



## The Value of Self-Effort

[...] Babuji certainly liked some bhajans, but he also used to warn me that they reflect what we call wishful thinking. "Oh Lord! I am like this. Don't leave me alone. Be merciful." You know, after all this is a cry for mercy.

Now the essence of Sahaj Marg is that God does not differentiate. He is the Creator, no? But, His creation has to evolve, by willing to evolve, by working to evolve. It is our responsibility. So there is a little, shall we say, problem here that Sahaj Marg does not depend on God's mercy, on God's anything. It only depends on God's grace, and that is available to everybody. [...] So, we have to use it, you see. And that is what Sahaj Marg is all about: how to use the grace which comes to us in the form of divine teachings, divine practice, and somebody who can lead us through those two angas [parts], teaching and practice, to evolve into that which we have to become. [...]

But, Sahaj Marg is very specific about the role of samskara. It is I who have created my samskara, God did not create it. I created it by my thoughts and by my actions. And it is like this, you see: a thought is something like a vibration. Energy is manifested as much in a thought as in a deed. Now if I do this [he claps] you hear a sound. I did it. Once it is let

loose, I have no more any control over it. I cannot pull it back. That is why we have to be cautious about the way we think, about what we do. And



that is why Babuji says, we do the cleaning every evening. But it is not enough, because although the samskaras are being removed, by your own cleaning, by the prefects doing the cleaning, by the Master doing the cleaning, if you continue to live your life as you have always lived it, you are piling up samskaras all over again. [...]

So you see, the responsibility for evolution is very much in you. There is no external source of evolution. My life is inside me. My heart is vibrating all my life. And what this lady sang, [...] love, that is what takes us, because I believe love carries a unique vibration which is, in some

way, resonant with the divine vibration.

That is why we say, "God is love." God does not love, God is love. And when we love, God becomes or makes us Godly. Of course, we should not confuse this with worldly love, with romance, you know, sitting under the mango tree and eating ice cream on your scooter with your boyfriend. That is not the love we are talking about. We are talking about love as something from the heart, which is totally detached, dispassionate, and universal in its application. [...]

Remember, what you do not earn, you cannot keep, whether it is respect, whether it is money, whether it is position, whether it is power, whether it is the grace of God Himself. Babuji Maharaj said, I can give but I can also take it back, whereas if you earn by your own self-effort, even God cannot take it away from you. That is the value of self-effort, dedicated self-effort, knowing self-effort: knowing that I am doing, I am the beneficiary of my work, whether it is by thought, by word or by deed. So, let us learn these lessons properly, let us apply them in our lives. Let us grow, in such fashion that we cannot fall again.

Thank you.

Parthasarathi Rajagopalachari - 9<sup>th</sup> February 2004, Vasco, Goa, India.

## Thus speaks:

### Lalaji

- Those who perform ordinary action keeping in view the fulfilment of some desire, raise action after action and desire after desire; and being caught in the web of this "cycle" are thrown far away from the destination.

### Babuji

- We have ourselves formed the samskaras, which have become coverings upon coverings and succeeded in covering us up like the silkworm in the cocoon. The effect of samskaras is the commencement of feelings of comforts, miseries, joys and sorrows. Our likings for joys and comforts and our dislikings for sorrows and miseries have created further complications.

### Chariji

- Essentially yoga is nothing more than converting the work that we use to acquire things, to work upon ourselves to become something, not necessarily a saint, because that is a destiny reserved for those who can work upon themselves with such a devotion and such an exclusive dedication to their own perfection, that it is probably not possible for all. But like anybody can become a graduate, anybody can become a spiritual person if not saint, at least eighty percent of a saint.

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## Talking with Brother Ajay Bhattar Part 2

### Blending the Young and the Old

**Echoes:** Looking at you, there are many people who look at you as a young man. What is the meaning of that? Is it that the promise of the future of the Mission is the youth?

**Bro. Ajay:** I asked Master, you know, that it is very embarrassing that I have been appointed as his successor at such a young age. I would say a tender age. Because people start their career in the age of 50, 55, 60, you know. And people in some way respect age [...]. But he said the Mission has to be secured and I could never think of appointing someone in the age of 50, 55, who may live for another 10 years, 15 years and he would have gone. Another thing he pointed out to me was that, you know, the Mission, the Master can give spiritual capability to any one. But administration is the real thing and we need a good administrator for the Mission. Because the Mission is expanding, the Master can do his job sitting in his bedroom, transmit to the whole world, change anyone spiritually, but to run an organisation you need administration.

