



### Scatter the Seeds of Spirituality

It gives me great joy to see so many of you here assembled for what, in today's world, is a somewhat strange activity called meditation. In the modern world today it is a surprise that there are people who are still interested in spiritual values, spiritual growth – in fact all the values that do not pertain to the material world but pertain to the higher worlds through which we have to evolve. It is really strange, and I must say it is very fortunate too, that for the future of humanity there are some seeds like you all available here, who will carry spiritual values into the future through yourself, through your children, grandchildren, and so on.

People have forgotten what human beings should be like, what humanity is, what are the values to be cherished; people have forgotten. [...] But Sahaj Marg especially, among all the spiritual paddhatis [systems] that are prevalent, is a somewhat unusual teaching, a method of teaching, a method of practice – a body of teaching, I should say.

[...] I believe we have more than 220 ashrams throughout the world today. But yet it is only a drop in the ocean of humanity. [...] But it is also important – like one seed must remain to create another plant which will give hundreds of seeds from which will come a garden, from which will come a forest. If

that seed is lost, humanity is lost. Humanity has no hope after that.

Why I say this is, that you are all doing abhyas not only for your own sake, for your own spiritual evolution, but as



individuals who carry the seed of spirituality in your heart – not to be kept but to be given. [...]

It is not enough that one person becomes. I believe that our ancients made this mistake. There were rishis [seers] and munis [saints] and sages galore, but they retired into the forest, became brahmarishis [great saints] and I don't know what all rishis. But the people they left to themselves. [...].

So, you see the task of what should have been the task of our ancient rishis is today humanity's task – every one of us must share in it. And we must not count; we want quality, not numbers. But we want increasing quality in increasing numbers. Like when the tide comes in, more and more of the sea comes in; the water is the same. There is no creation of water. Simi-

larly, this tide must go now into the future, carry this flame, illuminate the world, make the world in ten years, fifty years, twenty years, hundred years, something that will resemble what it was in Treta Yuga and Dwapara Yuga.

[..]

I pray that our great Masters will bless us all on this auspicious occasion and make the people aware of these possibilities, bring them in greater and greater numbers so that this spirituality becomes something not exclusive to the few but common to the many, which is what should be the meaning of democracy. Democracy is not a vote. Democracy is a state where every individual has the same right to progress, and that right is guaranteed only in the spiritual field because it cannot be guaranteed in any other field.

I am happy to see our jawans [soldiers] and their officers here; I welcome them. I am happy that our efforts have reached them too, and I hope I will see battalions of them in the future. May they progress well. May they all grow. God bless all of you.

Thank you.

*Parthasarathi Rajagopalachari - 9 March 2011, Ashram Inauguration, Raipur, India*

### Thus Speaks

#### Lalaji

- *Impressions and the law of action, Also believe in its fruit; As you sow, so you reap, Accept this as truth.*

#### Babuji

- *The real problem before us is not to provide means for the spiritual training of a chosen few who have renounced the world but of people in general whose duties in the world besides devotional are manifold and which they cannot safely ignore.*

#### Chariji

- *So to prepare these human values, cherish and nourish humanity, make it a liveable world again where women can be safe, children can be safe, protected, loved, this is very essential, this practice. And each one of you is a torchbearer. If you don't do that, if you don't recognise that responsibility and carry it out, whatever you may become in yourself, you are a failure as far as Sahaj Marg is concerned.*

### In this Issue

Scatter the Seeds of Spirituality	1
Thus speaks	1
Celebrating Babuji Maharaj	2
Echoes of Lenasia	2
Echoes of Chad	3
Whispers	4
Daily Reflections	4

