



Message for the Youth

I am always happy to be with the youth, because old men, you know, they have nothing but memories to live with, and memories are generally of youth and subsequent ages. But for an old man to sit with young people, it recaptures memory in a sort of a live situation, living sense. And I do not want you all to do what most old men do, which is to regret an ill-spent youth, a youth badly spent in wasting time, in pleasure seeking.

[...] So I think it is appropriate that one who has passed over the dangers ... understanding that every opportunity has a danger in it, every opportunity has a responsibility in it, and a time of great promise is also a time of great danger. So it is good that old and young meet: one, to exchange his experiences of life, and the other, Insha-Allah, to profit by the experience of the old, avoid the pitfalls and dangers that he has gone through, and make use of opportunities which he might have made, and at least come to an age satisfied with what we have done in the past.

Youth is a time of great promise. In fact it is the only time of great promise. Subsequently, we are only on top of the plateau, walking, walking, walking, until the decline starts. [...]. We can reach the peak of our potential by the time our youthfulness is ended, say in the mid-

twenties, and that is the time in which we must work to consolidate our future.

The future is belonging to the youth. The middle age is a place of consolidation of



what we have achieved, making sure that what we have got, what we have attained, what we have achieved is not lost: mentally, physically, in terms of property, in terms of happiness. But if you have not made it in your youth, your life is going to be humdrum — no excitement, no sense of achievement, no inner satisfaction that “I lived; I did not merely exist, but I lived. I lived a purposeful life. I lived a life where I could plan with wisdom, so that hope would be satisfied, hope would be achieved or substantiated, by the wisdom that I expressed and used in my youth.” Because youth is a time when we need wisdom most. Subsequently, intelligence is enough. But in the time of youth, we need wisdom.

Unfortunately, most people become wise only after the event, after they are sixty, seventy years old. Then they say, “This, you should not do. I know by experience.”

Wisdom comes by experience, but generally accompanied by frustration, by depression. Whereas if wisdom precedes experience, it is what the old sages say, that a fool realizes only after the event, an intelligent man realizes during the event, but a wise man knows before the event.

So, youth is a time when we have to change from the ignorance of childhood, the innocence of childhood to the knowledgeableness of the school age, and ripen that into wisdom of youth. Then we have a successful future — a success not because of events but because of our ability to plan our own future.

I pray that all of you will be blessed by using your youth successfully, with an orientation to the future, avoiding pitfalls, following a straight course, very much like a ship has to chart its voyage. Make sure you do it properly, wisely. Achieve what you have to achieve: the potential of your nature, inner nature as a human being, which ensures you not pleasure but inner satisfaction.

Thank you.

Message for the youth of Dubai, conveyed at the Youth Seminar on 16th October 2009

Thus Speaks:

Lalaji

- *It is an accepted fact that the course of the world is not uniform. Its colours go on always changing. When man endures its hot and cold waves, he becomes firm and gains experience, and begins to say: The punishment for the embodied Everyone has to undergo; The wise endure it with knowledge, Fools suffer weeping oh!*

Babuji

- *As Babuji Maharaj said, "Youth has to be shaped. It is not enough to use them; you have to shape them." He has used the example of using a chair, you see. You cannot do anything with it except sit on it; whereas, if it is wood you can do what you like with it.*

Chariji

- *So it is not enough to have a youthful power behind what we are doing. It is necessary to have it guided, with wisdom, towards not merely a desirable, not merely an achievable, but towards an evolutionary oriented goal of self-development.*

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African Echoes from Kharagpur

I wish to share with the readers of Echoes of Africa and the Indian Ocean, an email I received from Beloved Master.

MMK

Kolkata, Saturday 7 November
2009 1:26:30 PM

Dear brother,

[...] The abhyasis from South Africa as well as other centres, including Mauritius, have arrived - some 175 in all. They will all be in Kharagpur tonight, where we shall join them for a week of togetherness tomorrow. Love to all.

With Love and Master's Blessings

Affectionately,

Parthasarathi

This is how it all started when I was in South Africa. While I was with our sisters and brothers in Africa during the month of August 2009, I saw the pain and longing in the hearts of abhyasis who were often in tears just hearing about Master and His well being. Their craving was so much, I immediately reported to Master the dire need of the hour. Master immediately agreed to discuss so as to finalize the meeting.

After my return to India, Master asked me, "So, where shall we have them? Satkhol is too small, Bangalore crest can not host all at one time so we might need to have them

two batches. We will fix the place and date at a later date. May be we can have the entire batch at Tiruppur."

I did not remind Master even when almost a month passed. We were at Kharagpur, Master came there to inaugurate the CREST facilities. He liked the place so much and the capacity of the place was just perfect to host. He decided promptly to host the meeting at Kharagpur. He added that the month of November will be just perfect for our Sisters and Brothers, it will not be too cold and it will not be too hot. So, tell them, that we shall have this meeting at Kharagpur between 8th and 15th of November."

