



Master's Speech (*)

Thus speaks:

Dear sisters and brothers. It is a very long message, and my eyesight is not very good and my voice as you can see is hoarse. Anyway, I will try to read it. It starts with a quotation from Adi Shankara.

"There are three things which are rare indeed and are received only with the grace of God. They are a human birth, the longing for liberation and to come to the holy feet of a perfect saint."

This was given by Adi Shankara in one of his compositions many centuries ago. We who are today assembled here, and others of a spiritual bent of mind, are indeed greatly blessed in having qualified to be the recipients of a Master's grace, my Master's Grace, and the Grace of the paraparam of Sahaj Marg Gurus which Babuji Maharaj refers to in His messages frequently printed in Whispers. It is our sacred

duty to ourselves not to fritter away this rare and unique opportunity to reach the Goal of humanity which our great Masters, Lalaji Maharaj and Babuji Maharaj, have prom-

Divine is a latent state", that is, it is in each and every one of us. It is part of us, from our very birth. This latent state becomes an inherent part of life. Indeed it becomes life

itself, shall we say, at its most rewarding stage. When life goes down this way, a significant step is taken. The guide intended for the aspirant appears in one way or another and a constructive work can then start. It is necessary to do the spadework and clean ourselves little by little. This action necessarily brings about painful reac-



ised to us as the fruit of a unique method of sadhana – Sahaj Marg – which has made the highest goal, of mergence with the Divine, possible in this one lifetime itself.

In one of His messages, Babuji Maharaj says, "The aspiration to be united with the

tions to the person concerned – ourselves, abhyasis. There are painful reactions when we clean something. When we sweep a house, there is dust, and you sneeze, children get it in their eyes. [...]. Nothing in life is only good. There is an element of good, there is an

Lalaji

- The balanced condition of the mind is an expression of the right attitude of man in all his activities, under varied circumstances; in a broad sense, it is the reflection of his character. It has a deep impact and a favourable influence on people who are associated with him. It reveals itself in conversation, serious and long or light and short, which is devoid of excitement or emotional outburst: devoid of a rapid, short-tempered and moody reaction, but a prompt, methodical and civil expression of one's own self. It is soft, cultured and smooth like the harmonious descent of Divine Grace.

Babuji

- The selection of a worthy Guru is no doubt a very difficult job. On the basis of my personal experience I may give you an easy method of judging. When you happen to come into contact with one, try to understand whether his association promotes in you a feeling of peace and calmness, and silences, for the time being at least, the restless tendencies of mind without causing any weight or effect upon it. If it is so you should conclude that he can be a fit man to lead you on the path.

Chariji

- Nobody tells you you are powerless. We are telling ourselves that we are powerless. The cause is the overactivity or the hyperactivity of the mind which is indulging in so many fantasies, but resting upon itself. And this is the secret of meditation: that we bring this hyperactive mind to rest, a state of total rest which becomes Samadhi state [of original balance]. And then you find the power of the Original Mind is now becoming manifest within itself, not to be used or misused, but just to be aware that it exists and to be used by turning it upon yourself for your own ultimate spiritual release from this world.

(*) On the auspicious occasion of Rev. Master's 80th Birth Anniversary Celebrations held in Tiruppur, India, from July 22-25, 2007, Master read a speech on July 24th after the morning satsangh to an assembly of over fifty thousand abhyasis, which He interspersed with additional teachings.

A fairly exhaustive transcription of the entire speech is being published herein (pages 1-3).

CONTENTS

Master's Speech	1-2-3
Thus speaks...	1
Echoes of Tiruppur	2
Whispers	4

Master's Speech (Cont'd)

element of bad, or pain and pleasure which preponderates. We say this is good if this preponderates, we say it is bad when that preponderates. *This is the price to pay for his horizon to get clearer.* That is pain clears our horizon and makes the vision clearer and clearer of what we have to be, with what we have to merge, and, you know, not how far, but when we will get there. Our anxiety should not be about distance but about when. I have many abhyasis who say, Sir, how much more we have to travel. It does not matter. If it can be done now, itself, it can take centuries. *Will and perseverance are the keywords in this business; patience bears its fruit. Easiness is an unknown notion in this system of Sahaj Marg; the effort itself generates noticeable results."*

You see, my Master has assured us that it is not easy. I have several times told you, it is



simple of course, but simple is not easy and easy may not be simple.

In another message, Babuji Maharaj says, *"This is what the life of one aspiring to spirituality should be:*

Without love, nothing is possible

a hymn to love, a duet with the divinity that would also make the angels delighted to hear it. Cultivate love

in your heart, it is a powerful torch, which lights up your way and allows you to see all its aspects. You cannot imagine how powerful it is. If men were actually willing

to use it, it could by itself neutralize the atom and its trail of violence and death."

Love. So if all people all over the world



want to know how to stop wars, how to stop violence, terrorism, hatred, inter-religious feuds, international feuds, without love, nothing is possible, and according to the American doctrine, each war will be a war to end all wars, and that is the way it is going on, you know, as a series of increasing violence, destruction, hatred.

