world, and which will not go unnoticed in the future.

“May all our brothers be blessed and helped in their fights, particularly those who today are severely affected.”

Babuji

*Daily Reflections***Spiritual Gatherings**

Babuji Maharaj used to call these celebrations utsav. That it is associated with a divine atmosphere - not just happiness, not just joy, not just bhog, not just sweets, but Divinity pervading all the activities that go on. We sit down and have divine meditation; the cooking must be in a divine remembrance, when it really becomes prasad; and all activities in an ashram should be in that state of constant remem-

brance.

*Heart Speak 2004, vol. 2, p. 193 – Rev. Chariji***Collection point**

Only he goes to the destination who does not leave the train. So I think of these ashrams as a sort of point where we assemble, and from where we are lifted up to our goal. So, in that sense, this is a collection point, like you have collection points for the yatri [pilgrims] along the (river)

Ganga.

*Heart Speak 2004, vol. 2, p. 194 – Rev. Chariji***Our Purpose**

Let us not waste the precious time given to us, remembering that the sole purpose of human life is to evolve spiritually by transcending the human condition.

Heart Speak 2004, vol. 2, p. 108 –Rev. Chariji**Contributors:**

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