



## Understand and Achieve

I hope all of you are reading any particular message, but have to go through this life, Whispers [from the Brighter don't ignore it because of make sure that we are not World]. [...] You know, it is that, because whatever is the again coming here — not as a strange thing in our Sanskrit, message in it, you will an escape but as an evolution shall we say, praacheen into something higher. kaal [ancient times] — we have something which is called ashariiri vaak [voice from above]. It is supposed to be the most important and divine.

When we live and speak it is all these stories and Puranas and ithihasas [epics], you know, geography, history, what you study in schools. We have eighteen Puranas but we don't accept them as divine, because in our ancient classification, there is shruti and there is smriti. Shruti is ashariiri vaak — something we don't get from somebody who is embodied here.

Revealed knowledge; heard. That is why it is called shruti. That is divine. The Puranas come under smriti. Somebody has thought about them and written about them — a human, however high.

So, to my thinking, our Babuji's messages in Whispers, volumes 1 and 2, they belong to the category of shruti, because, nobody went and thought about them, wrote them or typed them on a typewriter or whatever. They came, they were received and they were written. Like in Babuji's one book, he says he "got it directly from above." So these are worthy of the greatest attention. Some of them may appear not to have



understand after you read it many times.[...]

I think the other day I told you about janma, mrityu, jaraa and vyaadhi — the four original unwanted things according to Vedic literature. To be born is the first unwelcome thing. It means we are here, captive for a particular number of years, and during those years we are going to be subject to old age, to sickness, to death — not merely ours, but others, beloved ones. [...] This life, if we are wise, we will realize it is given to us so that we can use it in spite of all these problems of life and death, illness and health, temptations, poverty and riches. In spite of all this, we

That is the difference between people who are always crying and weeping and saying, "Why am I here? Why am I here?" yet not wanting to leave this place. If you offer them now, [this] moment, liberation, they are not ready. They will say, "No, no, I am only forty," "I am only twenty-five," "I am only eighty." [...]

So, the voice of the Master in Whispers, delivered as shruti, re-emphasizes again and again that this world is in for a big change as a result of (I don't know) colossal upheavals —

maybe cosmic, maybe human, maybe warfare. He tells us to prepare for it, to participate in it and to cooperate with it, cheerfully, understanding that we are part of that process ourselves.

So, I think that is all I should say this morning [...]. But please make sure... that even if Babuji Maharaj says, "This is not a message," there is a message in it. Denial of anything is, in a way, affirmation of the same thing. You understand?

So, please probe into the meaning of those things. Don't just read the two lines or the three lines and say, "Bekaar hai. [It is useless.]" The Divine voice is never

## Thus Speaks Lalaji

• *Sruti is the name of that sound which can be heard but which is not bound by word, letter and lip pronunciation. Smriti can, to a certain extent, be called the imitation of that original sound which is bound by the tongue, lips, teeth and intonation, et cetera. Sruti is independent, smriti is dependent. Nobody can contradict the sruti, whereas smriti can be contradicted or denied. As sruti is authority in itself it needs nobody's certification. Smriti is less self-authoritative and as such it needs certification or another authority. Sruti never alters, smriti always alters. Sruti is the absolute vibration because it consists of vibration only, whereas smriti is the imitation of the original sound, hence artificial, dependent on alphabets, words, language and pronunciation. [...] Sruti can produce original influence which means the order of God. Sruti has the effect of negation which pronounces itself at the time of total dissolution. This sound pervades the body of all beings and sustains, nourishes or preserves them. This is the suggestive meaning of the word sruti. It is a mystery, a secret known by the seers only.*

useless. It is always silent. It is always crisp, terse — what they call sutra form [aphorism]. And it needs patience and reading and re-reading again and again, before you will understand. I pray that all of you will do it — understand and achieve.

Thank you.

*Parthasarathi Rajagopalachari: 18 November 2009, Bhubaneswar, India*

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## Echoes from Angola

### From 2005 to 2010



When I look back since by the grace of Master I was made preceptor in 2005, I realize that Master's work in Angola has been a mixture of blessing, grace and challenges. At the beginning there

were times I felt lonely, I felt that I was not doing enough to share what I learned about Sahaj Marg. As time passed, more people become interested to know about meditation, spirituality and the system itself. In spite of these challenges, I had a strong feeling that spiritually Master has always been present in many forms – through his energy, and the brothers and sisters who work for the mission. When I went into seminars or by chance I met different brothers, I received many encouragements such as this one from Brother Michel Mouyelo-Katoula told me

(quote): *“Master keeps emphasizing that we should see ourselves as the individual members of a bigger family. Attending Satsangs and seminars, we better benefit from increased spiritual advantages bestowed on gatherings of abhyasis”*. Indeed, it is true, because after any trip, visit or any interaction with brothers; such kind of events kept my inner strength, meditation, cleaning and the willingness to go ahead irrespective of anything.

