



We Are All One

Address to the Seminar for Abhyasis from Africa

Dear Sisters and Brothers,

Good morning. I am delighted that we have, at last, a seminar for people of Africa. My Master, Babuji Maharaj, visited South Africa long ago, and there was a book produced about that visit with the title, *Light in the Dark Continent*. I am sad that Africa is called the 'Dark Continent'. Of course I know that people of Africa are not all white, not all black, not all speaking English, not all speaking French. It is a huge country, known more for its wildlife and for the poachers who are destroying that wildlife. It was also known as the feeding ground for the slaves of America.

So you see, Africa has a very mixed image outside that country. It still has a wide spectrum of cultures, from the grossest superstition to the modern enlightened mind of the white people! So I have personally believed that the darkness is in the hearts of the people – not in Africa. When we see the history of the African continent – how Rhodesia was bartered for two bottles of whisky and five kilograms of beads for the women... So you see, you have sold your country through ignorance, through superstition, through internecine warfare among your own peoples (the tribes). The whole state of Rhodesia was created like that. And Mr Cecil Rhodes became Sir Cecil Rhodes! C'est le même problème avec tous les pays en Afrique. Non? [It's the

same problem in all African countries. No?] Superstition, greed, selling elephant tusks six feet long for another bottle of whisky! All the treasures were



frittered away like that. Therefore, I say, Africa is not dark, the people are dark; not externally – but ici, dans le coeur [here, in the heart]. Superstition, ignorance, tribal customs which are still killing off millions of Africans every year. I can only remember that about the Hutu and the Tutsi.

So Africans have to become from dark to light before Africa can become light. I think we have a small nucleus here today, a handful of people, a mere drop in the ocean, but you can do wonders if you are faithful to the ideals that you want to learn, to cherish, if you have in your heart the welfare of your people, if you cherish the freedom of your people from domination, and if you are willing to work for all this fearlessly.

So, are you up to the challenge? Or are we still going to bang our spear on the ground and say, "My king." So you have to answer this question to

ciousness, colour consciousness. There must only be feeling in the heart that whatever I may be outside and inside, we are all parts of one whole, and that is the only way to God. Killing a lion may make you brave, and doing something else for three days in the jungle may make you brave. But, according to my Master Babuji Maharaj, the real bravery is to remove from my heart everything that divides me from others, and to make me understand that in the eyes of God we are all one. And I am your brother, I must be willing to share what I have with you. I must not kill to take. I must love, and I must help and respect all.

This is my Master's message, and I am happy you are all here in some way to partake of this, to participate in this divine adventure of transformation of people – eventually, to create one world, one humanity, all brothers and sisters.

Thank you for coming.

Address to the Seminar for Abhyasis from Africa; 16 July 2011, Chennai, India

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The African Seminar, Chennai/Tiruppur — A seminar for Life

Last July, the African Seminar we attended in India was a series of inexpressibly wonderful series of moments. But we will try to find outside that state of awe the appropriate words to share this experience and record in golden letters those memories that will remain engraved in the hearts of brothers and sisters who attended this unforgettable event. This first article is an introduction to a long series of reports that will be published in the subsequent issues by brothers and sisters who experienced this remarkable event.

In fact the seminar was intense, rich both in objective terms and on other planes which we cannot figure out, but only feel beyond words. We will browse through the diary of the seminar over the next issues of the newsletter through articles, individual participants' reports and picture memories.

A seminar story

The seminar proposal originated late December 2010. We then felt the need to be at Master's feet, the same way abhyasis from other regions did earlier. We originally thought we would be about twenty of us, mainly from a few sub-Saharan Africa Centres. The project quickly evolved to include brothers and sisters from Madagascar, the Reunion and North Africa.

To have ample preparation time, we submitted the seminar request in January. It was approved by Master on January 4,

2011. Such lead time was necessary because it takes long preparations for brothers from Sub-Saharan Africa to overcome various constraints associated with such a trip: administrative formalities, financial issues, sometimes family arrangements and professional aspects, etc.. These are among the many tests that can discourage whoever is not driven by unwavering determination and a genuine desire to be at their Master's feet.



