



We Work for Ourselves

[...] This morning I spoke to the abhyasis of Pune and reminded them that anything that we may do, we may think that it is for the Master, it is for the Mission, it is for my father, it is for my country, but eventually it is for ourselves that we work. [...] Whatever I do must reflect on me. This is the law of work. Unfortunately, in the culture of materialism that is prevailing, we say, "For my work I get my salary. Here I don't get a salary, so what should I get?" There is no such thing as a salary in Sahaj Marg. There is only the effect of work that you do. [...]

So we have to get used to this idea that I am in Sahaj Marg for myself. Not in a selfish way-of getting a promotion, or getting your son married, or your daughter married. Not like that. Not even to go to, say, heaven. If you are always thinking of getting something, it is always a cheap way of approaching work. [...] So, this does not make sense because what you get, you can lose, it can be destroyed and eventually, when you die, you have to leave it behind. But what you become is always there.

So, Sahaj Marg is not a way of getting something; it is a way of becoming something. How to become from what Babuji calls the animal human being, progressively to become a human human being, which means that I am

now really a human being [...] And from that step we graduate to become what Babuji says is a perfect human being, which is the culmination of our yogic sadhana and approach. So, please understand very



clearly that you do nothing for anybody else, and if you are doing something only for somebody else and you are not benefiting, that is wrong.

[...] I remember when I was with Babuji Maharaj abroad in 1972, we came back after three months, a little more than three months, and he jokingly told me on the flight, "Parthasarathi, you know how many things I have taught you? Now you can even lose your job without danger of being unemployed." I said, "What have you taught me?" He said, "You have been cooking for me; now you can open a restaurant. You have been washing my clothes; you can have a laundry. You have done my hair-trim and beard-

trim three times. You are a good barber." And then he added with a mischievous smile, "I hope, as a good Brahmin, you are not objecting to all this." I said "No, no, everything I can learn which makes me better, I will do, better and better." He said, "That is the spirit." [...]

So now what do you think of work? Who are you working for? Who are you meditating for? Who are you doing cleaning for? Even cooking - suppose a girl hates her husband and puts a lot of chillies and salt and says, "Damn that fellow," she will have to eat it herself, too. Isn't it? [...] If you do not remember this, if you do not understand this

and if you don't make this wisdom a part of yourself, we will only be play-acting, like actors on the stage [...].

I pray that all of you will have this wisdom to know that you are working for yourself and that with your work, you will benefit. All that the old man, the Master, gets is joy that you are flourishing. Like mothers and fathers know that when their children are successful, and they succeed in their examinations, when they get good jobs, they are happy.

Thank you.

Parthasarathi Rajagopalachari
8th February 2004, Vasco, Goa, India

Thus speaks:

Lalaji

- Why is action (karma) necessary? Action is the law of manifestation of life. Without action, it is not possible to infer the existence of a being. That is why every being having a body is required to perform action.

Babuji

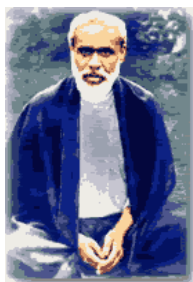
- Divine help does come, no doubt, but only when the Supreme is convinced of the devotee's earnestness of purpose. When the reaction creates a stir in the Infinite it indicates that he has concentrated his thought in the Great Being.

Chariji

Now and here begins the journey of evolution, not day after tomorrow, not after I have my next marriage and the fun consequent on that. Now and here. This is a door we have to walk through when it is open. It may open once in ten thousand years, once in fifty thousand years, and perhaps never again for eternity. Who knows! Because we need God, God does not need us.

Contents

We work for ourselves	1
Thus speaks...	1
Echoes from Centres	2
80th Birth Anniversary	3
Daily Reflections	4



Echoes of the Centres

How Lalaji's birthday was celebrated—February 2

Abidjan – Côte d'Ivoire

At the Abidjan center, in Treichville – a district in Abidjan -, the programme of the celebration included three satsanghs conducted on February 1st and 2nd at 6:30 p.m. and on the 3rd at 10:00 a.m.

