



Be Simple and in Tune with Nature

Dear sisters and brothers from all over the world: many cultures, many languages-some ancient, some very modern-some European, some Asian, some African. Why are we all here together? I mean, have you thought why we are all here together? What brings us together? This is a small but significant proof that the goal is one for all human beings-*notre but* [our goal] is the same for all of us.

Religions divide us. Spirituality says, "Come together, forgetting your nationality, your culture, your language, because they are all dividing us." And today religion is the biggest problem all over the world, as you know. [...] Isn't it? And it is surprising, or perhaps not so surprising, that brothers fight more than enemies. That is why in the system of Sahaj Marg, love is the main topic, perhaps the only topic, and very certainly the only thing that we have to cultivate within ourselves-that is spirituality. Spirituality does not talk of God. Spirituality speaks only of breaking down of all barriers, not just of sex and profession and race; but more essentially of culture and religion. [...]

Many people say, "Oh, but it is an Indian system!" I beg to differ. Sahaj Marg is no more Indian than it is German or

French or Spanish. It is a universal system precisely because here we do not recognize any differences of any nature which set apart human beings. Now you can see how easy and simple it is to be



simple. [...]

My Master Babuji Maharaj said, "Be simple and in tune with nature," because it needs no money to be simple. Even the poorest can be simple, but when they think they are forcefully simple, they feel their poverty, they compare themselves to the rich, they run after the rich, they become slaves of the rich, and this is the way slavery has been born. If only you could hold your head up and say, "I am simple; I'm not poor." As my Master said, "If you need one dollar, and you have one dollar and one cent, you are a rich man." We are rich if we

have more than we need, even if it is only by one franc. We are poor when we need five francs and we have only one.

So richness or poverty is depending on what I need, on what every one of you needs. Babuji Maharaj said, "Reduce your needs to the bare minimum." [...] So when we reduce our needs we find automatically that we are able to live on less and less because my needs are less and less. [...]

Therefore, if you look to the lives of the great saints of this world from any time in history, you find they were simple, they had little or no education, but they were wise. They were simple, but they lived a healthy, happy life. They were not rich, but they were comfortable in their huts or maybe in a cave in the mountains, because they learned not only to be simple, but to be in tune with nature.

So, you see, Sahaj Marg principles are not to be treated as something Indian, something crazy, something spoken by a man who had no money, who had no education, but it is a profound teaching arising out of the personal experience of saints and sages and mystics all over the world, through all the periods of history that

Thus Speaks

Lalaji

- Do not purchase a new thing if you can manage to carry on with your old belongings.

Babuji

- God is simple and can be achieved by equally simple means.

Chariji

- A drop of water with devotion, a leaf of a tree with devotion, a fruit, the tiniest flower that you can pick from the grass, bring it with devotion. I will accept it, the Lord of the universe says. What else can you give him?

you can find.

I am therefore happy to see all of you here. I hope we will see more and more of you here, shedding all your inhibitions, your notions of richness, your notions of the intellect, your notions of education-because wisdom does not need education, and education rarely gives you wisdom. Please remember that. I pray for all of you.

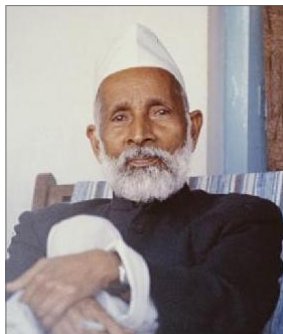
Thank you very much.

Shri Parthasarathi Rajagopalachari - 29th December, 2004 Chennai, India

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Remembering Babuji Maharaj

Monday, April 30, 2001 – 8:00 a.m.



Be delighted through this birthday celebration that is getting more important in the world with the passing of the years. It is the Mission that is celebrated. It is advancing step-

by-step and conquers the hearts that sense the sincerity of this way. Its sobriety and the simplicity of the practice are adapted to modern times.

“Communing with oneself, cutting oneself off from the world at some time during the day has become a necessity for our candidates. They feel all the good they benefit from this plunging into themselves. They empty their minds of their worries, to let themselves be carried away toward other

shores, less tumultuous where the soul can recognize itself again and feel itself existing. This meditation has its own importance; it leads you to living ecstatic moments that reconcile you with life.

“This life doesn’t give you only good moments, but it offers you this way out toward a luminous world, adorned with all graces. While time is slipping by, you give their true place to your abhyas. They open up new horizons to you, you discover another aspect of your person, and your real identity appears to you. You will find yourself different, not granting the same importance anymore to things that surround you, knowing how to make other choices that better correspond to your new inner state. While letting emerge your own best part, your everyday life will be consequently transformed at all levels. That is the desired goal.”

