



## The Purpose of Human Life

**Thus Speaks:**

Dear Brothers and Sisters,  
I am very happy to be with you all here in Raipur today on this most auspicious, blessed day, when I have felt the presence of the entire hierarchy of Sahaj-Marg Masters coming here to see the foundation stone for yet another ashram of the Mission being laid in Their presence, under Their blessings, with Their love. The presence of one guru is not enough for us. He is only the tail-end of a hierarchy where the brain, the heart and everything else is up There. I do not know how many of you felt this spiritual presence, whether you even know that it exists, and if you are aware of all these things, you will permit yourself to be influenced by their messages, live accordingly, act accordingly, and go to Their feet eventually when our life on earth is over. [...]



happens. But when it happens, we must make sure that the soul does not remain with it here. [...]

It is a very solemn existence

reaching the goal not by your effort, but by merely following. [...]

I told Babuji one day in Shahjahanpur, I think it was in 1968 or '69. He congratulated me and said, "Now you are liberated." I said, "Babuji, why don't you take me up immediately, simultaneously?" He said, "Why do you ask for that?" I said, "The longer I live, the more I am subject to temptation, and the possibility of fall."

You see, life is a danger. Every day you live longer, there is the renewed danger of a fall: some temptation here, some stupidity there, some lack of faith. [...]

So don't test God or the guru. Don't evaluate your faith. Don't pretend to know what their love is by what happens to you. But always know that their love for you, your faith in them, is for a particular purpose and that only - to reach them. And if that is going on step by step, you must never falter in your faith, never doubt their love, or be unsure of their grace. This is the only way of testing your relationship with your guru. [...]

That is all I wished to say. I am happy that you all listened. My blessings.

*Talk given by Master on 18th March, 2009 at Raipur, India*

that we must lead. As Babuji Maharaj, in some of his messages, says, this does not mean that life is not to be lived happily. Because in several messages he says that a true spiritual practican, an abhyasi, is known by the cheerfulness that is always his, under all circumstances. He who is happy under all circumstances is the truly happy person. [...]

The world is full of duality: there is good, there is bad; there is light, there is darkness; there is life, there is death; there is vice, there is virtue. The wise man takes all that is good, rejecting all that is bad. [...]

For you there is nothing good, nothing bad. There is only the straight path on which you go, following the footsteps of your guru who is going ahead of you, and

### Lalaji

• *The end of the Veda (knowledge) is pleasantness and bliss. The scriptures say that the goal of human life is to end misery totally, and to attain the highest (greatest) happiness. From this, it is proved that the Veda or knowledge is not an end in itself, its end being happiness and bliss.*

### Babuji

• *The only purpose of human existence is to realize one's nature, which is Divine.*

### Chariji

• *In yoga there are two elements. There is the self and there is the goal. These two are absolutely essential, because without us there is no goal, and without the goal there is no need for yoga.*

## CONTENTS

The purpose of human life	1
Thus speak	1
Master's Birthday	2
Role of the Master	2
Master's Pearls	3
Whispers	4
Daily Reflections	4

### Celebrating Master's Birthday

The current issue of *Echoes of Africa and Indian Ocean* is meant to help all brothers and sisters from the Region to prepare for and celebrate Master's birthday anniversary. It's a compilation of reference speeches given by Master on critical topics such as the purpose of human life, and the role of Master in human evolution, as well as an inspiring selection of pearls and daily reflections spanning various aspects of our

spiritual development. Let's all of us, wherever we may be, in Angola, Botswana, Burkina Faso, Cameroon, Congo, Gabon, Kenya, Madagascar, Mauritius, Nigeria, the Reunion, Senegal, Seychelles, South Africa, Uganda, Tanzania, Zimbabwe, etc., enjoy His love and read from his own words how he cares for our spiritual wellbeing.

**We are reminded that Master has instructed that only one satsangh at 7:30 a.m. will be held in all the centres other than Tiruppur, on the occasion of His birthday on the 24<sup>th</sup> July 2009.**

MMK

### Role of the Master in Human Evolution

The Master's role in our lives is that of one who initiates the dormant forces of evolution. [...] Both science and mysticism agree on one thing, that the human being is the highest form of evolution, so far. But the human being forgets the two words "so far" and thinks that this is the peak of evolution, which is a gross mistake. [...] Now as far as the evolution beyond the human life is concerned, science has no answer, of course; but spirituality says, and our Master has also said, that once the human evolves into the next stage then, again, evolution is automatic.

