



Service — the Easiest Way to His Heart

Dear Brothers and Sisters,
Everything comes to an end. Everything that begins must end. We feel sad when good things come to an end, but if they did not, bad things also would not end. And as Babuji Maharaj used to say, only one thing has no end — the spiritual life, because the soul being an amsha or a spark of the Divine is also immortal and everlasting. It partakes also of existence, which means no beginning, no end (anaadi anantam). We are embarked on that journey; I mean we have been, without any conscious participation, ever since the beginning of time, creation, and we shall continue this now consciously, which is all the difference. [...]

As Babuji Maharaj used to say, sometimes smilingly, sometimes with some sorrow, God gave the human being will (will power) and intelligence: one to choose rightly, the will power to enable us to do it. Here comes the problem of the human existence, that while we all know what is right, we don't always choose what is right. Even some simple things like food, drinks, to the very highest things. Should I meditate or go to the movies? Should I listen to my guru or to my family? You know, you all know what I am talking about.

Now it is said that love is the shortest and easiest way to

Him. [...] Now then, how to progress through love? If I may use myself as an example, if you permit it, I would say it is impossible. I have found it, you know somehow in my life it has evolved, that I have been able to see that



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through service it is much simpler to reach Him than through love. [...]

So when we serve without anticipating, without expecting anything in return, that is pure service. If you are a prefect and you expect some promotion and some elevation in spiritual life, then we are converting the spiritual field also into the field of begging. Babuji was bold enough to say, "Prayer itself is begging." Here we don't beg. We serve, faithfully, hoping to develop love. That's why Babuji Maharaj

often emphasized, "Remember, you are not serving them, you are serving Him." Then service becomes something very acceptable, very pleasant, very enjoyable, and in time it becomes our life - our life becomes a life of service, progress. [...]

So please try to develop this attitude of selfless service. The word 'selfless' is very important. No expectation of anything, not even courtesy, not even politeness. [...] We are not here to be recognized, praised, rewarded. We are here to be accepted by him and taken by him with him wherever he goes. [...]

So, not to make this too long (because I know all of you have flights to catch, trains to catch), please think over this: that service is the easiest way to his heart. [...]

So let us not think of very high-flown possibilities of loving the Master, claiming that we love the Master, et cetera, et cetera. Let us serve. As I said yesterday, Nature needs; and as I have said in that Sanskrit phrase from the Vedas, God works through the human being. If you are prepared for that, your evolution to the highest is possible here and now.

Thank you.

Parthasarathi Rajagopalachari -
26th July, 2010, Lucknow, India

Thus Speaks

Lalaji

♦ *Serving the fellow-beings of the world in the light of this experience without any selfish motive is the best kind of sacrifice and worship. One who acts in such a way will be free from the bondage of karma (action).*

Babuji

♦ *Service and sacrifice are the two main instruments with which we build the temple of spirituality. Love of course being the fundamental basis.*

Chariji

♦ *We receive only to give. In this giving is the true destiny of the spiritual aspirant.*

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Echoes of the Centres

Echoes of Abidjan

The July 24 celebration was wonderful in Abidjan. For the morning satsangh we were more than 15 of us. Master's message selected for the occasion by the preceptor was read from the July issue of Echoes of Africa: "Understanding Sahaj-Marg". This message struck many abhyasis so much so that I had the impression that everyone had finally understood the reason of their presence in Sahaj-Marg. That helped me to understand that problems and difficulties I face in my life are necessary for my spiri-



tual growth; I pray my Master that it be so.

Thank you Master

Nazaire Justice Kouame (Abidjan, Cote d'Ivoire)

Echoes of Brazzaville

The celebration of our Revered Master birthday went well in Brazzaville. Satsanghs were held at 7:30 am and 5 p.m.; in between, we read an excerpt from the Golden Jubilee related to Master's life.

Most of Brazzaville abhyasis - about fifteen - took part in the celebration. They spent the day at the center, where we shared a lunch. The atmosphere was good and the transmission during the satsanghs particularly intense.

