



The Importance of Daily Sadhana

I do hope we will have such gatherings frequently, because until we reach a stage in our spiritual life where we don't need any more input of enthusiasm, it is necessary to keep adding more [fuel] to the fire periodically.

Often we have wishes, we have hopes, but we don't have aspiration. What we need is aspiration, which is something much higher, where the heart with every beat, says, "I must go up, I must go up, I must go up." That

is why we often need such meetings, stay together for three, four days, develop a lot of, shall we say, power in the tank — refuel. But often by the time we go home the tank is empty and we slip back into our daily routine, not understanding, not realising, that every morning we have to add fuel to this fire by meditation, by following the daily niyama — evening cleaning, night prayer. Because what you get here must be always in addition to what you create for yourself by your daily sadhana. This is not enough.

Your daily sadhana is the foundation of your spirituality. What you receive in these bhandaras, gatherings, is the superstructure. So please

remember that it is necessary to come, it is necessary to receive, it is essential to preserve what we have received. And for that you have to be regular in your daily sadhana which must go deeper and



deeper into yourself so that when we meet again your receptivity is much more. You can receive much more. As Babuji said, if you take a small bag to the vegetable market, how much can you bring home? So this [heart] must digest, absorb, so that when you come, your capacity is enlarged and in the same three sittings you get much more than you would have gotten today or last year or the year before last.

So please remember that you have to be here. If you make your life simple, avoid unnecessary expenses, even for marriages and things like that, social occasions, there will be no problem in finding the money to come to a gathering once a year or twice a

year. It is because we don't give up all our social and other religious habits, and we continue to spend money on those things, that we find it difficult to manage Sahaj Marg expenditure.

So if you have faith in Sahaj Marg, if you have felt that you have benefited by your sadhana here over the days, over the months, and over the years, there should be no hesitation in giving up what you did in the past, knowing that they brought you to Sahaj Marg and that is over; their part is over, their role in your life is over — now this has taken over.

I pray for you all that such realisation you will feel in your heart and realise the importance of daily sadhana which, if you do properly, is deepening the foundation more and more; here you build more and more this way [upwards], like a tree. Big trees — the root goes deep into the earth so that the trunk can rise tall and high. I pray for you all. I pray that Babuji Maharaj will bless you. Have a safe journey home, and we will meet again soon. Thank you.

Parthasarathi Rajagopalachari -
16 May 2010, Tiruppur, India

Thus Speaks

Lalaji

- *Cleanse your manas (mind) with practice of sadhana and then go through literature, otherwise Reality will be lost upon you.*

Babuji

- *Devotion makes our passage smooth and creates a channel for the Godly current to flow into our heart. It removes dirt and refuse from our way and facilitates our march along the path.*

Chariji

- *The whole purpose of sadhana (Spiritual Practice) seems to be, in some way, to prepare ourselves in such a manner that we draw His Divine gaze and attention towards ourselves so that we can become deserving of His Gift. It is always a gift. It is my conviction that at no level of sadhana can we say, "I have got by my effort." It is not possible.*

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With Master in Tiruppur, from July 16-20, 2011

On March 20, Revered Master agreed to meet with a group of brothers and sisters from our Region. This will take place from July 16-20, 2011, in Tiruppur, India, just before the celebrations of the birthday anniversary of our Master. Thus is our wish to go and be at his feet accepted, and by his grace, it will soon come true for all those who adhere to it.

We will be close to fifty of us, coming from Burkina Faso, Cameroon, Congo, Côte d'Ivoire, Gabon, Nigeria and Madagascar. Detailed information related to this important meeting will be given as and when the preparations are being made.

Meanwhile, all those who registered are encouraged to prepare at logistical and spiritual levels. The latter is certainly the most important. It requires creating the necessary conditions to ensure that everyone gets the maximum benefit from what Master will grant us in Tiruppur. Indeed, as the Master points out in the message shown on the first page: "... what you get here must be always in addition to what you create for yourself by your daily sadhana. "



For any further information regarding this gathering please contact:
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Echoes of the Centres

Echoes of Lagos—Nigeria

It is with happiness that I am writing this piece of mind regarding Master's mercies to us in Nigeria. In life they say, we must meet ups and downs. When we started Sahaj-Marg in Nigeria, it was not easy for all of us, because we were personalities with different background, culture, norms and values. It seemed to be very difficult for us; at a time it was as if we were backsliding.

But in situations like that I always remember, Master will say "True unity of being can come only through the heart and that unity of the heart can come only through recognition of the innermost Self which is divine, seated there. Your Self is no different from my Self, is no different from anybody else's Self. With the recognition of the essence of the Self, which is universal, which is in all things, we learn to identify

ourselves with every form of existence on earth".

I came to realize that all we owe ourselves is to be consistent in our practice and allow

Master to work on our individual egos. I must say that HIS grace has so transformed the system in Nigeria, the love between Nigerian and Indian Abhyasis has enormously grown. We cannot thank Master enough for his di-



vine mercies and how HE has used Sisters and Brothers to come and give us sittings.

Sahaj-Marg in Nigeria is advancing to the next level and with Master's divine presence, the sky is our limit. This is just the beginning of many more write up from Nigeria, there's more to come by HIS divine grace and love. Let HIS love be our watch word and let it touch the lives of all Abhyasis all around the world.

