



Understanding Sahaj Marg

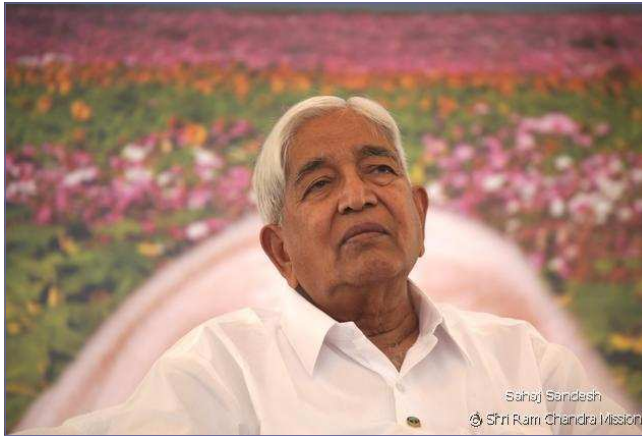
Dear Brothers and Sisters,

Satsangh is very important. Babuji Maharaj said that when abhyasis are present at group satsangh, he can see them as if they are on a television screen, and when they are not present, he does not see them. I don't want you immediately to think of his supreme powers and divine powers and all that, and say, "How is this possible?" We must accept what the guru says and abide by it, obey it and live by it. [...]

Now I come to the most important thing, which is a clear and proper understanding of what Sahaj Marg is, what a spiritual life means and the clear distinction between my material life and my spiritual life. I have said it often enough that the material life is governed by the samskaras with which we come here. Nothing can change it. My physical structure cannot change. [...]

Physical life has its own rules, has its own parameters, has its own techniques for proper living, to give you, as far as possible, what we call a good life. Not necessarily happy, not necessarily sad, but understanding that life is a mixture of sorrow and happiness, health and sickness, well-being and ill-being,

good and bad, day and night. It is very necessary to emphasize this, and if you but look at the life of saints, how they have suffered, how they have lived steadfastly, holding on to that principle that the spiritual life must go on whatever may be the life's circumstances. [...]



Sahaj Sandesh
Shri Ram Chandra Mission

I say this because I remember here so many abhyasis — especially one sister who was very close to me, saying she was my sister, left the Mission about a year or eighteen months ago when her husband passed away. She said, "If Sahaj Marg is Sahaj Marg, how can my husband die? It is cruel. Such a man cannot be a guru or a god." She just left. We have not seen her since. Many others, when they have a business loss, they leave the Mission. Many, when something happens that they don't want to happen, they quit the Mission. And unfortunately most of you who remain here are those who have not suffered as yet (don't be afraid!) what samskaras perhaps have in store for us. When it comes,

will you be steadfast? Will you remain here? Only your heart can tell you; because you have to determine that come what may, I am, I will and I shall continue to be an abhyasi, sincere in his efforts, knowing that when I have to quit even this body, everything else is subordinate to that final loss (if you think it is a loss).

[...]

So, you see, you people better understand that nothing will change in your physical life, material life, except it be in your sam-

skara. A poor man will become rich, if it is in his samskara. A rich man will become poor, if it is in his samskara. A healthy man will become sick. A sick man may become healthy, all subject to your samskaras. Unless you understand this clearly, every one of you is in danger of leaving this Mission sometime or the other when something which you don't want to happen, happens. People will die. When people are born, they will die. That which comes must go. [...]

So you see, when avatars have no existence except in their spiritual life, in their souls, who are we mere mortals to ask that I must be healthy, happy, wise and wealthy if I am going to be

Thus Speaks

Lalaji

•The crux of the matter is that he alone is successful whom He attracts. When the proper time comes all those people will come to the right path by and by. Emotions and samskaras of everybody are different and, accordingly, there is a separate time for each one.

Babuji

•So long as materiality does not end, a man does not get soaked in spirituality.

Chariji

•In spirituality, we don't need the body, the mind, the brain, the intellect. They are useful, but the thing that we need is the heart.

an abhyasi? And of course, foremost among all these demands is that of the ego. "My guru did not look at me today. He did not smile at me." This is very popular with Western people. They expect that the guru should go around, compliment everybody, saying, "Good morning, everybody. Bonjour, everybody," and then they smile, they are happy, and they sit in meditation. Otherwise they say, "Why, what is this? Why is he not respecting my presence here? Is there something

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Understanding Sahaj Marg [Cont'd]

wrong? I will choose a better person." Of course you will find better persons, but will you find spiritual persons? [...]

