



New Year Message for 2009

Dear Brothers and Sisters, my co-travellers, those who have joined me on this immense, eternal journey to the goal of Sahaj Marg, who are travelling with me in what we can call a virtual train which is being, shall we say, driven by my divine Master Babuji Maharaj, at whose feet I am sitting now, to give you what I consider to be my New Year Message, since in a few hours, at least here in India, the year 2009 will gently march into our lives.

As abhyasis of Sahaj Marg, we have to be conscious of the fact that there should be only one goal in our human lives, and that is the goal of, first, liberation, second, realisation, and third and final, complete merger with the Divine. It is possible. [...]

In today's world Sahaj Marg, as stated by Babuji Maharaj, is the easiest and the quickest way to the goal of liberation. [...]

All that is necessary for us, dear brothers and sisters, is to put our heart into the whole thing, meditate with the heart, meditate on the heart, meditate on the presence within the heart — the divine light — eschewing all other ambitions, material or otherwise, in the sure knowledge that Babuji Maharaj has given us, that our worldly life will be at the mercy of our samskaras that we have

brought into this world. [...]

On this auspicious occasion of a New Year, which is a gift by our Master to us, because it is in fact a gift of time to us in which to fulfil our journey. [...]



On this occasion let us all realise that whether we are working on the committees of the Mission, or in its leadership positions, or as preceptors and as abhyasis, we are all one solid unit which must be welded together as a brotherhood as he desired it to be. There is no higher, there is no lower among us. There is no senior, there is no junior among us. There is no good, there is no bad. [...]

I know many abhyasis who have left the Mission because they could not tolerate somebody else. I know others have left the Mission because they could not tolerate something in the leadership. And I

know many are leaving because they cannot tolerate having various colours together in our assemblies, in our satsanghs. We must forget and remove from our minds all differences that are created by us, by religion, by culture, by education, by society. And remember that which unifies all of us in this what we call human life, is the soul that is inside us, which eternally is the same as anybody else's soul. The body makes mistakes because of samskaras. The mind makes mistakes because of preconceived notions and prejudices. The soul never makes mistakes. [...]

I therefore beseech you all to make a resolution: *O Master, help me to forgive myself, and therefore through myself, forgive all others for whatever I think or imagine they have done to me and to others, either for or against, knowing that ultimately it is the Divine Master who is guiding this divine play that we call human existence on earth.*

And I pray to you, beloved Master, to grant us this privilege of rejoining you in the brighter world as soon as possible.

Thank you.

Message recorded on 31st December, 2008 at Manappakkam, Chennai, India

Thus Speaks:

Lalaji

- *Attaining freedom from miseries is liberation. Liberation is both permanent and temporary. When the liberation is such that the bondage of sorrow is never felt it is permanent liberation. Is bondage also permanent, if we are to speak of liberation as permanent? No, bondages are not permanent, they are temporary.*

Babuji

- *The goal of life means nothing but the point we have finally to arrive at. It is in other words, the reminiscence of our homeland or the primeval state of our present solid existence, which we have finally to return to.*

Chariji

- *No more disturbance, no more annoyance, no more greed, no more lust, you know, everything you look at is wonderful. And it is said that is the condition when God from within you looks at His own creation, and wonders at His own creation.*

CONTENTS

New Year Message for 2009	1
Thus speak	1
Four major lessons	2-3
Master's messages	2
An encounter of hearts	3
Youth's perspectives	5
Prayer to Master	5
The land of the green	5
Constant Remembrance	6
Douala: an itinerant seminar	6
Whispers	8
Daily Reflections	8

Douala Sub-regional Seminar in Brief

An itinerant seminar

The Douala seminar was to some extent "itinerant". It was held mainly in Douala, but also in Limbé and Buéa at the foot of Mount Cameroun where we spent the whole day on December 25, and meditated at a brother's place, who had gracefully put his property at our disposal. We also spent a night and half a day in Yaoundé from 27 to December 28.

Brothers and sisters from Angola, Congo, Gabon and Côte-d'Ivoire arrived in Douala as of December 22. That made it possible to devote the following day (December 23) to individual sittings, punctuated with an evening satsangh.