On Sunday, February 4, 2007, we converged to sister Dido Juliette's in Yopougon. The 9:00 a.m. meditation was followed by a talk on the topic of the day - "*the role of Sahaj Marg in human evolution*", and a movie - "Being there" - on Sahaj Marg whose French comments and subtitles were strongly appreciated by all of us. We had a second meditation at 12:20 p.m., then a third one after lunch (3:30 p.m.) followed by exchanges relating to Sahaj Marg until 5:30 p.m.. We were 14 abhyasis.

M.C. & A. J.

A visiting preceptor in Abidjan from February 8-11

We received the visit of Brother Jodok Brunner, a prefect from Lausanne (Switzerland), currently working for the Red Cross in Bouaké for one year. He indicated his availability to us while in Côte d'Ivoire. We have fraternized and he gave sittings in Abidjan on Saturday and conducted satsanghs on Thursday and Sunday.

M.C.

Brazzaville — Congo

As soon as circular information was received concerning the celebration of Lalaji's anniversary, it was further relayed by SMS to brothers who could be reached by

cellular phone. There was a satsangh at 3:00 p.m., followed by the reading of Lalaji's biography Lalaji and quotations from His book: "**Eternal Truth**".

F.S..

Douala — Cameroon

In Douala, two satsanghs were scheduled at 10:00 a.m. and 3:00 p.m. on February 2nd, as well as fraternal lunch, talks and exchanges. At the end of the 1st satsangh, an excerpt from the July 2006 issue of Echoes of Africa and Indian Ocean was read. It refers to Master's message about the celebrations. Other readings related to Lalaji's life as reported in His book "**Eternal Truth**"; as well as other booklets. These readings were concluded by the text on the outside back cover of "**Eternal Truth**".

After the readings, some abhyasis shared with all of us the benefits they derived from the readings. Some of them underlined the iron discipline which Lalaji demonstrated and which is an example to be followed. Others reaffirmed the criticality of the practice which enables us to grasp fully the purpose of our quest and also really changes us...

At 3:20 p.m. there was a 2nd satsangh during which a text on rationalization was read, the gist of which is that "rationalization is the enemy of spirituality". This concluded the celebration...

M.B.M

of our Adi Guru Lalaji on February 2nd at a 6:00 p.m. satsangh. On February 4, sittings and a group meditation were organised, followed by a presentation on Lalaji's life. This presentation raised comments on his unprecedented example geared toward perfection and his capacity for leading others toward the same through transmission...

JDDNK

Gaborone — Botswana

We celebrated Revered Lalaji's Birthday here by means of 2 group satsanghs at 7.00 am and 6.30 pm. This was followed by prasad distribution and reading of literature. Four (4) abhyasis from the township of Serowe were expected to attend the celebration.

J.P.

Nairobi — Kenya

In the morning, at 06:15 A.M., Satish Bhatia and myself sat for meditation, whereas the other Abhyasis did Puja at their respective homes.

Evening satsangh was held at 19:15. Seven Abhyasis were present. This was followed by hearing of the Audio Tape of the Master "**Securing the future of the Mission**". Then, we all had dinner together.

V.B.

Libreville, Gabon

In Libreville, we celebrated the anniversary

Gallery of group photos

From Left to right: Côte d'Ivoire, Congo, Cameroon, and Gabon



80th Birth Anniversary of our beloved Master ... At Tiruppur, Tamilnadu, India

YEARS OF LOVE AND GUIDANCE

We wish to highlight the following text which the organisers of the celebrations chose as an introduction to one of the circulars. It is an excerpt from the Book "Whispers from the Brighter World". The relevant message given by Babuji is an invitation to adopting the inner state conducive to effectively benefiting from the forthcoming event.

