



One Family

Master: What is the agenda?

Abhyasi: The agenda is Master's agenda. Ours is finished – we had the talks, and we had a series of meetings, exchanges, reading Whispers, having meetings for the different centres, sittings every day. So now it is upon our Master to either close the seminar or keep it alive...

Master: No, the seminar will continue all the time. It is a process of training, n'est-ce pas? [Isn't it?] So, it is like this. We have a day, but there is day and night, un matin, un soir aussi [a morning and an evening also]. So it depends on how you want to cut up. We are integrating, not cutting up. So we bring everything together and call it a 'life seminar'.

Pour nous toute la vie est un séminaire: toujours pratique, pratique, discipline, discipline, discipline. Comprenez-vous? [To us, all life is a seminar: always practice, practice, practice; discipline, discipline, discipline. Do you understand?

So, it is not difficult when everything becomes a seminar, you know.

Il y a beaucoup de confusion quand vous avez, matin, soir, après-midi, puis après après-midi, la nuit, et cetera. [There is

a lot of confusion when you have morning, evening, afternoon, then after the afternoon there is night, and so on.]



Then you have the German tendency. A quelle heure? [At what time?] So we don't want to... what God created, we don't want to cut up a life into sections. So for us life is one grand seminar, which means we keep this Sahaj Marg way of life, toujours [always]. Okay? And that means... I was born in India; so people call me Indian. You were born in Africa; so they call you African. But God created human beings. So we are one family – all brothers and sisters. So our system of practice, Sahaj Marg, does not recognise, does not permit differences of race, caste, colour, et cetera. So you must remember that.

We have different languages. But when there is love entre nous [between us] there is no problem of language. The eyes speak. Isn't it? D'accord avec

moi? [Agree with me?] So let us stick to being human beings and enjoy what God has given us – humanity. Humanity means loving, sharing, caring for each other, and above all, not cutting the cake – by that I mean the cake of humanity. And this must come in practice, not only in theory, remembering that God speaks to us through His language. What is Sa langue? [His language?] Silence. Du cœur à cœur, non pas du mental au mental. [From heart to heart, not from mind to mind.]

So it is simple. The message is simple; what we have to do is simple. We have to forget what

we are as classified by the rest of the world – because the world needs categorisation to identify us, to punish us, to compel us, and therefore they need it. We need to forget all this. Okay? So we will speak in silence through the heart. That is what the transmission does.

You know, when you speak on a telephone, the word is not transmitted. It is changed into currents and vibrations, and it is the vibration that speaks. Same situation with God. It is very easy: sit in silence, close your eyes, and send your thought as vibrations of love;

He receives. If you send it in any language, it stays here. Therefore, prayers are not answered; therefore, we suffer; therefore,

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One Family

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we lose faith in God. And we suffer more and more until, what? How? Where? When? His grace comes, and brings us together again into a community, a sane community of all. And there we learn to be a family. And because we are a family we love each other, we help each other. And God likes what He sees because this is what He wants.

So I pray that having come together, we should bring in harmony, learn to tolerate, to share, to support and to help each other. This is all that we have to do. When we do this, His transmission comes to us at His will – and that is His love, His mercy, His grace.

So I pray for you all. Thank you.

If you like, we can have a sitting now.

Thank you.

Concluding Address to the Seminar for Abhyasis from Africa — 21 July 2011, Tiruppur, India July 2011, Tiruppur, India

A Seminar for Life

This is the last report on the African seminar. It's not meant to serve as a conclusion because there is no conclusion to such an event. Indeed, Master underlined rightly in his "closing" remarks that we should live our spiritual journey as a continuous learning process, as a permanent seminar. And we are happy with his message which reinforces once again the need to put the teachings into practice.

"Pour nous toute la vie est un séminaire: toujours pratique, pratique, pratique, discipline, discipline, discipline. Comprenez-vous ? [To us, all life is a seminar: always practice, practice, practice; discipline, discipline, discipline. Do you understand?]"

