

**The Effects of Prejudice and Self-Judgment on Our Spiritual Life**

Dear brothers and sisters,

We have been wishing everybody – saying, “Happy New Year.” That is a convention which has been going on for years. Of course we want a happy new year. Happiness has been the goal of human beings without understanding what happiness really means. [...]

I said that we don’t understand what we are really saying because happiness is not the real goal of human life. The goal of human life is evolution – evolution through this life into a higher life, always. That is law, progress. [...] So we must all strive towards an understanding, true understanding, of what evolution means. [...] This human life is not to be wasted in futile efforts like pleasure-seeking, happiness pursuit, even health pursuit, because this incarnation comes as a programmed event in our evolutionary life through which we have necessarily to pass. We have no choice.

[...] Even this morning I received a message from my beloved Master, where he gives advice against prejudice, which means prejudging, which we have no right to do. No human being has a right to judge another human being. [...]

I would suggest that judging others is a

very common thing but judging your own self, which we do quite unconsciously... because when I am afraid of something, when I am afraid of my examination, I am judging myself and my preparedness to face that examination. I know that I have not prepared myself, which is, I am judging myself. [...]

So, everything that you say and do is sub-

each and every human life.

If you are not able to do this you must pray that you are bestowed this understanding, and then only you will pass through life seeing the uniqueness of everything, the beauty of everything, the transparency of everything. And then you will stop judging yourself because you yourself are unique in every way. [...]

So we are in this new year. I hope you will use Babuji’s messages wisely. Read them again and again – his messages, repeat what Babuji says that these messages will last into the future, where they will be respected, where it will benefit. It is almost as if he says the present-day humans will not benefit from this, because they will not understand. Why? Because they will not read. Why? Because they think, “The same old Master, the same old message. Do this, do that.”

The sameness of things are betraying us. When we think everything is same or similar, we are leading ourselves into betraying ourselves. With love

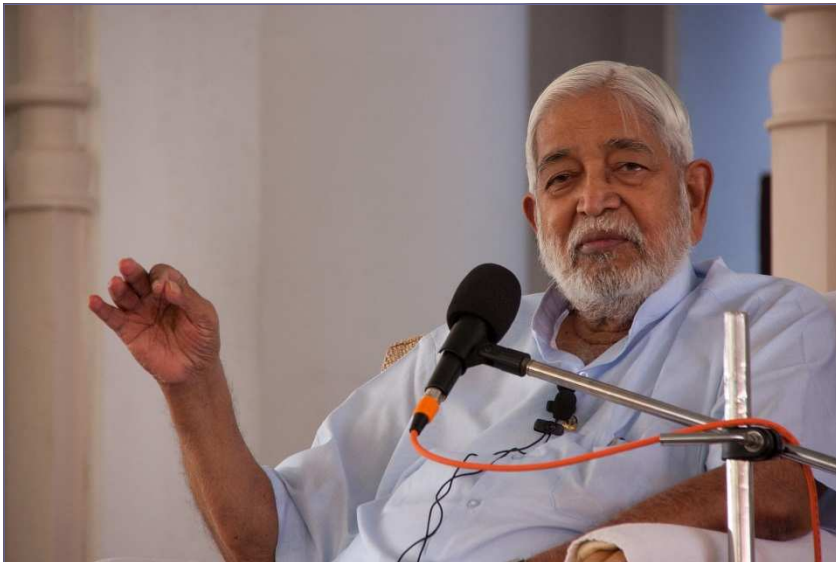
we can see how everything is different – even amoebas under the microscopes, even planets, even stars. [...]

So the sameness betrays us into a lack of understanding, the lack of ability to understand, and shows in us a lack of desire to understand. That again is prejudice.

So on this happy occasion of the New Year, I pray for you all. Please read Babuji’s messages carefully, where again and again there is insistence in, what I say is, obedience. If you obey, you don’t need anything else. Obedience of a human nature is something in which you have surrendered the need to understand, surrendered to everything, to the higher power. Therefore, it now acts through me, and it is always a step in the right direction leading to my evolution.

So thank you and Happy New Year again.

Parthasarathi Rajagopalachari – January 1, 2013, Chennai, India.



ject to the law of judgement by the self, of the self. There is no external judge, not even God judges. Master is very clear: “I do not moralise.” Unfortunately, in our society, even our so-called advanced Sahaj Marg society, it is full of prejudices; it is full of lost opportunities; it is full of wasted opportunities – much to the sorrow of the Masters. [...]