Our stay on earth is only a transitional incarnation for all of us, no more or less significant than the others. What Babuji is implying is, whether I am a donkey or a human being, it does not matter, what matters is how I used this incarnation. You may be a man and lose your opportunity whereas a donkey may make it on the ladder of evolution. *These lives are merely the links of a chain, which leads to the final conclusion. Only this overall and final result, meant to make of an abhyasi a new being, matters. Life is a long becoming process or a process of becoming, whose final outcome is sub-*

Grace is there always

ject to the efforts put in by the aspirant. We have to here, understand very clearly, that grace is there always,

but how we use that grace depends upon the efforts that we put in. [...] The choice is always yours; you are responsible for your choice. You are responsible for the

effects of your choice, you are responsible for the sufferings that may ensue. *The physical body is only a circumstantial costume; as for the soul, it has a permanent essence and aspires sooner or later to unite to the Divine.* It is fortunate that the soul aspiration can never be destroyed. It can never be dulled by time. However many millions of incarnations we may take, it is that aspiration, that longing to be united to the Divine that keeps us going. *In a spiritual process, it is love that counts most. It compensates for many failures. It is like a flame constantly burning in a lantern used to light the way. How can one see clearly without it? This special light makes it possible to advance without fear, the obstacles on the way being now visible and avoidable. To have an ideal in spirituality increases tenfold the forces that urge us to act.* Again, love, you see. Babuji Maharaj emphasises, reemphasises love all the time as the only force that can take us by illuminating our path, by guiding us along the path and with that love we merge with that which we want to merge.

This incarnation can be decisive if we really want it to be so. It depends on us. Will this be my last incarnation? No answer. It depends on you, if you determine that it will be your last birth on earth, it shall be, nothing can stop you. If you decide that you want to live one hundred lives more, you know, in a cosmopolitan society full of pleasures, achievements, joys, you shall be born again more hundred times. The decision is yours. *It is up to each one of us to make the choice that must propel us to the highest level.*

Faith is the most powerful driving force ever

Faith is the most powerful driving force ever. To meditate deeply is to surrender

and let the divine energy flow freely within oneself. It is also to have one's heart fully converted to this step; the most important thing can be obtained only under these

Echoes of Tiruppur *

(*) Many contributions have been received which will be published in next issues.

On this birthday celebration of our Revered Master, I was in the meditation hall - full to bursting - where all abhyasis were awaiting



Chariji to wish him a "happy birthday". He entered the meditation hall on board his electronic car while waving to us with his right hand. I felt something inside me when I saw him... and tears started running down my eyes. The thought crossed my mind that he was sowing love.

Master's Speech (Cont'd)

conditions. Make every effort to achieve the best. Be receptive. We must choose a suitable place for this ritual and isolate ourselves, in every sense of the word. We must prepare ourselves thoroughly by adopting good habits, which will be acquired through this practice. We must make this moment a festive one. We must not meditate moodily or in a sense of oh I have to do every morning, this meditation, meditation, meditation, we must make this moment a festive one, we must enjoy it, it

The heart is the seat of the soul

must be a celebration of life. It must be an occasion in which, on which, through which, we try to merge with the Divine within us.

It must be a moment of joy, hopefully, with His grace, a moment of achievement. *This journey deep into ourselves must lead us to the heart of the being, this heart, which is also the heart of the world. Its resources are infinite; they can propel us on to planes of a rare beauty, which leave us ecstatic and grateful. The human heart has infinite capabilities well beyond those attributed to the organ of flesh – considered as the main organ of the body. The heart is the seat of the soul, very clearly specified now, not in the brains, not in the big toe, but in the heart. The heart is the seat of the soul. This knowledge is not widespread; it is reserved for followers of spirituality capable of going further into knowledge.*

We should not feel discouraged if we do not reach this shore as quickly as we would like to; perseverance is our best guarantee of success. We have to pursue our search tirelessly, it is the ultimate goal of the real being which resides in us, and is thirsting for this sublime fulfillment.

And finally, my Master says, “Meditation brings about conditions whose effects you cannot really measure. I have abhyasis

quite close to me who are often asking me what happened in today's meditation. It can be very profound like for today's meditation. And they don't see anything, they don't understand anything, they don't feel anything. And they say but I didn't feel anything, you know. Yesterday evening I had a western abhyasi in my office who asked the same question. I used to feel a lot, Chariji, but now in these years I don't feel anything. You know, when you start taking up swimming or diving, the first time you dive, you land on your belly and it pains. Very painful. After some months or years of practice, you go into the water with-