Serge Fouemina (Brazzaville - Congo)

Echoes of Cameroon (Douala and Bafoussam)

Douala

As a prelude to the celebration of our Revered Master's birthday in Douala, individual sittings were given the day before in the afternoon. The following day, July 24th, 18 abhyasis gathered to celebrate this auspicious day. After the 7:30 am meditation,

Master's message "Understanding Sahaj



Marg" given on February 7th, 2010 at Kolkata, and excerpts of texts about his life were used as background material for exchanges between brothers and sisters. The lunch break was followed from 2:30- 4:00 p.m by a questions and answers session, after which we prepared for the 5 pm satsangh through individual meditations.

Thank you Master for allowing us to spend together this blessed day, carried by Your divine grace.

Bafoussam

In Bafoussam, Master's birthday coincided with the regular fortnightly preceptor's visit. The latter arrived the day before from Douala and gave individual sittings, thus preparing abhyasis for the celebrations of the following day. July 24th was marked by two satsanghs at 7:30 am and 5:30 pm. The Sunday satsangh concluded the preceptor's visit. Brothers and sisters of Bafoussam



dispersed taking along with them, all the graces showered by His divine love.

For Douala: Jean Armand Nkoma; For Bafoussam: Rachel Boguissogo, Nguewa Francis and Michel Mbeleg (Cameroun)

Remembering Lucknow

I could not anticipate the outcome of this

trip which seemed initially to be a mere travel from Congo to India and culminated into a true spiritual journey.

We reached Lucknow on July 20. Upon Master's arrival on July 22 in the afternoon, the Ashram was swarming with abhyasis coming from everywhere. On 23 July, we were nearly forty thousand. We were a handful of 4 abhyasis from Congo so eager to meet with Master. After two unsuccessful attempts on 23 and 24, we eventually met Him on July 25, the Guru Purnima day. Expressing his happiness to see us, Master told us: "You all have my blessings" ... This is the second time I met Master physically, and the moment was heartbreaking and memorable.

On my return trip, I meditated on the condition bestowed by Master on me as well as



the lessons learned from my stay in Lucknow. The first one relates to the simplicity of life at the ashram which we yet lived to the full; and the second one is the state of quiet and inner peace which we experienced despite the heat and the big number of abhyasis. It's a grace to have been with Him at his birthday celebration, and to have enjoyed his blessings on the Guru Purnima day.

It was an awesome and out-of-the world experience.

Franck Kibangou (Pointe-Noire - Congo)

Echoes of South Africa

Echoes of Polokwane - 5th - 6th June

The Polokwane centre is situated approximately 3 hours from Gauteng. Sister Gladys Masakela is the resident prefect. This centre has abhyasis situated in two different areas. One, at Sr. Gladys's residence, in HaMakgodu village, with thirty abhyasis, the other, being at



HaRomakgapola village, having twenty abhyasis.

Polokwane is very much a rural centre. The abhyasis consist mainly of elderly females. The visit began by conducting many individual sittings on Saturday 5th June at HaRomakgapola village, with five prefects in attendance. Between the sittings, discussions were held and abhyasis were encouraged to gather formally on Wednesdays and Sundays for satsangh, even though the prefect may not be present. They agreed to do so.

On Sunday morning, 6th June, the prefects returned to HaRomakgapola village and conducted a group satsangh. Thereafter, the prefects proceeded to HaMakgodu village. Here too, many individual sittings were given. Five new abhyasis joined on that day. The prefects left Polokwane at 3 o'clock in the afternoon.

The abhyasis from both centres thanked the prefects for coming. A sense of revival was felt by all the abhyasis. The prefects promised to visit more regularly. A total of twenty two individual sittings were given and one group satsangh was conducted. A total of five new abhyasis joined. The grace of Master was felt and appreciated by all who participated.

24th July Celebration in Lenasia

On the 24th of July 2010, 109 abhyasis gathered at the Lenasia Ashram in Johannesburg to celebrate Revered Chariji's 84th birthday. After the morning meditation, the Centre in Charge read out a shortened version of Revered Master's biography. After breakfast a DVD based on Revered Master's speech entitled: "The Way to Reach Him" was shown. Thereafter, there was a children's presentation of a play entitled: "The Boy and the Rain." The play is about a disillusioned boy, in quest for reality. He is informed of the need for a Master who can transmit Divine energy into his heart so that he can flower from within. He realizes that what he sought for all his life, had always

been within him, inside his heart.

After lunch there was a quiz programme based on Revered Master's life. The questions were taken from His book, "Down Memory Lane". There was a tremendous sense of competitiveness and the participants had fun. They derived much information about Rev. Master's life.

