



The Secret of Free Service

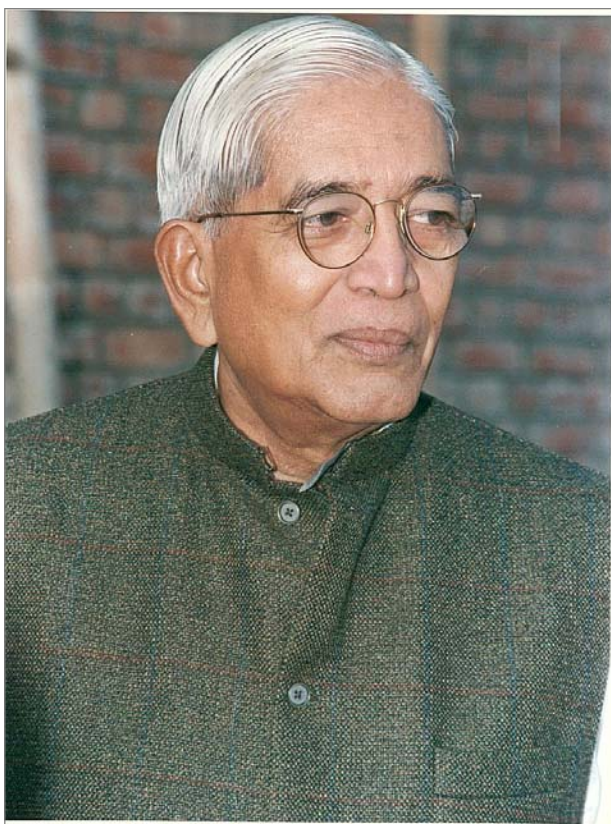
Pranam, everybody. [...] My Master always said, blessings should be given, not sought, because when you ask for a blessing, you only ask for what you want, rarely for what you need. And that circumscribes the Master's intention, because he wanted to give, let us say, the whole world—[...] Instead of asking the guru for the world, we say, "Let Bhavnagar not have any more earthquakes." [...]

So it is better not to ask. Let him decide what he wants to give us. Because every day when I go on my walk, you know, "Let me please..."

"Give me this..." "Give me that..."—it becomes a little frustrating. [...]

I have said so many times, I got this hint in Babuji's Voice Real, where he says in his circular fashion, "I never thought that what was my Master's was not also mine." Now, thousands of people have read Voice Real. When I told Babuji, "This secret I saw in this book," he said, [...] [I wrote this? See, thousands read this but you have understood it.]" [...]

So there should be no *shouk* [ardent desire] in Sahaj Marg. [...] Babuji Maharaj said, "It does not matter whether you earn five rupees or five crore rupees. Keep what you want and give



away the rest." [...] Why do we need more and more money? Because Babuji said, "We have wants, whereas God provides for our needs." I need a sari to cover my nakedness, but I want a silk sari! I want an earring, it can be of peetal [brass], but I want a solitaire, one carat! "How much?" "Two or three lakhs." And when we give donations, it comes to two or three rupees. [...]

Everyone of you touch your heart. Because I have heard people talking in Shahjahan-

pur, "Brother, we get dry roti and weak tea here. Why should we give donations?"—in the presence of Babuji. Babuji was looking that way. And Babuji heard it, and later said to me,

"Parthasarathi, see how shameless some people are." I said, "Why do you say they are shameless?" He said, "They eat for free, and yet they complain." If you pay for the food, you can say there is no sugar in this, the tea is not good, there is no milk in it. In this lies the secret of free service. If I were to take even one paise from you for a sitting, I become your servant. [...] The moment you take money for anything, you are a slave, whether it

is a crore of rupees for a consultancy, whether it is five rupees for a minor surgery, anything. That is the secret of free service. Babuji said, "We serve, but without servility." [...] [We are not anybody's servant.] Not as preceptors, nobody. Why? Because we offer what we have, free.

So remember that free service is the best service, because some preceptors in the past have brought bad name to the Mission by demanding money from abhyasis, by

Thus speaks:

Lalaji

- Contentment and desirelessness are almost one and the same condition. The fulfilment of desire can be called *bhog* and desirelessness (of desire) can be called *yoga*.

Babuji

- Our belongings are a pile of *samskaras* (impressions) with their resultant effects in the form of complexities and the diverse coverings which we have gathered round the soul and which are the results of our thoughts and actions.

Chariji

- We receive only to give. In this giving is the true destiny of the spiritual aspirant.

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demanding so many other favours. It brings bad name to the Master. Anything we do wrong reflects on the Master. Even our sickness reflects on the guru. So we must be very careful in the way we live. Balance your life; no exaggeration, no excesses in anything. Use resources that God gives you wisely. Use them to your evolutionary purpose and all will be well. May Master bless you on your *Nutan Varsha* [New Year]. Thank you.

Address to abhyasis from Gujarat, 23rd October 2006, Chennai, Tamilnadu, India

Echoes of the Centres

News in brief

Throughout the month of March, we had several phone conversations with brothers and sisters from selected centres in the Region, about their activities and current concerns, as reported herein.