So please don't have any expectations at all for your personal, physical, material lives. Don't judge your spiritual progress by all that suffering that you may have to undergo or the enjoyment that you may undergo. Don't go to, say, Sheraton, and have a seven thousand rupee dinner with four of your friends and say, "God is great." God is not great. It is a temptation on your part because you have the money, which you have because of your samskaras, and you should not link it to your spiritual life. "I am rich, therefore I must be spiritual." "I am a PhD, therefore I must be spiritual." "I run a business empire, therefore I must be spiritual." Not at all. If you are these three things and yet you are spiritual, it is God's grace that you have come on to the path, that you have faith enough to continue in it, which will be tested when something goes wrong. When a millionaire becomes a beggar, is he still able to say, "This is also God's gift. He gave me wealth, popularity, power, fame. It is His to take away."? Are we able to face life like that? Or will we, like my sister whom I referred to, say, "No, no, no. This is not spirituality."?

So you see it is a very necessary understanding which is fundamental to your approach to your spiritual life, whether you are a real seeker or not, or whether good times bring you here and bad times will take you away. [...]

What are we doing with the ten maxims? We do nothing that is expected of us and we want everything that is promised by spirituality — imagining and translating it in our own minds to mean that my material life will be wonderful, I will have a beautiful compliant wife who will obey my every



word, my car will never stop on the road because there is no petrol, my business will increase like this [gestures to indicate steady incline], year after year after year but never like this [gestures to indicate ups and downs]; then God is great, Babuji is great, Sahaj Marg is great.

I caution you — in fact I would like to say, I warn you — correct your impression of what spirituality will give you. Spirituality will give you a spiritual life and a liberation at the end of this life which nothing can give you — millions cannot give you, power cannot give you. There have been Genghis Khans, there have been Hitlers, there have been Mussolinis. It is easy to find them because if you are unfortunate enough, you would go where they are.

So please make up your minds. This is one part of my life; this is fixed. All that I can expect from spiritual life, from sincere meditation, from sincere compliance with the ten maxims, from obedience to the guru under all circumstances is that my life will be normalised. All abnormalities will be removed, and if that normality says I will have to beg for my living, or pull a rickshaw, or build a two hundred floor mansion worth seventy thousand crores, that will also be. But spirituality does not give it; spirituality normalises, removes such obstacles from your path as may affect your spiritual growth.

Babuji Maharaj gave this one thought to me, "Anything which stops your spiritual growth or is likely to stop your spiritual growth, nature will attend to." That is the only promise we have, that spirituality takes care of my path, clears it. [...]

I pray that all of you will give thought to this, and not let other circumstances allow you or permit you or force you or compel you to deviate from this path, because once lost, you may never find it again. And if you never find it again, well, we will come again and again and again like an actor going on the stage, evening after evening to play his part, not realising that he is condemned to that stage. I pray for you all.

Thank you.

Shri Parthasarathi Rajagopalachari; 7th February 2010, Kolkata, India.

Echoes of Reunion Island — Regional Day

Abhyasis from Reunion use to gather, each month, at one place; last June, it was at Richard and Ratnam's home "Aux Colimaçons". After the 7:30 am and 2:30 pm satsanghs, messages from Revered Babuji Maharaj as well as texts selected for the Paris seminar on "A Perfect World", were read.

Between the two satsanghs, we enjoyed a moment of great sweetness while



watching two "Hubble Bubble". Time flew too quickly, nobody was in a hurry to leave.

May the love received during that day in our hearts also benefit the heart of our brothers and sisters around the world.

A.M. Clair (Reunion)

Echoes of South Africa

A Journey from South Africa to India

The prelude to my journey began with a dream. In my dream, Master

Joyfully said: "the 30th April celebrations will be extremely special".

Indeed, the celebrations in Tirrupur reaffirmed Master's message. My journey to Tirrupur fulfilled every expectations of my dream. We were Blessed by Master's and Babuji's Grace, light rain showers cooled the evening soil and atmosphere. The rain comforted us in the scorching heat and made the evening heat insignificant in the time of our spiritual pursuit and Love for Our Master.

Despite the change of venue at rather short notice, from Jaipur to Tirrupur, twelve South Africans and fifteen thousand abhyasis braved the heat and were able to arrive for the celebrations in Tirrupur. Our destiny was predetermined to be with



Master and all obstacles were overcome with His Grace and love.

Master mentioned in an important message that the most important quality that all abhyasis should have is obedience. One should surrender completely by obedience under the training of Sahaj Marg.

My experience during Babuji's celebrations shall always be remembered for the Grace that was showered to all of us on this auspicious day. Masters eternal affection and the love that generated through the crowds of all abhyasis as one spiritual family.

D. P. Ramjee [South Africa]

Workshop on Constant Remembrance in Johannesburg

On the 16th May 2010, a workshop on Constant Remembrance was held at the Lenasia Ashram, which is part of an ongoing abhyasis training programme. The aim of the training is to deepen the understanding of the various aspects of the Sahaj Marg system. Every month, on the weekend stay over, a workshop is conducted on a specific topic.



