



# Echoes Of The East



## Yatra

So the starting point is that yoga begins with love, with nothing else. And where there is love, fear cannot exist, doubt cannot exist. Now, when we approach yoga merely from the point of knowledge, acquisition of knowledge, acquisition of physical valour, physical strength, of *siddhis*, then of course we are faced with limitations, very practical limitations, sometimes insuperable limitations. But when we approach the yoga with only love in our hearts, not that we want to become perfect in physical form, not that we want to become perfect in our jobs and earn more money, or that we should be erudite and everybody should applaud us as wise people, but this love says I want to become what he is, then yoga is the matter of just a moment. It is nothing more than that. Because where love exists, all barriers are broken, all **barriers are transcended, and the Guru's grace flows** because love knows no barriers of any kind. God Almighty Himself cannot deny to us what our love demands. This is the teaching of my Master.

(Excerpt from Yatra Page 89, Vol.2)

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## Tour of the North with Master

*Sis. Veronique Desvigne, South Korea*

I was blessed to follow Master during his tour to North India. I met Him on the 2<sup>nd</sup> of June in Delhi and travelled with Him until the 24<sup>th</sup> to Kolkata. I will try to convey the essence of what remains in my heart from His informal talks.

**Under a mango tree in Rudrapur, an abhyasi asked: "What is the shortest way to your heart?" Master replied, "You have to find the way." Then, after a pause, He added, "Without sacrifice, there is no love, we must be ready to give our life. We have to be in a state of despair to be with Him. It is like a mother whose child is sick. She is ready to break the pharmacy if it is closed in order to save her child."**

On love, Master said

*"Create love in your heart and you will be amazed by the results."*

*"When love is in the heart, doors open by themselves."*

*"In love, we must be ready to give our life. Westerners give only their time, not their love; this is why things are going wrong."*

*"You are jealous because you are afraid that Master gives more to someone else."*

*"When you realise that Master is LOVE, (...) I give to all of you without being limited. LOVE is never limited."*

On velocity, Master said

*"To escape the Earth's attraction, we need a certain velocity. (...) There are three levels: the animal being, the human being and the divinised being. To go from one stage to the other we need a certain velocity. If we are for example at 9.9 but the required velocity to be able to jump over to the next stage is 10 we have to reach this velocity." Master is always helping us through with simple and very accurate replies. "(...) no concern for our job, our money, our problems and so on ... The only concern is for people."*

*"Always remember that when you are reacting you are not cooperating."*

*"With an empty mind everything is possible."*

I would also like to share another anecdote. At the beginning of his abhyas, one abhyasi was usually ignored by Master whenever he greeted Him. One day, this abhyasi told Master: "In your book you speak about love, but you are not really an example of love: whenever I greet you, you don't reply to me!"

Master answered: "There are three reasons why I turn my face from you: First, when the condition of the abhyasi is so beautiful Babuji prevents me from giving everything. Second, when something needs to be cleaned (making a motion with his head). Third, do you want attention or do you want to be attended to?"

This journey with my Master made me realise a bit deeper how Master is 'The only friend.' "We come alone, we go alone, and the only friend who will be still here when we leave is Master."



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*"Sahaj Marg teachings, they are for the future. The persons of the future will understand them easily." (Excerpt from Yatra)*

## A Master and A Rose

### *Sis. Rose Orbigo, Philippines*

I was a participant in the SMSF's Scholarship Training Program in December 2005. Our batch was very fortunate. Master invited us to join him in visiting various ashrams in Bangalore, Tamil Nadu, and Kerala. While my experiences during the whole program were memorable, one moment in particular stands out even today.

Master had invited us to the groundbreaking of the Malampuzha retreat centre in Kerala. In the early morning light, we hopped off our bus and trekked a bit amidst dense trees. The site was located in a quiet, hilly area, ideal for meditation. Under a colourful tent, Master gave a speech, and then conducted satsangh.

I was chatting with fellow participants when our names were called: Master wanted an abhyasi from each of the countries represented there to lay a brick in the foundation of the retreat centre. I was the lone participant from the Philippines. So we hurried to where dozens of people were clustered around Master near a hole, where red bricks were being cemented and piled one on top of another. One by one, we stepped forth when our names and countries were announced. When my name was called, Master repeated it but with a twist. He said with a boom and a grin, **"The Rose of the Philippines!"** People around me started to laugh and I smiled as I placed my brick.