On December 24, the seminar started off by reading messages from Master, followed with the reading of a special speech from our Region-in-Charge Brother Kamlesh Patel. Then a morning satsangh

was conducted. The following days, whatever the schedule (departure to Buéa or Yaoundé) 2 satsanghs were held from 24 to December 28, the first one at 7:30 A.M., the second at 7:00 PM. The seminar

several month to make abhyasis congregate from several centres to Douala.

It was initially expected that brother Kamlesh Patel would participate in it, but a few days before the seminar, he was



was closed with a satsangh on Monday December 29 at 9:30 A.M.

Group discussions took place on December 26 and 27 on the theme of the seminar, a summary of these discussions will be published in our next issue. The current special issue includes, in the form of words and images, the first echoes provided by brothers and sisters having attended this seminar, as well as some description of the itinerary of the itinerant seminar.

If this event is not historically the first regional seminar organized in Africa, it is to be regarded as the first one bringing together primarily brothers and sisters from centers in French-speaking Africa, and organized by a sub-regional committee. This deserves all the more to be stressed

A starting point

because this seminar marks – according to many brothers and sisters – the starting point of an era of revitalization of the Mission in the sub-region. It shows that the efforts of the abhyasis in the region are crowned with success when they partake of Master's desire to see the process of unity, of sharing and communion, develop everywhere in the centers and the regions. Driven by the impulse instilled in us by Master in Tiruppur in July 2007, supported by his constant encouragements for Africa, and reinvigorated by his blessings on the initiatives taken in the region, a small committee was set up that worked over

recalled from New York where he was about to boarding a flight to Paris then Douala. Our Master requested him to return to Chennai, ensuring that the seminar would proceed well in spite of his absence. Master gave us a bright demonstration of it punctuated with written messages. Moreover, Master enquired about the seminar every day, through Kamlesh who called us every day from India.

As from December 20th, 2008, Master sent a first message from Coimbatore. On December 24th, He favoured us with a second message sent from Chennai. The brothers and sisters gathered in Douala received them with gratitude and reverently, as is proper. These messages were posted in the meditation room for people to use as sources of inspiration and devotion. The day after the end of the seminar, on December 30th, Master concluded his continued follow up with an additional short message of thanks. He thanked us for having gathered in Cameroon, for having thus worked. Such a lesson from a Master who thanks the very people who owe him an eternal gratitude!

Thus, he had followed us on the objective and spiritual planes, from departure to return. It was an itinerant follow-up for an itinerant seminar – a follow up like that which we benefit from him in every circumstance of our life.

On the last day of the seminar, Master

Master's Messages

Coimbatore, Saturday, December 20, 2008 6:22 PM

Dear Michel,

... Please convey my love to all, and my prayers to my Master to bless all of them with faith, and to develop love for all in their great continent of Africa. Love to all.

With Love and Master's Blessings

Affectionately,

Parthasarathi

Chennai, Wednesday, December 24, 2008 9:56 AM

Dear brother,

...

With your presence there, and involvement in my Master's work, may HIS light shower down upon the people of Africa, and especially on our abhyasis gathered there. Love to all.

With Love and Master's Blessings,

Affectionately,

Parthasarathi

Douala Sub-regional Seminar in Brief (cont'd)

Master kept abreast on a daily basis

expressed his blessings through Kamlesh, stressing that there had been no loss of energy during this seminar and urging us, henceforth, to hold two seminars per year, a reduced one in June-July, a larger one towards the end of the year.

All the brothers and sisters present committed themselves to taking up this challenge, confident that the waves of efforts we will have to put in for this purpose are already under His control. They say it, in their own words, in the form of brief reports included in this issue.

These individual reports highlight four major lessons, four principles of the development of the Mission in Africa. The first lesson is work as it allows grace bestowed by Master generously on us to produce in us the expected results. Our brother Jean-Pierre summarizes this lesson in a text on the

4 major lessons

encounter of hearts, whereas this lesson inspires a vibrating prayer in Sister Juliette. The second lesson is youth as a promise of

finally Brother Julien concludes with the universality of love. The third lesson is about constant remembrance which brother Teston Moïse suggests as a method of character formation. The fourth, the last but not least, underlined by our brother Augusto Kihunga relates to the importance of unity, love and availability towards the Mission and Master.

