



The Importance of the Guru

[...] That is an important thing that people, especially preceptors, should understand. That when we serve abhyasis we are really serving the Master who is not personally

there to serve the abhyasis, so he leaves us to serve them. Because when a preceptor begins to imagine that he is serving the abhyasis, in some way he begins to make of himself a guru and then his fall commences. It's a very important lesson that preceptors must learn. It is equally important for abhyasis to remember this because if they think that the

preceptor is serving them it becomes in some way idol worship. Because what is the fault in idol worship as Babuji explained? It is that we take the idol to be God, instead of the idol representing a God who is elsewhere, who is everywhere. So when we think the preceptor is serving me, we forget the Master who is really serving us through the preceptor. [...]

So, you see, we have to keep in right perspective what is the eminence and the importance of the Guru in our life, what role does the preceptor play in our life; it's merely a role, not eminence, not im-

portance, because without him we can still get our transmission from the Master. In fact, there are many centres where there are no preceptors. There are isolated

right through from the first step to the last. Don't ignore this, because many people have felt his presence wherever they are, whenever they are. [...]



Without a guru, or you may call him a guide, or a friend-in Sufism they call the guru a friend because he's the only friend. Babuji said, "He's the only friend who will give his life for you." That is the definition of a friend. A friend in need is a friend indeed. [...]

So there are no friends in need today. I mean we are friends who are in need. But when we are in need, we have no friends. Babuji said, "When

everything is lost, he's the only friend you'll have." [...]

So, you see, a guru does the service of a teacher. He's a friend when you are in utter need; the only friend. He's also your spiritual guide. He's the only one who will accompany you, not only through this life, but if you are devoted and have earned his, you know love for yourself, he takes you throughout existence which means immortality. He's always permanently, eternally with you.

So this is the meaning of spirituality. And when people

Thus speaks:

Lalaji

- *If you sit by a fire, you feel warm; if you sit by ice, you feel cold. Why then will you not get transformed if you sit with a person who is perfect in discipline and etiquette?*

Babuji

- *Only a man who is himself free can release you from bondage.*

Chariji

- *If the doctor is the doctor of our body, a capable guru is the doctor of the soul.*

ask you, "Why do we need a guru? Why do we need a spiritual guide?" tell them the word guru is not important. Preceptors must understand this. Don't say 'master'. It is repugnant in many countries. He's a friend. If he's not a friend, he's nothing. [...]

Excerpts from – He, the Hookah and I, pp 197-208

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Following Master: Echoes of Master's Visit in France ...

"From April 26 to June 15, 2008, Master's long tour has led him to several countries. We initially planned to join him in Vrads, Denmark, but it is in Paris, France, that we could eventually join him, on May 28. While each trip towards Master is special, as far as we are concerned, we feel the same inner condition developing as from the outset of the journey: an inner state of feverishness, and great eagerness to meet him!

In Paris, Master stayed in a hotel near "Gare de Lyon" railway station. It was a real blessing to find a room in a nearby hotel. As soon as we settled in the hotel, we actually felt the shift from the "outside" world to the world of His presence which, like the sun, knows no boundaries, and pervades all space and fills it with love. Wherever He may be, the place is transformed into an open ashram, where his disciples recognize themselves, where we find human diversity, including those who encounter him but do not know him, those who see him, but do not look at him, those who are immersed in the aura of his silence, but who are not aware of it. They all partake in the life of a temporary ashram, of which He is the centre, but whose boundaries stretch beyond the horizon of Paris, France, Europe...

We were at his feet, in Paris. His silence compels silence, his word is multifaceted. While he speaks to a brother who has just arrived, I can hear him speaking to us.

When he evokes the memory of Babuji, his words resound inside us and call for constant remembrance. While he invites us for breakfast, we delight in what is being distilled by his heart. He makes of his meals actual moments of sharing during which on the pretext of coffee and croissants, he feeds our hearts.



Master was supposed to leave Paris on May 31 and we would have gone back home, whereas Italy would have been the next step of his European tour. But his program kept changing. In two days, several updates were made, and we had to adjust our schedule accordingly, when, on May 29, he invited us to follow him in the South of France, the following day, early in the

morning.