Like a marriage is for life, spirituality is for ever

time you dive, you land on your belly and it pains. Very painful. After some months or years of practice, you go into the water with-

all of us; that we are here is in a sense a fact that not only you chose Sahaj Marg but My Master chose you. I have often said that the spiritual connection between the Master and the disciple is like a marriage. I was speaking about it to some western abhyasis recently. I said like a marriage is for life, spirituality is for ever. A lifetime is nothing in the life of a spiritual journey from here to there. It may last one lifetime, it may last one minute, it may last eons of time, but this connection will be and must be maintained. Babuji Maharaj once told me that He could never break this connection between Himself and an abhyasi. But an

abhyasi can break it just like that. If he says my connection I don't want, it is finished. And then you may not find another guru for thousands of years. And then we shall languish further or wherever it may be for millennia, millennia, millennia, who knows you see. I hope that today my Master will bless all of us by confirming in the heart of each one of us that our connection with Him is indeed permanent, eternal, not to be under any circumstances, even thought of as being cut from outside, because only we can cut it, remember it. *Have the courage to pursue this conquest; one day you will reach the goal. Be happy to be on your way, you are among the chosen ones who have left behind them a lot of baggage.*

I pray we all may hearken to this message of my Great and Divine Master, and by His Grace, reach the goal in this lifetime. Thank you.

P. Rajagopalachari

Tiruppur
80th Birthday Celebrations

24th July 2007



out leaving a ripple on it, and nothing on your body. Practice, Practice, Practice, what we call abhyas, abhyas, abhyas. Meditation brings about conditions whose effects you cannot really measure. All your cells vibrate differently. Do not disregard this favor bestowed on you, in terms of being able to reach the best of sadhana. You should constantly aspire to uniting with the divine presence; it is the remedy for all evils. *Have the courage to pursue this conquest; one day you will reach the goal. Be happy to be on your way, you are among the chosen ones who have left behind them a lot of baggage.* It applies to

Selected Pictures



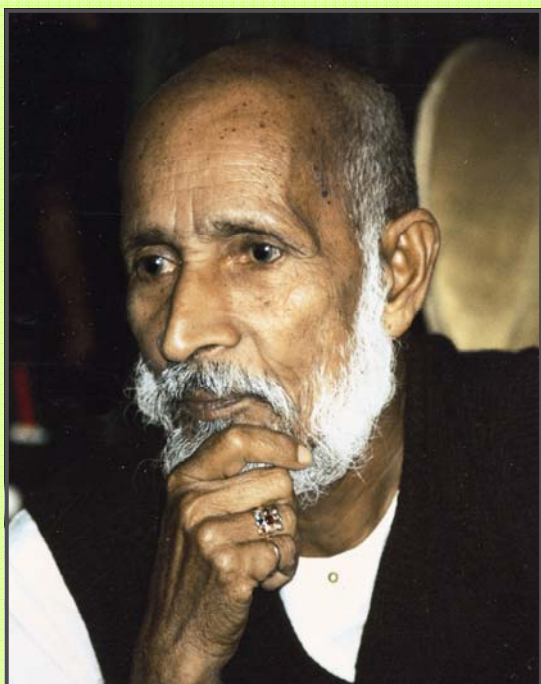
Whispers From the Brighter World

While the English version of the Book “Whispers from the Brighter World” was released on April 30, 2005, Revered Master has published the French original which was released in Tiruppur on July 23rd, 2007.

Master has authorized us to publish messages from the Book in Echoes of Africa and Indian Ocean. Each monthly issue of the newsletter will henceforth include the last “A Whisper a Day mes-

sage” of the previous month. Let us remind Revered Master’s suggestion that abhyasis may read one message a day and absorb the message internally. These messages convey divine love, spiritual guidance, rarefied vision, and hope to humanity. We invite the reader who has not yet done so, to access the Sahaj Marg Spirituality Foundation’s web site www.sahajmarg.org and subscribe to A Whisper a Day.

Wednesday, January 3, 2001 – 9:45 a.m.



My son,

“Gain stature. Remember what I endured, which you could not measure, but that was undermining my days. It is all part of the game; it can’t be otherwise. Let us pity these beings, who have no excuse of a limited advancement, and yet put up so many obstacles on your road, against you—the one We love and the elect of an all-powerful hierarchy.

“These bad actions are counted and will remain sadly famous in the history of our Mission. So will it always be. Review the life of great Masters with significant historical influence, what they had to undergo from strangers, but also from their nearest and dearest who shot them in the back in cold blood. You are doing your work. They do a nasty work; they are to be pitied.

“Continue on your way, my dear son. We cannot say more for the time being as regards cases mentioned in your mail. Your appeal is received and results will be felt as per needs. Be confident, only your action matters. Detach yourself from these conflicts that are appalling, even more so for people who create them than for the Mission. It will continue its way with its head high, getting over these obstacles put up by humans blinded by their own stupidity. We will come back to your questions. We are close to you, my son.”

Babuji



Contributors:

Design & layout: MMK, JN

Editors:

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

Translations: JN & MMK

Echoes of Tiruppur: JDDNN (Jean De Dieu Ndong Nkoume) from Gabon.

Communications intended for *Echoes of Africa and Indian Ocean* must be addressed to:
echosdaf@yahoo.com

Fax: (1) 309 41 81 655

Online subscription:

http://www.srcm.org/lists/africa/echos_list.jsp