



**Spirituality—the Essence of the Eternal**

One beautiful thing about spirituality, that even though the body is incapable, spirituality cannot fade. I hope you have seen it. Even though the body may disappear or be weak, the spirituality is always strong. Isn't it?

So for me it is a confirmation of a conviction that spirituality is beyond the material life, the corporeal life as we call it. And it is of the essence of the eternal, and therefore every time we have a sitting,

and there is a good transmission (of course, all transmissions are good because they come from Him), we are put a little more into that ocean of bliss about which my Master speaks so often, and which is supposed to be a big, vast ocean, an infinite ocean in which we shall swim for ever and ever.

When I saw the swimming pool below, you see, for a moment I was tempted to swim, but if I got into that pool, you would have had to fish me out again, and I am not good to eat; I am only good to transmit! So that reminded me of what we have to do. We have to find the ocean of bliss, where we don't need

to swim, where we don't have to learn to swim, but we shall swim, because the Master is swimming ahead of us.

You know, Babuji Maharaj has written that, ahead of him Lalaji Maharaj was swimming. So I hope I'm swimming behind him! And that is



the assurance that Sahaj Marg gives to us: that so long as we are following we are with him, we are not behind, we are all together. Some near, some a little distance, some a greater distance, but we are together. Here there is the limitation of space, the three dimensions of space, so we cannot all be in one circle here—some near, some little distance. But in spirituality we are all together at the same time. And this oneness, this togetherness, we experience when we sit in meditation and have an experience that time is lost, space doesn't exist. And when we say, "That's all," and we open our eyes, we find we are here all together again in a

different dimension, the dimension of space and time.

So every time we sit in meditation, we overcome the limitations of the three dimensions of space and the fourth dimension of time, and that is the beauty, that is the liberation that we speak about, which we

experience time and again, meditation after meditation, whether we sit alone or with a preceptor.

So I hope that something of this eternal feature of our life, our true life, is awakened in us every time that we meditate, so that our memory of our Original Home, as Babuji Maharaj says, is strengthened. And our aspiration is to go There rather than to remain here in this limitation, in this limited world, in this world where we need money, where we need comfort, where we need sunshine, where we need rain—so many things. In That world, what do we need?—nothing. It is that nothingness about which Babuji speaks over and over again in his books, and which we shall explore as we meditate more and more. [...]. Thank you.

*Talk given by Rev. Master at Milano, Italy on 15th May, 2006*

**Thus speaks:**

**Lalaji**

- *Oh! Sadhu, adopt natural practice. Nothing can be gained without practice, Know this as the secret; Even the worldly affairs need practice, Let alone attaining the spirit.*

**Babuji**

- *Lalaji explained to me: "Love is of two types. Direct love with God, and love through the medium. I am an example of love through medium. Benefit is accrued in proceeding through the medium only."*

**Chariji**

*Master [Rev. Babuji] said that a preceptor should be a model person and should try to model himself upon the ideal of the Master. He laughingly added, "That does not mean they should all start smoking just because I smoke the hookah. I mean in character, in behaviour, in approach to persons, in these things they should try for higher and higher refinements. One cannot find a Master like Lalaji. He had the greatest qualities in him which I have known in no one else. You know he was not materially well off. But he never refused help to anyone. Such a soft heart we must have."*

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## Sahaj Marg in Burkina-Faso Yaïka Centre ...

### The First Abhyasi

Until 2003, there was only one burkinabé abhyasi in Burkina-Faso, Brother Siméon Nana, a villager and head of Yaïka, a village located 110 km from Ouagadougou. Thanks to a SMRTI scholarship, Siméon was made preceptor in India in December 2003. In a letter dated on 21st March 2004, he described the first moments of his return back home and his steps as a preceptor.

*“Yaïka, March 21, 2004*

*Dear brothers and sisters,*

*You may have asked yourselves why I have kept silent since we left India earlier this*



*year. This silence was due to reasons beyond my control. I arrived at the village in good health on January 22, 2004, in the evening. The following day almost all the village population came to greet me. Many people asked questions about the purpose of my trip to India. I briefly related my stay in India and gave further information about Sahaj Marg, how to be introduced into it, as well as explanations about Sahaj Marg and its recommended practice. Then, many people suggested that I should devote some day to further discussing the relevant topics with them, as they found the matter very interesting. A series of meetings was thus scheduled in March, in the various districts of the village.*

*On February 10, I received a letter urging me to go to Côte-d'Ivoire. [...] Four days after my return from Côte-d'Ivoire, I was struck down by bronchitis and malaria and remained bedridden several days. [...] All this changed completely my program. Nevertheless I thank Master because in spite of everything, I have already two abhyasis who received their introductory sittings from 14 to 16 of March 2004. I am currently preparing eight abhyasis who will soon start receiving their initial sittings....”*

### Four years later...

During the past four years, difficulties of communication did not make it possible to receive direct news from Brother Siméon, or to chance him by phone. The problem has been recently resolved (January 6, 2008) and a long phone conversation was held during which he provided a long update of the situation in Yaïka as briefly reported below:

Echoes: Well, Siméon, what are the news there in Yaïka?