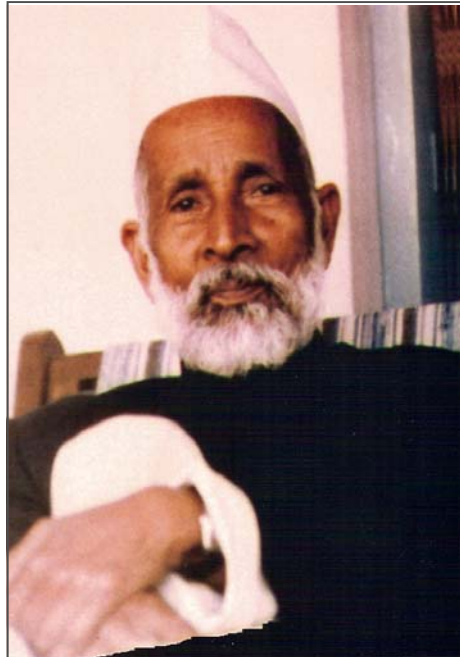
## Celebrating Babuji Maharaj

Friday, April 30, 2004 – 10:00 a.m.

Let your heart brim over with joy today, thus removing any trace of miasmas that made it gloomy during the previous days. Think of all our brothers and sisters gathered together with the same spirit, the same goal: to serve the Mission through their simple presence in the large or small gatherings unifying all their hearts. None of our aspirants is alone; if in spirit he is connected to his Master, he thus takes part in this large mystical movement.

“Diversity strengthens the cohesion of the group; respect for one another being the determining element, which obliges each one to take a new look at oneself if necessary. Nobody is perfect, it is wise to admit it, and the imperfection of the other is useful to oneself, insofar as it enables the observer to react in the right direction. These great gatherings represent a power for the Mission, which confers benefits on each participant. They leave a mark of their action in its history, which is already characterized by the results obtained. Our way is gaining

ground; the celestial powers are satisfied and the hearts of the Masters are delighted.



“Our incarnate son is up to the task, he is coping and is advancing in spite of everything and that is not always easy for him. His success is all the greater for the difficulties that he is trying to overcome. And everything is taken into account and valued, as it should. By holding to the course as he does, the Mission is heading towards its destiny, i.e., to take part in the great movement meant to redeem humanity which is yet in the making at the dawn of the new era and which will prevail at all costs. Days like this one are profitable; they set in motion positive forces benefiting everybody.

“The only objective is the development of this great movement for the redemption of the souls on the path, contributing to it is a grace. May all our aspirants become aware of it and be more committed, for their good and that of all.”

Babuji

*Whispers from the Brighter World Vol.1 page 370.*

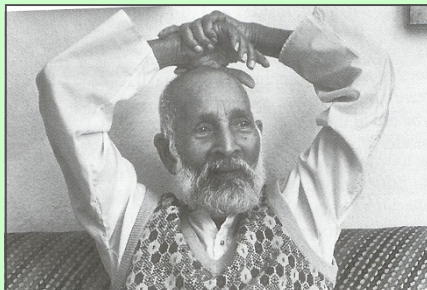
## Celebrations

### Satsangh schedule for Rev. Babuji Maharaj’s Birth Anniversary Celebrations (30, April 2011)

The policy for the celebration is that it will be a one-day celebration with abhyasis:

- Gathering at an ashram close to their centres, or
- Celebrating in their own centers.

Satsangh timings are 7:30 A.M. and 5:30 P.M.



## Echoes of Lenasia — A Retreat into your SELF

The first retreat for 2011 was held at the Lenasia Ashram in South Africa between 25th and 27th March 2011. The retreat was attended by approximately 40 abhyasis from the local centres. I would like to begin by quoting Master:

*“A retreat centre is meant to be what it claims to be – where a man, a woman, can retreat, leave the world behind and come. Like a tired lion goes into its cave, sleeps, rests, recuperates itself. Here we come for moral recu-*

*peration; we should come for moral recuperation. This is a beautiful spot, but this is not a picnic spot – not our institution. It is essentially a very serious-oriented institution where people must come with all humility, throwing away the cares of this world. I must emphasize the second aspect – leaving behind responsibilities too! [...] A retreat means a total withdrawal from the world. The physical body retreats from that world,*

*and the spiritual body retreats into the heart. This is a cave*



**Echoes of Lenasia [Cont'd]**

*[pointing to the heart]. The heart is known as the spiritual cave. And there we must be able to go in and not come out for the duration of our stay here. When we come out, we come out like babies fresh born, innocence re-established and, most essential, wonder established.*

