



Universal Message

PONDERINGS

Real craving for God will be found only in one person out of thousands. What is real love for God? It is a state when the trinity of the lover, the beloved and love itself disappear.

- Rev. Lalaji

To my mind a man has more time at his disposal than he has work for. Service and sacrifice are the two instruments to build up the temple of spirituality. Love is of course the foundation. Any kind of service done selflessly is helpful. Service carries with it a sense of worship, and we should be as busy with it as we are with our daily routine of life.

- Rev. Babuji

As gravity attracts in the material plane, similarly love attracts in the spiritual plane. This is the great spiritual truth, that we see in nature what is inside us. So when we bring hope and love back into our existence, into our hearts, it automatically spreads to all humanity and they begin to hope and to love.

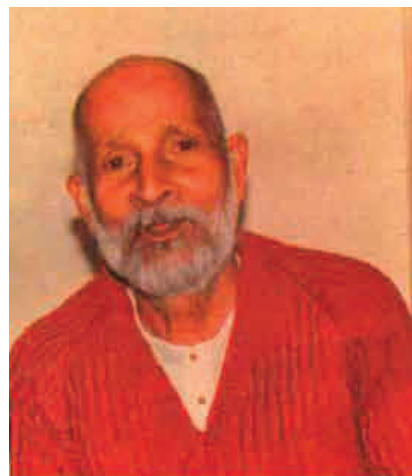
- Rev. Chariji

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Message on the Eve of His 82nd Birthday Celebrations at Malaysia, April 30, 1981

Man is generally charmed so much by the environment as he has made for himself unconsciously, that he seldom thinks of rising above it. But how this is to be made possible? When we ponder over it, we find that we have set up in us a community of thoughts, feeding it with impulses, nurtured in the nursery of the brain, views from all corners resound the same note in their ears giving additional strength, and intensifying the effect of the environment further. This helplessness of man may be treated as his defence. But I would say, when once we have realised that these are the spoiling agents, it means some diversion has come in. This may be taken as the first step towards vairagya or renunciation, and our thought is then set on something better and nobler. Our duty is to grasp it firmly and stick to it at all cost. The renunciation develops automatically in our system.



The goal of life is easily reached if we are devoted to it, having idea of our Master all the way through. There are different ways of remembering Him constantly. By devotion to the Highest, we make a channel from us to Him that serves as a path to Him. When the way is cleaned of all dirt and refuse, there will be no difficulty to tread on it. You receive a push from the heart, while meditating on Him, to impel you on the way. While meditating, if you secure even a temporary lull that means you have gone a step further on the path. When you acquire a state of permanency in your meditation, touching the innermost plane, the idea of the Ultimate or God becomes quite near you. [...]

There is every sense in living -- not only in living but achieving the highest. The craving of the soul can be satisfied best, while one is living and existing. Nobody knows the shore. The beauty of the training of my Master is that spiritual life runs parallel to the life in the world, with ever-increasing efficiency. There cannot be any breakdown in spirituality, if faith and desire for the Ultimate is there. Physical or mental troubles do not tell upon spirituality. My Master unequivocally declares: "Spirituality is my responsibility, as practice is your responsibility". [...]

Disappointments make us cowards. If somehow we remove the prefix 'dis', 'appointment' remains. That means we have been appointed for something; and when appointment for certain job has been made, we can never think that we are unable to do it. That means a sort of a wave is working smoothly, and you are carrying on with it. In that case, there is no idea either of the past or of the future. Be like a tiger in the realm of God, and progress is assured. [...]

The main purpose of our Mission is to install spirituality in place of the prevailing non-spirituality, through Sahaj Marg, pronouncing Master's message: "*Awake, O sleepers, It's the hour of the dawn*". The change, of course cannot come over-night. The aim of our Mission, will, however, certainly be achieved, if its members work with love, patience and co-operation. I need such persons in our organisation, who may shine out like the Sun. People themselves will be attracted when they know that our method is correct. One lion is better than a hundred sheep; but we should try as human beings to do spiritual good to others. Earnest labour on Master's way shall never go in vain. Amen!

