



Material Life is the Vehicle to Spirituality

[...] I think it is a recognition of the fact that I was a former resident of this Garden of Hearts long ago! I am happy to see a happy group of people around me, a lot of children. I hope you are training them properly because what we have as the first generation of abhyasis was not quite well disciplined because, of course, they were the ragtag of a population which had no discipline at all, and Babuji made what he could out of them. [...]

You know, in a good building we have a sound foundation, but the foundation is never seen after it is has been built because it goes into the ground and it has to hold up the structure. So what we see is the beauty of the structure; we never see the foundation, which is as it should be. [...]

So, first of all, to train your children you must train yourself. Indisciplined

parents can never have disciplined children. [...] So don't forget, you are here to train yourself, to equip yourself to get into the Brighter World when your turn comes, when your time comes – may it be long in the future, but your greater responsibility is to the Mission. [...]

The material life, like the foundation of a house, should not be very visible – I mean it is there because we are in the body, but its main purpose is to help it to liberate the soul from inside. So the material life we must construe, we must think of as a vehicle in which the soul has come into this world only to get out of it when it reaches its destination. Like you take a bus or your car or your aircraft and you get out of it when you reach the destination. And that is all the care that should be given to it – to make it capable of taking me from here to there. You understand?

[...] So, please use every opportunity you can to remind yourself that I am in this world not for some stupid liberation or things like that. [...] I am not in Sahaj Marg to escape some horrid prison of my life. I may boldly say that I was quite happy as a non-abhyasi; I had nothing to regret. [...] But something here [in my heart] made me



look for, seek without knowing what I am seeking, looking for something I don't know what I am looking for, not knowing where to go – yet finding it. That is His grace.

So when this urge is here in your heart, however feeble it may be – believe me, in every human heart it is there. It cannot be not there, because it is me in my real essence, like every child looks for its mother. So, the divine in me, the soul, is inevitably looking, looking, looking, I don't know through how many lives in the past. Yet it is His mercy, the Lord's grace, that eventually brings us together into some place like this where we can share our experiences, have sittings in the comfort of an ashram, in the luxury of an ashram, in the protection provided by an ashram, in an environment that is charged by his grace with his transmission. Things are made so easy for us that we often tend to forget that Sahaj Marg is not only meant for places like Garden of

Hearts built by some good-hearted abhyasis, but it is like a nest which a bird builds so that there are eggs in which the chicks can grow, burst out of the egg and fly.

So I pray that all of you will have the sense, the determination and the continuing effort that it requires for you to break out of your shell. Believe me, the strength is there. If a

mere chicken can break an eggshell from inside – [...] – what gives it the sense, what gives it the determination to break out of it? You know, everything in nature is doing it. Unfortunately they have no desire, they have only purpose. We humans are trapped, we have purposeless desire.

So I would like not to talk too much. You all know what you are here for. You all know what we are here for. You all know what the ashram is here for. And

blessed are they who are so close to it that they are just opposite the place of bliss, our Manapakkam ashram, Babuji Memorial Ashram.

I pray for you all. Thank you for having me here, and giving me a good meal!

Parthasarathi Rajagopalachari - Garden of Hearts, 25 September 2011, Chennai, India

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**Echoes of March — Youth Camp 23-25 March (Drakensberg – South Africa)**

2012 has witnessed South African Sahaj Marg youth eagerness and inspiration in terms of actual involvement in Mission activities. A great starting point was a youth camp held in the mountains of Drakensberg. The objectives of the camp were to have fun outside the comforts of the Ashram, build relationships, experience true brotherhood and most importantly start conversation on how and why youth should play a more active role in Sahaj Marg.

Nature provided us all with the perfect setting and silence to engage one another on these heartfelt matters. Having group satsanghs and individual

sittings in the open space provided us all with the inner stillness not achievable in the city. Mother Nature was totally unbelievable. The beautiful and tranquil landscape was breathtaking anytime time of day or night, a true reminder of nature's wonder.