After group meditation at 4:00 pm, Rev. Master's message was relayed from Lucknow. Nine SA abhyasis had gone to celebrate Master's Birthday in Lucknow. Rev. Master was very pleased when He was presented with a vinyl scroll upon which group photos of all abhyasis in different centres in SA was printed. Rev. Master's message for the South Africans was: "Love and Grow, Grow in Love."



Anoop Joshi (South Africa) On this grace-saturated day most abhyasis

My Master

He is the bridge that crosses to the world divine

He is eternal love beyond all space and time

He is the lion heart fighting to set me free

He is my friend and Master and His name is Chariji

He is in the wind that blows the whispers through the trees

He is in the nectar of the flowers that call to birds and bees

He is high upon the hill while deep within the valley

He is in all places and His name is Chariji

He is in the ebb and flow of tides and in the moon that guides this dance

He is in the secrets of the shells that carry ocean chants

He is in the cry of whales far across the sea

He reaches far and wide and His name is Chariji

Wherever I may look I will find him there

Whatever I may hear resounds with all His love and prayers

But of all the places He can be, I find that most importantly

He resides within my heart, my Master Chariji

Heather Marti

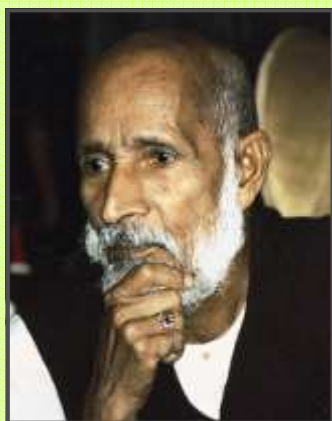
(Sung by the children who presented the play: The Boy and the Rain)

had lost their attachments to mundane things and had forgotten their pressing problems. Their senses were silenced and the "food" for the soul permeated the atmosphere, enabling the abhyasis to imbibe the subtle showers of His Grace. We swam in remembrance and in forgetfulness, but most of all we swam the journey of this lifelong day in joy, appreciation and gratitude.

By Ramesh Hira (South Africa).

Whispers from the Brighter World

Saturday, March 10, 2001 – 8:00 a.m.



Loving is your vocation, don't look for anything else. You should be satisfied with providing that which the world misses the most. You are not the type who makes grand gestures for all to see. You have your own place, an important one, which doesn't require what you are lacking, i.e., the possibility of acting physically, humanly, in the field.

"Serving means doing what one came for, whatever the direction chosen. Be delighted, my daughter, you know your place. Your life has reached its full blossoming. Keep on thanking as you constantly do by referring to the Guru of Gurus. He does not weary of hearing you. All the love He receives from beings populating this world and who turn to Him beseeching Him and offering their service counterbalances the blackness of the world.

"This balance is important. It helps the world in its evolution. Love attracts love, may it always grow and transform humanity. This Mission is imposing. You should contribute to it. The issue is not taboo, as some people believe even within our own Mission. A human being does not advance in isolation; he takes his fellow creature with him.

"Make sure that this curve constantly evolves in the right direction and stretches towards infinity."

Babuji

Whispers from the Brighter World, Vol I, Page 112

Daily Reflections

Samskara

Some of you who are studying geology may know that that footprint can become a fossil over time – for all eternity it is there. So if I am able to act without any impression being formed on myself, my thoughts don't leave impressions on me, then I can lead a life in which there are no samskaras added to what

I have brought. And what I have brought can be removed by various techniques.

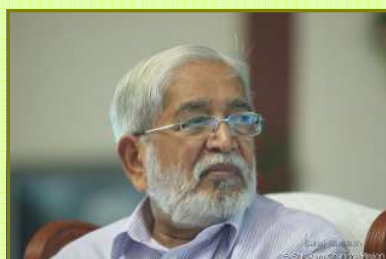
Heart Speak 2004, vol. 2, p. 127 –Rev. Chariji

Living

Samskaras are the spiritual equivalent of the genetic qualities we bring into life. The

genetic qualities determine what I am going to be physically, in my health, in my body. How not to make samskaras depends on how you live. You must live in such a way that you don't form impressions.

Heart Speak 2004, vol. 2, p. 126 –Rev. Chariji



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