(p:428-431, Complete Works of Ram Chandra, Vol III)



Centre Updates

Japan Centre

Stress Management Workshop- TOKYO, 1st March 2009:

Recently, we conducted a workshop, Stress Management through Meditation. Publicity for the workshop, spread through various means, elicited a good number of enquires, with some turning up for the workshop. The session began with an activity to show how stress affects our day-to-day life, followed by a short presentation on how meditation can help in mind regulation in the reduction of stress. There was a short question and answer session after which some of the attendees, started the practice.

All Japan Spring Retreat – Yaizu City, 20th & 21st March, 2009:



About 40 abhyasis attended the Spring Retreat at a local Youth Centre. Apart from individual sittings and satsanghs, three sessions were conducted on different topics.

The first session was an FAQ on the *Basics of Sahaj Marg Practice*. This especially helped the newer abhyasis to gain some clarity on their practice. The second session was on Co-operation and Progress, which threw more light on the essence of co-operation and its importance in our practice. A pertinent excerpt from *He, Hookah and I* was played accompanied by a wonderful translation in Japanese. The third session was on Feelings and Emotions, which outlined the process of creation of samskaras, and how they affect our lives.



Malaysia Centre

Rev. Lalaji's Birthday Celebration:

Revered Lalaji's Birth Anniversary was celebrated on Basant Panchami day.

About 40 abhyasis assembled for the extended session that morning at the Jack & Jill Kindergarden in Klang. After satsangh, one of Chariji's messages on Character Building was screened. Sis. Kohini read a poem Homage to Guru by Munshi Chimanlal Saheb taken from Lalaji's Complete Works. Sis. Janaki then read the 10 Points on Lalaji's Teachings, extracted from Truth Eternal. The Cheras centre screened the play on Lalaji's Life produced by the Pune center. This not only renewed our ties with Lalaji but also made us marvel at the remarkable life He led. Excerpts from Lalaji's works, Truth Eternal and His Complete Works, Vol. 2, were selected for reading and circulation. Handouts of extracts were disseminated to all present for further reading on Lalaji's works.

The PJ centre, under the guidance of Sis. Margaret Lim, prepared a multi-media video based on Master's advice in Dubai that there would be no major celebrations in 2009. Research on Babuji's messages from Whispers from the Brighter World showed many warnings of the economic downturn and other disasters such as earthquakes, tsunami's, fires and meltdowns as well as political upheavals. Sis. Margaret and her team of young abhyasis produced an eye-opening dvd illustrating these messages in a dynamic manner. It was a 20-minute awe-inspiring presentation - visually colourful, accurate and very apt. Babuji's and Chariji's messages came through very vividly. We were all inspired to take heed of their warnings, caution and advise. It was a very meaningful session. Accolades to Sis. Margaret and her team!

Message at South Africa on 8th March 1981



**I appreciate my associates.
Proceed towards Unknown.
Love Him who loves all,
Destination is not far off.
Remembrance is the instrument.
Bless you all.**

- Rev. Babuji Maharaj.



Hong Kong Centre



The Hong Kong centre was formed in early 2007. The history of the centre can be traced back to 2005, when Bro. Ramesh Kumar was transferred to Hong Kong for work. He introduced Sis Wendy Lim to Sahaj Marg, and she became the first local abhyasi after taking introductory sittings from Bro. Hari Venkatesan (from Macau). In 2007, Sis. Wendy Li was given permission by Master to start work as a preceptor.

Hong Kong was once a British colony. It was handed over to China in 1997. With a Western mind and Eastern heart, Hong Kong has a very close relationship with other centres especially with the Shanghai centre. Both the centres usually exchange ideas and co-organise open houses in different cities in China.

The Hong Kong centre now has 16 abhyasis, including two preceptors. Regular satsanghs on Wednesdays and Sundays, periodic open houses, workshops and celebration of Masters' birthdays are the main activities. This year, the focus is on spreading Master's messages and the benefits of Sahaj Marg regionally. Locally, we aim to have more exchanges and sharing amongst abhyasis.