S.N.: There are good news, things are going well in Yaïka; we are about 24 abhyasis. We have a small meditation house, and on Sundays, there is a satsangh at 10:00 a.m., in the evening also we have a satsangh around 6:00 p.m. After meditation we usually read Master writings/speeches, discuss them together. Also, using Master's teachings, I especially provide some advice on how an abhyasi should lead his/her life, especially as we are new abhyasis, it is important to underline how our method is expected to lead us to the goal...

Echoes: Are you coming up against specific difficulties? Are there difficulties you would like to mention?

S.N.: Problems encountered so far are manageable. At the beginning we had some



problems with religions, but now we get along well... There is only someone, who is speaking badly about us all over the place, saying that our purpose is to fight other religions that are established here. But this has done no damage to our relationships with the religious leaders here who understand our point. There are sisters (nuns) who now visit us quite often, I mean catholic sisters... even priests, we are on the best of terms with them... we get along well... They come, we discuss, and they say that our system is good.

Echoes: We wish to publish an article about Yaïka in the newsletter; what would you like to say? Do you have a special message to convey to our brothers and sisters in the Africa and Indian Ocean Region?

S.N.: The visit of Master's envoy (Brother Ramanathan Sridhar based in Bobo-Dioulasso), is very comforting. I also want



to receive news of our brothers and sisters, like the sister from Central Africa, the brother from Côte d'Ivoire of the sister from Gabon...

Echoes: They are well...

S.N.: Convey to them the greetings from brothers and sisters of Burkina Faso, we are with them always...

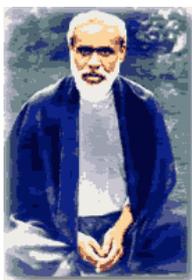
*JN-MMK & SN*

### Master's Blessings

Informed about the situation in Yaïka, Master wrote on January 26, 2008:

**"[...] This growing interest in the people is very encouraging, and promises much for them in the future [...] The generosity of the chief is overwhelming. May my Master bless him and his family. My love and Master's blessings to all... "**





## Echoes of the Centres How Lalaji's Birthday Was Celebrated—February 2

### Abidjan — Côte d'Ivoire

Lalaji's birthday celebrations were held from February 1 to 3 in Abidjan centre. The program included: a satsangh on February 1 at 6:00 pm.; a special day on February 2 starting with a satsangh at 9:00 am and a reading on Lalaji biography, followed at 10:15 am, by a public conference (opened to non-abhyasis) on the following theme: "Role of spirituality in human life's evolution: the Sahaj Marg case". The conference was followed by the showing of the movie: "Being there". A third satsangh took place at 3:00 pm. during this day. Celebrations ended on February 3, by the usual Sunday satsangh at 10:00 am.

J.A.

### Libreville — Gabon

In Libreville, the weekend from 2 to February 3, was devoted to our Great Master Lalaji Birthday; according to the following program: Saturday February 2 at 10:00 am; satsangh followed with reading of his biography and the viewing of "He the hookah and I" DVD. On Sunday, February 3, individual sittings took place, followed by a satsangh and a reading of a passage of his book: "Eternal Truth "

JDDNN

### Gaborone — Botswana

LALAJI's Birthday was celebrated in Gaborone on February 2 and 3. On February 2 a meditation was held at 7:15 am, fol-

lowed by silence and contemplation; a second meditation took place at 5:30 pm, which was followed by the viewing of "He the Hookah and I" DVD at 6:30 pm. On February 3, meditation was held at 9.30 am, followed again by the viewing of "He the Hookah and I" DVD at 10:30 am. An open house was organized for aspirants at 5.00 pm, with introductory talks about Sahaj Marg practice, questions and answers, and introductory individual sittings given at 6:00 pm.

J.P.

### Yaoundé — Cameroon

We celebrated Revered Lalaji's Birthday In Yaoundé, 40 abhyasis 20 of whom from Douala met in There were 3 Satsanghs; a public meeting on the theme "needs for meditation" and three workshops on two themes: "Master" and "surrender". A special meeting was held on the situation of the Yaoundé group. Among the resolutions, one of the most significant is undoubtedly the urgent need to find a place to pursue the group's activities. .

J.A.N; M.B.M.



