



## The Importance of Daily Sadhana

I do hope we will have such gatherings frequently, because until we reach a stage in our spiritual life where we don't need any more input of enthusiasm, it is necessary to keep adding more [fuel] to the fire periodically.

Often we have wishes, we have hopes, but we don't have aspiration. What we need is aspiration, which is something much higher, where the heart with every beat, says, "I must go up, I must go up, I must go up." That is why we often need such meetings, stay together for three, four days, develop a lot of, shall we say, power in the tank — refuel. But often by the time we go home the tank is empty and we slip back into our daily routine, not understanding, not realising, that every morning we have to add fuel to this fire by meditation, by following the daily niyama — evening cleaning, night prayer. Because what you get here must be always in addition to what you create for yourself by your daily sadhana. This is not enough.

Your daily sadhana is the foundation of your spirituality. What you receive in these bhandaras, gatherings, is the superstructure. So please remember that it is necessary

to come, it is necessary to receive, it is essential to preserve what we have received. And for that you have to be regular in your daily sadhana which must go deeper and deeper into yourself so that when we meet again your receptivity is much more.



You can receive much more. As Babuji said, if you take a small bag to the vegetable market, how much can you bring home? So this [heart] must digest, absorb, so that when you come, your capacity is enlarged and in the same three sittings you get much more than you would have gotten today or last year or the year before last.

So please remember that you have to be here. If you make your life simple, avoid unnecessary expenses, even for marriages and things like that, social occasions, there will be no problem in finding the money to come to a gathering once a year or twice a year. It is because we don't give up all our social and other religious habits, and we continue to spend money on those things, that we find it

difficult to manage Sahaj Marg expenditure.

So if you have faith in Sahaj Marg, if you have felt that you have benefited by your sadhana here over the days, over the months, and over the years, there should be no hesitation in giving up what you did in the past, knowing that they brought you to Sahaj Marg and that is over; their part is over, their role in your life is over — now this has taken over.

I pray for you all that such realisation you will feel in your heart and realise the importance of daily sadhana which, if you do properly, is deepening the foundation more and more; here you build more and more this way [upwards], like a tree. Big trees — the root goes deep into the earth so that the trunk can rise tall and high. I pray for you all. I pray that Babuji Maharaj will bless you. Have a safe journey home, and we will meet again soon. Thank you.

*Parthasarathi Rajagopalachari -  
16 May 2010, Tiruppur, India*

### Thus Speaks

#### Lalaji

- *Practice or sadhana is that remedy which does not allow unawareness in sushupti [deep sleep state]. Just as the mind thinks and acts in connection with the affairs of the gross body, and retains its knowledge, so also, if it can think and act, tasting at the same time the bliss of sushupti or the soul (atma), it is possible to achieve the state of awareness even there. The practice of this is the first step of upasana [devotional practice].*

#### Babuji

- *Meditation is the foundation of spirituality. If you meditate having your real goal before you, you are sure to arrive at the destination.*

#### Chariji

- *The whole purpose of sadhana (Spiritual Practice) seems to be, in some way, to prepare ourselves in such a manner that we draw His Divine gaze and attention towards ourselves so that we can become deserving of His Gift. It is always a gift. It is my conviction that at no level of sadhana can we say, "I have got by my effort." It is not possible.*

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**Oceania and South Africa seminar 16 – 22 December 2011****"I have always been HIS, but has He ever been mine?"**

The Oceania & South Africa Seminar was organized at the Babuji Memorial Ashram (Manapakkam) from 16 to 22 December 2011, and approximately 300 abhyasis from these regions attended. Several topics were submitted to Revered Master as a theme for this seminar by abhyasis from Oceania. Master finally decided on this poignant theme – “I have always been HIS, but has He ever been mine?” Mischievously, like a coy lover, Master beguilingly ‘hid’ Himself from us. His message had to sink into our hearts. We had to find Him in our hearts. The theme was discussed in small groups after a plenary and various feedback was provided. Yet, the depth of His message remains a mystery. There are so many nuances to it, which we all have to re-examine every day of our lives. Rev. Master had a different approach for us to get absorbed on this theme. For almost two days after our arrival most of us had not seen our beloved Master. However there were various groups trying desperately to get into the cottage to see their Beloved. There was a silent message for all of us to seek within and feel HIS presence. It was then that the theme started revealing its true meaning of seeking HIM within and asking ourselves, have I accepted HIM to be completely mine?

