



Change in Weekly Satsangh Timings

Thus Speaks:

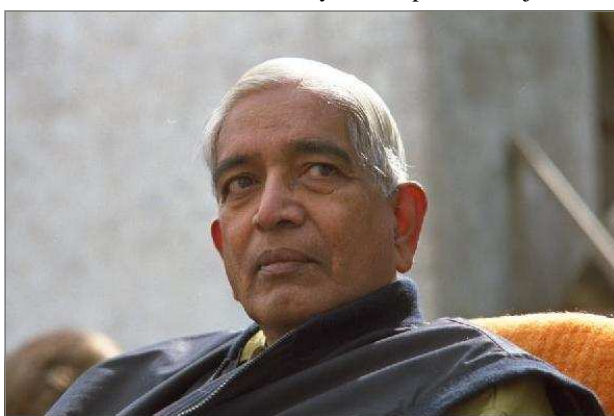
Dear Brothers and Sisters,
I am going to share with you my observation about what happens before satsangh, during satsangh and after satsangh, over the past several years, and I must, as a sort of a preamble, tell you what used to happen when I joined the Mission some forty five years back and had my first Basant in Shahjahanpur. There were only forty

from the train that we traveled by, our hearts were ready to burst!

I'm sorry to say that I don't see this nowadays. And per-

7:30 am without fail. There will be no breakfast, no tea, nothing served before satsangh. [...]

Babuji Maharaj told me that



Lalaji Sahib - our grand master or Adi Guru - if he said Six Thirty satsangh, he was there at Six Thirty. He commenced satsangh without thinking of how many people there were. It did

or forty two people including Babuji Maharaj in his house. [...] But what I want to convey to you was the enormous longing that built up in the heart, even when we left our homes, wherever we were. For instance, I left Madras a week or ten days earlier. We traveled by train all the way to Delhi and then changed here and went to Shahjahanpur. All along the way, abhyasis joined at different stations. [...]

People from south, people from north, people from east, west, and the whole group that traveled, it was as if there was a continuous constant remembrance of what we were going for and what we were heading for, the purpose of the travel. Nobody thought of discomfort, nobody thought of food, drink. And when we entered Shahjahanpur, or we alighted

haps it is my fault that I have permitted timings to be changed, routines to be changed, requirements to be weakened. Being led to believe that if our requirements are stringent, people will not come. We have made the mistake of not obeying Babuji's principles where he said, "I want quality, not quantity." I believe that somewhere along the way in the past forty five years, this mistake was made by me first, that we started thinking of numbers and not quality so that today we have a great deal of numbers and not much quality. [...]

Therefore I am bringing some changes as of today, officially. Sunday satsangh will be at 7:30 am wherever we may be, whether we are in the Himalayas, or in America, or in the deserts.

not matter. Because his transmission, his tavajju, was not only for people who were present, it was for everybody in the universe. [...]

Babuji has described all his life with Lalaji Sahib, how Lalaji Maharaj was not well endowed in physical terms. He was not a rich man. He had a big family. Babuji has very vividly said how even in the coldest winter of Fatehgarh, he used to sleep with his whole family under one torn blanket.

We must come to understand, whether we are white or black, men or women, that a certain modicum of discomfort is essential for spiritual evolution. I remember way back, I proposed to Babuji Maharaj that we have a bus to convey people from Shah-

Continued on page 2

Lalaji

• *No one is devoid of sat – existence, chit – knowledge and anand – bliss. It is due to ignorance that man has thought himself to be other than what he really is. Here, in the satsangh, it will be tried to remove his ignorance side by side with the practice of meditation which will enable him to experience sat-chit-anand.*

Babuji

• *It is very essential for every one to fix his eyes on Absolute Reality with faith and confidence and to adopt ways helpful and conducive to self-realisation. We then march on up to the final point where we assume the same pure form we had at the time of creation.*

Chariji

• *Seek that Reality, the Reality which is nothing, which is none of these things, and yet from which everything comes, which is the definition of God.*

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Change in Weekly Satsangh Timings (Cont'd)

jahanpur station to the ashram. He said, "I like your idea, but I do not want too much comfort. It is against spirituality." [...]

I want to put that fire back in your hearts! And it will not come with easy living or with policies in the Mission destined to please you. If your manager or your boss pleases you, there's something wrong with him. I learned this when I was in service myself. A popular manager is no manager. It means he's easy going, he lets you do what you want to do, what you think you should do, not what has to be done. In Sahaj Marg, this will no longer work. I'm saying this only for your benefit - if you want to evolve to the highest possible limits within this

human life. [...] We are concerned only with this life because this we have, and this we can utilize for our benefit. And this wisdom must come to you every day, in every day living.

