



Master's Speech

Perceiving the Essence of the Whispers

Dear brothers and sisters,

We have been receiving many messages from my Master over the past five or six months. The emphasis... Of course, if you are reading them, you should have appreciated what these messages are about. We read the newspaper with great avidity and, depending on our own mental complexities, some expect disasters from the newspapers, some expect to see good news, some want sensationalism like robberies, murders. [...] And each of these readers places great attention to the news in the paper which is printed, and also spends hours every day discussing them with those who are interested, and thrusting themselves on those who may not be interested. [...]

The messages of my Master are very curt and quite brief. Those of you who have been reading the four volumes that we have already published, containing Whispers, know that some of them are as brief as two or three lines, and one wonders in what language he spoke to the person who received the message. [...]

When you speak in a language which is no language, in a voice that is not heard but perceived in the heart - if you are able to receive this, you are quite on the way to spiritual life leading to spiritual transformation, to the highest extents that are open to human beings. In other words, a message is a transmission. You here are of so many nationalities, so many languages, so many cultures - fortunately, only two sexes - and yet when we sit for meditation, you all receive the transmission in your hearts. You may



not understand what it says, but your heart understands what it says. And your heart, if it is open more and more progressively like a lotus bud under the effects of the sun's rays, it is blessed more and more by what it receives, without the brain or your intelligence having to understand it. Nobody understands what our transmission does to us. As you become more and more sensitive, you experience the transmission. It does something to you. [...]

So, in a sense, the guru receives this transmission about which he knows nothing. What is it, where is it, why is it, we don't know. It is. And if you are fortunate enough to have a guru who can receive it and then transmit it to our hearts, in a physical world, in a physical capacity, sitting face to face - we are indeed very fortunate. So, I repeat, this transmission from heart to heart has no language, but it is the link connecting two hearts, one of which has made it to the ultimate level of spiritual emancipation, and the other of which is anticipating or working towards such a spiritual emancipation.

We must not forget the purpose for which we come together. The message which you all heard just now, says: "When we come together like this, it fosters the union of hearts, independent of our nationalities, of our prejudices, of our language differences." Outside this room, we are different. As long as we are together in this assembly, we have no differences. We start with the premise in Sahaj Marg that there is no difference of religion, nationality, sex, or anything else; and we end with the premise, or now the knowledge or the feeling, that indeed they do not

exist. When we start, we assume they don't exist; when we end, we know they do not exist. [...]

It is unfortunate that when we leave here, we will become Romanians, and Russians, and Indians, and Hindus and Christians and what else. [...]

So we should not seek refuge for our greatness behind our language, or our culture, or our accidental birth in some continent somewhere, but seek confidence and courage in the fact that we are not alone in this world, that we are one of a numerous family which is peopling the world. And if we but allow our hearts to exercise what they should really exercise - bring us together - we are never alone, we are never unhappy, we are never miserable. And this is what our Masters teach us, and they repeat it again and again in these spiritual gatherings, which are essentially the birthday celebrations of these great ones.

They are to remind us of what great personalities descended on Earth - for our sakes. They didn't have to come here to enjoy the wonderful things of this world, which in any case they never enjoyed. They were too poor, they were too unhealthy to enjoy even good sleep or a morsel of food. Nature makes sure that its chosen ones, its messengers, are born in poverty, do not enjoy good health, are generally condemned by the rest of the world, and pass on leaving only their message behind them. [...]

Babuji Maharaj, in one of his recent messages, says that the development of the people in the Mission is important because not only will it affect the people of this world,

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but it will have its effect on other worlds, too. Imagine! Silly fools like us - irreverent, sinful; we come here, and what do we find? That the simple act of sitting in obedience to him, meditating, affects not only this world, the whole world, but other worlds, too. Can you say this when you eat, or when you drink or when you do other things that are so pleasant and sought after? Not at all! When you eat, you only eat for yourself.[...]

