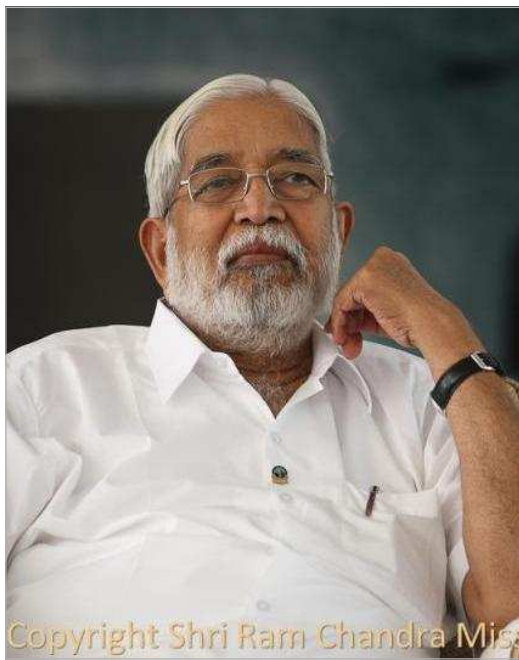




Centre in Yourself

Dear Brothers and Sisters,

First of all I would like to draw your attention to one thing: the instant the sitting is over, you are all reaching for your cell phones and switching them on. I think that only indicates that throughout the sitting your attention is on the cell phone and the messages that you have possibly not received or something like that, because if the instant the sitting is terminated you are on the telephone, it means you have been meditating badly. Your attention has been at least divided if not totally, with your phone. I don't know why you are here if your communication with others is so important to you. I am tempted to forbid cell phones in meditation halls in the future. At least that will put some sense into your head that this communication that you receive from the great Masters during meditation is not interrupted by some silly, stupid, unnecessary SMSs and phone calls.



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[...] I had hoped to talk of better things, of spiritual matters, but I am quite annoyed by this propensity. [...] You come all the way here, you spend money, you take risks, but the Google has become all important? The SMS has become all impor-

tant? And of course, voice messages, what have you. And I know many of you put it on silent mode so that at least it is buzzing and you can surreptitiously look at the number while you are pretending to be meditating.

Let me tell you one thing: I don't suffer because of all this, you suffer. You suffer in the sense that you lose your spiritual bus, you don't know where you are going, what you are doing, why you are here, and it has become a game, you know, to assemble in thousands and to sort of fool yourself that your presence here is enough. It will never be enough unless your body and soul are together here, and your attention is centred here [heart] and not on something in your pocket. [...] This seminar has been something of a unique one.

And I was hoping, I was praying that at least on this occasion you are here a few thousand people, you would savour, you know, and get this transmission deep in your heart and feel its divine effects, transformational effect, what it can do to you, for you. But I am quite disappointed with this. I am not denying the fact that maybe most of you are still here for spiritual benefit. I daresay that all of you think you are here for your spiritual benefit. Thinking you are here and being here are two different things. Your body may be here but your attention is somewhere else.

[...] So what are we doing, coming to these seminars for? What are we sitting here for? Why do we travel so many long distances on this occasion from parts of Kerala, Tamil Nadu, Gujarat. Is it just to be together, to exchange smiles? I am very sorry but I can't help making these remarks. [...] It is very regrettable that on this last, final satsangh of this wonderful seminar, I have to say these things.

[..] Anyway, this is the end of this seminar. I hope there will be more such seminars, where we will speak not at all, where we will meditate, hopefully centred in the centre of ourselves, and benefit

Thus speaks:

- Lalaji**
- *Speaking and talking are of no use, Make up your mind to act; You have myriad forms of illusion Why labour under that?*
- Babuji**
- *A seeker should be one who is blind to the charms of the world, is inspired with one object and one purpose, and thinking all the while of that alone which may be helpful to him in the attainment of the ideal.*
- Chariji**
- *The mental attitude of the disciple in undergoing the prescribed sadhana is more important than the sadhana itself.*

by the great blessings that are being continuously poured down on us, but we are unable to receive. I pray for you all.

