



We Have a Duty to Our World

Dear Brothers and Sisters,

I am somewhat overwhelmed by the large number here, and I really don't know what to speak. But I remembered on one occasion when Babuji Maharaj was in the United States, there had been a lot of preparation at one centre where we were supposed to go in the evening at five o'clock (it was a university where we were to go) and the organisers, our abhyasis, said approximately a thousand people would be present. When we went there we were ten minutes early – there were two abhyasis. At five o'clock, there were five. At ten past five, there were exactly seven. So I told Babuji, "There are only seven people. What should we do?" He said, "Whether there are seven or seven thousand, what you have to say is the same. Why do you worry about how many there are? The koel [cuckoo] sings, not expecting an audience. Does it sing louder when more people are there? Do your job. Your job is to speak. Speak."

[..] You see, with or without people we must be able to say what we have to say, and what we have to say must be the best that we can think of for

that moment. The best that I can think of for today... You know today I am eighty-four and it has been a long life. All lives are the same, because the goal is the same. [..] What thoughts of acquisition, of greed, of power. Our politicians lead the country in this mad race towards destruction. We follow. [..] We create our rulers and then we suffer.



matters is what have you learnt. The longer you live, the more you are expected to have learnt. [..]

I hope abhyasis will realise that they have a duty to themselves, they have a duty to their race (human beings); they have a duty to the world. [..] We are universe bhaktas [devoted to the universe]; we are responsible for the universe. [..] Today, it is not your country or my country – it is my world. Anything happening anywhere can affect us.

[..] It all stems from the violence in the individual mind of every one of us here. We have violent thoughts. We have

is my voice worth if it does not go into your heart? What is it worth? [..]

Babuji said, "There is no such thing as sweet medicine. You can have it sugar-coated, but the medicine itself is always kaduva (bitter). Truth is such a medicine. It is bitter, and we cannot sugar-coat it because it has no meaning, you know. So please be prepared for the most bitter truth which will come only from inside yourself. [..]"

Always look here [the heart] whenever you are afraid, whenever you are going off track. Babuji Maharaj always said, "Don't trust this [head]. It is only

a thinking thing. It will give you information. It cannot tell you what is right or wrong. When you are in doubt, refer to the heart."

I pray for His blessings on all of you today. Thank you.

24 July 2011, D.J Park, Tiruppur, India.

In this Issue

A duty to our world	1
A seminar for life	2-3
July 24 in Lenasia	3
85 years of divine work	4
Whispers	5
Daily reflections	5



The African Seminar Chennai/Tiruppur 16-20 July — A Seminar for Life

A Memorable Trip

The African seminar started in Chennai on July 16, and continued in Tiruppur. We left Chennai on July 18 for a more-than-11 hour bus journey. This memorable trip merits some attention. Indeed, to go to Tiruppur we had three options: train, plane or bus. Some went by plane, but most of the participants chose to ride the bus.

It was a gamble because it was apparently the least favorable option in terms of comfort and travel time. But again, our fears were dispelled, and participants will remember this trip for a long time. The trip included two rest stops planned for by Master: one at Natrampalli ashram where we were offered lunch, and a second one at Krishnagiri ashram for a tea break.

Throughout the trip we felt Master presence, through our fraternal exchanges, our working sessions and even during the very deep in-bus satsangh.

We will throughout these pages let our brothers share their impressions and feelings. You will also find an article on July 24 celebrations in Lenasia, South Africa, which is fully in line with the motto of the seminar. These reports are an expression of "Unity in Diversity."

JN-MMK

A seminar before the time...

We reach Manapakkam on July 12th at 3:00 AM, and we naturally congregate in front of the cottage after the 9:00 AM meditation. We were about twenty from Reunion and



July 12, 2011 — In Master's Cottage, in Manapakkam

Madagascar. At the end of the morning, the doors opened and we were welcomed by Master ... Some spontaneous exchanges, introduction of new abhyasis to Master and deep moments of silence; the atmosphere is superb. A nice surprise: we are invited to stay and have lunch with Master with some Russian sisters and brothers! Each abhyasi got a nicely composed lunch tray under Master watchful eye, making sure that all

Gabon, Congo, Cameroon, Reunion, Madagascar, Tanzania, South Africa, Mayotte, Egypt, and Morocco were present: Africa merging into unity. Master gave a message after satsangh. A pearl among many that struck me: for some people courage is about spending 3 days in a forest, for others, it is the courage to kill a lion, but real courage is to remove from us (our heart) everything so that only the Divine stays on.