So I commend Sahaj Marg to you all for very, very careful attention. Look to it for its real meaning in

these messages. Read them twice, thrice, four times - as many times as you read, because many people have testified to the fact that when you read with an open heart, you feel transmission, too. Here is something which can transmit to you, because its meaning goes to your heart, not to your head.

I pray for you all. Thank you.

Parthasarathi Rajagopalachari - Celebration of the 140th Birth Anniversary of Lalaji Maharaj - 2 February 2013.

Tiruchirapalli, India



Master's News

The following is a summary of salient news about Master covering the period February-April 2014.

February — Kanpur Ashram Construction Inauguration: Sunday, 9 February - Master was ready quite early, but was still not feeling well. He nevertheless greeted the abhyasis in Kanpur over the video link and they responded with love and warmth. Almost instantaneously Master became fresh and addressed the team assembled there. He gave instructions on the placement of bricks, etc. for the foundation work. He talked to them, asking for details of the project and then said, "I will start the satsangh for you from here and you all can start meditation." After this, Master came to the hall in 'Gayathri' and started the satsangh for all abhyasis assembled.

Master came to Manapakkam on the 15th to start off the inaugural session of the European Prefects' Seminar (15-20 February). He conducted a satsangh, and then talked about refinement in the work, he said that when we love the work we do as prefects, we are able to get more and more refined in the work and it becomes more effective.

Sunday, 23 February- As Master was not keeping too well, announcements were made requesting abhyasis not to visit 'Gayathri'; a large number turned up nevertheless. Master conducted a very long satsangh, about 1 hour 10 minutes.

March — Master stayed in 'Gayathri' until Sunday

9th. He was quite relaxed, conducting satsanghs whenever he was feeling well. There were not too many people visiting and it was quite refreshing for Master.

On Monday, 10; Master was back in Manapakkam after a month's stay at 'Gayathri'. His health had improved slowly and steadily. In the ashram, Master went around in his golf cart, meeting people and inspecting the various construction activities. He was quite active in giving sittings, meeting abhyasis and involved in the administrative work as well.

Wednesday, 19, Master came to the Dwaraka Apartments, behind the ashram, for the housewarming of one of the apartments on the

floor above brother Kamlesh's house. He went straight upstairs, called the family who were moving in there and gave prasad to them, then conducted satsangh. A total of about 400 abhyasis had come - Master spent some more time in the house and then went one floor down to brother Kamlesh's house.

From 19 to 25 - Master decided to stay at brother Kamlesh's house. As always, abhyasis came in the mornings and evenings. Master would conduct sittings after his breakfast, and in the evenings he would come out to the hall to meet those assembled. This routine went on till Sunday.

April — Sunday, 20 April - Master conducted satsangh at the meditation hall. He was in the hall by 7:10 a.m. and patiently waited for more than ten minutes to start. After the satsangh Master performed three weddings.



Echoes of the African Seminar - Manapakkam – January 21-27, 2014 [Cont'd]

"I am with you all, whether you are here with me, or not, believe it!"

"Revered Master has invited all the abhyasis from Africa and the Indian Ocean Islands for an African Seminar from 21st of January to 27th of January 2014." Was the message received from our Region in Charge on Tuesday, June 18, 2013. Indeed, this news was received with ecstasy, the invitation disseminated to all centres throughout the country and preparation for this rare opportunity, was underway.

By Monday 20th January, most of the delegates of the African Seminar had arrived, 163 delegates from 13 countries. The seminar comprised of 3 daily group sittings, commencing at 06h30, 09h00 and 17h00 and individual sittings offered daily between 15h00 and 16h30. In addition, discourses, videos (Talks by Revered Master), abhyasi workshop, facilitator's workshop, prefect workshops and engaging with Master.

To the delight of Abhyasis, 3 informal sessions with Master took place. The first encounter being on day 1 itself, where newer abhyasis were introduced to Revered Master. During the 2nd session we were treated to a Group sitting. On Sunday 26th January, much to our surprise, as soon as the evening satsangh ended, we were invited to meet with Revered Master, once again. During this session, Master addressed some fears and concerns of the African delegates. Below are some pearls of the discussion held with Revered Master:

Superstition is backed by fear, without fear there can be no superstition: to remove superstition, remove fear.