Thank you.
*Shri Parthasarathi Rajagopalachari
 13th December 2009, Tiruppur, India*

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Echoes of the Centres

Abidjan, Cote d'Ivoire

Anniversary of Venerable Lalaji's birthday in Abidjan

The birthday anniversary of our Grand Master Lalaji went very well, by His grace. The two meditations were attended by 16 abhyasis: one at 9:30 AM and another at 3:00 PM. Once again, we enjoyed this communion with Master as an opportunity to experience his actual Love. We could feel a real bond of brotherhood between us. May Master provide us more moments of this kind.

Sanassi Ouattara , Cote d'Ivoire



His Presence Anytime, anywhere

In this year quite special in Cote d'Ivoire, we have to establish different arrangements for the activities in our center. We cannot comply with the regular schedule in Abidjan because transport has become difficult for all brothers and sisters. When there is a calm spell, individual sittings are given at the center or at the home of an abhyasi upon request.

Sunday satsanghs were conducted

somewhat regularly. However when it is not possible, we simply call the brothers and sisters and ask them to meditate from their own home at 7:30 AM. Let me assure you that these are special moments in this period of turmoil. Brothers and sisters call us to report that Master's transmission is deep and soothing, and that their fears

wane out during the meditation, thus leading to quiet.

Mamadou Camara, Cote d'Ivoire

Douala, Cameroon

February 2 Celebrations

End January to early February is a weather period when heat is at its highest in Douala. It's particularly hot, humid and sultry. On February 2, 2011 morning, a heavy rain poured down for about an hour. It washed up roofs and leafy vegetation, and watered the ground without leaving any standing water. It was Nature regeneration of some sort and the air was cool. The slight morning breeze was running on our skin like a gentle caress; the air was suffused with some sort of subtle celestial fragrance which we were bathing in. It is with this sense of deep cleaning, refreshing and new beginning that a group of 16 brothers and sisters attended the first meditation on this blessed day of the celebration of the birth of our beloved Adi

Guru. The general condition was tinged with subtle lightness, a sense of renewal, like a radical reform. Master's speech on Love was used as reference text after the meditations. The conversations related to the life of Master Lalaji Saheb, His teachings and precepts. Some time was also devoted to practice, silence and introspection. The closing meditation was given at 6:00 PM after a day of gratitude and general feeling that we are truly privileged. We are privileged to have a Master of this caliber who rediscovered this system of Sahaj Marg and offered it to us, privileged to have Revered Babuji Maharaj who founded the Mission to spread the teachings of his Master and so much blessed to have a living Master who attends to our spiritual well-being despite our sometimes half-hearted practice.

We bow in a state of gratitude at the feet of the sacred hierarchy of Masters of our system.

Jean-Armand Nkoma, Cameroon



Echoes of the Centres—Cont'd

Lenasia—Johannesburg, South Africa

Revered Lalaji Maharaj 138th Birthday Celebrations – Lenasia, South Africa

On February 2nd 2011 close to 80 abhyasis gathered at the Lenasia Ashram in Johannesburg to celebrate the 138th birth anniversary of our Revered Lalaji Maharaj. Abhyasis from the surrounding provinces such as KwaZulu Natal and Limpopo were also present.



Meditation commenced promptly at 7.30 AM. As always the transmission during celebrations is unique and profoundly elevating. At 10.00 AM a video titled “The Call of The Himalayas – The Ultimate

Spiritual Journey” was shown. In the video the general emphasis outlined by our Revered Master is that human beings throughout the world consider material success to be of paramount importance whereas our real purpose is to evolve spiritually. Re-

in the 5.00 PM group meditation.

vered Master also spoke of meditation as an instrument for the purification of the mind and its preparation for the communion with the ultimate. He added that it was through meditation that we merged with that immensity of bliss within, which is our own self.