We still had a few surprises in store; Master was very attentive towards us throughout the stay. Our gratitude to Master for those moments of pure bliss. Thanks to all those who allowed this to happen, may other opportunities like this arise.

Richard Desriaux - Reunion

"You must be like lions ..."

Held from July 16 to 20, 2011, in Manapakkam then Tiruppur, the African seminar, the first of its kind with a theme given by Master "Unity in Diversity", held all promises. In His opening speech, Master set the tone: "You must be like lions ..." the spearheads who in each African country would be teaching by example to raise the level of awareness of others so that the "development of Africa for Africans" is possible.

Next page 3



July 17, 2011 — Brother Krishna delivers a talk

were served. Clearly His gaze scans beyond ... The African seminar truly makes an early impressive start.

On July 16, Master opened the Seminar with a beautiful satsangh. Brothers and sisters from Burkina Faso, Côte d'Ivoire,



July 18, 2011 — at Krishnagiri Ashram

**Continued from Page 2***July 16, 2011 — Group session in Manapakkam***"You must be like lions ..." [Cont'd]**

During the seminar, several speakers developed important themes: "unity in diversity", "spiritual practice", "Perfect love dispels fear," "spreading Sahaj Marg", followed by questions and answers sessions. The seminar was truly an impetus to make us become as points of light meant to relay light across our respective countries and thus illuminate the whole continent which will then merge into the very source of Light: Master. Labeled as the "dark continent," Master said [about Africa that], "... I have personally believed that the darkness is in the hearts of the people – not in Africa ..."

We must learn to define ourselves as Africans, before claiming to be humans and merge into the Self for the ultimate journey. We should self-assertively be proud to be African and stop defining ourselves through the prism of other cultures, people, and language ... we must resolutely take responsibility for ourselves. Master says: "Inner development is mine, but external development is yours." Therefore, let us wake up, let us be dedicated to Sahaj Marg. Let us also remember that we are all brothers and that unity in diversity also entails much tolerance, unreserved acceptance of one another's difference, and culture of sharing, mindful that we are One in Him - One Humanity, no distinction of race, caste, color, language, culture .. We have a high stature Master, a strong Mission, an effective Method; we just have to cooperate, be unwaveringly committed and surrendered.

May His Peace be upon All.

Teston Moutakala - Congo

24th of July in Lenasia (South Africa)

A day before Revered Master's 85th Birthday celebrations, a group of abhyasis from Richards Bay Centre, in Kwa Zulu Natal was heartily welcomed by abhyasis at the ashram in Lenasia, Johannesburg. Later the celebratory mood was enhanced with the arrival of abhyasis from Polokwane.

In the evening a crackling bonfire outside the ashram dormitory kept abhyasis warm. Soon an enthusiastic spirit of joy and oneness gushed

forth in the form of devotional songs rendered in Sotho and English languages by the Polokwane abhyasis. Brother Shashidhar rendered a moving song in the Kanada language, dedicated to our Beloved Master. The songs sung in groups established a sense of joy, harmony and love amongst all the abhyasis present. The session ended with the Universal Prayer.

On Sunday, July 24th, about 120 abhyasis attended Master's Birthday celebrations. Some abhyasis were up before 4am, in anticipation of what would turn out to be a memorable day. The morning group meditation was preceded by two messages from "The Brighter World" by Lalaji Maharaj and Babuji Maharaj, emphasizing the importance of commemorating the birth dates of our Masters. The satsangh was profoundly elevating.

A video programme followed after breakfast and a special unplanned event occurred thereafter. Abhyasis from Polokwane, together with Brother Shashidhar and Sister Manisha Joshi, sang songs that were overwhelming to all present. We could feel the whole atmosphere being charged with love and devotion towards our Master. The unity was very much evident. All abhyasis were one. There seemed to be no differences; it was a special condition, one that we should strive for, and maintain in our daily lives.

Soon after lunch, the abhyasis from Polokwane had to leave on their long journey home. The presence of our brothers and sisters from Polokwane added a special vibrant atmosphere to the celebrations.

The celebratory occasion ended with a blissful satsangh in the evening. The upcoming days will reveal how much we have all changed from within. And then it would be our duty to manifest the changes externally through our behavior and character.

Shantilal Soma, Manilal Roopa & Shashidhar Gatmatti.