**Echoes:** Don't you think also that being young yourself would be a kind of encouragement.

**Bro. Ajay:** Yes certainly the future of the Mission is the youth. Master always said you know in one of his discussions with me, I remember, he mentioned this, you know, how the young and the old have to blend together to take the Mission ahead. And he mentioned that the young have the steam power, like the fire in the engine, but you need a driver to guide the locomotive, and I think that is the older generation. So we need the steam power from the younger generation and the experience of the older generation to take you on the right track. That is why they have to work in synthesis, work in harmony, work respecting each other, respecting their capabilities. And if they work together, we can create wonders. But if the young neglect the old and the old neglect the young, we will be running in different directions.

**Echoes:** There are many abhyasis - from our region and also from all over the world - who consider that it is a real privilege to be close to Master and many even try to fight so that they will get closer to Master. You as being the closest to him, would you advise them to strive to get physically closer to Master?

**Bro. Ajay:** The easiest and the quickest way of progressing in spirituality as the Sahaj Marg system is developing your personal connection with Master. Developing your personal connection does not mean that you have to be sitting in his bedroom all the time or you have to be close to him or you have to be travelling with him all the time. The link, that connection has to be there from heart to heart, where he needs you and you need him.

**Echoes:** This is important for people especially from Africa and Indian Ocean who live so far...

**Bro. Ajay:** But yet you have to develop a personal connection, a connection which is unbreakable where he can respond to your heart and you can respond to his heart.

### Only He Can Take us to our Goal

**Echoes:** You have been visiting Europe. I think you came around the 28th or 29th of April. What was the main purpose of your visit to Europe?

**Bro. Ajay:** The main purpose was the inauguration of the Berlin ashram, which we dedicated on the 29th of April and we celebrated Babuji's birthday on the 30th of April and the 1st of May. It was a three-day seminar attended by 350 abhyasis, mainly Germans

because we did not have place for the other Europeans. And now we came to Nice yesterday to inaugurate the ashram there. The ashram had been acquired, but after renovation, although it was being used, it was never dedicated to our Master, inaugurated, that way. And today we are in Montpellier, again we have two sittings, one already conducted, one to be conducted in the evening and tomorrow we go back to Nice to catch a flight to Dubai to be with Master. On the 6th or 7th we plan to go to Abu Dhabi for a day, and on the 9th we are back to India.

**Echoes:** There are many brothers and sisters who wanted to be here in Europe to see you, to see Krishna, but they could not make it. You may have a message for them.

**Bro. Ajay:** Talking to me and hearing me or talking to Krishna, or hearing them, is of no use. My only message is **let us not lose our focus**. And the focus should always be on the living Master and the message he wants us to hear. Time is very short. He is getting older and older, physically getting weaker and weaker. So we should not waste our time, not lose our focus and try to be in contact with him, spiritually, in whatever way possible. For it is **only He who can take us to our goal**.







## Talking with Brother Ajay Bhattar Part 3

### About Echoes of African and Indian Ocean

**Echoes:** I wanted to ask you Brother, a few questions for the readers of Echoes of Africa and Indian Ocean, our newsletter, which I suppose you read from time to time.

**Bro. Ajay:** Yes.

**Echoes:** What do you think about Echoes of Africa and Indian Ocean?

**Bro. Ajay:** I think it is a good newsletter, it can bring a lot about the Mission and raise awareness and I think we can even start distributing it to libraries as a free copy, you know, so that, even if our membership is less, it will get a bigger exposure all over Africa. A step you know. I think we should do it.

**Echoes:** So what do you expect us to do in line with this proposal?

**Bro. Ajay:** I would request you to print more copies, may be, soft copies, and send it to the libraries, Government organizations, education institutions, so that they become aware of meditation, yoga, and what the Mission in Africa is doing, what sort of assistance, help, we can offer by

meditation, and how it is helping the readers, abhyasis who are practicing, if some of the experiences can put in on a regular basis. It can be a good exposure.

**Echoes:** But for that we may need addresses of libraries.

**Bro. Ajay:** Yes, certainly if you assign the job to the various abhyasis in various countries it may not be that we need to get all the addresses, but at least if we have 5 or 7, 8 or 10 active abhyasis in a city they can even contact their relatives, friends, and we can send this soft copy by email to them, you know, and you never know who will be interested, at least we have conveyed the information. That is one way of exposing the message of our Masters.

**Echoes:** As it stands, the newsletter is supposed to contain teachings from our Master and as you know, there are not too many reports from the centres, from abhyasis, to make sure that it is only Master's messages that are conveyed. Do you think that it would be wise also from time to time to have some information or some feedback from abhyasis in terms of their own experiences?

**Bro. Ajay:** Yes certainly, but it is not that it is necessary that there must experiences or information that they write to you imme-

diately. We can always take an article, take some experience of an abhyasi already printed in Constant Remembrance and translate it and print it. Apart from that, we can translate the Sahaj Sandesh, which comes regularly, even in a more concise form and print it there. So that, all over the globe what is happening in all the Missions and various activities pertaining to Master, can be conveyed to the general abhyasis.