After lunch abhyasis spent their time profitably in inner contemplation. The auspicious day’s events culminated

Ramesh Hira , South Africa

Echoes of Dubai (January 2011)

A moment of pure joy

I benefitted from this seminar with our Master as a moment of pure joy; joy in the sense that Master’s presence makes everything smooth and harmonious. In this state of purity, the essence of the heart can flow according to its own plans.

When there is no more interference, in all humility, we can experience an unspeakable feeling of joy and peace. The soul thus

regains its ever existing freedom: it all seems wonderfully simple,

even in a space as artificial as Dubai.

The Master, in the silence of his being awakes or kindles in us what we all are in essence: invisible harmony, real and total freedom.

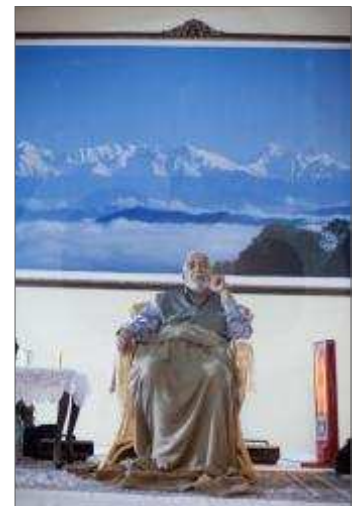
With love and gratitude.

Richard Desriaux - Reunion

Master’s Tour— a Selection of Recent Photos



In Rudrapur, Feb. 2, 2011



In Delhi, Jan. 30, 2011

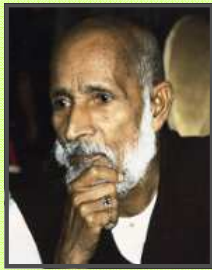


In Jodhpur, Feb. 16, 2011



Whispers from the Brighter World

Wednesday, February 4, 2004 – 10:00 a.m.



You devote all your energy to our service, which has become for you a reason for living. You have the example of your Master who is himself a great servant of our Mission. Love is your strong point, the driving force making you progress every day, as we did before you. Without this round of burning hearts, nothing great in this area could be established firmly.

“Retrospectively, it is good to see the progress made, since the beginning of Sahaj Marg action on this Earth. The assessment made on the occasion of the recent celebrations in honour of Revered Lalaji is a brilliant proof of it. Nothing solid can be built with vague approximations and at whim; only obstinacy in work and unflinching faith can lead to the results visible currently. This system was not given in vain; it is not just a passing fancy, but a movement capable of helping men more and more, proportionally to their needs in this area. Disconcerted and helpless in the face of a life becoming aberrant, they will need a solid anchor to face up to it. We do not claim to answer all their questionings and to solve the material problems they are confronted with. We only propose to them a way of advancing spiritually, by shaping themselves to better face up to daily life.

“Nothing is simple on this Earth; it is necessary to have a solid basis, to bear the events philosophically. The great sages of all times detached themselves gradually from the turbulences created by men. As for those resulting from the outburst of the elements, they saw in them the manifestations of divine power, calling them to order. May the obvious signs of it bring them to their senses!”

Babuji

Whispers from the Brighter World – page 345

Daily Reflections

Dedication

It (Dedication) is essentially the recognition of the importance of the spiritual life over everything else in life that we seem to think matters.

Taken from the book "Heart Speak 2008", "Love Alone Prevails" pg. 82, by Revered Chariji

Education

Children must learn not only what to do, but how to do it. 'What' - the mind or the intellect will tell you. 'How' involves ethics, morality, principles of life, and that the heart must tell you. In modern education, the head is important, the heart is forgotten.

Taken from the Book "Heart Speak 2005", Chapter "Obey With the Heart", pg. 186, by Revered Chariji

Ambition and aspiration

We will not fuel our children here with ambition; we will fuel them with aspiration. One is for acquisition; ambition means more houses, better cars, walk-in refrigerators, things like that. Aspiration is for excellence, without thinking of reward.

Taken from the Book "Heart Speak 2005", Chapter "Aspiration-Not Ambition", pg. 162, by Revered Chariji



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