In reply to informing Revered Master of some abhyasis that were unable to attend the seminar, Revered Master said: "I am with you all, whether you are here with me, or not, believe it!". I have been 50 years in Sahaj Marg and this is what Babuji told me, when I asked the same question in the beginning, and I have found it to be true in my experience. Therefore I have continued in Sahaj Marg for 50 years. It is faith born out of experience,

As we progressed, the group sittings were becoming deeper and profound, the final sitting of Monday evening left me spell bound, it felt as though a reserve was created and capacity increased, leaving me with a feeling of deeper Love and closeness.

The discourses provided much clarification and direction on the path ahead, the sittings took us to new dimensions, giving us a glimpse of our inner universe and engagement with our Master softened our hearts. We remain eternally grateful and indebted to our Beloved and Divine Master for bestowing on us such divine gifts.

Atish Kalyan (South Africa)

Walking Towards our Unity

By inviting us to this African Seminar Manapakkam, Master gave us so much!

A generous and comfortable welcome, in the soft atmosphere of the ashram;

A rich and flexible schedule where everyone could find teachings and Answers;

The opportunity to discover or know more about sisters and brothers from the continent;

Especially for us in Morocco, rebuilding, finding again our unity. In the past 3 years, 3 new centers. There are Moroccan abhyasis in the country and abroad, and ... they did not know it!

It's through Master's love, who welcomed us in his cottage, through His Presence that this could happen -



for the 8 of us attending the seminar. The road is opened, with the means offered by our Masters...

Hélène Lagoutte – (Morocco)

Echoes of the African Seminar - Manapakkam – January 21-27, 2014

Only Love Helps to Understand

The African seminar was attended by representatives from 11 African countries: South Africa, Botswana, Mauritius, Kenya, Reunion, Mayotte, Cameroon, Morocco, Senegal, Gabon and Madagascar. On the second day, the group from Madagascar was invited by Master who asked how many of us were present. We learnt from Master's comments that: we must use Babuji's messages wisely, and should read them again and again; only love help to understand. Master also put emphasis on sadhana: how to meditate, starting with a few minutes of cleaning, and how to do cleaning: you must think that Master is in front of you and grants you his grace while all complexities are going out through your back. So let's start by meditating regularly so that change can happen. In the afternoon, Master brought us together to talk about the problems of Africa. He also talked about his first trip to Madagascar.

This seminar gave us the opportunity to share our experiences, to know each other, to understand Master's messages about Love and being one community.

Boda Ranjeva (Madagascar)



A gracious opportunity

It was a gracious opportunity to attend the African seminar in His Divine presence at our Manapakkam Ashram. We were feeling the presence of beloved Master everywhere. It was a great opportunity to meet with brothers and sisters from several countries of Africa. Everyone had wish to spread the love and light of Sahaj Marg to all across the world. In Egypt Sahaj

Marg has started growing and 3 abhyasis from Egypt participated. On 26th evening Rev. Master permitted all participants in His cottage and He talked to all of us. He started with His couple of visits to Egypt, at Cairo and Port Said. He was very happy to remember His past memories. He spoke about 10 minutes and narrated His experiences.

We returned unwillingly to our respective countries with heavy hearts, but with sweet memories and Master in our hearts. We were filled with love, faith, devotion, and also the restlessness in our hearts to become like Him at the earliest.

Devendra Kumar Prajapati (Egypt)

Staying at Babuji Memorial Ashram

I last visited Manapakkam in 2007 and had not returned to India over the past 7 years. For some time, I had been gripped with the desire to see Master. This desire and my willingness to go towards Him made the trip possible. I enrolled for the African seminar and I planned to attend the celebrations of Lalaji's birthday.

I alighted from the taxi right in front of the imposing walls of Babuji Memorial Ashram; I reconnected with a magical atmosphere that makes you feel rejuvenated as soon as you enter the Ashram premises. There I was, in Manapakkam in an environment outside of time and space. A curtain of oblivion fell between me and what I had left behind me. Here, I was serene, ready to learn, participate, share and be.