### Sharing what we learn...

After some time I realized that the moral and spiritual support I was getting had some limitations in terms of Portuguese Sahaj Marg literature, because following Master advice He said in quote: *“it is important that we share what we learn with others, otherwise there is no point in the work.”* Therefore, I contacted the Region in charge staff that referred me to Sisters and brothers in Brazil for the literature. Fortunately, we got our first batches 10 books from Brazil that is helping in

providing more information to abhyasis and interested individuals. The Portuguese literature that came from Brazil made brothers delighted because it facilitates the Abhyasis to read on their own and only to ask question when they got doubts.

### Master's work

In December 2008 I attended the sub-regional in Douala, when I came back I went on holidays for few days in the Kwanza Norte province approximately 270



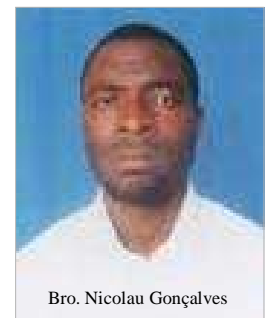
KM from Luanda. While I was there by Master grace I gave introductory sittings to a new brother who started meditation in January 2009. In Angola Master's work is starting to manifest itself, and all of us are happy because master work is growing and expanding day by day. Now, there are 5 Abhyasis in the country, two in the Capital city Luanda, and three in Ndalantado at about 270 Km of the country Capital city. In Kwanza North Province, the group had an opportunity to be together, to have Sittings, Satsanghs, and exchange some life experiences.



Sister Ernestina Sebastiao



Bro. Nelson Domingos Camuto



Bro. Nicolau Gonçalves

### Introducing Angolan Abhyasis to Master

In January 2010, I was very happy to introduce the sister and brothers who have recently joined the Mission in Angola to Master.

*“Beloved Master,*

*My name is Augusto Kihunga from Angola. I took part of the 2005 Scholarship program and by your grace I was made a preceptor on 22 December 2005. Since*

*then, five years passed; therefore on behalf of the Angolan abhyasis, I kindly introduce the Angolan group. We are two groups who are in two different cities, 2 abhyasis in Luanda the capital city of Angola and 3 in Kwanza North's Province.*

*May your blessings be with us! With love from Angolan abhyasis!”*

Master blessed us all with this words which I was very happy to share with my brothers and sister.

*“Jaipur, Monday 25 January 2010 7:01:29 AM*

*Dear Michel,*

*Thank you for the details of the Mission in Angola. Love to all.*

*With Love and Master's Blessings*

*Affectionately,*

*Parthasarathi”*

Thank You Master for Your work.

*Augusto Kihunga*



# 84<sup>th</sup> Birthday Celebrations of our Beloved Master

July 23 to 26, 2010, Lucknow, India

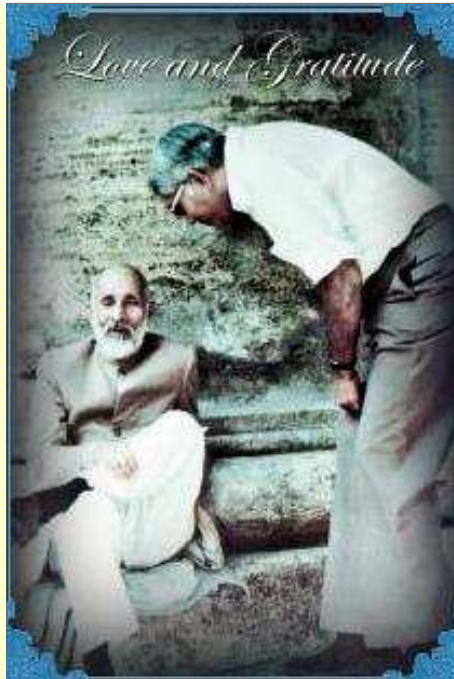
Dear Brothers & Sisters,

Pranam! In Master's words, "it (a *bhandara*) is like bathing in the most fragrant and cool waters of a *sarovar* [lake], which makes possible a spiritual renewal of the abhyasi bathing in it, indeed drowning in it, if that can be made possible."

We are grateful to our beloved Master for giving us another opportunity to drown ourselves in the vast expanse of His infinite grace on the joyous occasion of the 84th Birthday Celebrations of our beloved Master. The *bhandara* will be held between the 22nd and 26th of July in the city of Lucknow and we will also celebrate the auspicious occasion of *Guru Purnima* on the 25th of July in the divine and physical realm of our beloved Master.

Please find enclosed the first Circular containing various organizational details of this celebration which is being held under the auspices of Shri Ram Chandra Mission (SRCM) and Sahaj Marg Spirituality Foundation (SMSF).

May each moment that we live and each breath that we take become an utterance of our gratitude to our Divine Master for the existence that He has permitted us to lead. Let us all get together in large numbers on



this auspicious occasion with a heart full of love and gratitude and immerse ourselves in this very special *sarovar*.