On May 30, his 13-car convoy reached Calet, near Saint-Romans, around 7:00 p.m. after an 11-hour drive interspersed with rest and lunch breaks. We arrived a few minutes earlier, and we thus witnessed the pervading excitement preceding his arrival as a foretaste of the joy of seeing him. Even if you have been out of his presence for a few hours or a few minutes, his appearance gives you as much joy as if you had not seen him for months. Happiness! We spent one short night in a very close hotel, because at dawn, the caravan had to set off to Montpellier.

Master decides all the minute details of the trip: the departure hour, the composition of his delegation, the car occupancy as well as the program of the one-day visit in Montpellier. There, on May 31, he visited a sister at 10:00 a.m., before giving a meditation in the ashram, just a few meters across. He made no speech. He is a constant speech: his look, his body language, and his short stories, his way of listening to questions put to him, his illustrated answers, always, and his sense of dignity in suffering. This speech continues in the house of a family of abhyasis where lunch was served in a festive atmosphere. Thereafter, we set out again towards Luxembourg..."

JN-MMK

Echoes from Uganda

I have visited Uganda from June 7-13, 2008, for professional purposes. And by Master's grace this has turned into a Sahaj Marg program as reported below by Brother Mohan. This is the first time ever that I have been privileged to attend to Mission's activities on a daily basis while on professional duty. This has led to increasing the number of abhyasis in Uganda from 3 to 6 and recording the first Ugandan abhyasi.

MMK



"An E-mail changed the mood of abhyasis in Uganda, when I received one from Br. Michel Mouyelo-Katoula, that he was visiting Kampala, Uganda, from 7th -13th June,

2008. It has been a while, that the existing abhyasis, numbering three, then, had a sitting with a preceptor.

The whole week of 7th to 13th has been an eventful one for all three of us in addition to three more abhyasis, who were introduced to Sahaj Marg by Br. Michel. All three new abhyasis were given introductory sittings whereas the others received individual sittings. Also, a satsangh was conducted on 13th June, 2008 at 6.50 p.m. We all hope and pray to Master, that this wonderful beginning continues to grow and the strength of abhyasis increases to warrant an Ashram in the near future."

MT

Echoes of Cleveland: April 27-30, 2008

"Though our Master had cancelled his trip to the United States, I decided to maintain my participation in the Cleveland seminar, which I really do not regret because it was such a wonderful seminar. Indeed, this seminar brought together about 2000 participants from Europe, North America and South America within a suitable framework (a farm), and made it possible for everyone to find oneself and to find Him. Our American brothers had spared no effort to make the seminar the most pleasant possible for all participants: welcome service at the airport, registrations done in the hotels, shuttle service... etc.

On Sunday, April 27, morning satsangh was conducted by our brother Krishna in charge of

Americas and representing our Master. It was followed by a long session of questions and answers which was a real moment of sharing, communion, remembrance and prayer for our Master who could not come, but whose "presence" was obvious. Many questions were asked about Master's health,

one's relation with Master, practice, trips to India, etc... As usual, our Krishna, always comfortable when speaking about Sahaj Marg gave suitable answers sometimes humorously bringing back the dialogue to an heart to heart relation.



The preceptors' seminar held on April 28 was not only an opportunity of exchanges and sharing for all participants, but also of clarifications about the organization and the running of the Mission in the USA. The schedule included two daily group meditations (at 9:00 a.m. and 5:00 p.m.) followed

by talks and short cultural programs, thus making it possible for everyone to live the seminar at their own pace, in an atmosphere full of simplicity, calmness, softness and fraternity. Every moment brought back systematically to inner life, i.e. His gratifying Presence.

On April 30th, after morning meditation, a video message recorded by CHARJI for the seminar participants was displayed on a large screen. The message delivered in Moscow the same morning was shown after the 5:00 p.m. satsangh. Another great moment of sharing was the family photo bringing together all participants at the end of the seminar on the terraces of the farm horse centre's platform, where they were waving their hands as a sign of gratitude

and goodbye.

It was not my first seminar without His physical Presence, but it was the first time that I went so far to find Him, while I knew He was present in Europe."

J.P.M.B.

Never Lose Sight of the Objective: Master

"To be with Him, to be His disciple or His devotee requires truly amongst other things, to give up being judgemental towards those who experience given situations. After all, what is the basis for our judgement? Are there ideal circumstances or conditions for spirituality practice? Probably not. Then, what remains to us is to identify the Ariadne's thread which will

inevitably lead us to Him, in spite of our mental perception and relevant interpretation.