After Master's approval, we had yet to know when we could actually be at His feet. Master's agenda being flexible, we adopted an indicative period from July 16-20. We were neither clear on the location yet, whether it would be in Chennai, Tiruppur or both. These seeming uncertainties could be perceived as challenges to overcome in the process of organizing the seminar. Once the date and venue of the Guru Purnima celebration were known, we set July 15 as the fixed rallying time, and the seminar could begin the following day, in Manapakkam.

Knowing also that Master would spend a few more days in Manapakkam before flying to Tiruppur on July 18, some

brothers and sisters had planned to travel with him. But a larger group of participants chose to ride a bus from Chennai to Tiruppur on a colorful journey which we will recount later.

Given the crowd attracted by the celebrations, some might have feared that we would not have enough opportunities to meet with Master. All our fears were dispelled when we reached India. Brothers and sisters from Reunion and Madagascar who arrived earlier were received by the Master on July 12.

A Seminar for Life

We quickly realized that all that seeming constraints that emerged during the seminar preparations was actually wonderful opportunities that have allowed us to see the seminar as an integral part of a blessed period that run from Guru Purnima to the

end of the celebrations of Master Birthday Anniversary. We were carried away from the outset by a special vibration that made the gathering an open-ended seminar, and as Master rightly said, "a seminar for life."

A festival of vibrations

It's a festive vibration as Guru Purnima is celebrated at Manapakkam with the morning meditation being conducted by Master himself. I always felt particularly strongly the meditations given in Manapakkam, there is always some kind of magical and soothing aspects in them with this deep sense of feeling "at home". It's all geared towards living

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The African Seminar, Chennai/Tiruppur — A seminar for Life [Cont'd]

these moments as unique moments when the songs and chirps of birds seem to imply that they are meditating in their own way and nature is whispering all around. Forgotten are the fatigues of the trips, we are just happy to be there and to feel Him so close. Happy to commune with our brothers and sisters from all over India and abroad and of course excited at the prospect of the opening of the seminar the following day.

We were able to greet Master at the end of morning meditation and we reminded him the opening of the African seminar the next day. Then in the afternoon, during a preliminary meeting between all participants already present,

we underlined the need for all of us to live the seminar in a state of heart-openness and permanent adjustment.

It's a feverish vibration, on the 16th, morning, while waiting for the opening of the seminar by Master. The big event takes place in the room reserved for the seminar, across from Master's cottage, in a basement of the meditation hall complex.

The opening ceremony scheduled for 9 am is a critical and unique moment that emerges as in a dream. Master gives us a message — shown on the front page — which gives us a roadmap for the development of Africa. The message is strong and actually in tune with the motto Master gave for the seminar, "unity in diversity". Master challenges us and urges us to face up to our own responsibilities in relation to the challenges ahead, and he asks us if we are ready to take them up. We answer in chorus, yes.

It's an intense vibration, during the satsangh led by Master after his inaugural message. We all vibrate intensely in the love he bestows on us; we are delighted to experience his presence so closely. At the end of the satsangh He gives as an instruction that all seminar

The initial requirement according to which all Africans must unite and build on their diversity was developed by brother Krishna on July 17 at Manapakam, whereas, the same day, brother Rajagopalan reminded us about the implications of our daily spiritual practice.

This practice entails roles and responsibilities to be assumed all along our spiritual path as underlined by brother A.P. Durai; it helps us to develop love. This love which dispels fear, according to the illuminating talk delivered by brother James Joseph, on July 19 at Tiruppur, before brother Michel concluded that series of talks programmed by

Master with a talk on spreading Sahaj Marg in Africa through the light of our commitment, devotion, and hence His love thus spread through us.