"All may let themselves go in the joy of this celebration; it has a special feature that cannot be defined here. The divine laws apply in secrecy; receptive hearts can benefit from them, fully-disinterested love remains a necessary aptitude adding to this natural inclination. This day is characterized by a special importance very well perceived by all our aspirants. They are involved, in their

respective ways, by being connected to the source of all good and of the only priceless and durable joys: those of the heart and the Spirit. Their Master having reached a very high level of elevation, they cannot hope for anything in this world, where the work of a higher being of this stature prepares them for a higher destiny."

Babuji Maharaj in Whispers

Information relating to the celebrations

Venue

SHRI RAM CHANDRA MISSION

Diamond Jubilee park, Pallavarayanpalayam

Off - Dharapuram road, Tiruppur.

Celebration dates

22nd to 25th July 2007

Preparations on site

It is reported that "As the July celebrations draw nearer, preparations at Diamond Jubilee Park in Tiruppur are proceeding with increasing intensity. Various aspects of the infrastructure required to cater to the large numbers of abhyasis expected from around the world for this special occasion are being undertaken simultaneously." Rev. Master is expected to go soon to Tiruppur to oversee all the preparations and provide His loving guidance.

Those who are planning to attend the celebrations at Tiruppur, India are required to complete the registration process by April 30, 2007 in order to enable the organizers to make proper arrangements and plan for the required infrastructure.

Registration

So far we have received registration requests from Cameroon, Congo-Brazzaville, Gabon and Tunisia only. These registrations will be done by March 20th. We assume that abhyasis from other centers have made their own registration arrangements, otherwise, they are strongly advised to expedite this.

Types of accommodation

All abhyasis will be accommodated at the celebration venue itself. The accommodation will be of two types:

General accommodation

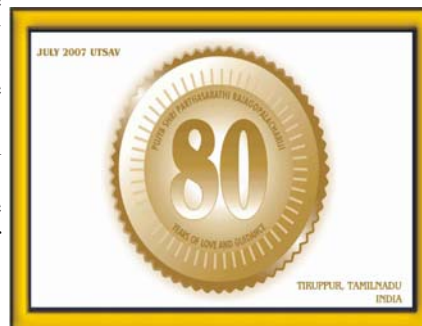
These are covered structures as usually found at our celebrations; this is free of cost and is available to all abhyasis who register for the celebration.

Comfort dorms

For abhyasis who desire a greater level of comfort, special dormitory accommodation will be provided for individuals, families and groups. Each dorm

will have western toilets and bathrooms attached. The comfort dorms will have a dedicated canteen.

How to book a comfort dorm ?



Just let us know, we will make the booking on your behalf, for as long as your request is received by March 15,

so that we can forward it to the organisers before the set deadline: March 31st.

Period of availability of a comfort dorm ?

The Comfort Dorm is available for use from 22nd July to 25th July, 2007. However, this facility will also be available for two days earlier and later.

Where is the comfort dorm ?

The Comfort Dorm is at the venue (Diamond Jubilee Park) itself.

Children

There are no charges for children below 12 years. However,

the name and age of the children must be mentioned in the Comfort Dorm Booking Form so that adequate arrangements can be made. Please also note that only mattresses will be provided for these children.

Rate of comfort dorm: Master's generous gesture

All abhyasis who can afford the set rate (80 Euros or 100 Dollars) are advised to do so.

As concerns other abhyasis from Africa (except South Africa), Mauritius and Madagascar, Rev. Master has been kind enough to extend His generosity to them by allowing them to give whatever amount they can for the Comfort Dorm accommodation. Let us know also how much you will pay for the dorm as well as your means of payment.

Let us extend our heartfelt gratitude and thanks to our beloved Master for this generous gesture towards needy participants from the countries indicated above.

Daily Reflections

Will

Will, faith and confidence are the elementary factors which contribute to an easy success on the path of realisation. [1] How can will power be strengthened without any practice? The reply is: Take any one work to be important and all others as secondary ones. First of all, one should entertain a desire that his will power is to be strengthened. Then he should take up that work. The opposite idea should not be entertained.[2].