These individual reports are recorded herein like in one's own diary, to set a landmark on one's own itinerary before noting

Like our own diaries

another one later on and thus measuring the progress made. So does it go for a whole group, just like for each person. The Douala group has traveled a way together whose space and time milestones are reminded by brother Mbeleg, while waiting for the steps ahead, in Abidjan, Yaïka or elsewhere.

JN & MMK



Organization Committee— Standing from left to right : Michel, Jean-Armand, Jeanne, Jean-Pierre, Mariette, Michel; Squatting: Thérèse

future. It is given three different forms by three young brothers: brother Jules speaks about brotherhood, Brother Emmanuel combines will, work and detachment, and

An Encounter of Hearts

The sub-regional seminar which was held in Douala, Cameroon from 23 to 29th December 2008 enabled me to notice once again that only work ensures a close connection to Master.

Indeed, it was my second trip to Africa within 6 months and I realized once again that my Master had mapped out the way and done already the work we had come to do. Our brothers and sisters abhyasis expectations in Africa are so numerous and their thirst so big that by our Master's Grace, transmission was quite permanent, it showed quite naturally His presence among us.

During the whole seminar; group meditations, exchanges, trips and meals shared together, the effective and continuous presence of Master was felt. It was obvious to me that something was being put in place and that one has to be careful not to remain

on the sidelines and miss the opportunity to take part in it.

I was thus grateful to my Master to allow me take part in his work, keeping in mind all the piece of advice he gives constantly to abhyasis of Africa during informal meetings in Europe as well as in India.

In Africa, the vast majority of abhyasis having not yet the opportunity to meet Him physically, Master has privileged and developed a more direct relation to Him: a heart to heart relation. This seminar was for me a true meeting of hearts nourished by the same source. We all felt as if we knew each other before we meet. The notion of Sahaj Marg great family became reality.

All participants wished this kind of meeting to be repeated as soon as possible. Let us not lower our arms, our Master have just shown us that with his Grace everything is

possible, it is up to us to take care of ourselves because as soon as we decide to do something, we will have the means to do it. It is only by working that the veils of ignorance will fall and that things will be revealed to us. At the end of the seminar, some Master's photographs and documents on Sahaj Marg practice were offered to volunteers and I could notice that Master's photograph was received with solemnity, devotion and gratefulness.

I once again thank our Master for having shown us during this seminar that Sahaj Marg in Africa is absolutely in its proper place and that all we have to do is to work to its lasting settling.

Thank too, to all brothers and sisters whose efforts made this seminar a success in His Love.

Jean-Pierre Mboungou Batiako (Paris, France)

Youth's Perspectives

We already noticed this phenomenon last year in Yaïka and Abidjan: the arrival of young abhyasis. This tendency was confirmed in Douala where attendance included a small group of young people. Among them, Emmanuel, the youngest is 19 years old, and the oldest 28. At the age when their peers are rather interested in what is called "leisure", the young participants in the Douala seminar appealed to us by their discipline, their high expectations and the great seriousness with which they attended the seminar. We have noticed among them this easiness in going to the main thing as far as teachings are concerned. As evidenced in these individual reports published in this issue, they have shown sensitivity and faith in Master which a good many "old" abhyasis would be advised to learn from! A special page is devoted to their: "Youth's Perspectives".

JN

Will, work and detachment

One week before the seminar, I started feeling real faith suffusing in me and thus opening wide my heart. As from Monday's satsangh, I had the impression that I was out of my body, to the extent that that I felt vibrations from top to toe. This condition was continuous and recurring throughout the seminar. I cultivated love without timidity and I've then noticed increasing humility thanks to my willpower as well as constant remembrance. I've learned in this seminar that we must have the will and start, and then, Master will help us and complete the work. But one thing urged me a little more to work on detachment from desires, it is my realising that Master had more work because of my desires, hence this message which comes from the bottom of my heart: "be completely detached from your desires and feel His presence in you." May Master look after us and help us in our abhyas and work on our character. Thank you.