Your maxim says, Arise before dawn. You have a book written by Babuji Maharaj - Reality at Dawn. How will you know what is Reality at Dawn unless you are ready before dawn to face that reality? There are people who go on sightseeing tours, travels, to Darjeeling to see the sunrise, at Everest, to the Grand Canyon in America to see sunrise and sunset. And they are there hours before. To see merely a sunset or a sunrise? What about the reality at dawn

inside your heart? It is not dawn at reality, or dawn of reality. It has been mistranslated in many languages. Reality at Dawn is the original title, it means, what is it that will manifest itself as reality at dawn?



So please get into the habit of getting up before dawn, let us say at four thirty in the morning. And paying attention to bodily and mental purity, sit in meditation. Keep one hour as a standard. Set your alarm. Until it rings, don't get up. Empty stomach. Please remember the ten maxims, originally called the Ten Commandments, is for our benefit. Those ten rules or maxims give you everything that you need for the daily conduct of your life. [...]

It is essential, my dear sisters and brothers, that we absorb this, that we develop the wisdom to accept that simple living, plain living is essential for spiritual life; that luxury is against all this.

You can be rich without having to live a luxurious life. [...] So you see, simple living and plain living is not only for beggars and poor people. It is much more essential for the rich, who are every moment in danger of losing their way because of luxurious living, because of silly thinking, because of wrong eating and drinking, because of sleeping at unnecessary hours, waking up not at all, and losing their opportunity day after day after day for their spiritual evolution.

Therefore, make this your personal rule for your personal life, that every day you read the ten maxims once, understand it, and follow it. [...]

Seeing so many of you here this morning, I am encouraged to think that perhaps I

need not have given this small talk also, because if I set the example, you are willing to follow. I'm very grateful to you all for being here, and giving me this encouragement, which makes me speak - not with trepidation or fear in my heart, what they will do - but with this guarantee which is coming into myself from my own heart that these are my people and they will obey for their benefit, what we are saying.

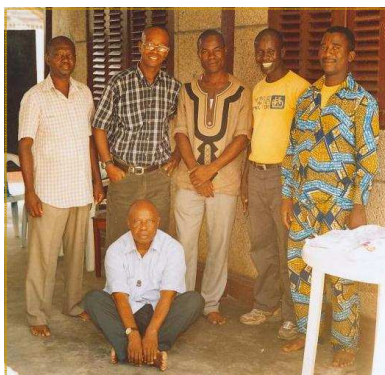
Thank you very much.

Talk given by Master on 31st May, 2009 at New Delhi, India

Echoes of Pointe-Noire: Such an Inspiring Gathering

From 9-12 April 2009, a beautiful gathering focused on sharing and spiritual exchanges, took place, with attendance from brothers and sisters from Pointe-Noire (in Congo-Brazzaville) and a visiting brother from the neighbouring Angola, Augusto Kihunga. Expected on April 8, brother Augusto eventually arrived on the next day around noon, from Luanda via Cabinda. This 3 day visit was a favorable opportunity for brother Augusto to give sittings and conduct a satsangh on April 11, the day before his return to Luanda. The atmosphere of the meeting was very relaxed, brotherly and friendly, particularly

during the meal offered in brother



Augusto's honor. Under the benevolent look of Master photograph, we even evoked the best moments of the last Douala seminar. During this meeting, His presence was felt; He was with us as always.

Brother Augusto was to leave on the following day, April 12, for Luanda, via Cabinda, by road, and from there he flew back to Luanda, charged to convey greetings from Pointe-Noire brothers to their brothers in Angola, in His grace. All the credit of the success of this meeting goes to Master who gives the work and the means of achieving it!

A.K. - T.M.

Bafoussam as I Saw it: the Birth of a Sahaj Marg Center in West Cameroon

First stay: 24 - 25 January

For several years our brother Oumarou Mbatakoutcha has been the only abhyasi in Bafoussam. Motivated and enthusiast, he often spoke about Sahaj Marg around him, hoping that, one day, the situation would be ripe enough for a preceptor's visit to be fruitful, by Master grace. This moment came in January this year when I felt the need to undertake this visit so much expected by our brother, who wanted to break his isolation and share the benefits of our system with other brothers and sisters.

Encouraged by Mariette our Center in Charge, I thus spent the weekend of January 24-25 in Bafoussam, capital city of West Cameroon, located 285 km away from Douala. I left Douala on Friday, January 23, around 11 p.m. by bus, to reach Bafoussam the next day around 7:30 a.m. As soon as arrived, I settled in a hotel and called brother Oumarou. He came a few minutes later, with Marie Noëlle, his partner. She told me that she was willing to be introduced into our system of meditation. But she wanted first a thorough presentation of the system and the various elements of practice. We lengthily exchanged on meditation, cleaning, the universal prayer, constant remembrance, the keeping of a personal diary. I insisted on the need to do the practice fully and regularly as recommended by the Masters.