The tolling of the bell punctuates activities in the Ashram; every day it chimes invariably at the same moments, at wake up time, for meditations and meals. It is an invitation to discipline for the abhyasis who stay

here. I was not used to such a discipline any more, but I enjoyed it. I used to wake up as soon as the bell rang and get ready for the 6:30 AM meditation; I would also attend the subsequent meditations at 9 AM and later at 5 PM.



After the seminar, people were getting ready to go to Tiruppur. I changed my mind at the last minute and

chose to stay in the ashram because Master would not travel, and I wanted to fully enjoy His presence. Master conducted the satsangh on Lalaji's birthday celebration day. It lasted over an hour and Master delivered a message about the need to seize every opportunity that is offered to us to transform our lives, not to put off until tomorrow that which can be done today. We should become aware of the "here and now".

On the last day of my stay, I asked to see Master to say goodbye. This happened easily; someone picked me up at the gate and introduced me to Master who allowed me to have a picture taken with him. My stay at Manapakkam was filled with graces. Back in Cameroon, I am ready to seize a new opportunity to go back to India because one always feels the need to be at the feet of Beloved Master. His presence makes my life worthwhile and helps me to become aware of

the goal I must achieve.

Mariette Bissene Moulongo (Cameroon)

Echoes of the Centers

A seminar in Abidjan (Côte d'Ivoire) - from 6-12 January 2014

A visit in Abidjan from 6 to 12 January earlier this year was an opportunity for a seminar in this city which we last visited in 2008. However we had maintained contacts with our brothers and sisters and we met some of them at seminars in India or Africa.

The January visit was particularly important, especially after the painful events which the country went through in 2011-2012. Throughout the then most dramatic moments, the abhyasis testified repeatedly that their practice was an invaluable resource. They also underlined that they felt Master's presence much more strongly than ever; it was palpable, along with the comfort and the necessary strength to overcome those difficult times. While we have no fear when reaching Abidjan we wonder how the city will look like; and we are pleasantly surprised and reassured by the pervading quietness.

The program of the visit included sittings, satsanghs and exchanges that took place at the Treichville center in Abidjan. Sahaj Marg activities have been taking place in the lively and colorful neighborhood of Treichville for several years. Although this district is noisier than other parts of the city, this does not affect in any way the quietness of Sahaj Marg activities. In fact, the pervading noise outside the meditation center even promotes greater interiorization, as we have witnessed throughout the seminar.

6 January 2014 afternoon: brothers and sisters have come for sittings. We are pleased to be there with them amid the bustling population of this district of Abidjan. The sittings are given against a background of close-by tom-tom beats punctuating a social event. Living Sahaj Marg in Africa gives a very special feeling of Master's presence: from the center point of united hearts, it extends into the surrounding areas!

January 8: this day is devoted to fraternal exchanges followed by satsangh as usual. Top topics include questions related to practice, the suitable attitude towards some traditional rituals, the relationships with other

opportunity to highlight the role model of prefects regarding discipline. The importance of the center as a framework for practicing Sahaj Marg is also highlighted.

On January 12, last day of our stay, brothers and sisters were reminded that they should persevere in their practice and discipline as well as in their faith in Master. An early morning satsangh concluded the seminar.

We trust Master will give us once again the opportunity to meet our brothers and sisters in Abidjan and elsewhere in Africa. These meetings are an opportunity to deepen our teachings, share our experiences and encourage each other on a path that is sometimes difficult. Brothers and sisters in Abidjan thanked Master who made this visit possible and they expressed their happiness to see us. We share their joy as we were granted the privilege to meet with them in the heart of our Master, on African soil.

JN/MMK



religions, and the sense of brotherhood in Sahaj Marg, and the relationships with prefects... It is obvious that these exchanges are necessary because they contribute to supporting the abhyasis and shedding light on issues arising while following a way like ours. The atmosphere is serene and fraternal.