It was meant only for abhyasis from Mauritius and South Africa, later we took the liberty of informing abhyasis from English speaking African nations. We have now almost 175 participants, almost 50 are already at Kharagpur and the remainder will reach Kharagpur before lunch on 8th.

Master and His entourage will also reach Kharagpur before lunch.

So, long awaited meeting has come so

close now, just few more hours of waiting! To some abhyasis, this little wait has been too painful. After they arrived at Kolkata airport, they were taken to Kolkata ashram, while our Master is staying at Ajay's residence after the hectic tour of Sikkim and Siliguri. They keep calling me with questions of when to meet Beloved Master! We do not have any structured program as



such. Master will meet abhyasis whenever He will find opportune time. We hope to have restful period for Master during these 8 days. There will be Preceptor Training Program, this was not originally planned. Since almost 95% preceptors will be here, we thought it would be wonderful to have such a program, in case of any work related questions any preceptor had.

Well, that's all there as prelude. Let us wait for the rest...

K. P.

A New Meditation Centre in Douala

On several occasions, Mariette and I discussed the issue of moving the Center of Douala, but we didn't plan for any arrangements. We just used said: "Master, please make us pay attention to the slightest sign which would show the right time for the change of location". Sometimes, we tried to guess which district in Douala would be the ideal one. A profane decision is not easy to make. Let alone when it relates to a spiritual matter. Master gives us an indication by suggesting that we should pray for guidance.

Several communications between the regional coordinator and the centre in

charge on the upcoming Douala sub-regional seminar and the activities of the Douala Center made it obvious, in August, that we should move the centre before the seminar.

One evening, in the last week of August, I was going back home, following a different route than usual. While stuck in the traffic jam, I received a phone call from the regional coordinator. The moving issue was among the topics we discussed. I remember telling her: "it would be great if we could find an apartment at the very place where I am now". I was right there in Ndongsimbi district. However, once we set

the requirements for the premises, that district didn't qualify as a research area. During the first two weeks of September, we searched the selected districts inch by inch, we visited several houses, we even went to a real estate agency, but didn't find anything suitable.

Taking stock of our search, we actually understood that, we should not try to find, but rather simply let ourselves be carried and guided to the place He had chosen and reserved for this purpose. So, one day, on September 19th, as brother Michel Mbeleg reported to me, after his morning

Continued on page 3

A New Meditation Centre in Douala (Cont'd)

meditation, he entrusted his steps to Master and found himself after some time in face of a two-storey building, with four

met all the requirements.

This information was welcomed by the brothers and sisters. People's faces were brimming with joy and cheerfulness when we visited the premises on Sunday October 25, after the morning satsangh in the old center. The day before, a small group of abhyasis met at the new premises to thoroughly clean the meditation room, the

It is with tears of joy that some of us perused, on that same Saturday, October 24, the message of blessings from our Revered Master, as an answer to Sister Mariette's email whereby she informed Master about the change from Bonapriso to Ndogsimbi. Master blessed the new premises in these terms:

Janaki Farm, Trichy, Saturday 24 October 2009 7:30:01 PM

Dear sister Mariette, Thanks for this good news. I pray that the centre will develop by leaps and bounds with His grace. Love to all.

With Love and Master's Blessings

Affectionately,

The first satsangh took place on Sunday November 1st. 31 abhyasis attended this deep and intense 55 minute meditation. I express all my gratitude to our Revered Master who allowed all this to happen and I pray that He gives us His blessings to carry out what He plans.

JAN – MM



completely refurbished apartments, one of which is still available on the first floor. Luckily, Mariette was in Douala on Saturday, September 19, and we could visit the apartment. At the end of the visit, Mariette said that we did not have to continue searching, since the apartment

kitchen, and all the other rooms. Every square inch was cleaned time and again. The ground, walls, windows, everything was washed up, sandpapered, polished up. An initial number of wooden chairs for the meditation room were also delivered that day.

Douala Sub-regional Seminar—December 23-29, 2009

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, Luxembourg and the USA, are already making their travel arrangements to attend this event. The seminar will take place in the new premises of the Douala centre, which is the subject of an article published above.

"A balanced life" is the motto given to us by our Beloved Master for this seminar. Let us be prepared inwardly for this special occasion. Master's message excerpt proposed below is given with this aim in view.

"Balanced Life - The Ten Maxims of Sahaj-Marg

[...] Well, for one thing life is a tightrope upon which we human beings are obliged to walk. The moral behind the tightrope walker's ability must be clear, that without balance, progress, which is only another word for moving onwards, is not possible. Where the life is one dedicated to one's

own evolution, which is what spirituality is about, then the need for a balanced existence is of paramount importance. As my Revered Master, Shri Babuji Maharaj, always stressed, spiritual practice is impossible without this idea of balance. In the beginning, the spiritual sadhana has to be strictly practised to help one establish the rudiments of balance in one's life. When this has been achieved, then balance becomes necessary to enable one to make further progress on the path itself. Perhaps this has not been sufficiently clarified and emphasised so far. To take up the analogy of the tightrope all over again, as one proceeds on the rope, the sag in the rope where one stands makes the further walk steeper and steeper. The steps one has now to take to complete one's walk to the end appears to become more and more difficult! This apparent difficulty is itself an indication of the approaching destination. [...]