The first night was spent playing a game until 1am in the morning, followed by a very early morning satsangh. An ice-breaker soccer game was perfect for team work and

team playing. The lessons of not being selfish and working together were learnt in this activity. Blissfully, those on the losing team agree there is a lot to learn about teamwork and communication.

A small test of our patience was good when

ing cricket.

The food was absolutely delicious - a place like the Drakensburg built up an appetite. Whether we were preparing a heartfelt breakfast, we all felt like master chefs in the making, preparing and enjoying meals that

were good for the mind, body and soul. On the last day of the camp, youth shared their experiences with some describing the weekend as being.

"A wonderful experience, in which Brotherhood was definitely present as well as the beginning of great things to come".

"The sittings left me feeling motionless and out of touch with reality. It was an experience that I have never experienced before."

"All that happened was only due to our Masters' love and grace, I'll definitely be looking forward to the next camp."

Janet Reddy and Vivek Patel



we were asked to move our camp and even when confronted with challenges, this presented us with opportunities to continue to work together, maintain our high spirits and come out better people at the end of it! Some still had the energy to go on a one and half hour afternoon trail walk through the open fields which they enjoyed thoroughly. The young ones kept themselves amused by enjoying swimming and endless hours of play-

Echoes of April 30, 2012 — Abidjan, Cote d'Ivoire

The preparation of Revered Babuji's birthday celebration started off two weeks earlier with the reading of Master's messages and encouraging brothers and sisters to develop their connection with Him.

On April 30, the first morning meditation was conducted in a contemplative state of silence. The satsangh was followed by the reading of texts on Babuji's life and the creation of the Mission. The second



meditation in the afternoon was just as peaceful and deep.

Brothers and sisters from the provincial cities of Bouaké and Gagnoa meditated in unison with us; they also reported that their meditation was suffused with inner tranquility.

*Mamadou Camara - Abidjan
(Cote d'Ivoire)*



More Echoes of April 30

Douala, Cameroon

As a prelude to the preparations for this celebration, in early March, a group of abhyasis, four brothers and one sister took the initiative to organize special activities on this occasion. As from April 28, in addition to sittings, presentations and exchanges were scheduled on the Mission teachings, which abhyasis strongly appreciated. These activities were continued on April 29 after the morning meditation. Several topics were discussed including: the "Practice of Sahaj Marg", "Spiritual Life and material tests," "Love

and success." After these exchanges, a satsangh concluded the day.

On April 30, 2012, there was a lot of excitement, with the large attendance of both the morning and the afternoon satsanghs. The

ensuing exchanges emphasized the importance of individual awareness in spirituality. The presentations included a presentation on Babuji's life, the precepts of Sahaj Marg and the reading of a tribute to Babuji by Master Chariji extracted from the Golden Jubilee book.

It was wonderful, we experienced three days of intense celebration and pleasant weather with a radiant sun and enlivening bird-songs. Rain came down during the night from Monday 30 to Tuesday and was received as blessings.

Guy Roland ESSEBA (for the celebrations committee)



Lenasia - South Africa

Lenasia was a hive of activity and preparation as from Saturday morning's satsangh, the day before our Revered and Beloved Babuji Maharaj's birthday official celebrations began. Abhyasis travelled from all

A well planned program of talks, audios and videos ensured that our Revered and Beloved Babuji Maharaj was indeed the splendid focus of this auspicious occasion, and His Divine and Immense spiritual essence was ever-present and felt by all who attended the Lenasia celebration.

Across South Africa local Abhyasis gath-

derful inspirational personal stories from abhyasis who had personally met Beloved and Revered Babuji either during his trip to South Africa in the 1980's or during their travels to India. As always, these personal experiences, stories and insights were shared with such love that one cannot but feel deeply privileged to have found this

divinely inspired Spiritual Path of Sahaj Marg — such is the immense splendour and work of our Beloved and Revered Babuji Maharaj and Master.



four corners of South Africa and from Botswana to attend this auspicious and sacred three day celebration stay-over. Approximately 150 Abhyasis attended these celebrations.

ered at their centres in Cape Town, Durban and Knysna to also celebrate this auspicious occasion.