Philippines Centre

Rev. Lalaji's Birthday Celebration, February 1-2, 2009: To commemorate the birth anniversary of Lalaji Maharaj, which coincided with our Centre's 10th Anniversary, we conducted morning and evening satsanghs on both February 1st and 2nd. The seminar was held at Sister Naina's residence. Lalaji's biography and passages written by Him were read after each satsangh. After morning satsangh on Feb. 1, an information session was held for guests interested in Sahaj Marg. Abhyasis and guests had lunch, and then watched videos of Master's speeches.

Thailand Centre

Rev. Lalaji's Birthday Celebration:

We conducted evening satsangh to celebrate Lalaji's birthday. Six abhyasis attended on the auspicious day. We held discussions on the importance of attending satsangh on Masters' birthday celebrations. All abhyasis felt a difference in comparison to their individual practice and sittings.

Update on Thailand Center

In January 2009, a new centre was opened in Phuket, Thailand. Phuket, an island 850 kilometers away from Bangkok, is located in the South of Thailand. Here, there are 12 active practicing abhyasis. At present, there is no prefect in Phuket. Thus it has been decided that a prefect should visit once a month to give individual sittings and conduct satsangh. Weekly satsangh is conducted every Tuesday at 1 pm.



Singapore Centre

On 2nd February, 2009, we celebrated Lalaji's 136th birth anniversary. After morning satsangh, the day's programme began with a presentation on Lalaji's life and teachings. Bro. Jagadeesh made a presentation on 'Character Formation'. The presentation revealed Lalaji's utmost importance to good conduct and his step by step directions to handle attitudes such as anger. Bro. Rajan made a wonderful presentation titled, '*Truth Eternal*' based on Lalaji's masterpiece - *Truth Eternal*.

Bro. Baboo Bhai followed this with his rendition of bhajans. After lunch, Bro. Anil, Bro. Sundaresan and Bro. Krupakaran conducted a quiz – 'What's the Good Word'. The game involved guessing the right words in Sahaj Marg practice, from clues given by a representative from the team. It was great fun! Bro. Deva Pandian reviewed the book- *Truth Eternal*. He presented his insights on the book and elaborated on jivatma and paramatma.

Bro. Sundar presented a video – 'What the bleep do we know' about the power of thought, and how our inside world determines our outside world. Bro. KVR Murthy presented his views on "How to make new abhyasis feel at home". The blissful day concluded with evening satsangh at 6 pm.



Abhyasis' Insight

His Love Affair with China

Many years ago, Master had discussed His wish to go to China. But in this great country full of mysteries, it took quite a while before the spark was lit in our hearts, to shed our fears and imaginary obstacles of financial constraints and language obstacles among others. The choice was rather simple - do we really want to make Him happy? From the moment we realised there was not much of a choice but to simply “do”, change happened.

As we learned and grew within, His miracles unfolded. In a mysterious way, His wave of love started spreading irresistibly, without our needing to understand but to simply have faith and hope, and to look for His smile, expressing His satisfaction. Results can only be His, and His happiness comes from seeing us try.



The light was first lit in Shanghai, where material aspirations were so overwhelming the urgency for balance led many souls to our new preceptors. Many started and many stopped. Many were ‘exported’, yet others started to spread Master’s teaching not only in People’s Republic of China but also in Taiwan. Regular activities were conducted in the big centres. Some substantial translation work had already begun in these centres. Daily Reflections in the Chinese language were also distributed, and somehow His desire to come to China gradually took shape.

One by one, abhyasis began to experience, “Belief is the ability to believe in the possible, faith is the ability to believe in the impossible.” Master told us, “Be prepared, a wave of love will come.” In our heart we replied, “We want to make you happy.”

On 16th September 2008, Master put His feet on Chinese soil. After His meeting with us, He said, “Let’s light the light and start the fireworks like in the Olympic games!” Can an abhyasi ask for more? More than 120 abhyasis registered for the seminar. Master said, “This is possible only because of love. This is my love affair with China.” On the golden book He wrote, “A good start is half way done, says the old saying.” Now, it is our turn to continue the work that has started. Let us be grateful and make His smile bigger.