Following a guide implies, first of all, to obey Him, to accept and put into practice his teachings. In Sahaj Marg, that means doing one's abhyas: daily meditation, cleaning, universal prayer, night prayer meditation, taking individual sittings with a

preceptor and attending satsanghs.

Let us divert our attention from ourselves toward Him and Him only. Let us not allow anybody or any situation stand in between Him and us. Like Him, let us stand up and move forward..."

J.A.N

Sahaj Marg in Africa

Brother Jodok Brunner from Switzerland has kindly agreed to share with us the following observations about Sahaj Marg in Africa. Brother Jodok has travelled intensively in many African countries: Ethiopia, Cameroon, to name a few. He has spent 2 years in Côte d'Ivoire and is presently in DRC (Democratic Republic of Congo).

"Many African abhyasis have been on a **long search for spirituality**. Within their paths many joined different groups; free masons, different Christian inspired

churches, Sufism, African spiritual traditions.... Many abhyasis are still practicing different systems at the same time.

Spirits are very present in the lives of Africans. Often abhyasis report of the presence of spirits during their meditations. People with spiritual power are often feared because of their so called power to direct bad spirits towards individuals.

In remote African villages I encountered communities living in remembrance of God, like Sufi groups in the Horn of Africa (Somalis) or in the forests of West Africa.

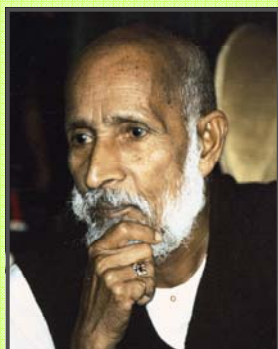
Knowledge and oneness with nature are part of their daily life.

Within the rapidly growing urban population there is a strong need to find a meaning for all their sufferings and miseries; abhyasis often talk about their health problems and their material sufferings; [...]. They often refer to the life in the villages of their parents or grandparents and their natural inclinations towards meditation..."

J.B.

Whispers From the Brighter World

Sunday, July 4, 2004 – 10:00 a.m.



Lift up your heart, come and relish the emanations of the grace in which your heart is bathing, in this moment. This introduction makes you stand back immediately from your daily life. You see, repetitions are useful, since these words, always the same ones, have a magical impact on your heart. Immerse yourself in us. Here, there is no disappointment. It is with unchanging happiness that you are enjoying these moments of true communion.

"You cannot join your brothers in their big gatherings; don't be sad at the thought of the anniversary of your Master during which, once again, you will be far from him. You will not be forgotten, believe me. Distances do not matter. Each day proves to you the opposite, since you can tune in to us on levels to which your brothers cannot have access through this channel.

"God has many abodes, as has been said in the scriptures: life exists elsewhere where the soul can perfect its progress. Do not lose heart, friend; at the end of the road, your God awaits you! A wise person said it; he reached nirvana.

"One should summon up one's patience and pluck one's courage, in view of this long ascent. But one day, the divine goal will be reached and the soul, in its intense jubilation, will forget all the tribulations having brought it up to that point.

"Recover your smile and joy, my child, for nothing is useless. Whether he is in obscurity or light, man can make progress; nothing can prevent him from being united with the Divine. His heart is free to make any choice: it can love infinitely and hide it well from the eyes of men. The heart alone holds the key to all doors. You know it, but many don't.

"May all be blessed and enlightened."

Babuji

*Daily Reflections***Real Guru**

Master teaches that while there are innumerable gurus, the real guru is none but God himself. It is the duty of each guru to lead his disciple to the next higher one when his own work with the disciple is finished. No guru should hold his disciples to himself possessively. A guru is for service to others and not for building up possessions, power and prestige for himself.

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

Daily Life

I am sorry to read that you are going through a difficult period materially, but I am glad to see that in spite of it you are regular in your spiritual practice, for after all, it is spirituality that is the main purpose of existence. It is a strong spiritual base that gives you faith and courage in the face

of difficulties, and I pray to my Master to bless you with more patience, tolerance and faith to face any situation.

Taken from The Spider's Web, vol. 3, p. 1 - 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

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Communications intended for *Echoes of*