Burkina-Faso

Fortune smiled on us on 25th of March while calling Brother Siméon Nana, preceptor at Yaïka. It didn't take several attempts to connect with him. We wanted to check whether Siméon had received the box of books and the cover mail sent out for the centre of Yaïka since March 5. Siméon had not yet received them, but we know from experience that it takes very often long time for a parcel to be delivered; thanks to Master all such boxes of books sent to other countries have been safely received. News from Yaïka are good according to Siméon, who had recently introduced three new abhyasis.

review the current situation. High among their current objectives are the sustainability of the renting of the meditation premises, the support to abhyasis, and the updat-

There are about forty regular abhyasis at the Abidjan centre. The relevant list needs to be updated to have a clearer image of the current situation, to facilitate follow-up, contacts, as well as steps like the delivery of international cards for those who don't have them. A detailed list is being prepared.



Gabon

News of the Libreville centre was given by Brother Jean de Dieu Ndong Nkoumé and Sister Marie-Anne Dende, both preceptors. A significant event to be underlined is the recent participation of Brother Exupert Yembi in the Scholar Training Program in India (from December 9, 2007 to January 6, 2008).

Congo

News from Brazzaville and Pointe-Noire centres, two towns 520 km apart, focused mainly on cross visits of Brother Serge Fouémina (preceptor in Brazzaville) to the Pointe-Noire centre and Brother Ngouala Fidèle (preceptor in Pointe-Noire) to Brazzaville. These visits fostered fruitful and

Cameroon

In Cameroon, as part of the impetus arisen from Lalaji's birthday celebration in Yaoundé, a special meeting took place during the weekend of February 2 to discuss issues related to the Yaoundé group. Following up on the main recommendation

ing of the list of abhyasis.

Meditation premises

Since November 2007, the activities of the Abidjan centre take place in Treichville (in Rue 36 opposite the Nana Yamoussou building). Contrary to the previous place located in the same district, kindly put at the disposal of the Mission by a brother abhyasi, the current place is rented. This requires Abidjan Brothers and Sisters to individually contribute money to discharge the monthly rent without any disruption, which is so far the case, thanks to the collective goodwill.

Support to abhyasis

On Sunday 23, March, during the after-satsangh exchanges, Brother Edouard Mockey stressed on the need for each



of the meeting, our brothers and sisters are grappling to find a place to carry out the Yaoundé group activities. Steps are under way to secure the necessary resources to rent a suitable place.

Côte d'Ivoire

In Côte d'Ivoire, phone exchanges with Brothers Mamadou Camara, secretary of the Abidjan centre, and preceptors Clement Bosson and Edouard Mockey allowed to

preceptor to make a follow-up of newly introduced abhyasis to help them to be anchored in practice. This requires the availability of preceptors to give sittings on a regular basis to those who need them and to answer queries as they arise. Thus was raised the special issue of four abhyasis living in the town of Bouaké (360 km away from Abidjan, at 5 hour drive) where there is no preceptor since early March.

Updating the list of abhyasis



heartfelt exchanges between brothers and sisters from the two centres. This also allowed to collect the sum required to speed up the administrative steps for the official recognition of the Mission. These steps are going on well.

JN

Questions and Answers

Is there any advice regarding diet?

Master says that vegetarian diet is best suited for spiritual sadhana. Meat, fish and eggs tend to create grossness or heaviness in our physical and mental system and, therefore, persons who are habituated to them are advised to avoid them. However, this need not deter spiritual aspirants from starting the sadhana. With regular practice of sadhana, they will be able to get rid of such attachments in a natural and relaxed way without forcing the mind, which would be against nature.

Liquor, according to our Master, creates a very gross form of intoxication in us whereas we are trying to attain an extremely subtle divine intoxication through spiritual sadhana. So, a serious abhyasi should free himself from such attachments with an effort of the will coupled with earnest prayers to the divine Master to strengthen his will.

What is the method of cleaning?

Close your eyes and start with the thought (no need to go on repeating it) that all impressions, impurities, grossness, darkness, etc., are leaving from behind your back in the form of smoke or vapour. Mentally assume that the sacred current of the Divine is entering your heart from the Master's heart into the vacuum created by the exit of impurities and grossness. After doing this for half-an-hour, you should feel mental lightness which is the proof of cleaning.

Suppose I miss the cleaning routine in the evening, what should I do?

It can be done in bed before the night prayer-meditation. If that too is not possible, then you should do cleaning for ten to fifteen minutes the next morning before you start your meditation.

was obvious: the journey of the soul in the form of a dialogue between God and the Soul. All along the journey, the dialogue between God and the Soul was interspersed



with poems, songs sung solo or in group, either in one's own language or in English, sometimes in chorus although nobody mastered the lyrics in all the languages.

We were lucky to be three Cameroonians in this session, speaking the same language. In our song, based on a national tune, we praised Chari whom we invited to come and live in our hearts.

It was a solemn evening; we were enthusiastic, frantic, and wanted simply to do our best. Every one was nicely dressed in colourful costumes of their own. This was better than same-colour outfits, thus symbolizing our diversity, the beauty of the performance, as colourful as a bunch of several flowers.

