

## Retaining the Spirit of Youth

You know, I once had a children's meeting in Denmark and there were about sixty of them, age one-and-a-half years to about fourteen, fifteen, and they said, "No adults!" I said, "But I am an adult." So, one young lady of three years said, "No! You are Chari." You see? That's what I like. All this differentiation by age and all—this is

rubbish. He is a youth who has a youthful heart. And I would like all of you to keep your hearts young, however old the body may become. [...]

So now how to retain this youthfulness or youth-like spirit? It's a secret but it's not a secret at all. It appears very difficult but it is very easy and simple. All that you have to do is to retain your idealism, because as we grow older our idealism disappears; we tend to become cynical. We tend to view the world as something stuck forever in a mire of ignorance, corruption, sickness, et cetera, you see. But we have to learn to look at it always with the eyes of children. [...]

So you see, a youthful heart, an innocent heart, is always full of love and therefore full of hope—love guiding their present, love shaping the

future, love shaping everyone so that our environment is changing all the time. [...] The youthful heart looks at the positive side of things. [...]



So youth must never deteriorate into adulthood. Remember that the spirit, the soul, is eternal. It was, it is, it will ever be—so it cannot have age. It's not the spirit which ages; it's not the soul which ages; love has no age. It is the body which has all these problems of age, of decreasing efficiency, strength, health, until it ends in death. If a youthful heart is there, it realises that while the body may grow old, I, the inner Self, am eternal; I have no age. Therefore I am neither young nor old: I am. [...]

So I hope I have conveyed enough of what my own aspirations for youth are. I hope I have conveyed to you what I try to retain in myself as the most sacred gift of life, which is that life is never old, it is never young—it is, and because it is, it always is. [...]

But if you are where you should have been all your life, in your inner Self, what the body does is of no consequence. It does what it has to, like a preset machine. [...]

The soul presides, presets everything, and relaxes, because the soul's life is one of non-activity. It is the body which has to act. And if the soul is careful,

alert, it knows how to guide the body. And that is what is real alertness. It is not mental alertness, it is not intellectual alertness; it is a divine alertness which is always alert—no time when the switch is off. And that soul which has the soul of the Almighty itself within it (that is what pranasya prana [life of life] means), you have His alertness added to your alertness, and such a life is blessed.

I pray that all of you may have such a life. You will have to work for it, but if you are conscious that it is always there, available, you will progress very speedily, and that is my hope.

Thank you.

*A talk given by Shri Parthasarathi Rajagopalachari to the Youth on 22nd January, 2006, in Malaysia*

### Thus Speaks:

#### Lalaji

- Children understand certain things so well that even the grown-ups cannot understand after much effort. Likewise, the divine vision is found to exist even in the unsophisticated village folk, men or women.

#### Babuji

- Throughout my spiritual life I could never even for a moment imagine that the vast spiritual treasure possessed by my Master was not mine in any sense, exactly like a child who always thinks of his father's wealth to be his own.

#### Chariji

- So people who have a youthful heart are never worried about themselves. Selflessness is the first sign of an innocent heart. It does not need sleep, it does not need rest; it only gives rest and repose to others. It helps others; it gives to others. It never takes, it offers; it never asks for.

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**Trip to India**

By Master's grace, I was granted STP (Scholarship Training Program) scholarship for the December 14, 2008 to January 11, 2009 session. From Chennai to Malampuzha via Coimbatore, this roving stay was memorable in many respects, my impressions about my trip can cover pages and



I will however content myself to share only a few of them with my brothers and sisters. I left Abidjan on December 11, in the afternoon

and reached Chennai on December 12 at 8 pm after one night stopover in Dubai. I was welcomed at Chennai airport by the transport officer who drove me to Manapakkam ashram.

The following day we visited the ashram, planted with big trees. The flood we had heard about was already history, we saw

Chariji cottage. The ashram radiates a very special atmosphere of peacefulness and serenity conducive to contemplation and meditation.

The courses began on December 14<sup>th</sup>, 2008, they were attended by 26 scholars from 20 different nationalities. The first course was given by professor Kanan; it was about the Masters of Sahaj Marg. The following day, we went by train to Coimbatore. As we were nearing Coimbatore, we learned that Master would be there, and that we would see him! When we arrived, after Satsangh conducted by brother Ajay, Master came to welcome us. He gave us Prasad, then, we were offered a light meal of sandwiches and tea. After our meeting with Master we travelled by bus to Malampuzha spiritual retreat centre where our courses were to be held.

We regularly attended courses with teachers from different countries: India, the US, Malaysia... These courses enabled me to go deeper into our teachings and to have clarifications on various aspects of our practice. One of the courses which interested me most related to how to introduce Sahaj Marg in particular within the framework of open days.

