



Wake up! It is never too late

Thus speaks:

Dear Brothers and Sisters,
[...] There are two aspects to my work, 1: I cannot do more than what the Master permits me to do. 2: I must have the strength and will to do what He permits me to do. The third and most important is your cooperation in permitting that work, to bear fruit in you. **By cooperation I mean living a life accord-**

ing to the ten maxims of Sahaj Marg, regularity in practice, discipline - inside and out, discipline - material and spiritual, discipline - at home and the outside world and discipline

most of all in regulating your thoughts. Because that is where the origin of all problems lies. Really speaking, as Babuji emphasized several times, it is easy to train animals. Babuji used an example of a lion. He said, you can train a lion in a very short time to keep its mouth open so that the trainer can put his head into it and take it out, alive. He said the human being is the most difficult to train and that is a matter of experience.

[...] Even in spiritual life today in Sahaj Marg, over the past twenty five years, there has been a steady fall, a de-

cline in values, in goals. Our published goal is the goal of realization, of perfection as a human being. But all of us have other goals, make money, have a good reputation, enjoy life, so many things, you see, very many diverse goals. So, it is sad for me, to be asked to talk because if I am to speak to you all, I must speak frankly



which means bluntly but unfortunately not effectively because it doesn't take me anywhere or you anywhere. You all listen, you don't apply.

[...] So, you see, it is sad that in all the world today there is corruption, there is degradation, and there are falling values. It is sadder that in India it is happening where it is supposed to be a land with the culture of our ancient rishis and traditions and saddest that it is happening right here in Sahaj Marg. So, what you are going to do about it, I don't know. [...] What is going to happen to Sahaj

Marg, to Shri Ram Chandra Mission, to all of you, in your thousands. What is going to happen? Nothing can happen except what you make it happen. Only what you want will happen. [...] The choice is, it has always been and will always be - YOURS. [...] If we do not succeed, it only shows that the human will is more powerful than the Divine will.

So, I can only say, dear sisters and brothers, with a view to correcting all this, trying to correct it, I have put out a message in Sahaj Sandesh a few days back. I don't know how many of you have read it, how many have access to it.

Please read it, not once or twice [...] read this message and realize that without you trying to help yourself, nobody can help you, not even God. I pray you will awaken now because it is never too late to wake up but if you continue to sleep, this dreadful sleep, this slothful sleep, this, shall we say, unwillingness to awaken sleep, you are at the misery of your own destructive self.

Thank you.

Revered Master's talk at Zonal Ashram (AP), Thumkunta, Hyderabad, 12th October 2008.

Lalaji

• *One thing I would like to tell everybody — rather by the beat of a drum — that every seeker should try to shape his moral condition. One should not utter any word which is unpalatable to others, nor do any action not liked by others. Keeping these two things in view, one should apply oneself to improve his conduct. This is the basic principle. I am a lover of morality rather than spirituality.*

Babuji

• *The next important thing to be kept in mind is the moral discipline which every one must be very particular about. He must never do a thing which might bring a bad name to himself or to the sanstha he belongs to. His way of living and dealing with others should be simple, unassuming and cordial, inspired by a feeling of love and sympathy for others. This will be a source of satisfaction and peace to him as well.*

Chariji

• *My beloved Master has emphasized that the inner and the outer must balance in a developed human being. As **inside**, so **outside**, must be the reality of a spiritually developed person. Every abhyasi must ruminate and discover for himself whether this has been established within himself.*

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With Master in Dubai from 29-31 October, 2008

However high our frequency of traveling for professional or private purposes may be, no trip compares with going towards our Master. We are always seized with feverishness when going towards Him, with this deep inner joy preluding to a "physical" meeting with our Master - a real "festival of the heart".

On this trip, we leave Tunis towards Dubai to meet Him. We depart very early in the morning on Wednesday, October 29, on a more-than-6-hour flight expected to reach Dubai in the afternoon. There are names of places which you can hear without attaching any specific geographical attribute to them, until you go there actually and locate the place more precisely. Such is the case for Dubai whose proximity with the Indian sub-continent and distance with North Africa become obvious while undertaking the journey.

