



Freedom

If I'm not free, it is impossible to speak. *Pourquoi?* [Why?] Because, if a bird's wings are cut, it cannot fly, no? In Sahaj Marg, we have the idea of freedom. Not, you know, the French revolution- *liberté, égalité, fraternité, oui!* [liberty, equality, fraternity, yes!]

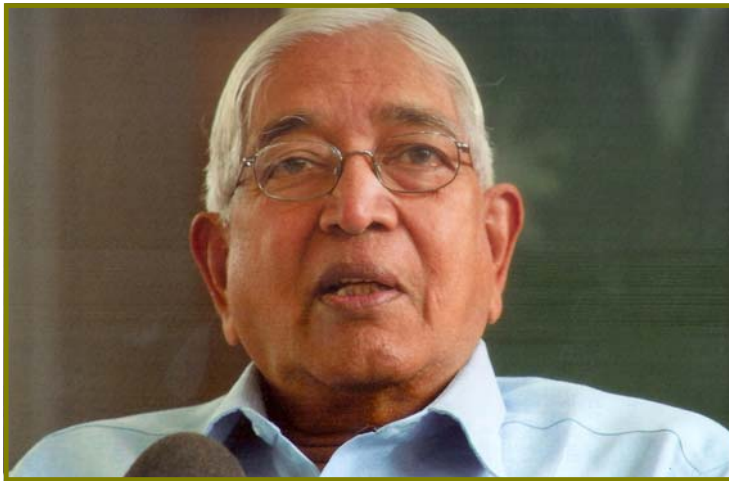
I subscribe to all these things with my heart, but if you want to be free, you must allow others to be free also, because if it is freedom, it is freedom for everybody. You cannot

have freedom only for yourself, and everybody else is in bondage.

So this is the problem in modern world, of freedom, that some are more free, some are less free, some are not free. You see it in your politics, you see it in your economics, you see it in your civil life; some countries are more free than others, and they want to be free by not allowing anybody else to come into their countries. Babuji Maharaj said, "When you close the door of your house, you may keep others out, but remember, you have locked yourself inside." You are your own prisoner. It does not matter if the house is a small one or a big one like this hall, or a whole country; it is still a prison.

[...] So, if you are to be free and the doors are to be open,

you must be free to go; others must be free to come. This does not exist today. Does it exist? No. It exists for a few people at a few places at some times-not for all, everywhere, all the time. Therefore, freedom today is a lie. [...]



Now, in Sahaj Marg, we are always saying that we are a society where there is no discrimination because of colour, race, sex, education, power etc. So we are really trying to create what the French revolution tried long ago. And tomorrow they're going to celebrate as if they have achieved these things. It is going on everywhere, all over the world. We celebrate that which does not exist. If it does not exist, what is the use of celebrating? If it exists, what is the need to celebrate?

[...] Now suppose you are able to move these walls and make the room bigger and bigger...still there is an outside, there is an inside. Still there are doors. Still there is the power of admission, and the power of exclusion. And even then, if the doors are locked, you will be prisoners

of your own creation. Yes or no? Yes. I mean, it's very clear. So until there are no walls, you cannot say, "We're a free people," because now you are only selecting the people you will accept. It is like a club, a select club, a rich man's club, a club of power, you see. [...]

Sahaj Marg has no such restriction. Everybody, from anywhere in the world is welcome. Everybody can come, everybody can go. There is no restriction.

There are no fees. We are not having any restriction of education. Is it a free organisation? Is it human? Is it the real democracy of a free people, for a free people, by a free people? Yes or no? (Audience: "Yes.")

So Sahaj Marg is today, in my opinion, the only organisation in this world fulfilling the requirements of this definition of "*Liberté, égalité, fraternité*" [Freedom, equality, fraternity]. *Vive le Sahaj Marg!* [Long live Sahaj Marg!].