Affectionately,

Ajay Bhattar

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 \* This special day for our Mission, Master's birthday, must be celebrated with respect and love. Each one of our aspirants must realize how he is lucky in this life to meet the divine guide who can lead him towards his highest destiny. It is a special time in the process of sadhana: an opportunity offered to a disciple to let his heart express all its gratitude and to show it.  
 \*  
 \* Rev. Babuji Maharaj  
 \* (Message received on 24<sup>th</sup> July, 2003 at 10:00 AM)  
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**Where to find detailed information?**

The invitation and details about registration, travel to Lucknow, etc. are available at the Mission's website:

<http://www.sahajmarg.org/24july2010/index.jsp>

Kindly visit this page for periodic updates and information pertaining to the celebration. Abhyasis are requested to register themselves as early as possible, preferably before 15th May 2010.

For any clarifications, please contact:

[24july.registration@srcm.org](mailto:24july.registration@srcm.org)

[24july.helpdesk@srcm.org](mailto:24july.helpdesk@srcm.org)

1: Master will then complete 83 years and enter his 84th year in life.

**Announcements**

**Douala: By Master's Appointment**



As per Master's order dated February 2nd, 2010, Brother Jean-Armand Nkoma was appointed Centre Manager of the Mission's Centre of Douala, Cameroon.

**Guidelines for correspondence to Rev. Master**

Brothers and sisters who may wish to send communications to Rev. Master are advised to comply with the guidelines posted at:

<http://www.sahajmarg.org/resources/correspondence-guidelines>

As per the guidelines, it is recommended that letters or messages intended for Master containing information of an urgent nature or highest-priority importance may be sent to the functionary of the region as listed in the

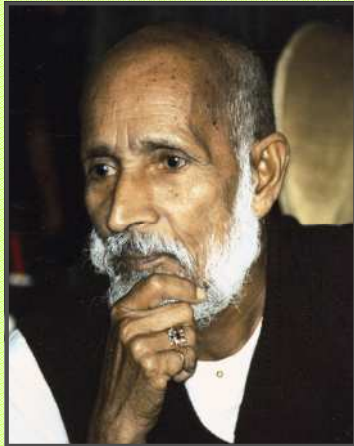
guidelines and should be sent by email. For all of Africa (except South Africa) / Middle East, the functionary is

Brother Michel Mouyelo-Katoula  
 [Email: [mmk@srcm.org](mailto:mmk@srcm.org)].

These guidelines are to be explicitly followed without exception.

## Whispers from the Brighter World

Monday, August 11, 2003 – 10:00 a.m.



The source is there, immutable; it awaits you. Do these messages meet the request of those who read them? With time they will play their actual role. They will be touched by their simplicity. Despite seemingly innocent remarks, the vibration emanating from them will perform its work on their hearts. They will act on a daily basis like a beneficial presence, when to them this reading has become a habit, or even a need. The trickle of water advances in an immense desert; it gets stronger and progresses, in spite of the place's hostility.

“Our way is gaining ground; it has a beneficial effect on men's hearts. Humanity, in the present state of affairs, is also as arid as a spiritual desert. This situation has a way out; divine plans will attend to it when they have come to their appointed terms.

“A way like Sahaj Marg is not spectacular; its assets are hidden, and can only be revealed through steady practice and full receptivity, in relation to the overall features of Sahaj Marg. Not everything is given from the outset, far from it. No serious spiritual way can do it. One has to deserve the fruit as a result of a steady preparation. There is no visible miracle that would meet men's needs for the fabulous. The miracle is permanent, but it happens very discreetly; as is appropriate for a big mystical movement capable of changing men, on the condition that they also take the trouble to act accordingly. We are confident. The wisest already understood where the true wealth of our system lies, protected by unflinching discretion from human curiosity. It is and will become what must be, this is how it is.”

Babuji

## Daily Reflections

### Lion's Heart

Spirituality, as I think Swami Vivekananda said, is for the lion-hearted.

*Heart Speak 2004, vol. 2, p. 194 – Rev. Chariji*

### Earn Here!

Philosophy of self-help - you get nothing that you don't earn here. And if it is possi-

ble, you get even less there (in the Brighter world) if you don't build it right here.

*Heart Speak 2004, vol. 2, p. 21 – Rev. Chariji*

### Aspiration

So all that we do here is to achieve this turning of the heart from its down-pointed orientation, which means selfish, earth-

bound, gross, and make it urdhavamukhi, which is looking towards the higher approaches of life - aspirational - not ambitious, but aspiration, and open to receive that which drops from above.

*Heart Speak 2004, vol. 2, p. 103 – Rev. Chariji*



### Contributors:

Design & layout: MMK, JN

### Editors:

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

Translations: JN & MMK

**Pages 2:** Brother Augusto Kihunga—  
Angola.

### New Email Address

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

### Online subscription:

<http://www.sahajmarg.org/newsletters/africa>