As I Wander

I am here, at your feet,
you are my sun, I can feel the heat.
Always wandering, is my mind,
Only you can help unwind.
You are right here, and I meditate,
Because I know, time will not wait.
Hold on tight, never let go,
For only HE can love, we will never know.
For you I shall live, for you I shall die,
Why do I question, please tell me why?
We work so hard, and still no light,
Open your heart, he is in sight.
In my heart, I see you, I feel your presence,
Master, never let that change, with all this penance.
Still wandering is my mind,
Only you can help unwind.
All my tears, for you I shed,
Let it always flow, on this SAHAJ river bed.

Ketan Narsi [South Africa]

The workshop on Constant Remembrance commenced after the Sunday morning satsangh and lasted for one and a half hours. The topic was presented through a slide show, which covered the definition, different methods, effects, benefits and stages of constant remembrance. The presentation was followed by a question and answer session.

Two experiments were also presented to clarify certain concepts of constant remembrance.

33 Abhyasis participated and the overall response was positive.

Jatin Mahida [South Africa]

Echoes of Madagascar - A New Meditation Center in Tulear

The Tulear group was formed around a preceptor who studied in the city, and settled down there. The group grew up to more than thirty abhyasis. The meditation hall was courtesy of a couple of abhyasis and the Mission activities took place in good conditions. But later on the couple moved to another city, and the abhyasis were left behind without a meditation hall. The remaining preceptor, a student, gave individual sittings in the open air.

Then we thought about building a meditation hall. Donations were made and the required amount collected. The hall is 11 metres long and 6.5 metres wide, the work was carried out by abhyasis and non abhyasis.

On Thursday, June 18, 2010, 4 abhyasis and two preceptors left Antananarivo, the capital city, passing through Fianarantsoa, to reach Tulear the following day. Tulear is located 900 km away



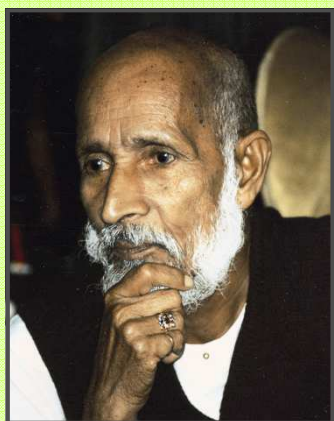
from Antananarivo. On the third day, the two preceptors gave individual sittings, while other abhyasis sewed the curtains, cleaned the windows, hooked up the photos and the bookcase, and cleaned the yard.

On Sunday, June 20 at 7:30 a.m., a satsangh took place, conducted by the Centre in charge. The satsangh was followed by the reading of a message of Chariji on "Universal Change", given on November 2009 at Kharagpur.

Boda Ranjeva (Madagascar)

Whispers from the Brighter World

Thursday, January 4, 2001 – 10:00 a.m.



Yes, my daughter, love your Master. This scent wafts out from sincere hearts towards him. Light and darkness are side by side, and made such that life on Earth remains unstable. It goes through these opposites that govern all days and sometimes make them almost unbearable.

“My son is a lonely man, in spite of all fine feelings and love which he inspires. Wounds caused by his fellow creatures are almost unbearable, although they heighten the greatness of his mission. He knows the whole range of human feelings and he makes no mistakes about them. He can see them appearing in turn without being able to modify the characters and the behaviours. The soul coexists with human nature, which is difficult to correct.

“No achievement, if only spiritual, is easily possible. Achievement is fostered by courage, abnegation and sufferings. It is the edifice offered to the Divine, whereby only the beauty of work becomes apparent. That is the way it goes, only the purity of the edifice remains. Work towards this construction relentlessly, with faith and love, so that a rare gem can shine in the case, i.e., your own life.”

Babuji

*Whispers from the Brighter World, Vol I, Page 83**Daily Reflections***Simplicity**

What struck me as something which separates Master from the rest of the human race is his utter simplicity, complete naturalness in any environment and a distinct and total lack of any patronizing attitude. To him a child is as important as an aged philosopher, and an abhyasi of this system no more important than a newcomer who

comes to see him for the first time. That is, he does not distinguish between one human being and another, whatever differences birth, environment and society might have otherwise created. I believe this to be the cardinal lesson that we have to learn.

Taken from Yatra, vol. 1, p.187 (India in the West, Epilogue) -Rev. Chariji

Learning

When somebody goes to the teacher, he has to learn the way the teacher teaches, not the way that you expect to be taught.

Taken from Youth: A Time of Promise and for Effort, vol. 2, chapter "Forget Yourself" p.170 – by Rev. Chariji

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