Talk given by Shri P. Rajagopalachari at Cossonay, Switzerland on July 13, 2003

Thus speaks:

Lalaji

- *Some say that being bereft of feeling and movement, like a stone, is liberation. Some think that being one with the ocean as the drop, is liberation. Others say that flame uniting with flame is liberation. Some believe that one who ascends high is liberated. But none of these is true. Mental attachment is bondage, and detachment is liberation.*

Babuji

- *We have to arrive at the real thing which is un-adulterated spirituality, for the present age is a more complicated age than previous ones, requiring a complete transformation of man all over the world in all his attitudes.*

Only the torch of spirituality can remove the oppressing gloom and restore the real man. Let the light of the Real shine in the heart of everyone so that we may rise to the expectations of the Divine! .

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.*

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Echoes of the Centres

Celebrations of the 80th Anniversary

Abidjan – Côte d'Ivoire

In Abidjan, the program of the celebrations of the birth anniversary of Chariji is established as follows: satsanghs on 23, 24, and 25 July at 6:30 p.m.. There will be a special program on Sunday, July 29, in the form of three satsanghs scheduled at 9 hours, 11 hours and 4:00 p.m. Two topics will be treated during this day: the first on the "Biography of Chariji", the second on "Religions and spirituality".

E.K.M., J.A. & M.C.

Toubab Dialaw – Senegal

Within the framework of the celebrations of the anniversary of Chariji, July 24, 2007, the abhyasis of Senegal, have prepared a 4-day program of activities from 22-25 July.

The daily program includes meditations at 6:30 p.m., and satsanghs at 6:00 p.m., followed by readings, video screening on the Masters of the Mission, and sessions of questions and answers.

B.T.



In Toubab Dialaw – Senegal

Going Towards Master



With faith and determination

If travelling means adventure, going to India, this country of mysteries, a remote region for a long time considered as inaccessible, is a marvellous adventure. Going to India to stay at Master's feet is a privilege reserved for all people driven by an unwavering faith and an unfailing determination. To celebrate Master's birth anniversary - 80 years - by his sides, to bathe in His vibrations, to improve our condition: these are dreams which we all wish should come true. To celebrate Master's birth anniversary with Him, is also the opportunity granted to us to enjoy the great brotherhood of Sahaj Marg, to commune, to exchange with all the brothers and sisters coming from all the corners of the world. To celebrate Master's birth anniversary with Him, is to experience the joy of meeting again with brothers and sisters and establish new relations, to assess the expansion of the Mission in terms of the number of abhyasis. To celebrate Master's birth anniversary with Him, it is to bathe in a spiritual atmosphere, to rejuvenate oneself, to strengthen one's condition and to set out again, with armfuls of presents.

However one has to recognize that if such a travel proves to be easy for some people, for others it is nothing but a dream difficult and even impossible to achieve. Indeed there are many objective obstacles, such as:

- financial problems: especially for those

who live in less developed countries under precarious living conditions, characterized by very low wages or sporadic incomes earned through pain and suffering.

- visa applications for those who reside in countries where there is no India embassy or consulate, constitute a serious handicap in terms of cost (travelling to the nearest country where there is an Indian consulate or sending all required visa application documents by DHL) and deadlines.

These two major obstacles seem insurmountable sometimes and can easily be discouraging. However if faith and the desire to go towards Master are truly present and strong enough, the obstacles can be removed as if by magic. Faith and determination help to overcome difficult circumstances. Spiritual commitment and surrender to Master are the keys that open all doors and level all paths. One has to go through this experience to really understand that Master always acts in support of whoever demonstrates trust in and love for him.

On the eve of this pilgrimage our mind is like torn between a state of excitement related to the journey and the spiritual preparation for the voyage. One must clean their inner space so that Master can deposit therein the gifts He has in store for each one of us, and which we have to share with those who stayed behind.

To go towards Master, to celebrate his an-

iversary - 80 years - is for us a priceless blessing.

MBM

To take stock of our progress

It is difficult to express our feelings when we are asked to speak about the prospect of going towards Master. Sometimes we do not feel like saying anything, or we just wonder, what should I say, or even we may not be able to indicate what is the goal of our travel? This questioning raises some ideas about the goal of the travel. Among other things, it is about taking stock of the progress of our practice, our relation with the inner Master, and also jointly assessing the development of the Mission with our brothers and sisters from the Africa and Indian Ocean Region. It is also about looking at the future prospects in a brotherly environment where as a team we will work together on the ground and invite our brothers and sisters from all over the world to participate in the establishment and expansion of our Mission in Africa and the Indian Ocean.