Excerpt of closing address to the African Seminar Tiruppur
July 21, 2011.

This special seminar period allowed us by His grace to become aware of this and above all to be determined to make the most of the energy he has instilled into us. In terms of objective assessment, this semi-

nar resulted in 6 new prefects for the Region: three sisters - two from Burkina Faso and one from Cameroon - and three brothers, from Cameroon, Congo and Côte d'Ivoire.

A report from our two Burkina Faso sisters whose trip to India was truly a leap of faith and surrender to Master is published herein. We will also remember a "moment" which Master made far greater than the persons concerned could have ever dreamt of. It is about Master's blessing of the marriage of Sister Therese and Brother Jean-Armand. The last report is a short yet convincing report by Sister Maria from Madagascar. Brother Sonilo's poem will close this series of memories of the African Seminar.

JN/MMK



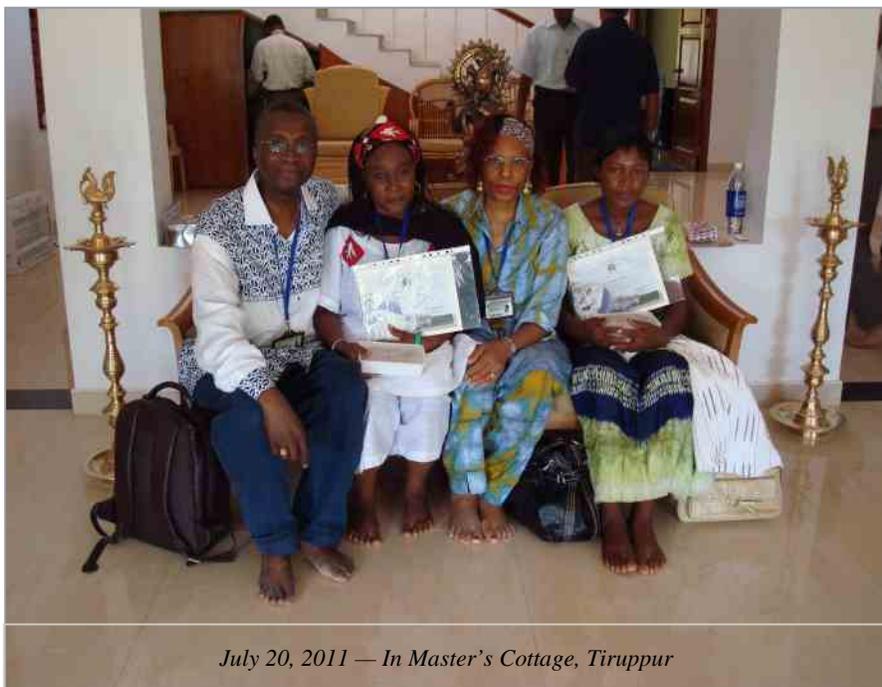
July 11, 2011 — Tiruppur



From Yaïka to Tiruppur : a Two-Voice Story

Haoua Ouedraogo: We are two sisters from Burkina Faso, Hortense Kabore and I, selected to attend the first African seminar in India. Given the various problems we faced to get a visa from our country, we had to go to Abidjan in the neighbouring Côte d'Ivoire, and by Master's grace, we were eventually granted it after several days of anxiety.

The seminar spanned from 16-17 July, 2011 in Manapakkam and from 18-20 in Tiruppur before Master's July 24th birthday celebrations. Master opened the seminar on July 16 in Manapakkam around the theme "Unity in Diversity", which several speakers subsequently spoke to. During the trip to Tiruppur, on July 18, we were so happy that we did not even feel the time pass by. We were happy because we had the opportunity to meet our Master, and



July 20, 2011 — In Master's Cottage, Tiruppur

also to attend the African seminar.

Our joy was even greater because in Tiruppur Master granted us permission to be prefects.

Hortense Kabore: For me, it was a great joy to see Master. I was very happy because I was feeling the transmission as if my heart was

literally lit up. I am very happy to serve him at any time.