We then discussed about traditional practices of the people of West Cameroon, primarily characterized by a close relationship between the living and the spirits of the deceased. These practices have still a very strong influence on most people in the region. Given the depth of the topics discussed, brother Oumarou have asked Raymond, a presenter of a FM radio station to come and record our discussion in order to broadcast it. When the journalist arrived, as I was discussing with Francis, a student from Dschang University, about 60 km away, eager to know about Sahaj Marg. The discussion was interrupted to answer to the following questions asked by the

journalist:

What was the objective of my presence in Bafoussam? What system were we speaking about and what can it bring to the people of the West? What are the main principles of practice in this system? Can one continue to go to their church or to belong to their secret society while a member of the group? Is meditation practice incompatible with traditional rites? How can one become a member?

At the end of this nearly 40 minute discussion, the journalist suggested to organize a radio programme in which I would answer directly questions from listeners. He said he was himself interested and promised to come back to me later in the evening.

After the journalist's departure, Francis, the student, asked to be given his first

Booklets such as the welcome brochure for new abhyasis; "What is Sahaj Marg", the November 2008 issue of Echoes of Africa, the "Sahaj Marg, the Natural Way" flier and Daily Reflections were offered to new abhyasis.

I returned to Yaoundé by road to attend to professional commitments on the following day, full of gratitude towards Master who made this trip possible. On such occasions I'm always immersed into a soft environment and atmosphere full of his Divine Grace and Presence.

The following stays (February 28-March 1st; April 4-5; May 19-22)

One of the resolutions emanating from the first visit in Bafoussam was to organise monthly visits to support the small group of new abhyasis, and also to attend to requests for new introductions. The following visits – the latest one took place in May – were organized according to the same program: sittings and satsanghs with new abhyasis, long questions and answers sessions - and discussions with non abhyasis interested by our system. This generally resulted in one or two introductions.

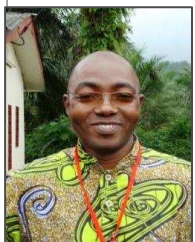
The Bafoussam small group of abhyasis is growing quickly, to the extent that we are thinking of putting in place effective practical arrangements, including the renting of a place for the activities of the group, satsanghs in particular. This growth is evidenced by the participation of brothers and sisters from Bafoussam in the celebrations of Revered Babuji Maharaj birthday from April 30 to May 1st in Douala. Among the 31 brothers and sisters gathered for the occasion, 7 came from Bafoussam.

Bafoussam – the birth of a center

By Master's grace, a center is born in Bafoussam, the trend noticed from the very beginning was confirmed during the subsequent visits. The number of abhyasis recorded since then is 11.

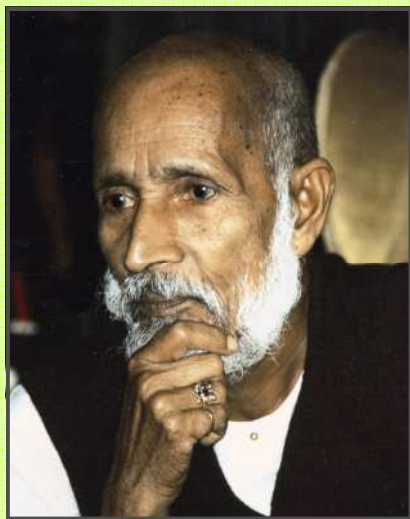
All my gratitude to my Master to have allowed me to be the instrument and the witness of the birth of a center in Bafoussam.

J.A.N. & J.N.



Whispers from the Brighter World

January 7, 2001 – 10:00 a.m.



To you my dear son,

"On a tree, however vigorous it may be, some bad fruits are unavoidable. Do they take away from the quality of the whole? Is thus the tree less sturdy? No, nothing affects it in depth. Nature is watchful; it preserves what is good and must remain, even though inclemencies come, shake it and manhandle the tree as a whole. Have no fear, my son. We speak in metaphors, as we cannot go into the details of these sad stories, which worry you so much. We see to it to calm things down for the Mission, and to neutralize these troublemakers.

"Continue on your way, we will take stock of the situation before long. You'd rather wait and see how things turn out; you can't solve everything, even with the best will. We pity these brothers and sisters who act behind your back, respecting neither your person, nor my Revered Master and myself.

"The Mission won't necessarily be destabilized. Like all serious past and present ways, it will experience trying times; it is in the nature of things. Even though that momentarily affects it, it will start again, in the future, more thriving than ever.

"Be at peace nevertheless, my son. Be trustful, for us and for your own good.

Babuji

Daily Reflections

Wisdom

We must be wise without knowledge. We must be even more wise to use knowledge properly.

Heart Speak 2004, vol. 2, p. 103 –Rev. Chariji

what you must ask - and that's not very easy. Babuji Maharaj, my Guruji, said, "Answers are easy; questions are difficult."

Heart Speak 2004, vol. 2, p. 117 –Rev. Chariji

sively for the rich or for the healthy or for the intellectual. Pain is the common denominator of the human being, of humanity.

Heart Speak 2004, vol. 2, p. 117 –Rev. Chariji

Questions

And to ask a useful question, you must know

Pain

The only thing we can talk sensibly about is pain, because everybody has pain, everybody understands pain. It is not something exclu-



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