*So please understand: these retreat centres are not holiday centres for relaxation. In spirituality there is no relaxation. There is permanent total alertness, awareness. That is what is called the cosmic consciousness, the divine consciousness, yoga nidra in Sanskrit – where you are asleep apparently, bit awake all the time. These retreat centres are expected to, and certainly will, restore our courage to face ourselves because unless you can face yourself, you cannot face your Master, your Creator. You come here, you leave everything behind. So I don't want you to think that it is all tall talk because you have to experience it to know what is the truth behind this. [...]*

Excerpts from Heart Speaks 2006 by Shri P Rajagopalachari; 1st Edition; Page 137

Although Lenasia is an ashram and not a retreat per se, the organisers decided to host a retreat one weekend every month, starting Friday and ending on a Sunday. In addition to what Master said about retreats, the program also fostered one or more of the following aspects of Sahaj Marg way of life:

- To learn Self-Discipline – no formal program announced, but to simply follow the heart,
- To try and enhance ones Sadhana (practice) by doing the mornings meditation, evening cleaning, bed-time prayer, universal prayer, constant remembrance and develop brotherhood, and
- To try and live by the Ten Maxims.

These retreats will be an opportunity for abhyasis to try and develop one of these aspects so that one may return as Master says “like babies fresh born, innocence re-established and, most essential, wonder established.”

We pray that all brothers and sisters will be inspired to attend these retreats and reap the maximum benefit it offers for our spiritual (internal) growth. May Master Bless All.

With love and affection

*Jagdish Naran - South Africa*

**Echoes of Chad**



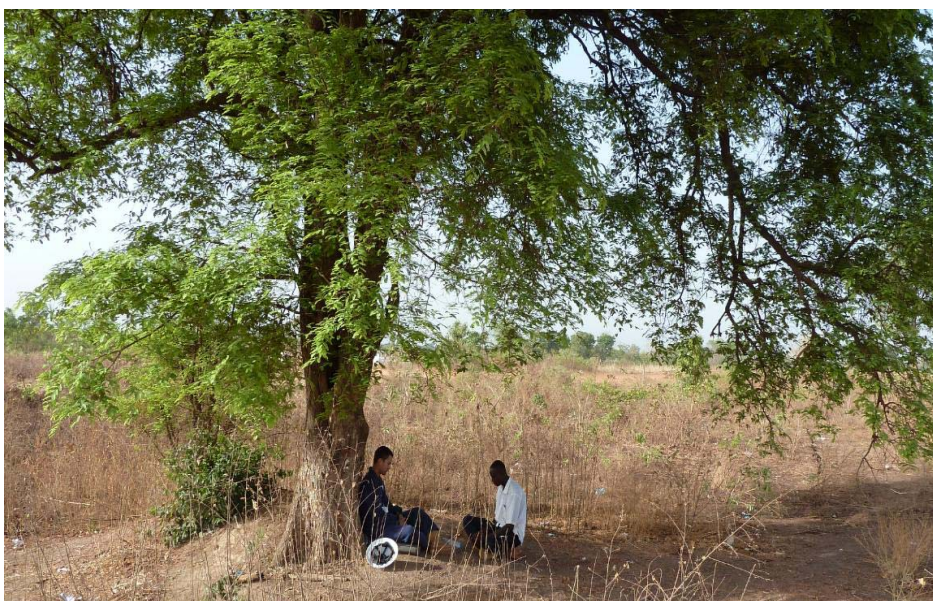
I have been working every other month in Chad since May 2010 in the context of my first posting overseas as a staff on oil platforms, a world so distant from my student's experience in Paris and London. The first two 2-month shifts helped me lose quickly my rough edges. I felt I was in a kind of samskara-revealing pressure cooker, fraught with stress, heat, lack of rest or privacy, into which my Master sent me to let go so many things. Indeed, stuck on a platform in the middle of the bush, and helpless in the face of all these tensions and novelties, I had no choice but to give Him every moment of my life and let Him work through me. I had therefore only little time and opportunity to share our wonderful Way with my brothers and sisters in Chad. In

August 2010 though, a colleague of mine, became the first Chadian abhyasi. I already spoke about Sahaj Marg when I met her two years ago during an internal professional training in Scotland where we were ... both of us! In retrospect, I recognize in that our Divine Master's hand. I was not yet a prefect then, and she was introduced by Master remotely.

