



## Remembering Him Always

Dear brothers and sisters: what Captain Chakrapani shared with us is a wonderful example of divine help which is always available. My Master used to say that we cannot even breathe without His help. We're always breathing, so we think breathing is very easy and we don't call for help. But my Master said, "If His help was not there, you could not breathe." Now there are people who have a heart attack and they have difficulty in breathing, and then they call for God's help. Similarly, when we are walking we don't think we need God's help to walk; but suddenly there is paralysis and the man cannot walk, and he prays and prays for help to walk.

So we take for granted our existence, human existence, because things have become so natural to us to do, like eating, breathing, sleeping, waking up, that we have almost come to the level of forgetting His existence. Only in moments of crisis we remember Him. My Master said, "Why don't we remember Him all the time instead of calling for help only when we are in moments of extreme danger, and there is a crisis -financial

or health-wise? If you could remember Him all the time, there would be no crisis, no danger, no life-threatening situations. When the end of life comes, we would pass off as if we were going to sleep". The famous saint



Kabir says the same thing in one of his famous dohas [couplets]. He says, "everyone thinks of God when we are in distress, in misery, unhappiness. But if we could think of Him when we are happy, there would be no time to be miserable at all."

So this is the principle that we have of constant remembrance - remembering Him always, with every heartbeat, with every breath - not in an artificial way that "I remember God, I remember God"; not like that. But it becomes something like the screen as Babuji used to say: when you project a film, a movie, there is a

screen behind it. We don't know the screen is there because we are looking at the movie. Similarly we must have behind us something on which the whole of life passes - and that is constant remembrance.

Meditation must lead to constant remembrance. There should come a time, a stage in our development, spiritual development, when meditation no longer becomes necessary because we are always in remembrance of God. And that is a very high level of spiritual achievement which I hope He will bless all of us with.

Thank you.

Parthasarathi Rajagopalachari  
9th January 2005, Dubai, UAE

Thus speaks:

**Lalaji**

*That which is the cause of bondage, when reversed, helps in attaining liberation. There are three causes of bondage: (1) Remembrance, (2) Meditation, (3) Bhajan. When the practice of these three is associated with external things, the result would be birth and bondage. And when they are practised at heart internally keeping the goal constantly in view, it will result in freedom from external and surface bondage.*

- Remembrance means remembering again and again;
- Meditation means having the idea;
- Bhajan means contemplation or continuous meditation.

**Babuji**

*We must feel ourselves connected with the Supreme Power every moment with an unbroken chain of thought during all our activities. Retaining the remembrance of God at all times engenders in us a deep attachment to the Divine and leads to the state in which love for Him develops and overflows.*

**Chariji**

*There are many things inside a human being of which normally the person should be ashamed or afraid. But in Sahaj Marg, with the help of the Master, our duty is to clean away what is inside without looking at it. Then these problems don't arise. My advice therefore is to stop looking at yourself and to involve yourself in Constant Remembrance of the Master. All these problems will disappear. All self-destructive tendencies will also go. We should never think too highly of ourselves nor too lowly of ourselves. We must remember my Master's advice that what we are is not important but what we have to become is the important thing.*

## Contents

Remembering Him Always	1
Thus speaks...	1
Sahaj Marg in Ethiopia	2
Questions & Answers	3
Update on Mauritius	3
Daily Reflections	4

## Sahaj Marg in Ethiopia

### Brief history

A small group of abhyasis was established in Addis Ababa, around September 2005, by Sister Kimm X Jayne. These are about 6-8 people who very occasionally used to attend satsanghs at a school whose owner started meditation but did not continue for some reason. The person coordinating the small group there, after Sister Kimm's departure from Addis Abeba, Brother Krishna Kumar, moved back to India a few weeks later. So that the issue was how the group could be kept going, given its limited Sahaj Marg socialization. The lack of visiting preceptors led Brother Krishna Kumar to devising an exit plan where the most regular brothers (Yonas and Teame) would be given some email/phone money so they can call each other and/or send emails to sister Kimm X Jayne to exchange on spirituality issues. In the same vein, in January 2006, sister Kimm reportedly sent a box of books to Brother Krishna for onward distribution.

Brothers Yonas and Teame have continued to practice as best as they can without proper guidance and sittings by a preceptor.

### Two consecutive visits of preceptors

In August 2006, during the inaugural session of the CREST, Bangalore, Master asked Brother Omar Bakhet to

go to Ethiopia to visit the abhyasis and further asked me to support him. Brother Omar made the necessary arrangements to be there from 10 to 17 March. He contacted the abhyasis whose names and contacts were provided by sister Kimm and four out of a dozen responded. Due to their time and distance constraints they were able to meet twice and had sittings and lengthy discussions on SRCM.

By Master's grace, I went to Addis Ababa on March 29, 2007 and called Sister Bruktawit and her husband Shane. They immediately contacted other abhyasis to agree on our first meeting that took place on Sunday, April 1<sup>st</sup>, 2007 at 4:30 p.m. in Bruktawit and Shane's office. I thus met with five abhyasis – the four who met with Brother Omar and another one who stopped practising for some months – who shared with all of us their experience in Sahaj Marg and asked me a few questions.

Comments made and questions raised underlined the absence of a preceptor and the lack of proper guidance for the small group whose practice needs supporting and reinforcing. Most questions were centred on basic principles related to the role of an abhyasi: (i) what is an abhyasi; (ii) what is an abhyasi recommended to do in terms of their daily practice; (iii) what is the

meaning of Sahaj Marg; (iv) can an abhyasi belong to another religious or spiritual movement; (v) how did Sahaj Marg start in the world; (vi) why should we remove our shoes for satsanghs and sittings; (vii) how important are individual sittings; (viii) is it mandatory to be a vegetarian?