So we come to this interesting fact that an enormous level of evolution is there below us, and equally enormous levels are there beyond us, but in between we are stuck in some sort of a layer where evolution has to be by our wish. It is almost as if it is a trap between two separate regions, and from this trap only the best go up. If you think of it that way, it is also a region where selective evolution comes, this selection being done by us ourselves when we choose to evolve. It seems as if we have been given an opportunity to decide whether we will evolve or not, because after we cross the human level, nature does not want unwilling participants any more, only willing participants are accepted. [...] So this whole question of cycles of birth and death — rebirth as we call it — is nothing but going round and round until the desire

in us comes to go up, and we leave it forever.

Now if we are left to ourselves, we may



never know what is possible, what we can achieve, what are the goals that lie before us, because, like the frog in the well, we can imagine that is our whole universe. I think that it is for this reason that the Master comes. It seems that the Master comes to tell us, "Don't think that this is all. However wonderful it may be, this is not all. I represent something which is far higher than you can ever imagine, and I have come to you to show you what that is, so that you may aspire for it and seek my help in achieving it."

[...] In Sahaj Marg the responsibility for practise is ours, the responsibility for progress belongs to the Master. I don't think that ever before has a system of such

a nature existed. [...]

So, therefore, dear brothers and sisters, in Sahaj Marg we have a unique system which any human being anywhere can practise. It needs nothing for it to be practised except willingness. It offers a practice which is very simple, very easy; and the Master takes upon himself the responsibility of taking us to the goal. And this is made possible by the fourth most important characteristic of Sahaj Marg — transmission.

Now we have heard a lot about transmission, that it is the use of the divine energy for the transformation of man, and all sorts of funny things about it. But they have never convinced me, or rather they have never touched my heart, because all of them have a funny idea of conveying something from the Master to us, transfer of something from the Master to us. That gives a slightly misleading picture of Sahaj Marg. Now what is it that is really transmitted? And why?

Once when I was alone with Master, it was midnight on a very cold night in Shahjahanpur. He was unusually moody and distressed about the progress of abhyasis, and he casually said something, the significance of which I did not realise at that moment. What he said was, "People say God is love, and it is true. But yet when God comes to us, we are unwilling to receive His

*Continued on page 3*



## Master's Pearls

Which is the greater of the two, the Master or the disciple? I would not hesitate to answer, 'It is the disciple.' And it is not my answer, because my Master himself has said, 'It is easy to find a master but extraordinarily difficult to find a disciple.'

\*\*\*

We should practice first, then try to understand.

\*\*\*

A growing lightness of mind and spirit is the surest test of spiritual progress.

\*\*\*

The human race when it evolves has an evolving picture of God, too.

\*\*\*

If we are afraid of God, God realisation cannot possibly be there.

\*\*\*

In all traditions, the divine presence is put in the heart. If God is anywhere, He is in the heart.

\*\*\*

In spirituality, we don't need the body, the mind, the brain, the intellect. They are useful, but the thing that we need is the heart.

\*\*\*

Don't ignore spirituality for material life, don't ignore the material life for the sake of spirituality.

\*\*\*

It is my conclusion that no amount of research into the field of material science, whatever be the discipline, can ever lead one to spirituality.

\*\*\*

In life there are no optional subjects and spirituality is the most non-optional subject of all. It has to be done.

\*\*\*

If the doctor is the doctor of our body, a capable guru is the doctor of the soul.

\*\*\*

Meditation is the most important activity if we want to discipline ourselves.

call is spiritual suicide.

\*\*\*

Knowledge takes us outside, love brings us inside.

\*\*\*

He who is continuously giving will never be empty himself.

\*\*\*



\*\*\*

It is not very important how we sit, or in what position we sit, so long as we can sit in that position for the length of time specified for our meditation.

\*\*\*

Remember that when you meditate you are with God.