On 18th December 2011 (Sunday) we all were blessed to be part of the satsangh conducted by Rev. Master. The sitting was deep and profound and we were transported into a spiritual wonderland. This was the

first of many satsanghs to be conducted by Master. Master also solemnised a few weddings, including that of Rushil and Kathleen Joshi and Tej and Nima Padia, who were blessed by Master on the final day of their stay in Chennai.

The actual activities only began from Sunday with talks from various inspiring speakers. Br. Santosh delivered a talk on “Heart Speak”. On the following day there was a talk delivered by Br. Krishna on “Brotherhood”. On 20th December Br. Kamlesh delivered a talk focusing on the

need to know the difference between fantasies and reality and its impact on our own lives.

Being the supreme host, He treated the largely western delegates to burgers and chips, with cake and ice cream as deserts. The highlight was His physical presence, which satiated many pining hearts. Added to this, was the rare experience of being with Him in His cottage, just basking in His presence, expressing appreciation, and on rare occasions, being given a sitting. Concurrently, about 80 youth gathered every-

day in discussions and activities. Their spirit and energy was infectious. One could feel and see how our Master’s love especially engulfed our future generation. While the youth sang ‘Sho Sholoza’, a soulful rendition of the longing of miners for their homeland, Master joined in by rhythmically tapping His fingers on the chair.

Following the official seminar, the Prefects attended a workshop on 23 and 24 December,

where the main focus was on inner-reflection. The focus was on working from the heart. Small break-away groups promoted a feeling of closeness and open hearted camaraderie. We all were blessed to be in HIS divine presence. What a spiritually invigorating experience, which we will cherish for the rest of our lives.

need for regularity in our practice. 21 December was a day full of surprises. It began with Rev. Master’s presence at the Australia and New Zealand AGM. He delivered a talk which lasted for almost 30 minutes, where He mentioned that we need to break the barriers of nationality and become one. The great leaders of various countries tend only to divide and we are happy to praise them. Referring to fantasy and reality, He said that He always wanted to drive along the Australian coastline, but the reality is He is old and cannot travel anymore. So we

where the main focus was on inner-reflection. The focus was on working from the heart. Small break-away groups promoted a feeling of closeness and open hearted camaraderie.

We all were blessed to be in HIS divine presence. What a spiritually invigorating experience, which we will cherish for the rest of our lives.

*Shashidhar Ghatatti & Manil Roopa (South Africa)*





### Echoes of Garoua – Cameroon

On Wednesday, October 19, 2011, at 6:00 a.m. I set off on a long trip from Douala to Garoua through Yaounde and Ngaoundere. I first went by bus, then by train and finally by bus again to reach Garoua on the following day at 3:00 P.M. The trip was comfortable and uneventful. The Far North of Cameroon is comprised of three regions: Adamawa with its capital Ngaoundere, the Northern region whose county town is Garoua and the Far North whose capital city is Maroua. The dominant religion is Islam. Traditional authority is more influential than the administrative authority and tradition is very strong.

I settled in a hotel in the heart of Garoua, a beautiful and large building surrounded by fruit trees nesting a wide variety of birds.



Abhyasis from Garoua. The visiting prefect is the second from left



Map of Cameroon

Distance travelled from Douala to Garoua, through Yaounde: 1400 Kilometers.

All this created a great atmosphere

conducive to rest, to talks that enrich the soul as well as contemplation and meditation. I took up residence in a humble room yet large enough to accommodate as many as fifteen people. After I refreshed, I gave a sitting to Brother Sylvain Tenlep who had welcomed me at the Garoua bus station. It's only after this sitting that we reviewed the schedule of my visit and called the brothers with whom I had spoken on the phone and who seemed ready to be introduced into Sahaj Marg. Sylvain had scheduled a "public meeting" for Saturday meant to inform people who wanted to know about our method of meditation. But we decided to hold it earlier, on Thursday. The discussions focused on meditation, spirituality and traditional African belief systems. The exchanges were very lively and concluded with a question and answer session.

I spent the whole Friday conducting the second series of introductory sittings and engaging the four candidates, addressing in greater depth the main aspects of practice

and answering all their specific questions. All introductions were completed on Saturday morning. On Sunday morning, we had a satsangh at 7:30 a.m., followed by the reading of a Whisper from the Brighter World. Soon after that, I took the bus at 9:00 a.m. in Garoua to return to Douala which I reached the following day at 1:00 p.m.