To this day, I remember that moment with fondness and what it still means to me today. Master reminds me so much of my grandfather, complete with white hair and a cane. Many times, during sittings, **Master's voice whispers to me, "The Rose of the Philippines."** It not only takes me back to that foundation laying; it also reminds me of a special moment with Master, my duties as an abhyasi and a prefect, and of my potential for transformation.



## Parthasarathi's Saarathi

*Bro. Deepak Dovedy, Singapore*

A few months prior to Master's visit to Malaysia in 2006, the idea of being His *saarathi* (driver) arose during meditation, which He subsequently made a reality.

To minimise inconvenience to Master, I had put in a lot of effort into route planning. But it was a futile exercise, as often the travel plans were changed at the last moment. I did not have a clue on how to get to the new destination, as there was no GPS available. For me, the only solution was to pray and He obliged. We reached our destination without getting lost, getting caught in traffic or any sort of delay. **Master, I couldn't have asked for a better GPS!**

On one occasion while visiting a shopping mall, He said that He would get off at the parking lot. However, I insisted He get off at the entrance, thinking He would not have to walk a lot. He agreed saying, **"OK. You are the Boss."** After parking the car, I wished I had listened to Master because the slot that was available was near the shop He wanted to visit.

So, who was driving whom? Fortunately, wisdom prevailed, and subsequently I handed over controls to the real Saarathi (Parthasarathi).

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*"Talking of Freedom He (Babuji) said, "Look here, the teachers or gurus,...generally create a gulf between themselves and their disciples... But I believe that when a Master is physically present... disciples should feel free, or feel a sense of freedom...The Master is there for service..."*

*(Excerpt from Yatra)*





## My Travel Desire

*Mayank Sharma, 15 years*

Sometimes, I feel very sad that I have not had an opportunity to travel with Master, but I do hope to get one in the future. When I try to persuade my parents, they don't agree. They say, "You are just a teenager. Who will take care of you?"

But I know that Master will protect me. **That's not enough for my parents.** Sometimes I feel it is unfair. Those with **desire don't get a chance and those without the desire get it** - though there are exceptions. I feel - "so close, yet so far".

If I ever get an opportunity to travel with Master, I will accept it as I will benefit from **it. Master's love, care and concern will help me to grow, develop, and evolve.** I am brave enough to show my willingness, which is needed in Sahaj Marg.

Given the opportunity, I am willing to do **anything for Master. I don't hesitate to say this,** it is straight from my heart and it is The Truth. Master is always in my heart even if I am not near Him. He is within me, taking me on the right path, towards The Ultimate.



## Travel with Beloved Master

*Bro. M.V. Rajesh, Singapore*

Travelling with Master is indeed a blessing and I was given this opportunity during **Master's trip to Bhopal and Indore in February 2009.** When I met Master, He greeted me, "*Kaise Ho?*" (How are you?). Despite His extremely busy schedule, He finds time to make us comfortable and happy!

In Bhopal, Master sat on the open lawns of the hotel and had breakfast with all the abhyasis seated nearby. Everyone was filled with immense joy to be near their beloved.

During the visit to Indore, there were nearly 200 children waiting 'quietly' at the Ashram gate to welcome Master. He was happy to see them and waved His walking stick cheerfully at them. It was a touching moment, showing His care for the future generation.

Being with Master during this trip taught me several things, which are difficult to express as the feelings are perceived within. Personally, I feel travelling with Master helps us progress spiritually as He attends to our needs on a personal level. It is essential for all abhyasis to make an effort to visit Master and be with Him (satsangh) for at least three days in a year to gain maximum spiritual benefit.