*Unity in Diversity at Lenasia Ashram on July 24th*



Eighty-five Years of Divine Work

Revered Divine Master's 85 year life
 85 milestones travelled under the divine guidance
 Revered Master of both worlds
 You have achieved eighty-five years of divine work for nature,
 Day by day, as weeks fly across the month
 Every day throughout the hours
 Each hour and its trail of minutes, seconds and sixtieths thereof,
 Each moment has its meaning, cosmogony wise
 It is the divine manifestation in each letter,
 Indeed! In each letter of the Divine Name of our Reverred Master.
 Parthasarathi Rajagopalachari,
 This Divine Name pregnant with hope through philosophy,
 Indeed! The philosophy of a Divine Mission
 Shri Ram Chandra Mission, which advocates,
 Promotes the rule of tolerance in humility,
 Of humility in Master's love
 Our Master, always at the service of the Divine Mission,
 A sublime Mission aimed to give birth to brotherhood,

Fraternity, symbol of a pledge for Human fulfilment.
 My Venerable Master, my thread,
 My Venerable Master, the insurmountable barrier,
 My Venerable Master, my enlightened guide
 My Venerable Master, my protection against adversity,
 You intervene with gentleness and tenderness amidst hardness
 Indeed! Where human hardness can turn deadly
 Each passed milestone is a vehicle,
 Yes! A vehicle that takes and carries away, under the effect of grace,
 As a result of Revered Master's grace, all streams,
 Yes! All streams of events through the cleaning process conducted by Master.

To my Venerable Master, Parthasarathi Rajagopalachari,
 on the occasion of his 85th birthday anniversary:

by SONKOUAT Sonilo, Bafoussam, Cameroon

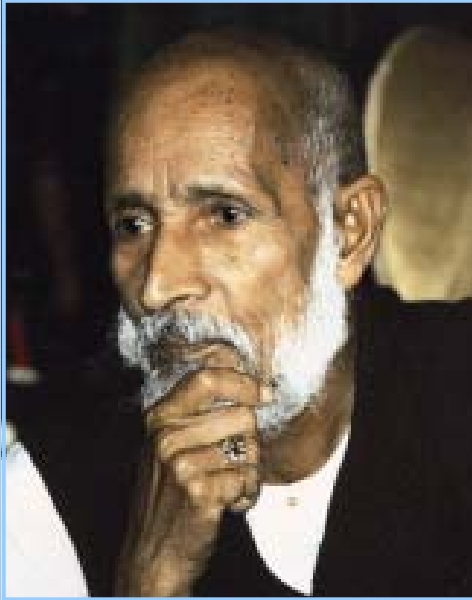


*July 18,
 2011 —
 Brilliant
 Smiles at
 Krishnagiri
 Ashram*



*Whispers from the Brighter World*

Friday, May 30, 2003 – 10:00 a.m.



The energies of the Earth have become negative for multiple reasons on which we will not elaborate here, as we intend to address another issue. Meditation as we practice it has a very favourable impact on the balance of the subtle bodies, which affect the physical body. By keeping a close check on himself, the abhyasi can notice it and this aspect is important for his wellbeing. Today's world, with its varied and increasing pollution, is in danger. Man is caught up in this spiral, which he can't escape from. Meditating does not protect him from everything, but this action makes it possible to restore a balance in subtle energies, which helps him appreciably. Certain forms of pollution are becoming worrying; this process is irreversible under the prevailing conceptions of the world economy whereby interest prevails over everything else.

"Spiritual practice does not resolve those problems; far from it. Failing to remedy such evils, it allows other prospects to open up, towards a world where values are quite different. Meditating clears the way to a space that leads to treasures ignored by most of men.

"What we propose in our way does not require special aptitudes; it is open to anyone who feels capable of pursuing this kind of process. The voice of the heart can be made itself heard, when time has come. May all men feel one day the need to turn to other values which can transform their life."

Babuji

*Whispers from the Brighter World - Vol I, page 227**Daily Reflections***Add Life**

Babuji said, the final piece of wisdom - seek not to add years to your life, add life to your years.

Heart Speak 2004, vol. 2, p. 183 – Rev. Chariji

Simple living

My Master Babuji Maharaj said, "Be simple and in tune with nature," because it needs

no money to be simple. Even the poorest can be simple.

Heart Speak 2004, vol. 2, p. 202– Rev. Chariji

Wisdom

Wisdom consists in forestalling events. To learn before the event is the way of the wise man. To prevent the event altogether is the wisdom of the sage. Some of us know the

consequences of our actions only after we have acted. Some even know while they are doing it, the result of such action. The wise man knows beforehand, and avoids. That is also discipline.

Taken from the book "Revealing the Personality", chapter "Discipline", pg 116 - by Chariji

**Contributors:**

Design & layout: MMK, JN

Editors:

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

Translations: JN & MMK

Inside pages : 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: echoes.africa@srcm.org