JDDNN

And vibrate with love

At the fingertips of the Master pianist, the piano keys chime their crotchet rests of joy of being so lightly touched by His graces. So, let us go towards Him to be re-tuned by Him and vibrate with love...

MMK



24TH JULY 2007 CELEBRATIONS — TIRUPPUR

Guidelines

Dear Brother / Sister,

[...] we have received around 45,000 registrations from over 500 centres in India and 68 countries abroad for the forthcoming birthday celebrations of our Revered Master.

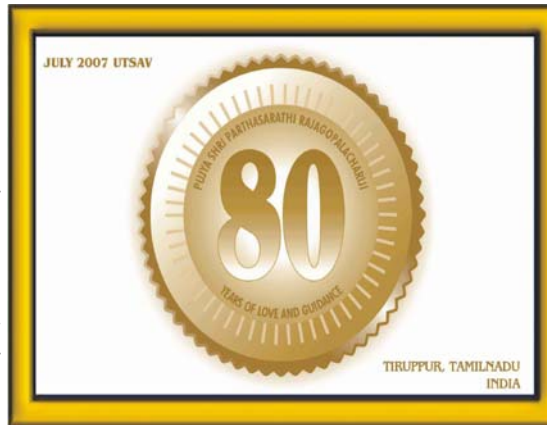
① The delegate cards for all overseas abhyasis will be ready at the Celebrations site. There would be separate counters for Americas, Europe, Middle East and other countries. Abhyasis may collect their delegate cards after signing the Golden Book kept at these counters.

② There will be a medical centre at the venue capable of handling minor ailments. Abhyasis who take regular medication are advised to bring a copy of their latest prescription, which may be required in case of any medical attention needed at the Utsav.

③ Please note that only abhyasis are permitted to attend the celebrations. Hence, abhyasis are requested not to bring persons who have not yet taken their introductory sittings.

④ Abhyasis bringing children aged 6 and below must note that one parent must be with the child at all times. The children's centre will not accept children below

the age of 6 without an accompanying parent. Parents are urged to bring with them such material as will keep their children occupied in the children's centre like drawing books, crayons, colour pencils, puzzles, etc.



⑤ For delegates who wish to store valuable items during their stay at the venue, security boxes will be available at the venue on payment basis. We would urge delegates to use this option to ensure against loss of valuables like passport, currency, etc. Delegates who bring recording devices, cameras, laptops, or other costly electronic devices, are urged to carry these articles at all times.

⑥ There will be two banks available onsite, Allahabad Bank and Andhra Bank. Between them, they will offer all banking transactions, including foreign exchange conversion and ATM withdrawal.

⑦ With the large number of abhyasis at the celebration, abhyasis may please be advised that they may not be able to meet Rev. Master physically.

⑧ Transportation will be available from Tiruppur Railway Station and Coimbatore Airport from July 20th morning.

⑨ A map of the celebrations venue is available at the Celebrations website.

<http://srcm.org/members/24july2007/venuemap.jpg>

⑩ There will be bedding materials like foam (for bed), air pillows, bed sheets, etc for purchases at reasonable prices. Abhyasis are requested to come well prepared for the rainy season and bring their umbrellas and raincoats.

Every effort is being made to make the stay of visiting abhyasis as comfortable as possible. Anticipating your loving presence.

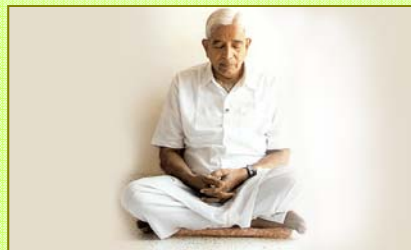
Celebrations Committee - 24th July 2007 – Celebrations

No Sight-Seeing After Utsav

"If you want to go sightseeing, go before. After that, stay here throughout the three days of the Utsav [Celebrations] and go home straight. For those who are orthodox and have been following the ancient principles, even for temple worship this thing has been said again and again, "You may go anywhere before you go to the temple but once you have gone to the temple and had the darshan of the Lord, go home straight."

