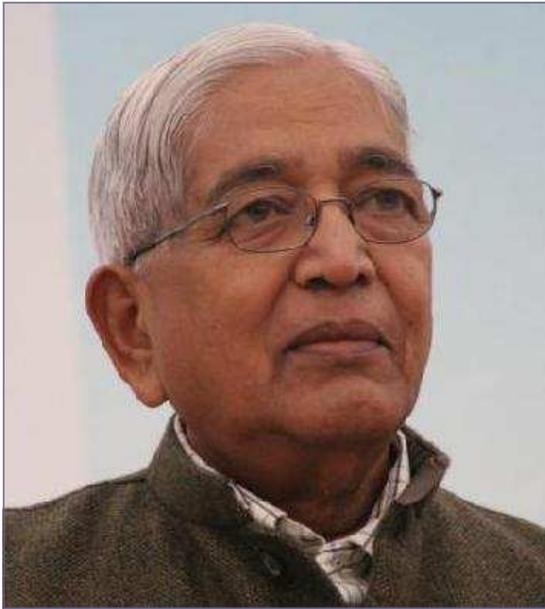




A Celebration - the Heart's Expression of its Gratitude

Dear Brothers and Sisters,
 We have just basked in the grace of our Divine Master during this final satsangh of the celebration of his most auspicious birthday. It does not mean that the celebration ends. The celebration must go on in our hearts, and the celebration must be an expression of our gratitude for his advent on earth, for the gift of Sahaj Marg that he gave to us, and for the much greater gift of his spiritual son, Babuji Maharaj, who many of us have known or interacted with, who propagated this system throughout the world. [...]



We give no thought to our spiritual life — which is very sad because, let me remind you what Babuji Maharaj said. He said it is easy to find a Master today, but it is extremely difficult to find a disciple. A disciple is one who is disciplined; who is disciplined because his heart says be disciplined, not his head; who is disciplined because he loves and not because he is afraid; who is disciplined because above all he knows that it is only discipline which will carry him on the path successfully to its end.

[...] Again and again we say switch off your telephones

(mobile phones). But there is no satsangh in which I don't hear at least half a dozen telephones ringing. Obedience! And why this instant rush to put on your Having determined honestly, truthfully, that you are what you are, do you want to become his children? In which case, you must never leave this presence here. Your body may go home, but your spirit must remain here. You must always be in satsangh, which is called constant remembrance. [...]

Of course, satsangh will go on. 'Men may come and men may go'. If today's satsangh has so many people, tomorrow's satsangh may have more or less. They may have the same people or different people and we are happy that at least the hall is full. But full of what? So I wish you all to go into your hearts: Are you celebrating the great presence of the great Master, the Adi-guru of Sahaj Marg, Param Pujya Lalaji Maharaj? Or are you just having a holiday away from your problems of life, thinking this is better than that, thinking that here you are safe whereas [in the] outside world you are not, thinking that here you will be blessed, there you are not? Or are you going to realise that I am here out of love and gratitude for the great benediction that he has

telephone in the satsangh? "That's all" and the first thing that you reach for is your telephone. So where has your attention been? Have you been meditating? Have you been thinking of the divine light in the heart? Or are you all waiting to know when you can switch on the telephone? [...]

So I am tired, after all these years of Sahaj Marg, I confess to Babuji Maharaj, "Boss, I am tired. I have tried, tried and tried again, but your people, your abhyasis" — because you are His — "they listen not. They obey not. They follow not. They do not." [...]

Thus Speaks

Lalaji

- The balanced condition of the mind is an expression of the right attitude of man in all his activities, under varied circumstances; in a broad sense, it is the reflection of his character.

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

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

bestowed on us, for the gift of Sahaj Marg, and for the gift of our perfect brothers and sisters who work for us, for the gift of these ashrams where we can sit in peace, meditate and become?

I pray that you will all introspect and get your answers truthfully to yourself. You don't need to tell it to anybody else; tell it to yourself and take the next step — resolve, that "I shall be an abhyasi. I shall be better and better everyday. I shall not leave these premises, wherever my body may go."

Thank you.

Parthasarathi Rajagopalachari
 Rev. Lalaji Maharaj Birth Anniversary, 2nd February 2010, Jabalpur, India

In this Issue	Page
Heart's Expression of its Gratitude	1
Thus speaks	
Echoes of the centers	2
Strengthening our practice	3
Whispers	4
Daily Reflections	4

Echoes of the Centres: Abidjan, Douala, Yaïka

Abidjan: Lalaji Birthday Celebrations

Their permanent presence

A few days before the celebration of our revered Lalaji's birthday, the preceptors recommended that abhyasis should come to the meditation centre and take sittings to be ready to receive Master's grace. Indeed, two preceptors: Mamoussé Diaw and Mamadou Camara devoted all Monday morning of February 1st to give sittings to abhyasis. The next morning, day of the great Master Lalaji birthday, volunteers undertook a thorough cleanup of the centre in preparation for the evening satsangh scheduled at 6:30 pm. Brothers and sisters started arriving at the centre at 5:00 pm. The 6:30 pm satsangh was followed by the reading of a text from the "Whispers from the Brighter World".