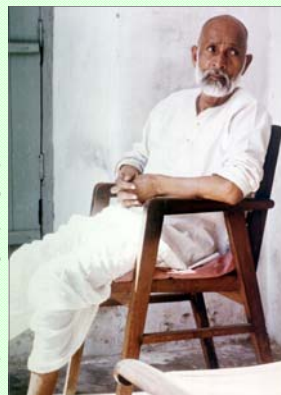
Babuji

Whispers from the Brighter World, Vol 1, Page 141

Rev. Babuji Maharaj’s Birth Anniversary Celebrations (30th April, 2010)

All ashrams / centres worldwide will hold morning and evening satsanghs on the 30th of April to celebrate this auspicious occasion.

As per Rev. Master’s directions, centres are requested to fix the timings according to local convenience, and inform Abhyasis accordingly.



Sahaj Sandesh No: 2010.07 – Saturday, 10 April 2010

Echoes of the Centres: Brazzaville, Douala, Yaounde

Echoes of Brazzaville [Congo Rep.]

The Brazzaville center is open to all abhyasis every Sunday for the 7:30 AM satsangh. It is attended by about fifteen abhyasis. The last Saturday of each month is devoted to sittings given by the two preceptors.

We are still meditating in a small room which proves too cramped as new abhyasis joined us. Thanks to individual financial contributions the center will soon be blessed with a modest but larger room that can accommodate up to forty abhyasis.

S.A.F.

Echoes of Douala [Cameroon]

At the Douala center, activities are very well attended by brothers and sisters and going on well. We noticed that some brothers from other cities take advantage of their visiting Douala to attend the satsanghs and be given sittings during the sitting programs. Sitting programs will henceforth be organized on a regular basis three Saturdays per month from 10:00 AM to 3:00 PM. The preceptors urged all abhyasis to volunteer for various tasks including cleaning the premises.

During the next quarter, after each

satsangh, readings will mainly relate to Whispers from the Brighter World or to Master’s speeches. The preceptors urged the abhyasis to read the Whispers from the Brighter World with their family because these messages are not only good for us abhyasis, but also for the whole humanity. In this respect, March activities concluded with the reading of messages after the last Wednesday satsangh. Beyond the resulting vibrations the reading was also an invitation to make personal efforts in our practice.

We are currently preparing the celebration of the birthday of our Reverred Great Master Babuji. In view of this event, the preceptors prepared a program whereby abhyasis are advised to get at least one sitting before the 30th of April to make the most of the benefits of this celebration.

E.M. & J.M.

Echoes of Yaounde [Cameroon]

A day of reflection

In Yaounde, Sunday, March 14 was devoted to reflecting on the topic of meditation. 8 out of 10 active abhyasis attended the relevant satsangh. We asked ourselves the following questions: what is meditation? Why meditate? Who must

meditate? When to meditate? Which postures required during meditation? The exchanges were enlightening and fruitful and led to the conclusion that meditation allows us to lead a balanced life. We then practiced silence: during 30 minutes we remained quiet - not meditating - walking, sitting or standing up. It was very



instructive: it proved difficult to hold on without doing anything; for many of us it was also about learning discipline. We concluded the day with a profound meditation at 4:00 PM.

M.B.

Questions and Answers

Q: Dear Master, as a new abhyasi, I have also exposure into other practices wherein it is strongly advised to follow prescribed Vaishnavite ⁽¹⁾ traditions to make spiritual advancement. How do I reconcile this with the practice of Sahaj Marg?

PR: You are advised to follow the advice and teachings of Sahaj Marg without relating it to other past practices. Sahaj Marg is a stand-alone system and, in any case, you cannot follow two horses. So you practice the system which you are practicing now, faithfully, with your heart, and you will find results. Otherwise you are like a man who has married several times and is trying to reconcile the behavior of the current wife with the past wives – cannot be attempted successfully. It can only end in disaster and one more marriage.

Q: I am a new abhyasi from South Africa. I was drawn to the Sahaj Marg system for its clarity and simplicity. I'm grateful for this opportunity. How do I open my heart? I want to, at the conscious level, but when I meditate I can't feel it and I imagine it must be closed. Is the conscious intention enough?