Master was majestically sitting among a limited audience; he seemed very happy and followed the show with a cheerful expression, laughing when God, with his deep, resounding, and imposing voice arising from nowhere answered the Soul.

This evening was the strongest bond between us all; the preparations enabled us to often be together, laughing, playing. We shared our ideas on the organization and the various lectures.

This performance was as beautiful as spontaneous; each poem, each song had a particular note, we felt the depth and intensity of each of them, because it was the heart singing. The show lasted less than one hour, it was very intense and for good reason, as we performed with such earnestness that at the end of the evening we all felt drained, we all had the feeling that we had expended all our energy.

The beautiful guitar was handed to Master as gift for CREST.

This cultural CREST evening was an expression of the union of the hearts!

MB

The Region-In-Charge's Regional Tour

Brother Kamlesh Patel, Region In charge for Oceania, Africa and the Indian Ocean Islands, has visited our centres in Mauritius and South Africa under the instructions of Rev Master. He was in Mauritius from 26th to 28th of March; and in South Africa and Botswana between 29th March and 4th April. A full report and pictures will be published in the issue of May 2008.



Cultural Evening at CREST: Union of Hearts

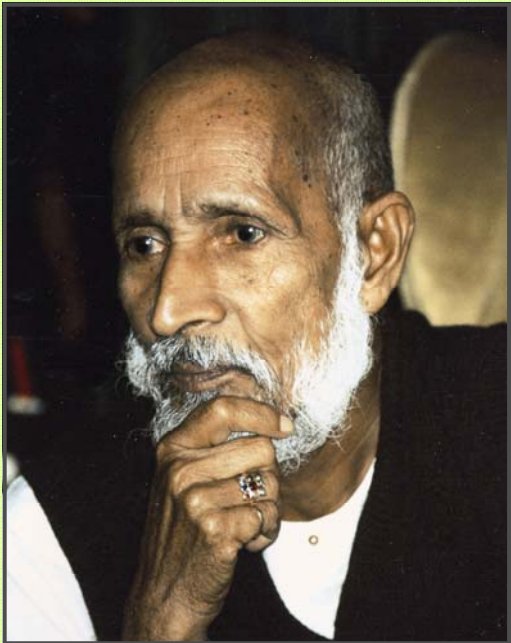
The following write-up is the last of a series of three reports of December 2007 CREST session. The previous ones were published in December 2007 and January 2008.

Since my return from CREST, I have been humming the tune of songs learned hurriedly in the context of the evening program performed before Master by the participants to express their gratitude to him for the love he expressed by inviting us to CREST. Without our realizing it, this cultural event was one of the high points we experienced at CREST. We were lucky to have among us musicians and singers who suggested the idea of offering the performance to Master. A guitar was bought and rehearsal started immediately and went on every day during break time (between 1 to 2 p.m.). The suggestion to let everybody contribute in the play was accepted. Our musical instruments were limited to a guitar, a flute and an empty water carboy by way of a drum.

It was however necessary to find a scenario and a theme for the performance. It

Whispers From the Brighter World

Monday, December 15, 2003 – 10:00 a.m.



My dear daughter,

"Our union of hearts goes well beyond these messages: you have a special place in mine. Please don't start doubting about your ability to receive our comments well. So many of our aspirants think they can hear us, and they interpret what is actually a mere projection of their minds, without any real base. All things considered, your attitude is preferable and your prudence salutary.

"My son awaits directives from us, which we will give him in a few moments. All is taking place as well as possible in the Mission. His influence contributes to it very largely. He has some well-hardened souls around him; his choices generally prove justified. Human nature can sometimes turn out to be misleading. We all experienced such reversals; it is inevitable, but that does not prevent in any way the destiny of the Mission from being accomplished under his enlightened directives. To aim accurately and well, as far as the main things are concerned, is of primary importance. Our way is making its way through the spiritual world where various currents coexist. We don't overshadow anybody, quite to the contrary. His work has contributed to spread light on the Earth. Its action will keep growing; it is in the nature of things.

"We bless this so much loved son and we guide him according to our views. May he advance in serenity; all is well."

Babuji

Satsangh Schedule for Rev. Babuji Maharaj's Birth Anniversary Celebrations (30, April 2008)

A full day's program may be held (on Wednesday, the 30th April 2008) in all SRCM centres with two satsanghs at 9:00 A.M. and 5:00 P.M.

Daily Reflections

Growing Parents

My conviction, arising out of long experience with my Master, visits to our abhyasis, their families, personal knowledge of their problems, their failures, their successes, their anxious hearts, is, where a parent stops growing, this challenge to his authority is inevitable. A parent must always be one step ahead of his growing children until the very end.

Taken from *The Spider's Web*, vol. 3, p. 40 –Rev. Chariji

An Understanding

We are all worried about our families, whereas we should be worried about ourselves. This is not selfishness, but an understanding that when you help yourself to become better and better, you can help your families deal with life better and better.

Taken from *The Spider's Web*, vol. 3, p. 46 –Rev. Chariji



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