It's a permanent vibration in the constant remembrance of His love. For it is a vibration of love as Master recalled in his final speech to seminar participants on July 21. On that day, our festival of love merged into a larger gathering attended by more 45,000 abhyasis in Tiruppur from July 22-25. All that which our hearts and minds recorded on these beautiful days is recounted in stories from brothers and sisters from Cameroon, Cote d'Ivoire, Madagascar, Reunion and the Congo - Brazzaville have sent to Echoes of Africa and Indian Ocean, and which we will publish in the next issues.

JN & MMK



participants, without exception, should take an individual sitting every day for 3 days. He thus set the tone and pace of the seminar; soon after group discussions around randomly picked topics, the afternoon of the first day was devoted mainly to individual sittings.

It's a steady vibration. The seminar is beautifully kicked off, and we all are immersed throughout the day and beyond in the condition established by Him. Carried by Him, by this special grace, we experienced the seminar as scheduled by him.

Seminar program, a program of life

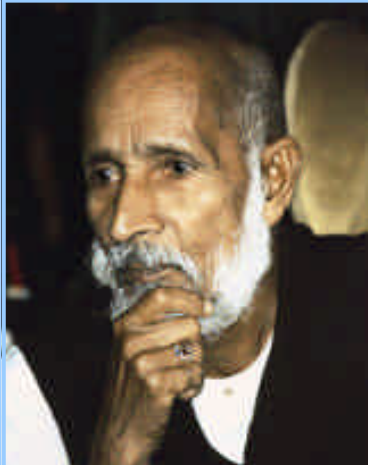
Seminar program, life program for any abhyasi in Africa: after having set the goals and process in his opening address, Master focused on the inner calling which everyone should heed by cooperating with his work, i.e. spreading the divine light in our hearts so that it permeates the entire African continent.

More reports will be published in next issue



***Whispers from the Brighter World***

Wednesday, October 25, 2000 – 8:00 a.m.



It is true that the history of countries and races includes a lot of mysteries. The truth on this point also escapes the human beings of your time. The karmic laws cannot be ignored. Races that were dominating in very far distant times, are suffering the same fate in this present cycle. That is the way it is.

“In the future, the white man will experience that to which he subjects the beings whom he regards as inferior to himself. This law is extremely rigorous. It is poetic justice, and so it will always be. Humanity’s karma must purify itself in that way.

“Nothing happens without reason. What you call fate is the best tool at man’s disposal, in that it places him in situations that enable him to put his destiny into practice. The black race, that evolved from the state of dominance into the one of dominated, will again become a powerful race, in a distant future, and so on. May wisdom reign one day on this Earth for the good of all those who will populate it, whatever their skin colour.”

Babuji

*Whispers from the Brighter World, Vol 1 page 504.****Daily Reflections*****Universal Change**

When you change something in a painting, you don't only change that something, you change the whole thing. The whole painting changes. So, if I am changing myself, the whole universe must change. And that is what philosophy says, that is what religions have preached: change yourself and the universe changes. But if you try to change

that, you cannot make a duck into a peacock. Isn't it? So the secret of universal change is to change yourself.

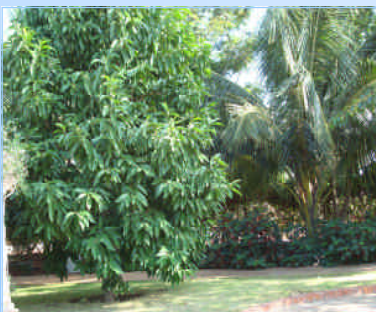
Taken from the book Revealing the Personality," chapter Relationships,"pg 67 -by Chariji.

Spiritual Person

A human being must not ask for Love. He and she must give Love. This, beyond all

philosophies, is the philosophy, the essence of Sahaj Marg. He who cannot love, who cannot learn to love, who cannot give love unconditionally, unstintedly, unreservedly at all times to all who seek it, is no spiritual person.

Taken from the Book Heart Speak 2005,"Chapter Life in the Real Sense,"pg. 48, by Revered Chariji.

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