After this session of questions and answers, we had a group meditation and decided to meet again two days later for individual sittings which took place at the hotel where I was staying. However, Bruktawit and Shane could not make it to the hotel as initially planned.

### The way forward

Master's instruction on Ethiopia has created a momentum whereby Brother Omar and I had the opportunity to meet with our brothers and sister in Addis Ababa. To follow up on this, it is envisaged that I will return to Addis from May 1-3, 2007.

MMK

**Tiruppur, Friday, March 23, 2007  
7:27:01 AM**

*... I hope that Ethiopians will  
awaken to their need for a spiritual  
life...*

*Love to all.*

*With Love and Master's Blessings  
Affectionately,  
Parthasarathi*



## Questions and answers ...

*The following questions and answers relate to constant remembrance.*

**Abhyasi:** I have many problems. My three-and-a-half year old son had a head injury. Afterwards, my husband had a heart attack. What is my duty – meditation or my personal ...?

**Master:** When it is meditation time, it is time to meditate.

**Abhyasi:** But at that time I remember my domestic problems.

**Master:** That is because you are worrying during meditation which you should not be doing.

**Abhyasi:** first my duty is...?

**Master:** Don't you bathe? You bathe,

isn't it? You eat. You sleep. So who looks after them at that time? He will look after that when you are meditating.

It is said that God is one who looks after us when we cannot look after ourselves. We think we can look after ourselves when we are awake. But that is ego and arrogance. You know if you are awake and you have an accident, how did it happen? Isn't it? So **all** the time He has to look after us. So we have to have dependence on God. Then you can sleep, you can eat, knowing He is looking after us. But if you think, "I'm looking after, I'm looking after," then you can't even sleep when you are supposed to sleep.

That is – not the problem – that is the weakness of human beings. (...)

**Abhyasi:** For the new abhyasi who has completed about a year, what is the right time to start constant remembrance. How to start?

**Master:** I don't think there has been a schedule like that. Constant remembrance should start from day one. Whether you remember or not, He remembers you all the time, no? So when He remembers you, should you not remember Him?

*Excerpts from: HeartSpeak 2005 p. 25 – 10th January 2005, Dubai*

## Update on the Situation in Mauritius

There are 55 active abhyasis in Mauritius and 3 preceptors: Brother Gowtum Motah, Sister Neena Motah and Brother Reddy Lutchmoodoo

Satsanghs are held once a week on Sundays at about 09.30 a.m. at the seat of the Centre at 6 Mgr Liston Avenue, La Louise, Quatre-Bornes.

Individual Sittings are given daily.

There is a lending library where books and photographs are also on sale.

The program of Sunday satsanghs provides for about half hour video shows (Talks of Master) or reading from Sahaj Marg Litterature and Master's Mes-

sages.

Tea and at times snacks brought by abhyasis are served after Satsangh. For any further information one may wish to write to: [srcm.gowtum@intnet.mu](mailto:srcm.gowtum@intnet.mu)





## Daily Reflections

### Remembering

Constant Remembrance of God is, of course, a special feature in spirituality. The method for cultivating Constant Remembrance is to think with firm conviction during your leisure hours, whether in office or at home, in the street or in the market, that God is pervading all over and everywhere and you are thinking of Him. Try to remain in the same thought as long as you can.

*Taken from Complete Works of Ram Chandra, vol. 1, chapter "Way to Realisation" p.350 –Rev. Babuji .*

### Remember

For those who are well advanced and for those who are advancing rapidly, please remember that without Constant Remembrance your life is fraught with great risks, not because there are dangers outside, but the danger is here, you see, in the

heart. It is better to be a non-spiritual materialist whose heart is full of rubbish, because he cannot take any more. There is no vacuum in his heart; whereas for a spiritual advancing person, there is a potential risk in every exposure. Because if this vacuum connection can be broken even for a moment and disconnected and connected elsewhere – God help him!

*Taken from Constant Remembrance, Sahaj Marg Education Series, p.147 -Rev. Chariji*

### Find Him

Devotion can grow only with remembrance. We should not waste our time in search for God. The word search is wrong. We know that God exists, so where is the question of search? When we know He exists we have only to find Him out.

*From the book Constant Remembrance, Sahaj Marg Education Series, p.129 -Rev. Babuji .*

### Impressions

As Babuji Maharaj said, "Good samskara will bring you back, perhaps as a king, perhaps as a multimillionaire. What you call bad samskara may bring you here as a leper, a beggar, a diseased person, but both bring you back here - only the conditions change. So, don't create samskara. How not to create samskara? Remain in Constant Remembrance. When you are in Constant Remembrance, you do things without creating impressions; therefore they have no effect upon you.

*Taken from Heart to Heart, vol. 5, chapter "Cleaning is Most Important" p.139-40 -Rev. Chariji*

## Remembering Babuji Maharaj



19 Apr. – Maha Samadi

30 Apr. – Birth Anniversary

This month can be referred to as Babuji Maharaj's month, as he was born on April 30, 1899 and went on Maha Samadi on April 19, 1983.

A special issue will be released later this month to celebrate His birthday anniversary.



### Contributors:

Design & layout: MMK, JN

### Editors:

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

Page 2: MMK



Page 3: Update on the situation in Mauritius by S. Gowtum Motah

Communications intended for *Echoes of Africa and Indian Ocean* must be addressed to:

echosdaf@yahoo.com

Fax: (1) 309 41 81 655