Plunging In - Bro. Nathaniel Preston, Japan

Less than two days after arriving in Japan, my family and I stumbled into the 2009 Spring retreat for all Japan centres. The facility was a youth centre in the seaside village of Yaizu. Just at the doorstep were spectacular views of the Pacific Ocean and Mt. Fuji.

Our two days in Yaizu were a mixture of jet lag and brotherhood, miscommunication and grace. Issues with schedule clarity led to satsangh being interrupted, and we violated the facility ban on outside food and drink. At times abhyasi struggled to understand one another, and while at others, we felt connected by the silent bond of spiritual oneness.

The retreat organisers coped admirably with the challenges. The sessions were full of energy and good humour, and were complemented by periods for quiet reflection, which found most of us at the beach, listening to the ocean’s gentle rhythm.

What mattered most, though, was how we felt when we left. The miracle of this system is the inner condition that transcends the eternally fallible realm of mundane details. On the bullet train back to Tokyo, I felt lighter than I did when I arrived, and felt like a part of the mission in Japan. For that I deeply thank my Master, and my brothers and sisters.



Transformation of my life due to Sahaj Marg - Bro. N Rajasekar, Jakarta, Indonesia

I completed my studies in 1980 with a lot of difficulties with the help of my relatives. Like the majority of people, I followed religious rituals - going to temples, worshipping God, regularly practicing yoga to improve my physical deficiencies, and of course, to gain material benefits. And when I practiced yoga, all my thoughts were focused on my body and nothing else.

I believed in the Ramayana and Mahabharata stories and followed the lives and adventures of some their heroes. Often I felt at peace when I remained in the temple for hours in front of the Siva statue. At times, I was disturbed when I saw the temple staff give undue importance to the people who gave money.



It was then I started my search for the real Guru, asking people, and found someone who had already attained Samadhi. Some of his followers prayed at his Samadhi regularly. I joined them and prayed at the Samadhi for more than three years.

In October 1990, I found a new job in Hosur and made some new friends. During a discussion on spirituality, one of my colleagues, Mr. Ramooji, an abhyasi of SRCM, Hosur center, gave me the book 'The Complete Works of Ram Chandra' for reading. I completed the book in two days and immediately started meditation and cleaning without even taking the introductory sittings! Luckily at the time, Our Master came to Hosur, and I attended satsangh. The very next day, I went to take sittings from a preceptor.

After joining the mission many important incidents happened in my life - my father passed away, I got married and I got transferred to different towns.

I was impressed with my preceptor Mr. Sadasivam, who was a very simple, kind and loving person. He helped abhyasis to develop a craving for the Master. During that period, I practiced Sahaj Marg as an alternative system for religious practice, without understanding the real meaning of the system. I practiced regularly and attended the Bandaras with my family. There was continuous growth in my material and professional life. While my wife and mother joined the Mission, my brothers refused. Though I followed the practice sincerely, I did not adhere to the Ten Maxims sincerely. Every time I saw Master at various events, I felt guilty about this and was always too shy to physically get closer to Him.

After ten years of being in the Mission, I moved to Uttar Pradesh and visited the Shahjahanpur and Fatehgarh ashrams. Sometimes I felt I had everything in the world while at others, I had nothing.

As I work in marketing, I move to a new town once, every three years. I don't have any permanent friends or relatives other than those in the Mission. One day, we went to someone's wedding. When I saw many people had attended the ceremony, I cried and told my wife no one would come to our children's wedding since no one know us. Just then I remembered My Master performs marriages for abhyasis' children, and all my worries vanished!

I do not know how to explain what I am getting from HIM. All I can say is follow the Ten Maxims and pray to Master to be One with Him. It is easy to read and hear. It took me 18 years and I am still trying to understand. I do not know what to ask from Him. Master mentioned surrender means to ACCEPT. From my experience, I feel if we have any doubts, we should ask them in our hearts and we will get the answer.

Sahaj Marg system is a way of life. It is not a part-time activity. If the practice is followed as a family, it is easier. Follow Master's advice. Our system prepares us to handle life with meaning and purpose.