Haoua Ouedraogo: For me, this trip was very beneficial because being at Master's feet and feeling him so close has enlightened me in terms of the energy I have received. I am pleased to be a channel for him and thus serve all humanity. Words fail me to describe how I felt. Thank you Master, thank you again for all your gifts. Thanks to the organization team of the seminar which I suggest should be held periodically, given its importance. Thanks to all the prefects who took

care of us and to everyone who helped us on this trip.

Sisters Haoua Ouedraogo & Hortense Kaboré (Burkina Faso)

Unity in Diversity

It was on the bus return trip to Manapakkam that I realized how much our African Group represents Master's vision of an ideal group. It is in some way Master's purpose for mankind, in terms of all races in the world being united Master's Love and with the sole goal of mankind's evolution through spirituality. It's only the African group that displays such a diversity of races in which the principle of unity in diversity can be implemented.



Enjoy our photo group [see next page] for you could find at least six racial backgrounds which cannot be found in any other group! So let's be proud, my brothers and sisters, but just remember we must work to advance our continent, Master is counting on us all! Let's start now to sow the seeds in the hearts!

*Maria RAVAOHOLY
(Madagascar)*



A Dream Come True

This photo truly deserves a caption, because it illustrates beautifully how our Master does listen to us. They have been married for many years and are parents of a small family. But as fervent abhyasis, their common dream was to have their marriage blessed by Master during the stay in India in the context of the seminar which they both attended. He had already traveled to India several times, but she never did before. Therefore this was a “don’t miss opportunity”.

Arrangements were made with the wedding ceremony planners in Manapakkam who scheduled the marriage blessing for July 15, on the auspicious day of Guru Purnima. We planned to attend the ceremony, and upon arrival, on July 15, we hurried to attend the early morning meditation and see them among the couples to be blessed by Master on that day. But they were not on the agenda. We understood later why. In the haste of departure, Brother Jean-Armand had forgotten his vaccination certificate back home and was being held in quarantine at Mumbai airport, whereas Sister Therese proceeded to Chennai, alone, surrendered to the assurance that Master would resolve the problem. We were therefore more concerned about his

fate than the wedding blessing which seemed to be seriously jeopardized.

We then referred the matter to Master who gave instructions to a brother to do the

and found themselves as the only couple blessed on that first day before a huge audience of 45,000 brothers and sisters. A surprise? No, a manifestation of love. He gives beyond our expectations. It was a

moment of four-fold happiness: the inauguration of a celebration, the blessing of a union, the merging of the African seminar into a universal celebration, and the recognition of Africa in the spectrum of geographical diversity of the



July 22, 2011 — Tiruppur

needful with health authorities and even to go to Mumbai and find out whether Brother Jean-Armand could be released. He eventually was, 4 days later. But the wedding schedule for that period was already closed and did not allow for any this couple to be granted a time slot. But this was defied by the sense of wonder and sublime that underlies each of Master’s surprise to those who surrender to his will.

Indeed, following our request as whether He could at least meet the couple, Master decided that the blessing would take place the following day, on the very inaugural day of his birthday celebrations. It is with excitement that the couple prepared for it

Mission.

Many brothers and sisters went up to the couple to ask them questions about their country, or simply to congratulate them for the grace received under the eyes of people staring at them as they humbly prostrated before Master for the blessing and then stood beside Him for the souvenir photo.

JN-MMK



The Universe of Abhyasis



July 21, 2011 — In Master's Cottage Garden, Tiruppur

“The Universe of Abhyasis”, a poem written by Brother Sonilo from Cameroon is proposed as a caption for the above group photo.

Brothers and Sisters abhyasis
 Do we want our life monotonous?
 So will it be truly
 If we depart from the true wind
 Emanating from the Divine.
 Let's strive towards the heights where fires,
 Those of the Divine
 Where fires set our hearts ablaze
 Illuminated and sparkling with a profound joy,
 Which only a divine process instils.