Our Masters birthdays are for me a confirmation of their permanent presence among us.

more regular in attending Wednesday and Sunday satsanghs. We noticed that when some abhyasis leave their workplace they

our Master physically; if we plunge into our hearts, He is there.

E.M. and J.M.



Celebrating Basant in Yaïka

In their Divine presence

come directly to the meditation centre on Wednesday evening which is a business day for most them. Nevertheless at 5:30 pm, some abhyasis braving tiredness come and benefit from the invaluable transmission of Master. At Sunday satsanghs the meditation room is almost full because it's a day off for everybody.

Sunday, January 31 was scheduled for Basant celebration in Yaïka. On Saturday January 30, brothers and sisters from Ouagadougou traveled to Yaïka, among them a lady who wanted to be introduced into our system. They arrived around 6 p.m. what made it possible to devote the evening to sittings. On Sunday, January 31, we had a satsangh in the morning at 7:30 am; the meditation room was full. After satsangh there was a reading of the ten maxims translated into mooré. The preceptors pointed out the importance of daily practice, and sittings. After the satsangh, exchanges continued until midday when everybody met at brother Siméon Nana's place, to share a fraternal meal with abhyasis and other guests, among whom religious leaders from protestant and catholic churches, as well as some Muslims. On the same day, brothers and sisters from Ouagadougou went back by road around 2:00 pm. in the afternoon, later on at 6 p.m. we had a second satsangh with the remaining abhyasis.

s.o.

Saturday is the day of the cleaning of the centre, some abhyasis have volunteered for that, among them, a brother drew our attention because every Saturday morning he is there very early before everyone else and even when the center is still closed, he stays outside and waits. When the centre is opened, he starts working immediately without worrying whether other volunteers would come over. So, when the other volunteers arrive, the work which is already advanced is finalized even more quickly. The example set by this brother urges us to get more involved in voluntary work. After work, we have our sittings because this day is also devoted to sittings and exchanges.

It was a beautiful celebration where

Douala: Echoes of February

He is there



In Douala, the month started off with the celebration, on February 2nd, of the birthday of our Adi Guru Lalaji Saheb. On this occasion, two satsanghs were held: in the morning at 7:30 a.m., the second at 6 p.m. The atmosphere of that day was special; one had just to be centered to benefit from it.

Activities are going well in the meditation centre of Douala, abhyasis are more and

February 27, was particularly fruitful. We had a questions-answers session facilitated by the preceptors on topics such as Master's presence, his teachings and vegetarianism. At the end, we understood that one did not have to regret not to have been able to meet



brothers and sisters were immersed in the Divine presence of our Masters.

P.O.

Strengthening our Practice : Cleaning, Constant Remembrance.

Cleaning

One of the main elements of Sahaj Marg practice is cleaning, a companion practice to the morning meditation. All of our experiences—actions and reactions, thoughts and emotions—leave impressions. These impressions, called samskaras, accumulate over time, influencing our view of reality and consequently our behaviour. As habit patterns emerge and solidify, we continue to react in the present as we have in the past, setting the blueprint for future action. In this way we become, in a real sense, slaves to our past experience.

Imagine the soul inside a cocoon, wrapped around and around by impression upon impression. As these layers accumulate it becomes more difficult to experience our essence, the soul within. The practice of cleaning is a process whereby we direct our thought, in combination with our will, to remove or clean away these impressions so the light of the soul can shine. Once these impressions are removed the root causes of behaviour patterns, which keep us bound to the past, will gently and naturally fall away.

The cleaning is done for thirty minutes each evening when the day's work is over. To clean, we sit comfortably in one posture with the suggestion that impressions and complexities accumulated during the day are leaving the whole system through the back in the form of smoke or

vapour. At the same time we have the idea that the sacred current of the divine is entering the heart, filling the vacuum left by the outgoing impressions. We do not review the particular events of the day or give them undue attention, since we know from our experience with meditation that whatever we focus on tends to expand. The cleaning is approached in a general way with confidence that all impediments to our growth are leaving. A feeling of lightness is a sure sign that the weight of the day's impressions has been lifted.

While the evening cleaning effectively removes the day's impressions, deeper clean-

the Master himself. This is one of the reasons why it is important to visit him whenever we have the opportunity.