PR: when we meditate we have been given an object that is to imagine that divine light is present in the heart. We are not told to identify the heart – that it is here, or here, or here. We think of the heart. We imagine it is filled with divine light. We don't know what is divine light. The purpose of this meditation is to find out what it is, where it is, where the heart is. Because it is possibly true that today, most human beings are to be classified as heartless. But they all have hearts. So what is this term heartless to

mean? Does it mean you have no pumping station in your body? Of course, you have, otherwise your blood would not circulate. So you see, we have to develop a heart which may or may not be part of this heart. Actually this spiritual heart is supposed to be on this side [pointing to his right side], for those who are interested. It is not an

not the capacity to judge his spiritual achievements. In fact when Babuji Maharaj was asked, "what is your condition?" he replied, not humbly as people thought, but truthfully, that only Lalaji Maharaj knew is real condition. So I prefer to leave it at that.



Q: A question from Botswana: Dear Master, what is Master's vision for Africa (spiritual vision)?

PR: [...] I have no vision for Africa. But I have a vision for our abhyasis who live there, who have been born there because of their past samskaras, by the desire of their souls before this birth to take birth in Botswana or Johannesburg or Lenasia or wherever – because the soul, in its purity

and its aspiration for liberation decided before this birth that that was the environment where it could evolve. So my aspiration is, please do not spoil that original aspiration of the soul which brought you where you are; allow it to unfold without interfering. And what causes this interference is nothing but desire. So whether you are in Botswana, or Zimbabwe, or in Delhi, or Paris, it does not matter. We are all in the same boat, because our desire for liberation before we took this birth is still in our heart. That is why most of you are here. In some way you have recognized, or your soul has recognized, that there is an opportunity for me to evolve. Let me grasp it. Please obey your soul, and not your mind. Always we should obey the soul. And the soul calls to us only from the heart, not from the head.

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Q: Revered Master, two requests: a brief illumination on the Master, his life, his achievement – just a flash for our inspiration.

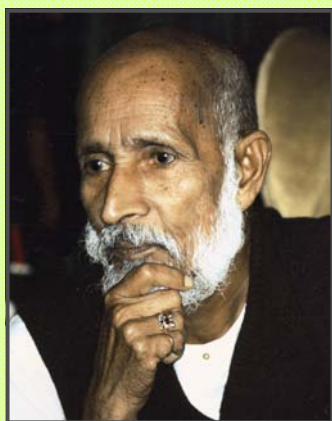
PR: I believe that enough has been said and written about my Master, Babuji Maharaj, I have spoken about him innumerable times. Words are not enough to praise him. I have

Excerpts from: Here and Now Talk by Shri P. Rajagopalachari – Questions and answers, 13th November 2009, Kharagpur.

(1) Traditions related to Lord Krishna worship

Whispers from the Brighter World

Wednesday, June 2, 2004 – 10:00 a.m.



Simplicity is fundamental to a true spiritual process. Messages given through this means are also geared towards sparseness, appealing more to the heart than the intellect. Heart intelligence prevails over complicated formulas; we do not follow fashions, our teaching must focus on fundamental aspects, without being complicated unnecessarily. Our aspirants do not have to write dissertations on the subject, to employ fine formulas able to please examiners; our work serves a different purpose.

"The majority understood it, and their practice helped them to interiorize themselves, which is the goal, and to empty their mind, shall we say, of all that clutters it and slows down their development. We wrote books that can be qualified as scholarly; even those who claim to be intellectuals do not understand them in these days. Comprehension at the [intellectual] level is considerably reduced, only a sufficient openness of the heart makes it possible to grasp the main thrust. In this area, the social differences have no bearing and that is good. Knowledge is accessible to pure hearts, knowing how to discriminate between the truth and the useless things with which men generally load their own life down.

"A true spiritual process must allow man to acquire some discernment, helping to make the necessary choices under many circumstances. Sahaj Marg is a simple way where we get to the heart of the matter. May all our brothers remain vigilant on this point and maintain it in its current spirit. It is needless to innovate or add anything; beneath its façade of simplicity, it conceals treasures that many of our brothers have yet to discover."

Babuji

*Whispers from the Brighter World, Vol I, Page 381**Daily Reflections***Religion**

Religion gave me the idea and the understanding of something called God; spirituality must tell me who or what it is, how to become like it and to end my life with that knowledge, with that realization.

*Heart Speak 2004, vol. 2, p. 190 – Rev. Chariji***Sensitivity**

We should learn from our heart. Heart must respond. I have known Babuji waking up somebody who is sleeping at eleven o'clock at night and saying, "You didn't have your food." I said, "How do you know?" He said, "I feel it."

*Heart Speak 2004, vol. 2, p. 57 –Rev. Chariji***No time**

"I don't have time for spirituality," everybody says. And then when it is too late, I have to only tell them, "For one who has no time, time has nothing for him too."

Heart Speak 2004, vol. 2, p. 60 –Rev. Chariji**Contributors:**

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