On December 30, we left the Malampuzha

retreat centre, the Kerala state, by train at 1 pm, to go back to Chennai.

**A dream come true**

January 4, 2009 is a day I will not forget! After the satsangh given by Master, as I was leaving the meditation hall, a sister from Japan told me that I was expected, together with two other scholars, to go to Master's cottage. On the spot, I was very excited, not realizing yet what was happening to me. We went in to Master's cottage living room, He came towards us to ask whether we wanted to do preceptor work; we all answered yes. My dream to serve my Master thus came true on January 9, 2009, I was so happy!

January 11 was a great day for me and certainly for the other scholars; after the satsangh given by Master in a big meditation hall crowded with people, Master gave each one of us our STP end-of-training-certificate to great applause.

January 13 was another big day for me so much dreaded because I had to conduct satsangh in the hall of meditation from 5 to 5:45 pm. I did it with Master's grace.

The following day, January 14, I went back to Abidjan, happy and fulfilled!

*M.C (Abidjan, Côte d'Ivoire)*

**Echoes of Lenasia (Johannesburg – South Africa)**

Our land was first blessed by the presence of Babuji Maharaj in the early 1980s. Since then Revered Master visited South Africa on many occasions in the ninety's and in this time the Johannesburg (Lenasia) Ashram was inaugurated by Revered Master in 1997.

The ashram as it currently stands includes a meditation hall (can seat approx 400 abhyasis); ablution facilities and a caretakers quarters. The ashram is progressively under-going a face lift with the most recent changes being: interior painting, replacing the curtains with blinds, addition of pot plants and water features, etc.



The future of our ashram is coming to light with the grace of our Beloved Master. The

March 2009. It will include Master's Cottage (lounge, bedroom & bathroom); 2 large classrooms that will be utilised for VBSE or dormitories during bhandras; ablution facilities and a kitchen. The classrooms will consist of a media centre and be equipped with computer facilities. The future of our mission lays in the hands of our children, hence an immense focus on their Value Based learning.

Our Vision is to have full time Value Based Spiritual Education on the ashram premises, for the public at large.

We pray that our beloved Master is able to grace us with his divine presence once the building project is complete. .

building project started in October last year and is anticipated to be completed in

*J. M.*

## Airing Sahaj Marg

On the occasion of Douala Sub-regional Seminar held in December 2008, our sister, Mariette Bissene, centre-in-charge for Cameroon, gave an interview on December 26<sup>th</sup>, 2008, to "Radio Littoral", a regional radio station reaching out to about 4.000.000 listeners.

**Journalist:** *Mrs. Bissene Mariette you are in charge of a group practising Yoga according to the Sahaj Marg method and you are conducting a sub-regional seminar for Francophone Africa (we will come back to it later on). First of all, what is Yoga?*

**Mariette Bissene:** Yoga is a practice which comes from India; it is a twofold Indian word (Sanskrit) which means the Way and the Union with the Divine, the Self.

**J:** *Since when does the group of Douala exist, and how to join it?*

**MB:** The group exists since about fifteen years and has forty followers (abhyasis). The activity is based on meditation. It is essentially a spiritual activity. It is neither a sect, nor a religion; it is a philosophy, a way of being, an attitude in life. It is a path which makes it possible to evolve in peace, but above all in silence, because we do not have recourse to any external support.

**J:** *What are the entry conditions?*

**MB:** To be in search of the divine, to search for a simple and effective spiritual way, sincerely. There are no registration fees.

**J:** *You don't require registration fees?*

**MB:** That was decided by the Masters of our Mission who think rightly that all that is received free must be given free. We receive freely from nature, why should one pay for divine gifts?

**J:** *After this radio program which is well listened to, how will you manage those many people whom I imagine will knock at your door?*

**MB:** You know, many knock at the door, many of whom join us, but very few remain. That is certainly because their search is not that of the Divine, but rather that of magic resolution of material problems, India having the reputation for being coun-

try of the magic. But after a certain period of practice (relatively short) and sensing no change, they move quickly towards other ways perhaps more suited to their expectations. In a real spiritual quest there is no material expectation, but rather union with



God. I would like to tell you that we have introduced more than 400 (four hundred) people into Sahaj Marg practice of which hardly 10% remain. That is to say that there are more spiritual vagrants than true seekers.

**J:** *What about you Mariette Bissene, what did Yoga bring to you?*

**MB:** It brought to me a lot; serenity, inner peace, peace of mind, a certain attitude regarding life, the understanding of MY life, in terms of looking differently at life, understanding tests, accepting them, accepting my life and living it fully.