Source: <http://www.sahajmarg.org/cleaning>

Constant Remembrance

Meditation, cleaning and prayer make up the basic elements of the Sahaj Marg practice. Our practice becomes dynamic and infused with life and feeling when it leads to the remembrance and experience of our connection with the divine within. We cultivate this ongoing connection through a specific training of mind and heart referred to as constant remembrance.

In our efforts to remember constantly we engage a subtle suggestion, putting the divine in the place of self in all our thoughts and activities – indeed the divine is the doer. Feeling that presence within guiding our thoughts and actions we then proceed with faith and confidence, giving every task our best effort without attachment to results.

When we love someone, we remember him or her. Sahaj Marg teaches us that the reverse is also true: what we remember, we will also come to love. The practice of remembrance eventually leads to constant thought of the divine in all of our activities, ultimately cultivating our growing love for, and union with God.

<http://www.sahajmarg.org/constant-remembrance>



ing is essential to reach deep-seated samskaras. Fortunately, the Master has prepared prefects to offer individual sittings, accelerating the removal of long-standing impressions. The deepest cleaning of all is done by

Online Registration for Rev. Master's 84th Birthday Celebrations

For Abhyasis outside India

Online registration is now possible through the Mission's website. Abhyasis may kindly use the link below for further information and online registration:

<http://www.sahajmarg.org/july-24-celebrations/2010/registration>

Overseas abhyasis can register and donate online using a supported credit card.

Any questions or clarifications may be addressed to: 24july.helpdesk@srcm.org or

24july.registration@srcm.org

Abhyasis are requested to register as early as

Travel Request Information and Application Forms

Important information for abhyasis planning to visit Manapakkam or other SRCM ashrams in India is now provided at <http://www.sahajmarg.org/smww/bma-request-to-visit>.

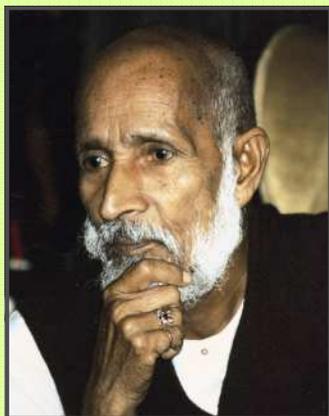
Please note that a travel request application is mandatory for all abhyasis wishing to visit Manapakkam ashram, to travel with

Master, or to attend a bhandara in India. Each individual requesting this permission must be recommended by his or her prefect and by the country in-charge/regional coordinator. The site provides detailed guidelines for deriving the most spiritual benefit from your trip.

Please follow these guidelines and the application procedures carefully. Separate travel requests required for Satkhol, CREST and the Mission's Retreat Centres can be found at the individual web pages of those centres.

Whispers from the Brighter World

Monday, April 26, 2004 – 10:00 a.m.



In this contact come and take refuge in the heart of the being, my child, releasing you from a constraining physical body. Let your heart go to what it likes above all: the connection to the Divine through the Master clearing your way. Your relation has reached that stage where in greatest confidence, you surrender to him with perfect serenity and determination as far as your choice is concerned.

“The sadhana comprises stages; a heart cannot be conquered easily. Sometimes hesitant in the beginning, it takes time to understand the mechanism capable of bringing it to the goal. Our Mission is blessed with a high level Master. Under his competence, it pursues its path, blessed by the supreme authorities. It is good to see it growing, conquering hearts by providing them with what they are yearning for—even if it is not easy for them to actually assess their aspiration to the Divine, as they are caught in the swirl of life. They are hustled by this life, finding it difficult to anchor themselves in its material aspect. It is not always easy for them to balance all their needs. Our practice is not exacting, but often they let themselves be distracted from it and they neglect what in the long run would give them something other than ephemeral satisfaction.

“The human being is like that, at the current stage of his evolution. He is struggling in complying with a discipline the effects of which he cannot see in the short-term. Time will come when awakening will be effective, giving him the necessary motivation. All will then change for him; he will know his priorities, which will enable him to put things into perspective. That is how a soul progresses, until the final apotheosis.”

Babuji

Daily Reflections

Wisdom

So where is wisdom? Wisdom must be permanent. Babuji said that a fool is wise after the event but not for long. A wise man is wise during the event. He knows, and now he will not do it again. A saint is wise before the event. He doesn't have to see to know; he doesn't have to experience to know.

Heart Speak 2004, vol. 2, p. 49 –Rev. Chariji

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

Blessings

All this asking for blessings, to my mind, is unnecessary. Blessings are always there. Are we utilizing them? Babuji said, "The sun is shining for everybody. It rains, but only the man who prepares his field will harvest a crop." Isn't it? So we have to be prepared for the blessings.

Heart Speak 2004, vol. 2, p. 59 –Rev. Chariji



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