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*"...I have written this book (Reality at Dawn), but I cannot believe that I wrote it... an illiterate person like me could hardly have written such a book. It is Lalaji's Grace that made it possible."*

*(Excerpt from Yatra)*

## Thailand

- A seminar is conducted after satsangh on the first Sunday of every month. It consists of presentation with slides containing Master's talks and quotes from Mission literature. Recent topic was "Character Formation", conducted by Sis. Sunila.
- Sis. Jenny from China visited Thailand. She interacted with quite a few local abhyasis. Since many local abhyasis have neither visited an Ashram nor met Master, these interactions served as a good insight. Details of Master's recent visit to China with photographs were shown to the abhyasis.
- On 25<sup>th</sup> October, as part of an outreach program, abhyasis travelled to Kaoyai, 200 km from Bangkok. The program intended to strengthen the bond between abhyasis of the two Centres while spending time in His remembrance.
- Sis. Jenny and Sis. Kanya travelled to Chiangmai (around 700 km north of Bangkok) end of October, in order to create awareness about Sahaj Marg.

## South Korea

- Meditation for Integration

On the weekend of 26<sup>th</sup> and 27<sup>th</sup> September, abhyasis visited Gangwha. It is an island on the west coast with 65,500 inhabitants, separated from North Korea only by the Han River. United through meditation, abhyasis experienced that all absurd mental and political barriers created by men (North Korea has been isolated from the rest of the world for more than six decades) vanish when the heart takes over.

## Sri Lanka

- Seminar

Held at the Kandy Centre on 8<sup>th</sup> October. The program for the day commenced at 7.30 a.m. with meditation. Emphasis was laid on importance of following the practice and the Ten Maxims. Visitors were briefed in Sinhala language about the Master, Mission and the Method, stressing on the similarities with the Buddhist system.

## Children's Corner

When I went to meet Master in Chennai, I made a painting of The Golden Planet (The Brighter World) for Master. I had glued glitter only on some of the parts of the planet. He liked it very much. But He asked me, "Why are these places blank?"

I replied, "I thought you'll like it like this. Then HE replied, "You know these places will be filled up when some of us from here will go there..."

When will Master come to Singapore again?

Divyata Govila, 6 years

Happy Birthday to you, Happy Birthday Master Thaththa (repeatedly few times).

We are waiting outside Master's cottage with my brothers and sisters to see Master Thaththa. Every time my mummy attends Master's sitting, my daddy takes me to eat ice cream. Mummy, please go to attend sitting. Daddy, when are we going to attend Master Thaththa's birthday...?

A. Manivannan, 3 years (as told to his Mother)

I went to Tiruppur to meet Master. It was a lot of fun.

He gave me an apple-pie. It was very tasty. There were thousands of abhyasis.

Master said the meaning of my name is "Good". I love to go to satsanghs.

When will Master come to Singapore again?

Bhadran Rajesh, 6 years

## Singapore

- UN Peace Day

On 21<sup>st</sup> September, an outreach event was held to commemorate the UN Peace Day. More than 60 participants gathered at MacRitchie Reservoir Park to meditate on the Universal Prayer.

- Refresher Program

On 10<sup>th</sup> October, a program focusing on the practice of Sahaj Marg was conducted. Positive feedback was received for the same.

- Extended Training Session

A session was conducted on 25<sup>th</sup> October for the abhyasis with less than two years of practice, using training material from SMRTI.

## Malaysia

- Preceptors' Seminar

**The seminar, "Co-operate with His Divine Plan" was held in Seremban on 3<sup>rd</sup> and 4<sup>th</sup> October.**

- Centre Adoption Program

Preceptors from Melaka Centre visited the Kluang Centre on 1<sup>st</sup> November. The aim was to foster brotherhood with the neighbouring centre. Satsanghs and sittings were conducted.

- Abhyasi Training Program

Held on 22<sup>nd</sup> November in Melaka.

## Japan

- Japan Autumn Retreat (10<sup>th</sup> and 11<sup>th</sup> October)

Abhyasis from all over Japan gathered for two days at the YMCA in Tozanso, at the foothills of Mount Fuji. These bi-annual retreats are an opportunity to bring our spiritual goals into focus by giving our undivided attention to the different elements of our practice. **We conducted two sessions to explore the themes of "Constant Remembrance" and "Diary Writing".** Abhyasis from various cultural backgrounds bonded and shared their spiritual experiences.

- Expansion of Centres

There are now three new preceptors for Hino, Kyoto and Osaka (with a sub-centre in Kawasaki). These centres along with Tokyo, Nagoya and Gifu, make a total of seven centres in Japan.



Please send an email to [echoesofeast@gmail.com](mailto:echoesofeast@gmail.com) for your contribution or suggestion.

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