Here or elsewhere, what characterizes our travels towards Him is this wide-awake meditation which transports us in spirit to His feet. We feel "carried away" as if the plane was a mere pretence for this inner journey. Once the arrival formalities are over, we can't wait to rush to our hotel, drop our lug-



gage and quickly join him. On our way, we pay hardly attention to the modern mirage of Dubai's scenery and its skyscrapers. The only thing important to us is Master's presence in this place and his pervading vibration. His presence makes any scenery however daring simply ridiculous.

We finally arrive at the villa where Master is staying, a few more steps and we are there, in His presence, at His feet, happy and fulfilled. During 2 days, we enjoy the grace of His presence. From the outset, there is this impression that we never left him. The echoes of the great Indian festival of Diwali are still floating in the air. "Happy Diwali", Master tells us, and we answer in chorus, "Thank You Master". We have finally got there!

There, in this place of sharing. The joyful

meetings with some brothers and sisters did not distract us from this interiorization which enabled us "to be nurtured" as is proper during a stay to be experienced like a long meditation, a series of satsanghs and Master's teachings. Our doubts are swept away, our



questions are answered. There are answers he inspires in us in silence, though he is there, quiet. There are answers to questions explicitly raised by a brother or a sister, and which resonate in you as if they were exclusively intended for you. There are multifold-answers which each one hears and decodes according to their inner state, when Master spontaneously recalls a teaching from Babuji, when he cracks an anecdote or taps into the universal wisdom. In Dubai, he granted us long moments of comments on various topics. We have particularly noted aspects which had not struck us so far. Thus, speaking about difficulties, he indicated that no evolution path, no way, was free from difficulties. As for suffering, it is important in that it is true. In suffering one cannot lie, which makes it a more educational experience than joy. Turning to a brother who was surprised to remain quasi apathetic after meditations, Master pointed out that it was important to remain calm after a meditation to better absorb and digest its effects. As from a certain stage onwards, the inner condition is reflected at the physical level. The body lets itself drift off to a kind of lethargy, thus echoing the meditative state of the real self which does not wish to emerge from it any more. However, after a while, it is necessary to exercise one's willpower, to overcome this state and to attend to one's affairs.

Matching his action to his words, Master stood up and went back to work. Whereas he had just completed his breakfast, and he had to prepare for leaving for the airport on that day, Master was anxious to finish some work of his Master, on computer. Concerning work, Master responded to a brother that there is no hierarchy in work, "There is no small work, nor big work. Work is work, and

it must be done as well as possible."

Answering another question about what we are supposed to do as abhyasis, in particular if it was more important to do one's abhyas than to work for the Mission, Master stressed again "the 3 M's: Master, Mission and Method, that are equally important."

While Master is talking, we want to imprint this moment on glazed paper. Michel takes a camera but he remembers that he should not use flash lights. Master beckons to him to continue: "Since I am warned, it is not a problem..."

Master left Dubai on Friday, October 31, after having blessed us all with a satsangh. He leaves the villa around 9:00 a.m., and as usual, it is a real rush around, we could not say goodbye to him before, so we inch towards the car he will ride in to the airport. Obviously he is very much surrounded and approaching him is a real exploit. We despair of being able to say goodbye, and then, suddenly, before his getting into the car, Michel has the good idea of saying in French: "Au revoir Grand Patron!"¹, then Master turns over and answers, adding: "Where is Jeanne?", I rushed on and said goodbye to him.

He leaves without having left, and we remain there on this pavement in Dubai, still vibrant with His presence and marvelling at knowing he hears all our prayers, He sweeps away our hesitations, our doubts, He showers love on us, as well as strength and energy, so that we can follow the way He shows us. We return to Tunis, reinvigorated, revived... There-



fore, how can't we eagerly try to move heaven and stars?