From top down: Abhyasis from Côte-d'Ivoire, Gabon and Cameroon

## Here and Now... or Never!

Rev Babuji's 109th Birth Anniversary Celebrations will be held at Cleveland, Ohio, USA as an International Seminar from April 28th to May 1st. Please register for this seminar by clicking: <http://www.srcm.org/april30>. The registration software is currently available in English and French. Please click the flag on top right corner of [www.srcm.org/april30](http://www.srcm.org/april30) to register in French.

In order to help with the planning, all abhyasis are encouraged to register by

### March 30, 2008.

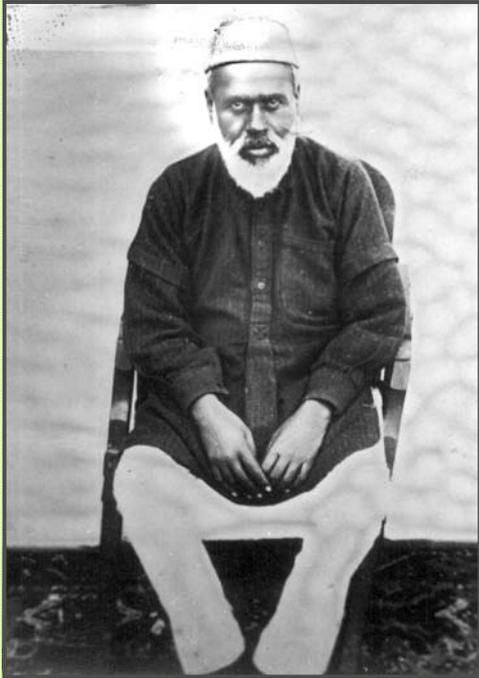
The registration website provides information on venue, accommodation, visa, etc. for travel to Cleveland. We have negotiated discounted rates with airlines and with hotels near the venue. SRCM shuttles will be provided from the Airport and all the listed hotels to the venue. Additional information on this seminar is available at:

[https://www.srcm.org/registration/invitations/Invitation\\_April30.pdf](https://www.srcm.org/registration/invitations/Invitation_April30.pdf)

Brothers and sisters from Francophone countries of Africa and Indian Ocean as well as Nigeria, who may encounter problems registering online or who need any special help are invited to submit their query to [mmk@srcm.org](mailto:mmk@srcm.org)

*Whispers From the Brighter World*

Saturday, February 2, 2002 – 8:00 a.m.



*These messages will have a mixed reception and will be understood in different ways. Their origin is unusual and their content, seemingly very simple, hides subtler teachings than it may appear to be.*

*"It is really I who am here. You are not mistaken. Did I not come the previous years?"*

*"You appeal to me in your heart on this anniversary day of my birth, and my valorous spiritual son lets me have his place, to underline in this way, for you and your circle, this day with a very special blessing.*

*"The Mission has made headway since its inception in Fatehgarh and it will not stop growing at its own pace, as it must do in the future. By divine grace, my Son illuminated it with his greatness, and his successor is doing an exemplary job.*

*"He is our very worthy representative and we are thankful to him for his serving a cause that requires so many efforts of him, and causes him such numerous worries. All is numbered; he advances ennobled by this so-well-accomplished mission. Love guides his footsteps; he finds in it the best possible energy, to advance on this long and arid road, leaving his heart thirsty, as it will find true joy only when he has rejoined us. We surround him, as was rarely the case for a spiritual Master, so that he can go on until the end of his mission.*

*"May blessings directed to him and the whole Mission on this particular day, be felt in each of your hearts."*

*Lalaji*

*Daily Reflections***Satsangh (Group Meditation)**

... this is the tremendous benefit of Satsangh. However unwillingly, please come. It's like jumping into a pond. Some jump in for pleasure, some to swim, some unwillingly are pushed into it. All come out wet. The pond does not say, "You are an unwilling bather. I will not wet you. You go out as dry as you came." So Satsangh - willingly or unwillingly, capably or incapably, in any sense - like Babuji said, "Be there, so that you can get what is being given at

that moment."

*Taken from The Principles of Sahaj Marg, vol.10, p. 134 – Rev. Chariji*

**Just do it**

Do not worry too much about the way you are meditating, but meditate: think permanently during the sitting that the divine light is in your heart, is your heart. Our mind cannot stop thinking, so we have to select what we are thinking about. Please ignore what others are saying about what they feel or do not feel and persevere to get your own ex-

perience in the matter.

*Taken from The Spider's Web, vol. 3, p. 115 – Rev. Chariji*

**Remembrance**

Spiritually speaking, my Master always said that it is better to be physically away but remembered by the Master than to be with him and not remembered.

*Taken from The Spider's Web, vol. 3, p.236 – Rev. Chariji*

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