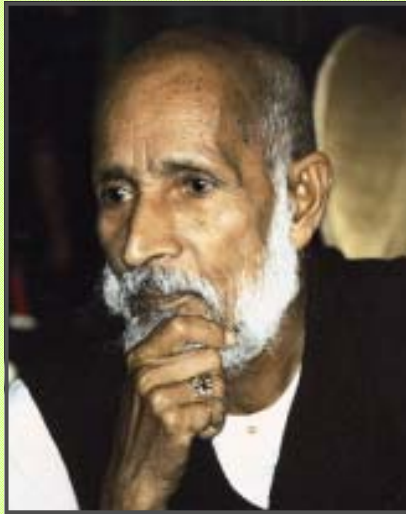
During my third shift, in September-October, I spent six weeks on the platform to learn another system of drilling fluids, which I became the sole person in charge as of the fourth shift. Thus being able to manage my schedule freely, better mastering my assignments, no longer working 18 hours per day, I then started to speak more about our practice and Sahaj Marg philosophy. I met many people whose hearts were open and thirsty for the Divine. In February, during my last trip to India, I was happy to be made prefect by my Beloved Master, which allows me to work more for Him.

The conditions for the development of our way in Chad are not optimal: I live on the platform which I can't leave except one day or two to go to the headquarters where I am stationed. Shift work is organized daily and nightly, which allows little time left for anything else. But we manage to be together periodically for satsanghs in my room, reading sessions, Q & A sessions, or watching DVD of our dear Master. We are now a group of 12 abhyasis in Chad and several other brothers and sisters want to experience the Sahaj Marg.

*Raphael Hun*



## *Whispers from the Brighter World* Tuesday, October 31, 2000 – 8:30 a.m.



*In all life events, what is important for you, is to keep your self-control and the attitude that corresponds to your deep convictions. To feel connected to your Master, in all your tribulations, protects you from harmful effects. He must remain your lead in all circumstances; you are under his protection. He cannot save you the inherent hitches of all lives. Ordeals are unavoidable, formative, and free you from your chains. They must be accepted in this spirit, without rebellion, since they are steps that hoist you gradually toward the peak.*

*“We repeat that: all is counted. “Live in surrender and confidence, happy and conscious of being lucky to leave behind you the darkness of ignorance. Faith is a torch that illuminates your road. May love illuminate your life and protect you from evil, while delighting your soul and making you advance joyfully.”*

*Babuji*

*Whispers from the Brighter World Vol.1 p.52*

## *Daily Reflections*

### **Duty**

My Master used to say that there are two duties every human being has - One has to, himself or herself, achieve self-development to the highest possible level, and the other is service to the society as His devotee. Obviously the second one can result in perfection only as the first one moves towards perfection.

*Taken from The Spider's Web, vol. II, p. 239, chapter "Duty" -Rev. Chariji*

### **Conscience**

Regarding conscience, this can be described as the voice of the heart and Master has always emphasized the importance of listening to the heart for confirmation. The head or intellect is only a computer which can give information and decisions but the heart alone can testify to the correctness of things. Therefore this has to be trusted and developed until it becomes the only voice.

*Taken from The Spider's Web, vol. II, p. 102, chapter "Mind and Emotion" -Rev. Chariji*

### **Input**

Well, Babuji has said it's not a question of good or bad, but what we take in must match our level of subtlety. It applies not only to food, but even to mental food like thoughts and what we read.

*Taken from the book "The Fruit of the Tree", Chapter "Questions and Answers VII", pg. 144, by Revered Chariji*



### **Contributors:**

Design & layout: MMK, JN

### **Editors:**

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

**Translations:** JN & MMK

**Pages 2-3:** Names of contributors are shown on pages

### **Online subscription:**

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

### **Email Address**

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