Mbeleg Emmanuel (19) — Douala Cameroon

Love is universal

During the seminar, I felt Master's

presence everywhere and on everything. I know that he has always been there, but during the seminar I felt as if I could touch him or see him.

I felt the transmission even after satsanghs or sittings, when we were eating together and during group sessions. All comments made by brothers and sisters were full of Master's teachings.

The activities carried out during the seminar made me discover that our character

Brotherhood

I have never attended Sahaj Marg international meetings, so when I learned that there would be a seminar in Douala Cameroon, I told myself: "what else is there to be learnt? I know already about the abhyas I have to do every day and I have only to do my sadhana to grow spiritually!"

When I arrived in Cameroon, I was wel-



Seated: Germaine; Standing: Eric, Julien, Emmanuel

development can bring about many benefits in us and help us to be even closer to Master, therefore to our goal.

During this week of seminar all that happened to me, good or bad (according to human comprehension), only increased my blind love for Master and proved me once again that Master is there and watches over.

I thank Master who has provided us with the necessary means for the seminar to run smoothly, but also to have sent to us brothers and sisters who knew how to understand us, and helped us to improve our knowledge of Masters' teachings; shared with us and above all showed us that love is universal.

Once again, thank you.

Modjo Julien Ronald (21) — Douala Cameroon

comed by brothers and sisters as if we knew each other for a long time; such was my first lesson: "brotherhood which Master is establishing between human beings already exists among abhyasis and it is real". I've learned the difference between knowing something intellectually and knowing it inwardly through the heart. I knew maxim 6 of Sahaj Marg but on this occasion I had the opportunity to assimilate it, to experience it.

During the seminar, there were various activities. What is remarkable is that activities which we usually undertake like discussing, eating, travelling etc.. took place this time with a condition acquired during satsanghs. Thus the undertaken activities were sanctified because He always was there with us. My sense of Constant remembrance grew on these occasions and I understood that one could remain con-

Constant Remembrance

nected to Master in all our daily activities. (2nd lesson)

Exchanges with brothers from different backgrounds reinforced some aspects of my sadhana as well as my faith in my Master. For instance, a brother next to my room suggested to me to rather trust my inner clock in my heart instead of using a timer for my meditations if I wanted to increase my sensitivity. (3rd lesson)

I cannot list all that I learned during this seminar because there are many things



which can only be experienced and not told.

Today I am ready to participate in all Sahaj Marg seminars which Master will allow me to attend.

Thank you Master for the blessing You have bestowed on me through experiencing Your Love so closely.



Jules Amany – Abidjan (Côte-d'Ivoire)

Prayer



O Master,

You who take care of me and my family without even knowing me physically,

You who drove me out of religions that sowed confusion in me,

You who enabled me to attend this seminar with all my brothers and sisters,

You who kindled love in every one of us,

May your will be done.

You love Africa very much and its abhyasis are dear to your heart, because you love with true love, the very one which comes from the heart, the evidence is that during this seminar you have turned your attention to us and you regularly asked for our news. I am sincerely grateful

May your Master bestow His GRACE on you.

Dido Juliette – Abidjan (Abidjan, Côte d'Ivoire)

...the land of the green (cont'd)

their efforts to serve the mission and Master. The positive energy was very contagious and every action and word expressed was an expression of love and dedication to the Mission and ultimately to Master. Character development, service to the Mission and to Master, discipline and constant remembrance were the common expression of the participants. – It was the food for the mind, even when the participants travelled from one location to another. "Please keep the condition"... Encouraged one of the seminar's coordinator.



Activities of the Seminar

Different types of activities were done during the seminar. From speeches to questions and answers, spiritual trips in the form of retreat to Buea and Yaounde. Both trips were very spiritually enhancing, because the greenness of the forest, and its beauty created a high vibration in everybody and according to them the presence of the Master was easily felt.