Phile Iyk Onuoha – Lagos

Echoes of Reunion Island

Full day programme

After enjoying the privilege of two seminars in India which we attended as a group in 2010, by our Master's grace, there is a surge of enthusiasm among abhyasis in La Réunion. We are trying to keep up this momentum and motivation, and our group is growing in harmony. On Sunday, 6 March 2011, we attended a wonderful full day programme at our St Denis centre around the theme "Samskaras – impressions, bhog and Sahaj Marg methods". The

St Denis centre is one of the three centres on our little Island.



The exchanges were positive, interesting and harmonious and very informative for the new abhyasis. We are so very grateful for our Master's guidance, and

even more so for His Divine love for us.

Ratnam Kanjee D. – Reunion

SRCM Africa Video Project

A project called the Africa Video Project has been initiated. The aim is to collate information from all SRCM centres in Africa and to depict this in a video format. The project is planned for completion on 30th June 2011, for handover on or before 24th July 2011, being the birthday of our Revered Master. The theme for the project is 'Past, Present and Future'. It was decided that important milestones of each participating centre, since its inception to the present day, be identified and used to piece together the storyline. Naturally, photos, videos, interviews, or similar media shall be used as source material. An internet site has been set up to download information.

The project team is in the process of communicating with various centres in Africa to invite participation to this very exciting project. For further information, please contact:

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On behalf of the project team, we wish to extend our sincere thanks to all those who have offered their services and to all who will participate to make this project a success.

The Project Team

Africa Video Project

Johannesburg, South Africa

A Regional Tour



From April 22 to May 2, 2011, Brother Sharat Hegde, Region-in-Charge, will undertake a regional tour that will lead him to Reunion (from April 22 -25) and Mauritius (26 April to 2 May). This tour will be reported in a subsequent issue of our newsletter.

Questions & Answers

Question - Does Sahaj Marg practice protect against such evils as witchcraft and sorcery?

Answer: A Mantle of Grace - The only secret in Sahaj Marg practice to keep oneself free from all influences external to the self is to mentally cover oneself in a mantle of Master's Grace, i.e., you should imagine that Master's Grace is enveloping you completely and this will certainly prevent external disturbing influences from reaching you.

Taken from The Spider's Web, vol. 1, chapter "Importance of Sadhana" pp.188-9 -Rev. Chariji

Question - What should be an abhyasi's attitude towards somebody's death?

Answer: You know there is a funny thing. In most societies, we are happy when a child is born, and we weep when somebody dies. But there is one society where the opposite is done. They weep when a child is born, and celebrate when a man dies. That is a sensible attitude. A soul which was free, in bliss, and

which had liberty, is suddenly imprisoned in a stupid human body here. Is it not a matter for grief? So they weep. And death is a liberation from this prison - they celebrate it. I think it's a very healthy attitude. Don't you think so? It doesn't matter which society or where! But the fact is there!

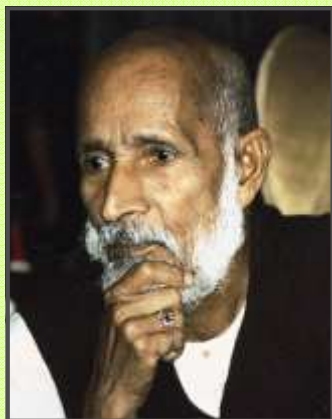
Salient Features - Series 7 - Death

Question - Why is vegetarianism recommended?

Answer: Master says that vegetarian diet is best suited for spiritual sadhana. Meat, fish and eggs tend to create grossness or heaviness in our physical and mental system and, therefore, persons who are habituated to them are advised to avoid them. However, this need not deter spiritual aspirants from starting the sadhana. With regular practice of sadhana, they will be able to get rid of such attachments in a natural and relaxed way without forcing the mind, which would be against nature.

Whispers from the Brighter World

Friday, December 29, 2000 – 8:00 a.m.



Nuclear power will ruin the world. This badly controlled power is demonic. One day, man will be overwhelmed by its power. Upheavals that will change the world will have their origin in it. It has much wider implications than you could imagine and which contribute to destabilizing the balance of this planet. In this matter also, man plays with fire, without actually being aware of the detrimental consequences for humanity.

"A natural energy will replace all that is currently used and which are harmful to man. Human knowledge does not allow its use for the time being. These secrets will be revealed to men of goodwill, who will look into an inspired scientific research. That energy will be non-polluting and not very expensive. Those with money power will not be content with it; only the absolute necessity for the survival of the world will prevail. This time is not going to happen tomorrow. The Earth will go through great changes before getting into that.

"These prophecies do not concern you. You are undergoing the damaging effects of this insidious pollution, which will lead the world to collapsing, but you can neither stop time nor modify the system in place. Then protect yourself as well as possible from these harmful effects and pray for your brothers of the future."

Babuji

Whispers from the Brighter World Vol 1 – page 485

Daily Reflections

Harmony

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.

Taken from the book "Heart Speak 2008", "Change Your World by Changing Yourself" pg. 75, by Revered Chariji

Your guide

I hope you will all refer to your heart every time you are in doubt, and accept the advice from the heart so that it becomes stronger and stronger, the internal presence becomes a real eternal presence, it becomes your guide, it becomes your friendly guide, your only guide who is sincere, for you and for your welfare. All the rest of the world is but maya [illusion].

Taken from the book "Heart Speak 2008", "God — The Eternal Presence in the Heart" pg. 73, by Revered Chariji

You

Sahaj Marg takes away everything from everywhere in this universe and puts it right back into you. You are responsible for what you are and what you are getting - and for what you will become. There is no external source of either misery or blessings. You are the karta (maker) of your own destiny.

Taken from the Book "Heart Speak 2004, Vol. 2", Chapter "Become What You Should Become", pg. 166, by Revered Chariji



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