[...] So, you see, we are not to be satisfied. You may be satisfied with the ice cream that you are eating or your train journey, but never satisfied inside with your spiritual voyage, which must under all circumstances be pushed by longing for more and more. [...] Like an engine is pushed by steam pressure, or like your car is moving by your foot on the accelerator, there must be an accelerator in my heart, which is the pressure of love which carries me forward. The pressure of prejudices, hatred – these are my foot on the brake, and my car stops.

[...] Every human life is a unique human life, if you but seek to probe and understand what makes it unique – not to show differences, but to show the uniqueness of

In this Issue

The Effects of Prejudice and Self-Judgment on Our Spiritual Life	1
Back to Brazzaville, Congo	2
Centre Visit to Port Elizabeth (Eastern Cape – South Africa)	3
Together in Pretoria and Lenasia (South Africa)	4
From Manapakkam to Satkhol: Journey of 11 South Africans	5
Whispers from the Brighter World	6
Daily Reflections	6



Back to Brazzaville, Congo

From December 1-28, 2012, I went on a professional tour to three Central Africa countries, Congo, DRC and Gabon, countries in which our Mission has a centre, except for DRC. This article relates to a meeting with brothers and sisters in Brazzaville. The visit in Gabon, where we had a Sahaj Marg seminar in Cap Esterias will be reported in the next issue of the newsletter. For now, let's focus on Brazzaville, my hometown which I had not visited for the past 17 years, my last visit took place in 1995. For some reasons, during those years, I had the opportunity to visit and even stay in other African countries, but not in Congo Brazzaville where I arrived on the morning of Saturday, December 1st.

It's amazing how a trip can be lead to soul-searching. Various dates cross my mind: in April 1995 when I last visited Brazzaville, I was not even an abhyasi. A few months later, my path led me to Master in the south of France, in Montpellier. This date reminds me some historical landmarks of the Mission in Congo: 1987, introduction of brother Faustin who was made a prefect the same year. Another date to be noted is the introduction of brother Serge in 1995, who became a prefect in 1997. Beyond these flashbacks, there is the emotional moment I experienced on Sunday, December 2, early morning on my way to the center in Brazzaville where I met with the brothers and

sisters for satsangh. At that time, as I am going to the center, traffic in this city some districts of which I can't recognize, is fluid. It's only a few hours later that I discovered heavy traffic jams that give me the impression of being in a foreign city. It makes me realize how difficult it is for some abhyasis living in remote districts to go to the center.

The meeting and discussions in the center are friendly, several abhyasis, mostly young ones, ask a series of questions about the Mission, practice, and the Master. The increasing role of youth is particularly noteworthy as it augurs well for the future

Master's grace, one day, the Mission will grow on both sides of the river and the teachings of our Masters will illuminate hearts and help establish true brotherhood here and elsewhere.

Master's presence was palpable throughout this trip at every step and in every meeting. His presence was even more evident during an incident that took place in a context that is euphemistically referred to in Congo as the "country's realities." Indeed, while returning from Kinshasa on a small boat meant to accommodate up to 25 passengers was boarded by more than the double with an overload of baggage atop. Then, midway in the river, water is leaking in the boat that nearly capsized. What to do? Apart from praying Master to make us reach destination safely! After this incident that took me back into long forgotten ambient realities, I looked forward to the Sunday 9 satsangh! The rest of my stay in Brazzaville was devoted to conducting individual sittings and a satsangh. I left Brazzaville on December 15 to go to Libreville where a Sahaj Marg seminar had to be held in Cap Esterias.

I thank Master for His presence among us, among the brothers and sisters of Brazzaville, and for these beautiful moments of sharing.

JN





Centre Visit to Port Elizabeth (Eastern Cape – South Africa)

On the 7th of December, four prefects and a sister abhyasi left Gauteng province for a centre visit to Port Elizabeth in the Eastern Cape Province. We left Johannesburg at 9:30 pm, ready for the gruelling 12 hour road trip. Time passed by easily with various topics on spirituality and life experiences. A strong brotherhood developed instantaneously, yet naturally.

We arrived in Port Elizabeth at 11 am on Saturday morning, 8th December 2012. As we entered the city, blissful rain welcomed us to the start of an eventful and spiritually rewarding weekend. Brother Manilal Roopa's home was our first stop, and upon our arrival, one could feel the sense of spiritual excitement and anticipation in the abhyasis.