On my personal capacity, it is the first Seminar that I have attended. To me, it is a life living experience that will linger in my heart for a very long time. By the grace of our Master, to all of you who dedicated your time and energy by being available for the seminar... I have to say, thank you indeed! And keep the flow of positive energy open to let it be channelled to our fellow human beings.

Augusto Kihunga (Luanda, Angola)

The Seminar in the land of the green

The seminar organised by the Sahaj Marg Francophone region from 23-29 December 2008, was an example of love and spiritual availability to the Mission and ultimately to Master. As it was on character development, I strongly believe that it gave an opportunity for all the participants to listen what the System had to offer them and what they thought about the system.

Unity

On the first day of the Seminar, unity and mutual respect between the abhyasis was highly emphasised, thus, for this, character development among the participants was highly encouraged as one of the pillar for spiritual development. Previous Master speech examples were given with a detailed discussion on issues that worried the Seminar participants. Brothers and sisters from different corners of Africa did not spare



Constant Remembrance



This is my first time to attend a spiritual seminar, and I will confess that I believed that the theme given by Master had to be discussed intellectually, thor-

oughly, before highlighting its spiritual aspects and sharing them, but such was not the case!

I've discovered with great pleasure that a spiritual seminar is in fact a space of perpetual connection to Him, punctuated with various activities in His remembrance. It's an extraordinary experience, all the time, I felt that wherever we could be, static or moving, we were protected by a kind of celestial dome. One feels reinvigorated, a little like privileged people on earth and that strengthened our faith. Moreover, at times, I felt Master's transmission well before the scheduled meditation time. One remains in such a condition whereby one would accept anything likely to happen, "good" or "bad" at the time.

His presence is divinely felt everywhere and one realizes that if "character is pure love", then "true" love would be certainly to see Him in all things, and above all, in one's fellow creature.

May His grace make it possible for all to draw from The Source, to rise to a level allowing the awakening and upliftment of this suffering humanity."

Teston Moïse Moutakala (Pointe-Noire, Congo)

An Itinerant Seminar

December 25th at 9:30 a.m. after satsangh, 37 brothers and sisters got into a minibus and two smaller cars to drive to the South-west Region. From the meditation Douala centre at Bonapriso, the motorcade took the de Gaulle Avenue to the flowers market before going alongside the trunk road n° 2. The Wouri Bridge was soon crossed, then the Bonabéri district and its industrial park. At the Békoko interchange, the motorcade is beyond Douala downtown and discovers large agricultural areas covered with palm groves, banana and hevea plantations.

Batoke

First stop at Batoke, where lava blocked the main road during the last Mount Cameroon volcanic eruption in 1998. This lava which cut the road stopped less than one kilometre before the sea shore, after having covered more than 18 km without causing any casualty. It spared villages standing on its natural path as if an invisible hand controlled its destructive fury.

Buea

In Buéa after lunch, the group spent some time at a brother's place at the foot of Mount Cameroon. A very beautiful, soft, and deep meditation ensued, in an environment filled with Master's divine blessings.

The motorcade started off again around 4 pm for Douala.

Douala-Mabine-Yaoundé-Douala

December 27th at 9 a.m., after Satsangh the same motorcade drove



to Yaoundé to hold two satsanghs in the premises of the Yaoundé meditation centre.

On our way from Douala to Yaoundé, we moved from the "Littoral" Region generally hot and humid in December, to the "Centre" Region, cooler and less humid. We crossed several cities and villages: Edéa, a small city with its industries and hydroelectric dam, as well as farming villages, whose agricultural products were



displayed for sale alongside the road. Hig-gledy-piggledy, one can look at all sorts of fruits depending on the season: pineapples, mangos, papayas, all sort of yams, plantains and bananas, palm oil, vegetables of all kinds and the list is far from being exhaustive. One can see very clearly that the soils give in abundance and if one can lack

An Itinerant Seminar (Cont'd)

Mabine

many things, this excludes food.

At approximately 220 km ahead of Douala, a small detour was made via Mabine village, where a small break was proposed. The group was welcomed in a magnificent residence, in the heart of the equatorial forest, at the foot of the Malabo Mount. The strength, calm and serenity of the forest were very clearly perceptible and the weather was mild. 30 minutes later, photographs were taken before setting off again and thanking our generous hosts who invited us to come back when we please, for a meditation.