JN & MMK

¹: Goodbye Big Boss

**Douala Sub-Regional Seminar
23-29 December 2008**

"Personal Character as the foundation for a spiritual life."

Preparations for the Douala Sub-Regional Seminar are going on well. Brothers and sisters from Angola, Congo, Côte d'Ivoire, Gabon, as well as France, and Luxembourg, are already busy making their travel arrangements to join their brothers and sisters in Cameroon. This seminar is a blessed opportunity given to us by our Beloved Master, not only to be together but most importantly to strengthen our connection to Him, to reflect on our practice referring to the motto given by Master for the seminar, to refresh and re-energize our sadhana, thanks to all spiritual activities taking place. Apart from all material aspects, let us be prepared inwardly for this seminar, and see to it that we have the right attitude for this very special occasion. Master's message excerpt proposed below is given with this aim in view.

The Real Purpose of Bhandaras*

Dear brothers and sisters, I am happy to remind you all about a Message that Babuji Maharaj has given us, which has been printed in Whispers [from the Brighter World]. He says these celebrations are meant to focus our total attention—body, mind and soul—on the remembrance of the Master, our great Masters. They are not meant as a festival, even though there is an element of celebration. They are not meant for enjoyment. But there is the permission to enjoy the inner state that should be created on such occasions, such wonderful spiritually grace-filled occasions—which, in short, means that we must use these occasions for spiritual upliftment, each one for himself or herself being in total remembrance of the great Master, for whatever time we have to spend here together. [...]
So, dear brothers and sisters, I urge you to

use these occasions, not merely wisely, not merely attentively, but to bring your entire soul, your body, your mind, everything together into one focus on the great Master who is guiding us out of this existence into another existence which we cannot describe, but which we can feel in every sitting in meditation if you are bent on finding it. [...] It depends on you! Sahaj Marg offers, you take. Sahaj Marg guides, you move towards the destination. The Guru leads, you follow. If these three things are there, the Goal will surely be reached in this lifetime. May my Master bless you all with it. Thank you.



A talk given by Shri Parthasarathi Rajagopalachari on 24th July, 2006, Raipur, Chhattisgarh, India

* A spiritual gathering or celebration



Sahaj Marg in Luanda (Angola)

Discovering Sahaj Marg

The journey to self discovery is not an easy one because it has its own ups and down along the way. Before joining Sahaj Marg, I was already involved into some type of spiritual practice, and before the previous spiritual practices, I used to be a religious person. All this background constructed in me a gradual understanding of what self discovery is, or what to know myself means to me. I would not say that my past experience was useless or misleading. No! Definitely not, because my understanding of things in general has always been gradual process.

I have discovered Sahaj Marg in Namibia in 2004. Through an American lady who introduced me to preceptor Kim X Jayne, who at that time was there on a professional trip. Kim told me about her meditation experience on the divine light in the heart. Then, I decided to try it and I stayed. I liked the simplicity of the system, straightforwardness, even though, of course, any spiritual path requires efforts. Sahaj Marg literature is

pleasant and easy to read. In 2005 I enjoyed my experience in India in Master's presence, together with other sisters and brothers, in such a spiritual environment. I was made a preceptor on 22 of December 2005, in India at Coimbatore.

Living Sahaj Marg in Luanda: My practice

Regarding my spiritual practice, four years passed since my introduction into Sahaj Marg, so what changed in me? Although, it is not easy to quantify spiritual achievement, however, I see it as an ever changing process in move with beginning and no end. One of the most noticeable changes within me is that fear is no longer the big problem it used to be, because in the past it created in me biases, prejudices, and a self pity attitude and as result I had the bad attitude about people and things.

Being an isolated abhyasi, and living in a place where there is no other preceptor, is quite challenging. However, I manage to do my practice on a regular basis (meditation, cleaning), plus the Friday meditation. I am sure Master has been taking care of me in every sense.