An open house was arranged for 3 pm at the Act Centre, with approximately thirty people present. Brother Manilal Roopa addressed the guests with an interesting topic on 'The purpose of life'. The content of the talk developed naturally, with some humorous anecdotes. Inevitably, the conclusion on the topic was that life was all about giving. Brother Anish contributed by adding that our Beloved Masters have

taught us that one should give without expecting anything in return, and that the more one gives, the more one gets...to give. The analogy of the flowing river was highlighted, in the sense that one should take only what one needs from the river, allowing the flow to continue for others to benefit from that same flow.

After the open house, Abhyasis gathered at Brother Rasik Nisha's home, where individual sittings were given. An abhyasi brother was also initiated into the Sahaj Marg system. Sunday morning satsangh took place at 07h30 at Brother Rasik Nisha's home. After satsangh, a group discussion on the topic "The purpose of Life" brought about insightful dialogue. A DVD viewing of Revered Master's talk given in Karaghpur during December 2009 seemed to string together all discussions that had taken place over the entire weekend, confirming to all that this visit had truly unfolded as Rev Master had willed. Three invited guests later arrived and were given an in depth explanation of the Sahaj Marg system.

During the afternoon, visiting Abhyasis were given some time for some sight-

seeing, as some had visited Port Elizabeth for the very first time. A final group satsangh took place at Brother Chandu Patel's home at 5:30 pm. Abhyasis then sadly said goodbye to the visiting group, and it was evident that they had appreciated the events of the entire weekend, as their hearts smiled with inner light.

Sometimes it's the smallest things in our lives that can take up the most room in our hearts. We would like to say a huge thank you to all sisters and brothers from the Port Elizabeth centre, for making our trip to Port Elizabeth such a memorable one. You welcomed us with open arms, and loving hearts, and this will forever be engraved in the deepest core of our hearts. Our hearts have expanded a million fold, and we are humbled by the giving nature of our hosts and fellow abhyasis. Our Beloved Master's presence was felt throughout this beautiful journey, and we have no doubt that this centre will grow into the centre that Master has envisioned.

With heartfelt appreciation

Portia Kgottleng, Bridget Edwards, Atish Kalyan, Jatin Mahida and Anish Dave (South Africa)





Together in Pretoria and Lenasia (South Africa)

I went to Pretoria, South Africa in the context of a professional conference. Brother Kamlesh advised me to contact the Mission's center-in-charge in Pretoria to let me attend their activities during my week long stay. Before I even arrived in the city, he had already informed Brother Atish Kumar Kalyan, the center-in-charge, who then made the necessary arrangements to facilitate my introduction to the group of abhyasis of Pretoria, Johannesburg and surrounding areas.

On the first Sunday, brother Atish, his wife and another brother picked me up very early in the morning and we drove together to the Lenasia ashram. In principle, Pretoria abhyasis attend Lenasia satsanghs once a month. Given the distance between the two places, it is in a Pretoria district that their group meditations are held on Wednesdays evening and Sundays morning, except for one Sunday per month where all the brothers and sisters in the region are expected to gather in Lenasia.

This is where I conducted the first satsangh, on Sunday, with so much emotion as I had been dreaming for a long time, since the inauguration of this ashram to visit it someday. The speech Master delivered on the occasion of the inauguration moved me deeply, as it was a sound appeal for imperative brotherhood beyond apparent differences in race, color, religion, etc... I was then only a beginner in Sahaj Marg and I consider that speech as a

On Wednesday evening, brother Atish took me to their home where I gave an individual sitting, after which we went to a school where a room is rented for group activities in Pretoria. Again, I conducted the satsangh and I had brief conversations with brothers and sisters. The room was almost full, a sign of well-organized collective commitment.

On the second Sunday, I went to Lenasia again for satsangh before being driven to the airport by Atish brother and his wife.

It was an unforgettable moment of brotherhood that allowed me to enjoy the hospitality of all, their openness and warmth. I pray Master to give me the opportunity to visit Pretoria again. And I wish everyone to experience

welcome speech into Sahaj Marg in Africa. At the end of satsangh, I addressed a few words to brothers and sisters and answered a few questions on Sahaj Marg practice.

the Lenasia atmosphere, a welcoming retreat center, an island of serenity and peace in the African turbulence.