On January 9th fruitful exchanges related to the following topics: "What is the purpose of our life? "; "What does Sahaj Marg provide to us? ".

January 11: A meeting of prefects and other abhyasis who play a major role in the activities of the center is used as an



February 2 Celebration in Bafoussam

During two days, the abhyasis of the Bafoussam center met together to celebrate the birth anniversary of Reverred Lalaji. The first day was devoted to sittings and discussions on Sahaj Marg practice followed by a satsangh at 5 PM. A very much debated topic related to the role of spirituality in life. It emerged from the discussions that spirituality does not prevent suffering, diseases and other negative events that are likely to occur in our lives. Spirituality rather helps us to face up to all this with courage and determination, and to come out of it victorious. On the celebration day, after the morning satsangh, a whisper from the brighter world related to reverred Master Lalaji's life was read. After a fraternal breakfast, each abhyasi returned to their home, blessed with Master's light.

Sonkouat Daudet (Sonilo) - Bafoussam

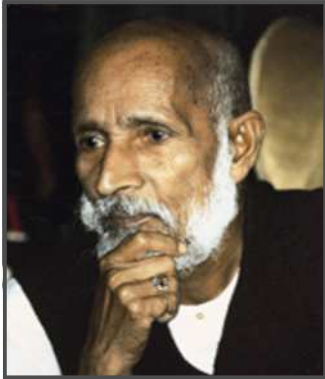
Echoes of Pointe-Noire (Congo)

In the Pointe-Noire center, satsanghs are held regularly every Wednesday and Sunday. The frequency of individual sittings for most abhyasis is 2 weeks. In addition, fraternal exchange sessions are held on the first Saturday of each month, they focus on Sahaj Marg practice and Master's speeches. The center's library is managed by Sister Diane who makes sure that loaned books are returned safely. We are a group of 18 abhyasis.

Franck Kibangou (Pointe-Noire, Congo)



Whispers from the Brighter World



Sunday, February 8, 2009 - 10:30 a.m.

The courage of my son is fruitful. This long talk on the messages touched more than one heart, conscious or not of the resulting effect. The analysis of his remarks will make many see the messages in a different light. "Everything advances slowly in the world of men, especially at the current level of consciousness where it is advisable to act. As a whole, 'Master's message' is well accepted and understood. Time will do its work, with increasing broad-mindedness, in times to come; it is in the nature of things. To stagnate is not the characteristic of our Mission; it is neither centered on power nor on material profit. Its purpose is to help humanity to progress towards a level adequate with overall evolution; it is in the nature of things. This expansion of consciousness is inevitable; our way is contributing to it, insofar as all feel concerned and are already fully aware of it. "

Enlightened beings will appreciate our 'audacity' as regards teaching; everything must contribute to this broadening of consciousness which we allude to. Our principal aiming is there, in terms of publishing these messages. Happy are those who understand and benefit from the special vibrations emanating from these messages. "May all advance on the path of evolution; such is our vocation here below, for the good of a humanity trapped in the darkness of ignorance. "Blessings to all."

Babuji

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Daily Reflections

Aspiration

Aspiration must be in aspiring to be something better, not something more. To have or to become - this is the fundamental distinction. "I want to be rich" means I want to have. "I want to be good" means I want to become something. We should try to become, not to have.

Taken from the book "HeartSpeak 2004, Vol. 2", Chapter "When in Doubt, Refer to the Heart", pg. 130, by Revered Chariji.

Decision Making

If you find it difficult to make up your mind, sit in meditation with the question in your mind. An answer will surely emerge, though you may have to meditate again and again till the answer does come.

Taken from the book "The Spider's Web, Vol. 3 (2013)", Chapter "Youth", pg. 6, by Revered Chariji.

Foundation

Meditation confers on us a total integrated blessing by making us educated in the true inner sense - educated to values and not to facts, educated to our inner needs, not to apparently social needs, but to the true values of existence. In this way, meditation is the foundation not merely for education but for our existence.

Taken from the book "Principles of Sahaj Marg, Vol. 12.", Chapter "Meditation and Education", pg. 207, by Revered



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