The week end's celebrations provided the ideal platform and opportunity to hear won-

derful inspirational personal stories from abhyasis who had personally met Beloved and Revered Babuji either during his trip to South Africa in the 1980's or during their travels to India. As always, these personal experiences, stories and insights were shared with such love that one cannot but feel deeply privileged to have found this

Bridget Edwards (South Africa)

**More Echoes of April 30 [Cont'd]****Libreville, Gabon**

Brothers and sisters from Libreville met on Sunday, April 29, for a group meditation at 7:30 a.m., at the Centre, in a fraternal atmosphere of exchanges and discussion over breakfast. Another salient moment on that day was the viewing of a video on Babuji's tours across India and Europe, followed by debates and exchanges. April 30 was devoted to meditation and sharing of ideas. It started off with a morning group meditation, then another one was held in the evening, followed by a presentation on Babuji's biography. Abhyasis were able to reflect deeply on Babuji, his life, from childhood to adulthood and what he did for the Mission.

On Sunday, May 6, after the 7:30 a.m. group meditation, sister Julienne Isabelle Minko made an introductory presentation on spirituality, which was followed by a discussion. The theme was chosen by the group for mutual enrichment, because it seemed important for us to have a common understanding on it. We have noted that



spirituality teaches us to balance our aspirations on the spiritual and material planes, which are both complementary and necessary for man to live a natural and harmonious life. Thus, practicing meditation helps to develop our inner life and promotes the

growth of our spiritual life, while leading our mind to regulate itself in view of an effective connection with the inner divinity.

Speciose Hakizimana - for the group of Libreville (Gabon)

**From Garoua, Cameroon
to N'Djamena, Chad**

In April, my professional trip to northern Cameroon, in Kousseri, a town near the border with Chad and close to N'Djamena, capital city, was a great opportunity to meet brothers and sisters around the region. I was able to see a brother in N'Djamena, Chad, and enjoy the 30 April celebrations with abhyasis of Garoua, Cameroon. It all took place smoothly, in a condition where Master's presence could be felt continuously.

On Monday, April 30, the morning satsangh was followed by readings and a talk on the ten maxims. We particularly focused on the 9th maxim. The second satsangh took place at the end of the day. The next day, by the grace of our Revered Master, I resumed my professional activities without any pressure. My trip in northern Cameroon has demonstrated that Master sets the best conditions for us to serve him, in all circumstances.

Michel Mbeleg (Douala - Cameroon).

Echoes of May : A Quiz Competition in Pretoria

In order to establish social bonding and brotherhood amongst abhyasis, it was decided to administer a quiz competition based on the reading of the chapters on "Tolerance", "Duty" and "Love" contained in the book "My Master." The quiz was scheduled for 13 May 2012, after the Sun-

day morning satsangh. It was based on the book: "My Master" by Rev Parthasarathi Rajagopalachari.

About 20 abhyasis were placed in three groups. They were then asked to name their groups. They had chosen Lalaji, Babuji and Chariji

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**A Quiz Competition in Pretoria**

[Continued from page 4]

as group names, with Lalaji being the winning group. Thirty questions were presented to the abhyasis. The group that provided the correct answer was awarded a point. The competitiveness and enthusiasm shown by the participants were indeed impressive.

An example of a question based on the chapter “Love”:
Question: “What is Divine love? The answer derived from the book is quoted:

“Divine love exists for ever unto eternity. Such a love knows no death, acknowledges no absence, and experiences no separation...”

The interactive attempts shown by the participants was enriching as it inspired a sense of co-operation. It created a feeling as if they were one, though they were all in separate groups.

The success of the event may be attributed to the general preparedness and enthusiasm of the abhyasis.