\*\*\*

Once you have decided that your heart says you must meditate and go to your spiritual destination, to deny that inner

### Role of the Master in Human Evolution

*Continued from page 2*

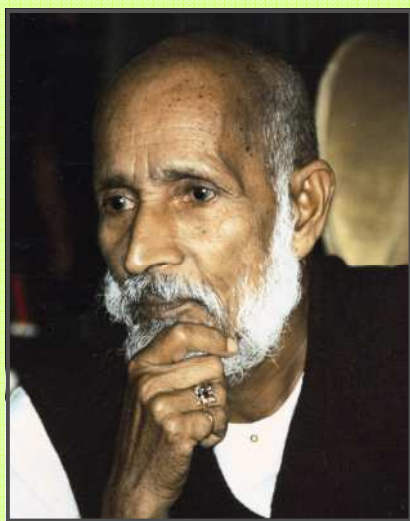
love." Later on I understood that this love could be what transmission is. It is the love that God has for us that is transmitted, and it is that love which makes us grow. And this also answered for me a very important question, why there is no compulsory discipline in Sahaj Marg; because love cannot demand or force; love must evoke. Therefore even the Ten Maxims tell us only what to do and leave it to us to do it when we have developed sufficient love for the Master and for our goal.

That is why in Sahaj Marg I believe we have a system which has a very human guru, promising the divine goal in a very human way of achievement. And all these three aspects our Master reflects in his existence. Though being divine Himself, he is in a human form, dealing with human beings in a very human way with human love and raising us to Himself.

Thank you.

*P. Rajagopalachari – The Role of the Master in Human Evolution,  
(excerpts) pp 14-19.*

## Whispers from the Brighter World



Sunday, March 18, 2001 – 10:00 a.m.

*Extend these special moments when your soul exults. Be carried away by this powerful wave. It reinvigorates your entire being: even your physical body is being regenerated. Profound meditation is the best food for man, and the subtlest one. Each one of its cells aspires to bathe in this redeeming wave. This expectation of the soul must be met; every day its life is anchored in this process. It is in need of such a process; do not resist it. Let yourself be carried away by this power of Love which is in you and which calls you intensely.*

*"We would like to let you taste these blessed moments when the Creator subjugates his creature. Think of the way you are going, plunged in the heart of your sadhana, surrendered to the spiritual power of your Master. He knows how to lead you to this water point, through successive steps, dropping your human characteristics, your ego, to only be a soul divested of its obstacles and thirsting for love.*

*"On this restful Sunday when the noises of the city die down and let you enjoy much more time to be in your own presence, may you find peace and joy to search it, in view of better connecting to Him."*

Babuji

## Daily Reflections

### Vibrations

When we talk of life as an embodied life on earth, in a body and a soul, it is nothing but energy which is running us, vibrations which are moving us.

*Heart Speak 2004, vol. 2, p.142 –Rev. Chariji*

### Energy

Conservation of energy means you have more energy at your disposal for right use - because

Nature does not distinguish between good energy and bad energy. There is only energy. Energy is either used or energy is wasted.

*Heart Speak 2004, vol. 2, p. 141-142 –Rev. Chariji*

### Accept Help

A man falls into a well. Somebody lets down a rope. He says, "No, no. I am praying to God. He will come and take me up." How long will that man with the rope wait there? He says,

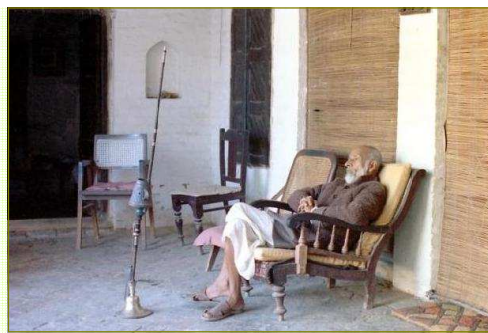
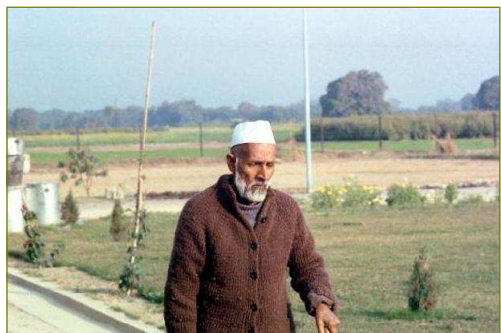
"All right, let your God come and take you up."

*Heart Speak 2004, vol. 2, p. 169 – Rev. Chariji*

### Eternity

A man thinks he has eternity before him, mistaking the eternity of the soul for the eternity of the body.

*Heart Speak 2004, vol. 2, p. 170 – Rev. Chariji*



### Contributors:

Design & layout: MMK, JN

### Editors:

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

Translations: JN & MMK

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

### Online subscription:

[http://www.srcm.org/lists/africa/echos\\_list.jsp](http://www.srcm.org/lists/africa/echos_list.jsp)