I have everything I need to live my life. One thing I know I cannot lead my life without HIM and the Mission.



My Secret Garden - Sis. Shanti Thiyagarajah, Melaka, Malaysia

'Set aside miasmas of this world, for your real life is not here. Feed your soul; respond to its aspirations. You know where the important thing is. Keep your interaction with this world just to the minimum; the rest belongs to your secret garden, which gives you unparalleled joys.'

∞ Excerpt from Whispers from the Brighter World Pg 558, May 19th, 2003.

This journey to Master's cottage garden began from another journey. I had gone to Singapore to be in Master's presence during the seminar held on 25th-26th September, 2008. Before I saw Master, a strong longing to spend some time with Him at Manapakkam took hold of my heart. I got a chance to ask His permission on the very first day, but my mind was having doubts whether it was possible at such short notice. It was just my lack of understanding that Master's help is always there. But fortunately, my heart overruled all doubts, and I heard Master reply in a firm voice, 'Yes you may.' I knew the Great Architect behind it all was my Master.

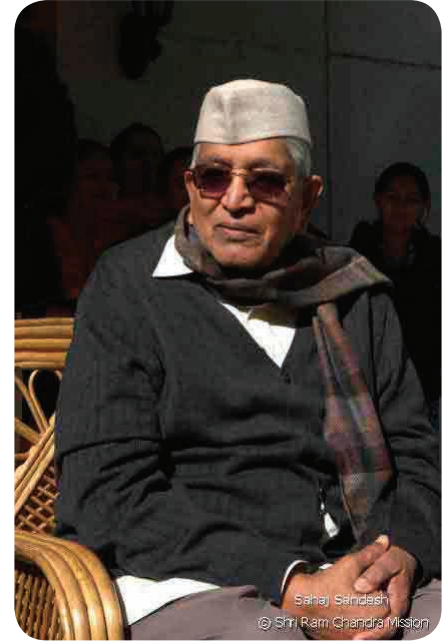
I had two divine opportunities to be in the cottage and attend satsangh with Master. In the garden outside Master's cottage, starts the fragrance of Him, and inside, the very air seems so refined and light that I felt myself grow lighter. I felt reluctant to speak or move so that the 'spell' would not be broken. My heart and soul sang their own music and it was pure magic.

'The spiritual heart is the centre of the being and it is connected to the Source. The main thing takes place there, at the level of this heart. It is the sacred temple already mentioned as follows: where the purest alchemy occurs until supreme outcome.'

∞ Excerpt from Whispers of the Brighter World, Pg 580, Nov 8th, 2003

On 11th October, when Master was preparing to leave for Hyderabad, there was a long line of abhyasis from the cottage door to the car. Poor Master had to make so many stops on the short walk to the car. His feet may have hurt, His leaving in a peaceful frame of mind may have been disturbed by abhyasis (including me) constantly calling out to Him. As he reached the car, He turned back and said "Please let me go!"

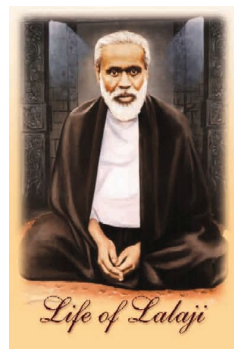
And that's when I felt sorry for being even of a smallest hindrance or nuisance to Him. I realised it is very necessary to His Health and Being, for Him to have the space and freedom to do His Work, without our incessant chatter or unlimited expectations. Every fiber of my being that once longed to get physically close to Him, at that instant was removed, knowing that it is the inner experience and silent communion with Him that feeds our soul. The heart knows HE is.



New Release

Life of Lalaji (Set of DVDs and Book)

The DVD set released on February 02, 2009 is available after the release date from the bookstore at the Babuji Memorial Ashram, Manapakkam, Chennai, India. To order please contact your local SRCM administrator. Website is as follows: : http://www.srcm.org/bookstore/newreleases/090202_dvds.jsp



Please send an email to echoesofeast@gmail.com for your contribution or suggestion.

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