Time spent preparing and going on this trip was a series of blessed moments in my life. I felt that Master preceded me along the trip in the places I visited, He inspired me in the face of all situations I faced. He also carried me and surrounded me with the grace of His presence. All that was only a confirmation, once again, that He is the planner and we simply implement. Remembering that He is there, we thus discover that He is actually there. May His Love envelop us and carry us beyond our human limitations.

*Jean Armand Nkoma - Douala (Cameroon)*

### Echoes of Bouake – Cote d'Ivoire

From 27 to 30 December 2011, I went and met with sisters from Bouake, a town 400 km off Abidjan. Unrest that rocked the country for several years and especially this city resulted in the isolation of a small group of abhyasis who had not received a prefect's visit since 2008. As a result of the latter the small group of abhyasis shrank from 5 to 2 abhyasis: Sisters Thérèse and

Sarah who were very happy to benefit from a prefect's visit. We had several sittings and a group meditation. We also read Master's speeches and shared reports from the July 2011 African seminar held in Manapakkam and Tiruppur.

We also took advantage of this visit to review the basics of practice and teachings of Master. A book on the practice of Sahaj

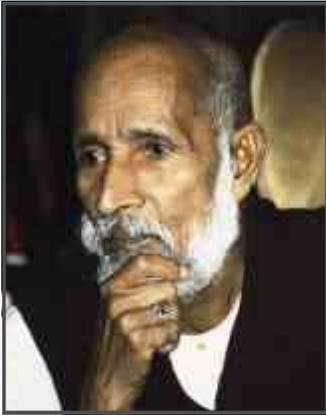
Marg was provided to them as well as a picture of Master. Throughout the visit, I stayed in constant contact with these two sisters who had remained isolated for so long. They enjoyed the visit and I promised to return visit them soon. I left Bouake on December 30<sup>th</sup> and returned to Abidjan to continue my beloved Master's work.

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



## Whispers from the Brighter World

Tuesday, March 13, 2001 – 10:00 a.m.



*Your spiritual work cannot resolve everything. You must be vigilant and make efforts to correct what can curb your progress.*

*“A well-led sadhana, with all necessary perseverance, will support the work of the Master. You must take part in this spiritual realization, which you are yearning for. It is not enough to sit down quietly and say: it is Master who does everything. He does it up to some point; you must take an active part in this work. Open your eyes, what can be obtained easily? In this area, more than in anywhere else, your active participation is critical.*

*“You take pleasure in a moral comfort, which consists in thinking that you are irreplaceable, that only others have to make efforts. Don’t believe a word of it. You are your own enemy. Develop your sense of observation, be lucid and track constantly the roots of some practices so deep-rooted that they are concealed from your sight. There comes a moment in your progress when you must take a look at yourselves, with greatest humility, and then set out again divested of your main limitations.”*

Babuji

## Daily Reflections

### Success

When you begin a thing with the idea that you won't be able to complete it you will never do it. The success of the work always lies in one's own will and confidence.

*Taken from the Book Letters of the Master, Vol. 1, Chapter 1959, pg. 395, by Babuji Maharaj*

### Personal discipline

Personal discipline goes a long way in spiritual progress. Personal discipline shows an

inner discipline—that you are balanced, that you don't put your needs before that of others. It shows itself in courtesy: you give way to others, let them sit first. You will let others eat first, don't rush.

*Taken from the book Heart Speak 2008, "Personal Discipline shows in Courtesy" pg. 37, by Revered Chariji.*

### Satsangh

Discipline means coming to satsangh at least ten minutes before time, and not rush-

ing away immediately after satsangh. People are expected to sit in meditation when the sitting is finished. Sit quietly, let the transmission pervade yourself, digest. And then, when you feel balanced again with the outer atmosphere, get up and walk.

*Taken from the book Heart Speak 2008, "Personal Discipline shows in Courtesy" pg. 38-39, by Revered Chariji.*



### Contributors:

Design & layout: MMK, JN

### Editors:

JN: Jeanne Nanitelamio

MMK: Michel Mouyelo-Katoula

Translations: JN & MMK

**Inside pages :** Names of contributors are shown on pages

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