Yaounde

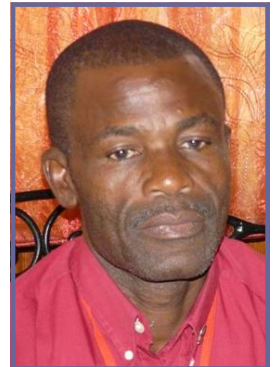
As we neared Yaoundé, the "7 hills" city, the motorcade was caught in a traffic jam, thus allowing us to admire the splendour of the city. The group reaches the hotel. It is agreed to meet an hour and half later in the hotel hall to head for the meditation centre of Yaoundé. The almost 50 minute meditation was deep and intense.

The evening ended with a dinner in a restaurant. The restaurant owner, as to make us taste all the good things displayed alongside the road, offered a highly varied

menu of Cameroonian vegetarian dishes.

We returned to Douala the following day, December 28th around 1:00 pm after sangh.

Michel Mbeleg



In Buea



Yaounde



Stop at Mabine

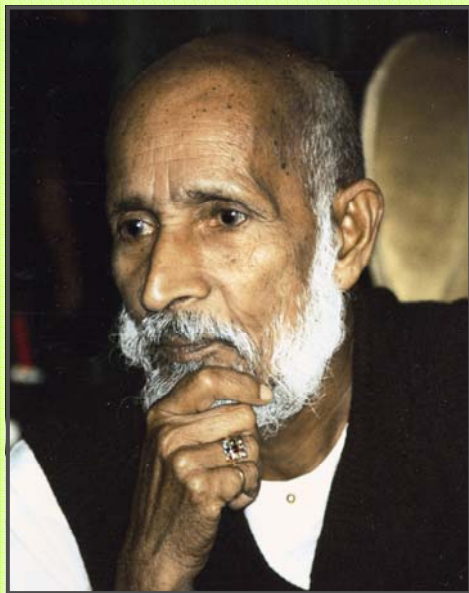


Around Mont Cameroon



Driving to Mabine

Whispers from the Brighter World Sunday, July 18, 2004 – 10:00 a.m.



"Open your heart to the Infinite Presence, this energy unifying the worlds beyond their characteristics. It is unique and redeeming, and it harmonizes the entire creation. What is man in this immense universe where, whatever his beliefs, the infinitely great and the infinitely small meet! Divine energy animates each piece of life, leaving mankind however with his own reactions; perfection results from the opposite.

"Humans cannot understand divine laws; they go beyond them completely, as they are confined to what they can see and to what they believe. Everything inclines to misleading them, as they are constantly fooled by omnipresent senses; they build theories corresponding to what to them is right.

"Revelation, as far as they are concerned, is not going to happen in a hurry, but it is necessary to prepare them for that, by working with a view to removing the blindfold concealing from them what constitutes the truth, in all its manifestation.

"They are advancing on the path of knowledge; many are searching with fervour and faith, and they deserve to be helped! We are trying to do it by putting at their disposal the elements facilitating a highly spiritualized awakening. The new era fosters, in hearts that are open enough and ready for the ultimate ascent, this aspiration for rising. Our brothers are advancing in this respect, and they are making progress. We notice it particularly during big gatherings, the overall view of which

brings satisfaction on this aspect.

"May we pass on enthusiasm and perseverance to all our aspirants, united in an unfailing faith! May they all be blessed."

Babuji

Daily Reflections

Aspiration

So all that we do here is to achieve this turning of the heart from its down-pointed orientation, which means selfish, earth-bound, gross, and make it urdhavamukhi, which is looking towards the higher approaches of life - aspirational - not ambitious, but aspiration, and open to receive that which drops from

above.

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

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

Child's Heart

My master, Babuji Maharaj, has emphasized the need for human beings to retain the heart of a child, which alone can protect us from adversity.

Heart Speak 2004, vol. 2, p. 107 –Rev. Chariji



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