Talking about Sahaj Marg

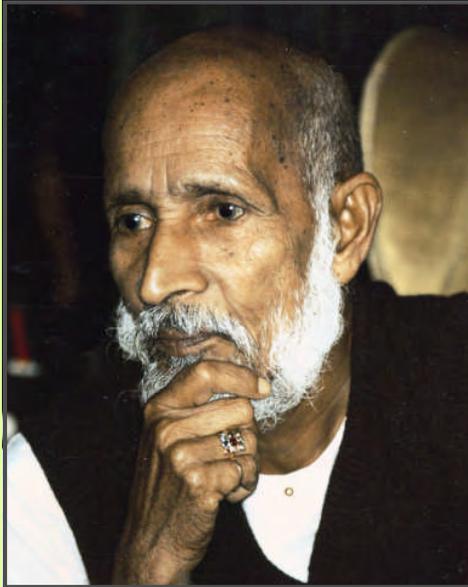
My work as preceptor is no easy task in an environment where people are more inclined towards regular religions and where they don't have enough spiritual exposure. When I talk about spirituality, it is associated with magic, witchcraft or Satan things. The idea is that anything which is not in the bible is a sin or is coming from the Satan. Therefore, I am careful to talk about it. I speak about meditation first and if the person is further interested I go into the Organisation and then about the Master. The good thing that people see in me is the Master. They always say that I am kind, honest and calm. So I am confident that one day I might inspire them to come to me and learn about spirituality and meditation.

I have no doubt that spiritual practice through a Master guidance is the only way for self realization. Therefore my highest motivation is to continue on this way to the end, no matter what. As I affirm this, I take this moment to thank Master for His unconditional love and support.

A.K.

Whispers From the Brighter World

Thursday, May 30, 2002 – 10:00 a.m.



"Some great spiritual Masters of the past taught, every day of their life, by renewing their speeches, which were appreciated by disciples. Guided by divine inspiration, they did not weary those who listened to them. Who can these days, spend their life at the feet of their Master? This image belongs to another time, and is a dream to some of our abhyasis. They would like to be in a similar situation and hear the good words emanating from their divine guide.

"Accounts of this kind generated in hearts that were ready to take that initiative, the desire for finding the way which corresponded to them. The oral tradition is disappearing; reading remains a means of following a teaching, at one's pace and according to one's needs. We think that these messages will help. If used chronologically, they can place the candidates in a situation similar to that which we have just mentioned.

"They will not have the effective presence of their Master, but this daily teaching, followed ritually, will end up giving them the feeling of being with him. Strongly united with his person, through the mind and the heart, they will feel his presence and the resulting benefits.

"The day when they will have the pleasure of being with him, really, their joy will only be as big."

Babuji

Daily Reflections

Obstacles

Unless we are opposed, we don't develop strength. Babuji said, "In nature we meet obstruction." In everything. Within us and outside us. Both internal nature and external nature are always giving us problems, obstacles to overcome, to make us stronger and stronger. But we avoid these things. So we are becoming weaker and weaker.

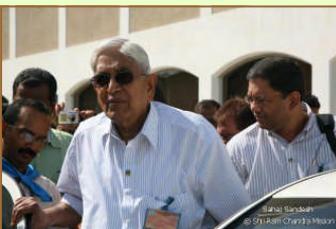
Heart Speak 2004, vol. 2, p. 52 –Rev. Chariji

Acceptance

I am reminded of a story where a man is walking with his son aged eighteen. He goes home and his son goes to the market. Somebody comes and tells him that his son had an accident and has broken his leg. He says, "Everything happens for the good." So the other man says, "What is this old fellow? He is a damn fool. His son's leg is broken and he says, 'Everything is for the good.'" Then there is a war declared with

the neighbouring country. He says, "Everything happens for the good." [Laughter] All the young men are called up and his son is missing, somebody says, "It is a good thing your son had a broken leg." He says, "I told you everything happens for the good." [Laughter]

Heart Speak 2004, vol. 2, p.48 –Rev. Chariji



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