Now is the time
 For strength and commitment to be funnelled
 To keep us on the true path of sublimation.
 The divine forces will help lift us up
 In Sahaj Marg, the source that soothes,
 Broken hearts, hearts in distress
 Suffering hearts, restless hearts
 For as we continually work on ourselves,
 Tirelessly, on our heart
 We realize its essence as divine abode.
 It is for our personal benefit,

And harmony of the whole nature,
 That we must work in the sincerity of the heart
 Radiating love
 For the universal cause.

In a framework of brotherhood, let's be steadfast in our abhyas,
 Our mission in this Mission is noble,
 Cohesion is a power
 An invisible bomb that can shatter mountains of misunderstanding
 Dissolve thorns and brambles of resentment
 And reconcile us in the heart of our Revered Master,
 In which we are One
 In his authentic
 Divine Love

In his heart that liberates
 through unremitting practice
 His divine heart makes us divine
 And be Master-like.

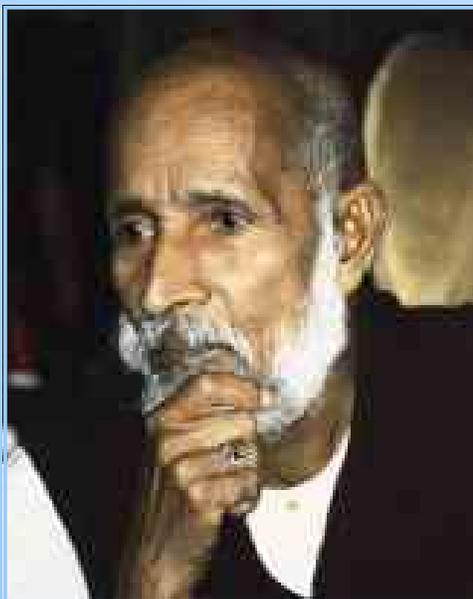
SONKOUAT Sonilo
 Bafoussam, Cameroon





Whispers from the Brighter World

Tuesday, October 19, 2004 – 10:00 a.m.



Our most faithful brothers form a great family of souls meeting again from life to life and going, for the majority of them, through similar experiences, in their spiritual quest. The same wave carries them, fostering their process. Countries, races are no obstacles; only the karmic line determines where and when this reincarnation must occur.

“All men are brothers but they do not want to know it, preferring to give free rein to harmful inclinations. A sincere approach, in a way like ours, must bring them closer: it is the goal of the big gatherings enabling them to become aware of their unity on the spiritual level, which is essential. A unique and same heart unites them, surpassing borders. A profound mystical impulse makes this wonder happen: the sacred union of souls going in the same direction. Seen from that angle, human divergences have little importance. When will men finally understand that they are equal in this world and before God? They keep erecting barriers: race, sex and social background being their pretexts to satisfy an authority constituting a kind of shield to their shortcomings. Following a spiritual way is also to understand the illusory side of these inequalities, which are the characteristics of humanity seeking a way out.

“May the time of liberation happen for all suffering souls.”

Babuji

Whispers from the Brighter World page 634

Daily Reflections

Change

Change is like watching a bud open into a flower, level by level, you know, layer after layer of petals. The important thing to understand is that it is one integrated idea - and the idea that a bit of change is followed by another bit of change, followed by another bit of change, until, finally, we come to a changeless state. It is necessary to understand this because we must know

change as a process. Change is a process, which involves events in time.

Taken from the book "Heart to Heart, Vol. 1", Chapter "Change", pg. 152, by Revered Chariji

Morality

Morality shapes culture - not vice versa. Customs may differ from society to society, but moral values, being eternal and universally applicable, cannot so differ. Babuji has said that once Lalaji told him, "However high a person may have risen in spirituality,

if he is immoral, even the breath of spirituality has not touched him according to me!" Spirituality cannot exist without morality. Morality is indeed the rock-like foundation upon which the solid structure of spirituality has to be erected. Morality must be considered as a basic value of human existence, very much like breathing!

Taken from the book "The Spider's Web, Vol. II", Chapter "Character Formation", pg. 34, by Revered Chariji



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