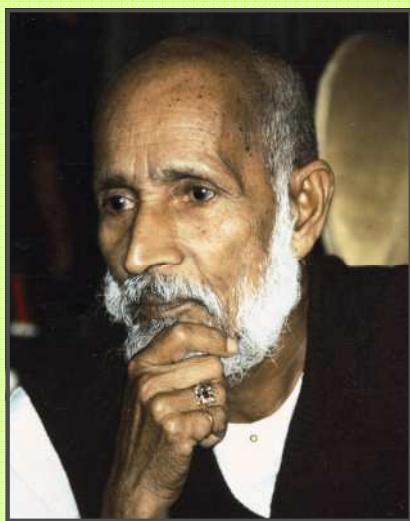
This is the important principle followed in Sahaj Marg. The idea of perfect balance

makes it necessary for the spiritual aspirant to go beyond, to transcend, the ideas of the opposites which so plague one's existence. Right and wrong are here, in the life terrestrial, in the life mundane, in the life of the animal human being who has to be, perhaps, compelled to understand the need for ethics and morality, and then to lead a life governed by these principles. In the spiritual life, these values are very definitely necessary, too, but as one proceeds 'on and on' as my Master used to say, then there comes into being the intuition that what is necessary for a merely human existence has to be transcended in the higher life of the spiritual seeker. Now ideas of right and wrong give way to the superior intuition of effectiveness. What is effective in taking one up to the evolutionary goal is right. In the mundane world, and in the mundane search for success, there is a right way of doing and achieving. In the spiritual path, there is only the effective way!..."

by Shri P. Rajagopalachari

Whispers from the Brighter World

Wednesday, November 24, 2004 – 10:00 a.m.



Our brothers should, more than is the case at present, become truly aware of the precariousness of life. In this world, all is lent to them and not given. By becoming aware of it, they would better overcome the tragedies punctuating their Earthly existence. Without them, would they grow? Wise men agree to that, even if that is not easy to accept.

“Happy is the one who from childhood is marked by the divine seal and is devoted to the essentials. Each one has one’s path, and all of them are educational. They are more or less well understood, and are necessary for the evolution of the being. How can one touch the heart of our aspirants other than through constant repetitions sensitizing them to the reality of their life here below! To know what it represents is one thing, to act accordingly is another one; there lies the weakness of a human being, whatever his good intentions may be. “May the quantity of messages emanating from a world which has surpassed the limitations of this one, bring them some light, that they will be able to take advantage of.

“Prey to his senses, man constantly tries to find diversions, and ways to circumvent what nevertheless is close to his heart but does not fulfil his life. To reach a high level of wisdom is precisely to escape this illusory world in terms of its fallacious aspects. “Each one advances at his pace. We are helping our brothers to take shortcuts, to develop in the spirit of Sahaj Marg since they have joined our way. By the grace of their Master, they will reach the goal; it is in the nature of things. May all be blessed and get stronger in their process.”

Babuji

Daily Reflections

Impatience

Impatience shows lack of faith. "No, no, I want it now." You will have it when you are to have it. When it is good for you to have it - even in spiritual values, even spiritual blessings. He knows, the Giver knows, when you are ready for it.

Heart Speak 2004, vol. 2, p. 74 –Rev. Chariji

right end. No wrong means can give the right end. Right ends may happen because it is destined to happen. But if human effort is to succeed, you must follow the rule of the Buddha: right thought, right action, right result.

Heart Speak 2004, vol. 2, p. 75 –Rev. Chariji

our own creation. There is nothing difficult or easy if we think it is that. If a woman is afraid of the dark, but suppose her child is sick, at midnight she walks to the doctor. Why? How? Because she has forgotten her fear. Isn't it? So when you forget your fear, there is nothing to be afraid of.

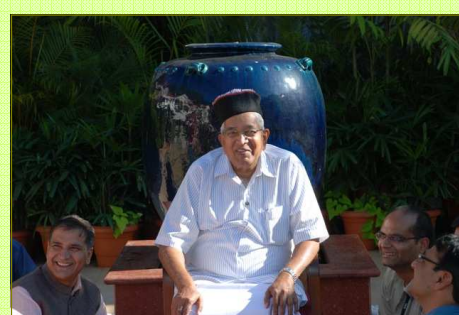
Heart Speak 2004, vol. 2, p. 80 –Rev. Chariji

Right Thoughts

So please adopt the right means for the

Forget your Fear

If you want, you will learn. When we think it is difficult, we create a barrier. So it is



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