**J:** *Yoga is known through physical postures, are they part of your practice?*

**MB:** Actually there are several branches of Yoga; the postures belong to Hatha-yoga which is the control of the body by the mind. There are people who practise pranayoga which is the control of breathing, of the breath. As for our system, we receive pranahuti which is the transmission of the breath of Life by our Master in order to clean our samskaras which are impressions

from last incarnations. And thus our method is the Rajah Yoga (royal yoga) simplified which is primarily focused on meditation on the heart which is the seat of the Divine.

**J:** *Let us come back to the theme of the seminar: "Personal Character as the foundation for a spiritual life", why the choice of this theme?*

**MB:** This theme was proposed to us by our Revered Master. For Him nobody can grow spiritually unless they work on their character. If for example I am an impulsive person, if I am talkative, I should work on temperance, seek to moderate my impulses if I want to grow spiritually.

**J:** *What is the name of your Master? Is he in Douala?*

**MB:** Our Master is called: Sri Parthasarathi Rajagopalachari, we call him affectionately CHARI, he lives in India.

**J:** *Have you already been to India?*

**MB:** Yes I've been several times to India. I brought back from there an experience which moved me deeply for the rest of my life.

**J:** *What is the objective of this seminar?*

**MB:** The seminar is the meeting of brothers and sisters from several countries. It has a threefold objective:

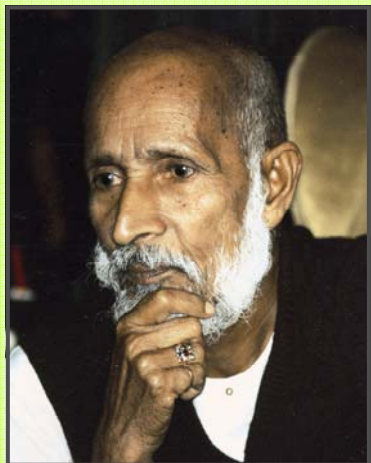
- 1- To know each other and develop brotherhood;
- 2- To work on the theme of the seminar and make resolutions;
- 3- Last but not least, it enables us to receive our Master's transmission so that we all set off again cleaned and filled with His energy

In addition to that, if we are at this radio station, it is to make known the existence of Sahaj Marg in Cameroon. And here is the message I wish to give to all those who are in search of the Divine: If you are sincerely looking for a simple and effective spiritual path, do not dither any longer, come to us, we will be happy to welcome you and to inform you about our method.

MB

## Whispers from the Brighter World

Friday, December 17, 2004 – 10:00 a.m.



Be more and more open to divine splendour. Widen your horizon up to the frontiers of the possible in this world with a heart open to grace. May these words open doors and be a secret ritual in the face of divinity. Your soul craves for these moments of communion, plunging a being into the area around the inexpressible peace. Life takes on a different meaning when it is built harmoniously in these spaces of higher spirituality. The purpose of all our speech is to bring this obvious fact to our brothers, their process operates in that direction; there lies what is at stake concerning their perseverance.

To be united with the Divine results in a fusion of the various subtle bodies vibrating harmoniously and thus accelerating the process of evolution, hence the need for a continual repetition. We will never insist enough on this point: to be able to spare every day periods of time devoted to meditative practice is the best means of attaining that union. These rituals structure the entire spiritual life, and with time they can be carried out with greatest delight.

There are no more thrilling moments in life than the moment when a soul opens out in all its splendour. These moments are unique, and they stand out in the entire quest. That quest towards the Absolute cannot be described, as it becomes so intense.

May all our brothers experience a similar enthusiasm for surpassing themselves, going beyond useless aspects, towards the Immutable Splendour—sublime destination of any soul—which sooner or later, must inevitably be united to the Divine.”

Babuji

## Daily Reflections

### Give and become

So today's world is: give less and less, get more and more. But in the spiritual world, it is: give more and more without thinking of the self. So there is no getting at all. The more you give, the more you become.

*Heart Speak 2004, vol. 2, p. 154 – Rev. Chariji*

### Sahaj Marg

Sahaj Marg is nothing more than a great

tradition offered by a great line of Gurus - offered to you to become what you should become; not what you want to become.

*Heart Speak 2004, vol. 2, p. 167 – Rev. Chariji*

### Lion's Heart

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

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

### Choose rightly

He (God) gives every one of us this faculty to choose rightly. It depends on us whether we choose rightly or not. If you choose rightly, He is waiting. If you choose wrongly, the world waits for you.

*Heart Speak 2004, vol. 2, p. 197 – Rev. Chariji*



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