MMK



From Manapakkam to Satkhol: Journey of 11 South Africans

This special spiritual journey of mine began on 28th September 2012 when I reached Babuji memorial Ashram, Manapakkam. It began with the training programme on “grounding the practice - prayer session”, which was a great spiritual start up for me. In the evening the rest of the South Africans arrived, they all seemed to be very excited as it was the first time for most of them. Next day everyone were up early to see the ashram. We all felt a sense of belonging at the ashram and there was an intense longing to see our Rev. Master. We could also feel that there was some work going on in our hearts and wanted to be calm. In this serene mood we went to meet br. Kamlesh, he welcomed all of us with love and told us that the journey has just begun and you all will see much more coming up, he further added that satkhol is very beautiful and you all will enjoy the atmosphere there. He also asked us to join the Chinese seminar which was scheduled to begin after two days.

On the 2nd of October, first day of the Chinese seminar, we all were overwhelmed to see

Rev. Master. Our heart was filled with love when we saw him, Rev. Master gave us a sitting for 45mins and a talk later. We had a chance to spend more than one hour with him, we were happy to see the improvement in his health. When he was leaving I approached him and said we are 11 South Africans who have come to see you, he said I know and I was transmitting to the South Africans also, my heart completely softened and tears just rolled in my eyes. We felt that in spite of Rev. Master's changing health conditions he took care of us and attended to all our needs.

All our hearts were longing to meet Rev. Master again before we leave, we had a chance to meet him the day before we leave. Rev. Master welcomed us with love, we spent around 30 mins with him. The next day we went to Satkhol excited about the new experience we were going to have, at the same time we were missing our Rev. Master's physical presence.

We arrived at the Himalayan Ashram, Satkhol on 9th of October. The moment we reached

the gate it started to hail for about 20 mins and then everything went serene and silent, we all felt Rev. Master showered his blessing on us. We were waiting to attend the satsangh, in the evening it was my first satsangh in such a wonderful meditation hall, the hall was so silent, full of peace around, felt so light when I entered. The structured programme at Satkhol kept us always in his remembrance. There was a beautiful library, we had discussions, talks, I spent most of my time there during the golden silence hour.

As every journey has to end and begin somewhere else, we also had to leave back to our home, we were feeling that we were leaving our real home here and have to go back again to maya loka (unreal world). As Rev Master says we must make every home an ashram, this should be maintained by carrying the bestowed condition by our regular practice. We all are now trying to do it. But our heart is always longing to be with our Rev. Master.

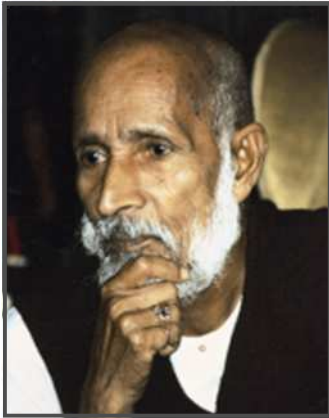
Ramya Ghatnatti (South Africa)





Whispers from the Brighter World

Tuesday, September 28, 1999 – 8:00 a.m.



"We want your hearts to become jewels. Element by element, we give you the keys to success: how to structure your work, your thoughts, and your behaviour, in all circumstances. If you really become imbued with these messages, if they are not a mere reading, you must sense each atom of your being changing. You must experience intense moments of emotions, of happiness in the depth of your heart, which is the seat of the soul. It deserves a magnificent showcase, divine in its essence, worthy of what it contains. This treasure which no one (except for your Masters) can really perceive, or assess its richness, or take away from you, is your own. There are fishermen of precious pearls, but this pearl, which is inside you, which changes and is refined with time, cannot be stolen from you. It will precede you on the celestial fields and will be your most precious identity card. With all your heart, using the indications we give you, work with us toward the realization of this masterpiece."

Babuji

Daily Reflections

Illusion

Brahmana, Kshtriya, Vaishya, Shudra (the four castes of Hindu society) is a thought born of illusion. Grihastha, Vanaprastha, Sannyasa (three of the four stages of life as defined by Hinduism) is an illusory thought. Hindu, Muslim, Christian, Jew – is an illusory thought. Religion, tradition, customs, sect (or Path) – all these are illusory thoughts. 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.

Taken from the book "Truth Eternal", Chapter "Bondage and Freedom", pg. 130, by Lalaji Maharaj.

Ask Not

My Master said you should never ask

anything from God because, first thing, we don't know what to ask. And we don't know whether the thing we ask for will be good for us, and how long it will last. You see? So leave it to Him; that is called 'surrender'.

Taken from the book "HeartSpeak 2005", Chapter "Love Means Giving", pg. 222, by Revered Chariji.



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