**Echoes:** For the time being, the readers are mainly from the Region, with a few people from other regions also who came to know about the newsletter, but do you think that it would be wise to spread the information so that many more people from other regions could be receiving the newsletter?

**Bro. Ajay:** Yes, why not? We do not lose in sending them the information. After all it is information about our Master, our Mission and our Method. So, I think if we can make a survey and if all those abhyasis were interested to know more about this newsletter, we can certainly send them a soft copy. Sending a hardcopy means postage, expenditure, which may not be required at the present moment. At least a soft copy can certainly be sent.



### Selected Echoes...

#### Thematic Day in Libreville: the evolution of the abhyasi.

This topic enabled us to exchange on issues related to the evolution of the abhyasi as well as the assessment of our spiritual progress. We started off by defining some key words such as progress and practice. Practice seems to be a factor of progress through meditation, cleaning, universal prayer, individual sittings, satsanghs and constant remembrance.

How can one's evolution be assessed? By using one's diary and monthly report.

Quick progress requires inner vigilance, controlling one's thoughts in order to correct them. Meetings with Master are critical for our evolution.

Y.Z.E.

#### About Kundalini

I heard a Gabonese lady speak about Kundalini on a aired African radio program.

According to her, Kundalini based practice helps resolve all man's problems. I asked myself was Kundalini was all about, and whether Master ever alluded to it. I was so happy to find an answer to my question in the special issue of the newsletter dedicated to Babuji's birthday.

B. A.

## Daily Reflections

### Lost Years

Some of our abhyasis have spent very many years practising yoga under other systems of training. When they finally came to my Master, they were inclined to weep over their "lost years," lamenting the fact that they did not come to Master's feet earlier. Master's invariable advice is, "Do not regret the time spent on the other method. It was necessary for your development. It has prepared you for this path. Be joyful that you have now found the path that can lead you onward."

*Taken from My Master, p. 28, chapter "Tolerance" - Rev. Chariji.*

### School of life

There cannot be a human life without feelings or weaknesses. Human life is meant to be a school where one overcomes these.

*Taken from The Spider's Web, vol. 3, p. 5 -Rev. Chariji*

### Co-operation

You have to bear in mind that Master's help is always there but character formation is the work of the abhyasi; without your willingness and co-operation, nothing is possible.

*Taken from The Spider's Web, vol. 3, p. 7 -Rev. Chariji .*

### A Secret

You should seek and create happiness within you and not depend for it from external circumstances or people. As for

love, it is something to be experienced in giving and not in receiving.

*Taken from The Spider's Web, vol. 3, p. 8 -Rev. Chariji*

### Freedom

In the physical world, we are used to this idea that compression develops power. Isn't it? Compress a gas, it has more power. Compressed gas, compressed air, a spring, if you compress it, it rebounds. Matter, when it is compressed in density, it is able to spring back. So many things. But in the human and especially the spiritually human life, it is freedom which develops power. So we need freedom. Babuji used to say, "Don't confine me." Even when you wanted a sitting, "Babuji, give me a ten minute sitting," he said, "If you leave me free, then you find what I can do for you." And coming to this subject of love, there also if you want to compress everything into a few moments, or a few words, and make demands, there also the charm or the splendour is lost. So there too, there must be freedom. So, in the physical world, compression, in the spiritual world, which is the world of love, freedom.

*Taken from the book "Heart to Heart Vol 2", chapter "Freedom and Love", pg 176 -by Chariji*

### Progress

So progress means: 1) willingness to become what I have to become; 2) subjecting myself to the forces that are going to help me; 3) avoiding all that is

going to pull me back.

*Taken from Thus Speaks Chariji, p. 64 -by Rev. Chariji*

### Spirituality

Spirituality is nothing but an effort to change one's self, to try and realize the real value of life that we must aspire for. What is life? Is it only this bodily life, starting from birth and ending with death? This short sloka, as we call it, a couplet in the Gita, which says that as we change our shirts, our dresses when they are dirty, and put on new ones, similarly the soul, in its passage through existence, uses bodies for its journey. Spirituality, says it is that inner continuity of existence which is represented by the soul to which we should pay attention, because we find that there are two entities struggling now. In the average human being there is the ego, the life of the ego, which wants the continuation of the bodily life, the bodily existence, because the ego is working only through the body. Its instruments are the senses. When we make the mistake of identifying our life with this body and the senses, it is the life of the ego that we are promoting, supporting. And, therefore, the inner spiritual life comes down to almost nonexistent levels.

*Taken from Heart to Heart Vol. 4, chapter "What is Spirituality?" pp. 139-140 -by Rev. Chariji.*



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