Babuji Maharaj used to say, "Look here, what foolishness they are committing. They come here, I clean them, purify them, fill them and when they go home they should go home straight. Instead of that they are going sight-seeing, they are going to Patna, they are going to Kathmandu and

Banaras and they are spoiling their condition even before they reach home. Please tell them that at least if they want to do all



these foolish things, they should do it before they come here, so that I can clean them and they go home clean."

Always it has been my experience that, in

the final sitting of an Utsav, a celebration, the transmission is full of love. It is something always very unique; the final sitting is very unique. I have seen this through my almost twenty-seven years with Sahaj Marg. It is as if the Master is giving us a promise: "You are going now, the celebration is over, but my love for you continues." Celebrations end, but love does not end."

Salient Features-5 — Spiritual Gatherings

Daily Reflections

Marriage

There should be no preconceived opinions about whether one needs a spouse or not. It is like asking whether a tree should have flowers and fruit or not. I guess you understand what I mean. At the same time, one has to understand that everything happens in its appointed season and one has to be patient.

Taken from The Spider's Web, vol. 3, p. 12 –Rev. Chariji

Real Compatibility

I wish abhyasis who think of marriage only meet suitable persons who will promote their spiritual welfare, not obstruct it or stop it altogether. I hope your faith in God will not let you down and that you will not fall into an emotional

trap and forget your spiritual future in an attempt to have emotional fulfillment in this life.

Taken from The Spider's Web, vol. 3, p. 9 –Rev. Chariji

Parenting by Example

You see, the parents cannot do anything directly, but indirectly they can do everything. First, by becoming examples for the children to follow, you see. This is most important. And if we live in the right way, the children automatically lead the life in the right way. That is the importance of parenthood – that we provide the right environment, the right example.

Taken from The Spider's Web, vol. 3, p. 33 –Rev. Chariji

Free the children

With a growing son it is like a plant that grows. They need love and sunshine and also the freedom needed to grow. Mothers worry too much and that is not good for children.

Taken from The Spider's Web, vol. 3, p. 39 –Rev. Chariji

Growing Parents

My conviction, arising out of long experience with my Master, visits to our abhyasis, their families, personal knowledge of their problems, their failures, their successes, their anxious hearts, is, where a parent stops growing, this challenge to his authority is inevitable. A parent must always be one step ahead of his growing children until the very end.

Taken from The Spider's Web, vol. 3, p. 40 –Rev. Chariji

About Moderation...

"I was trying out moderation when I came round to the extract below from Babuji's book "Reality at dawn". It made me so happy that I wanted to share it with my brothers and sisters."

JDDNN

"One of the essentials in the making of a man engaged in spiritual pursuit is moderation. It is a very wide term and covers every phase of human activity. It means balance in all senses and faculties, nothing more or less than what is naturally required at the time for any specific purpose without its slightest impression on the mind. Generally, today, we find moderation disturbed in almost all cases. The reason mainly is that we attach undue importance to whatever thing comes to our view and we strengthen it by the force of our thought with the result that it grows stronger over all others. We cultivate this habit and apply it to different things with varying intensity. The result that follows is nothing but disturbance and mental conflict and it is the root cause of all our troubles and miseries. Realization is not possible unless moderation and balance are restored. It corresponds closely with the

very real thing which existed at the time of creation, when everything was in a perfectly balanced state. Now after the lapse of time, degeneration crept in. Our senses and faculties lost the balance and everything went into disorder. What we have to do now is to control our senses and faculties in order to restore moderation in them. To cultivate moderation we have to pay

special attention to external ways of life too, e.g., gentle and polite language, courteous dealing, sympathy and love with fellow beings, reverence to elders, unvengeful nature and so on. These habits are greatly helpful in our making. Moderation is a characteristic of nature. If we gain complete moderation we are in a way in conformity with nature and it is the very essence of spirituality. "

Complete Works of Ram Chandra: Reality at Dawn p.p. 41-42.



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