Ramesh Hira & Janet Reddy, South Africa

30 April Pics**Rev. Master's 86th birthday celebrations circular**

22nd June 2012

Dear Brothers and Sisters,

I am very happy to inform you all that Rev. Master has been kind enough to permit us to celebrate His 86th Birth Day at Diamond Jubilee Park, Shri Ram Chandra Mission Ashram, Tiruppur (Tamil Nadu) from 23rd July 2012 to 25th July 2012. It will be an international level celebration for abhyasis all over the world. I invite all abhyasis to participate in this celebration and be in the presence of our Beloved Master. All the necessary information for abhyasis is enclosed.

Regards

Kamlesh D. Patel

Sahaj Sandesh No: 2012.16 Saturday, 23 June 2012

*Archived Sahaj Sandesh Messages :
<http://www.sahajmarg.org/newsletter/sahaj-sandesh>.*

**Regional Training Seminar
Cap Esterias, Gabon - December 20-26, 2012**

Paris, France, May 1, 2012
Beloved Master

This email is being sent to you to seek your approval for a sub-regional seminar in Gabon to be held from December 20-26, 2012. It is planned to bring together abhyasis from Gabon, Cameroon, Congo, Cote d'Ivoire, Senegal, and Burkina Faso. The program will include exchanges and training sessions on the teachings of Sahaj Marg.

[...]

With love and obedience,
Jeanne & Michel

Chennai, Wednesday 2 May 2012 7:22:26 AM
Dear brother,

I gladly approve of this project and pray for its effect on the abhyasis. Love to all.

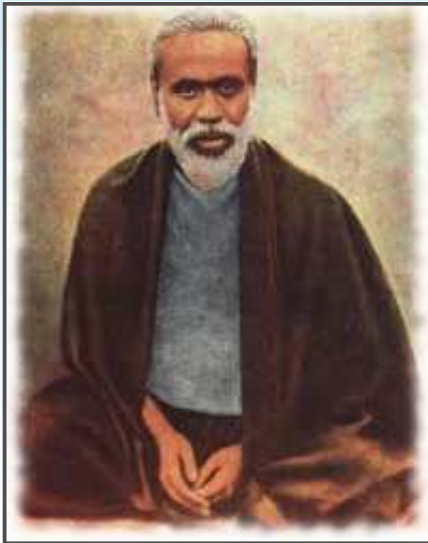
With Love and Master's Blessings
Affectionately,

Parthasarathi



Whispers from the Brighter World

Sunday, June 27, 1999 – 10:00 a.m.



Be happy abhyasis, luminous. You should not only let your heart express itself, but also show that following a spiritual way is a noble undertaking that makes you happy, even if your material life is not easy. If you have understood well where this way leads to, you should live your unhappy experiences without being deeply affected. Your soul is there, immortal, intangible; it will outlive all your human tragedies. Think only of its beauty, its greatness. Cherish it; give it all that it needs to let it grow comfortably. Do not deny it what is essential. See only it, merging with the Divine, freed from its shackles, from these fetters which you impose on it. Let it open out under the beneficial rays of love.

“Become Love, Be Love. Be completely united with the Divine; whatever the unavoidable obstacles on your way, look towards the light, and overcome them. You will grow.”

Lalaji

Whispers from the Brighter World – Vol. II — page 345

Daily Reflections

Cleaning

Cleaning is to be done at the end of the day's work, with the idea that all complexities, impurities, grossness, et cetera, are going out of your whole system through the back in the form of smoke or vapour, and that in its place, the sacred current of the Divine is entering your heart from the Master's heart. Please do not meditate on the things that you want to get

rid of, but just brush them off. This is to be done using a firm will, and is to be done continuously for about twenty minutes. There is no prayer and you must make sure that you do not lapse into meditation. Do your cleaning in this manner and you will see its effect for yourself.

Taken from the book The Spider's Web, Vol. 3," Chapter Cleaning," pg. 121, by Revered Chariji

Negative Feelings

You must remove all negative feelings as this can hinder your spiritual growth. You can remove this during the cleaning process, making a firm will that they are leaving you forever.

Taken from the book The Spider's Web, Vol. 3," Chapter Cleaning," pg. 128, by Revered Chariji



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