1. Taken from the book "Thus Speaks Babuji", pg 59 -by Babuji 2. Taken from the book "Thus Speaks Babuji", pg 60 -by Babuji

Body and Soul

Peace is the characteristic of the soul while unrest, the opposite of peace, is that of the body. But we ourselves were the doers of all this, and this was our own work. Now the outburst, which resulted from these actions and counteractions, appeared to us in the form of sufferings and miseries. If we somehow cease supplying them with power, they will begin to wither away like unwatered plants. This can become possible only when we divert our thought, which is associated with body-consciousness, towards the soul. The things which, through our wrong-doings, have as-

sumed the form of miseries and afflictions will begin to wither away, or shall be over-influenced by the effect of superior consciousness. They shall in course of time be entirely cleared and their outbursts shall also cease. Man will then be in a state of soul-consciousness, which was originally enlivened by the effect of Divine will.

Taken from the book "Complete Works of Ram Chandra Vol.2", chapter "Afflictions", pg 30 - by Babuji

Change

Thank God that Master has also stated that the only eternal thing in the Universe is change! This inevitability of change is the foundation for all hope! In what lies our hope? How does hope exist at all? Can there be hope without the intuitive understanding of the inevitability of change?

Taken from the book "The Spider's Web, Vol I", chapter "Hope-The Foundation of Change", pg. 87 - by Chariji

Progress

So progress means: 1) willingness to become what I have to become; 2) subjecting myself to the forces that are going to help me; 3) avoiding all that is going to pull me back

Taken from the book "Thus Speaks Chariji", pg 64 -by Chariji

Spirituality

Spirituality is nothing but an effort to change one's self, to try and realize the real value of life that we must aspire for. What is life? Is it only this bodily life, starting from birth and ending with death? This short sloka, as we call it, a couplet in the Gita, which says that as we change our shirts, our dresses when they are dirty, and put on new ones, similarly the soul, in its passage through existence, uses bodies for its journey. Spirituality, says it is that inner continuity of existence which is represented by the soul to which we should pay attention, because we find that there are two entities struggling now. In the average human being there is the ego, the life of the ego, which wants the continuation of the bodily life, the bodily existence, because the ego is working only through the body. Its instruments are the senses. When we make the mistake of identifying our life with this body and the senses, it is the life of the ego that we are promoting, supporting. And, therefore, the inner spiritual life comes down to almost nonexistent levels.

Taken from the book Heart to Heart Vol. 4, chapter "What is spirituality?", pg no: 139-140 - by Chariji.

Getting Prepared for the July 24, 2007 Celebrations Our performance in Tiruppur — A reminder

Reference is made to previous issues of the journal that included an invitation to abhyasis in the region concerning the above. For our performance to be properly prepared, each centre is requested to:

- identify amongst brothers and sisters willing to go to Tiruppur, those who wish to take part in the performance, as singer, dancer, poet, storyteller, or player of a musical instrument, etc;
- propose a performance typical of the country's culture. This can be a dance, a poem, a playlet, a song, in a country's local language. A translation of the relevant script/text must be provided in either English or French language.

The submission of your proposals, though belated, is highly appreciated.



Contributors:

Design & layout: MMK, JN

Editors:

JN: Jeanne Nanitelamio
MMK: Michel Mouyelo-Katoula

Page 2: MC (Mamadou Camara) & JA (Jules Amany) - Côte d'Ivoire; MBM (Mariette Bis-



sene Moulongo)-Cameroon; FS (Faustin Salabandzy)-Congo; JDDNN. (Jean De Dieu Ndong Nkoume) - Gabon; J.P. (Jimit Parekh) - Botswana; VB (Veena Bhatia) - Kenya

Communications intended for Echoes of Africa and Indian Ocean must be addressed to: echosdaf@yahoo.com

Fax: (1) 309 41 81 655

