

'All are welcome to participate in the Divine experiment of self-evolution...

All that you are committed to do is to practise for a few months according to the principles set out by my Master and to test for yourself its efficacy, and if you are not happy with it, you are at liberty to bid goodbye to this system. Its principles do not in any way controvert or go against the individual's religious sentiments because the goal aimed at is the infinite, impersonal Almighty, without form or attributes, and is, therefore, a goal that must normally be acceptable to anyone, of whatever calling he may be. I therefore have pleasure in welcoming you all to this great system and I express the hope, with assurance, that there will certainly be great benefit from the practice of this system.'

CHARIJI

SAHAJ MARG *The Natural Path*

Sahaj Marg is a practical, spiritual path based on inner experience through meditation. This modern-day form of raja yoga is practised daily by people from all backgrounds and all cultures around the world, and is easily integrated into a busy lifestyle, bringing balance, joy and spiritual growth.

Sahaj Marg is offered to anyone eighteen years of age or older, who is willing and able to do the practice as prescribed. To begin the practice, please contact a local prefect. The introduction involves a minimum of three meditation sittings on consecutive days. There are no fees or charges, either to start or to continue the Sahaj Marg system of practice.

The Sahaj Marg system is offered by the Shri Ram Chandra Mission (SRCM), an international organisation established in India in 1945 by Shri Ram Chandra (Babuji) of Shahjahanpur. Today, under the leadership of the current living spiritual guide, Shri Parthasarathi Rajagopalachari (Chariji) of Chennai, Sahaj Marg centres exist in more than a hundred countries.

We invite you to try the practice of Sahaj Marg and experience the benefits for yourself.

FOR MORE INFORMATION VISIT:

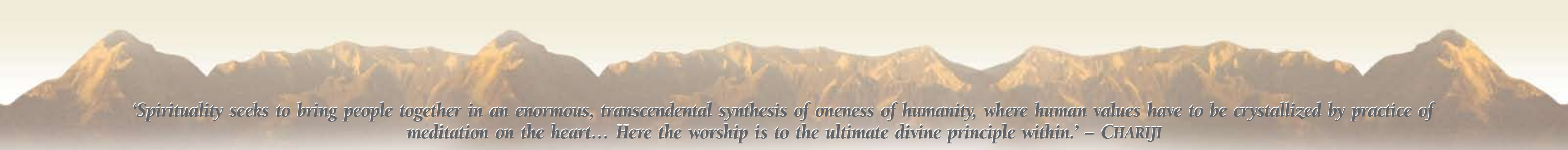
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WHY SPIRITUALITY





‘Spirituality seeks to bring people together in an enormous, transcendental synthesis of oneness of humanity, where human values have to be crystallized by practice of meditation on the heart... Here the worship is to the ultimate divine principle within.’ – CHARIJJI

TO AWAKEN THE INNER EXISTENCE

Spirituality is the need for an inner existence. Those who seek spirituality yearn for something more than day-to-day worldly life, where our focus is so often on the outer world around us, constantly taking in impressions through our senses. When we take up a spiritual practice, we start to nurture the inner existence, through the practices of meditation and prayer.

Shri Parthasarathi Rajagopalachari (Chariji), describes it in the following way: *‘The whole idea of spirituality is to revive in us that which is sleeping in us – the true inner being, the Self.’*

In spirituality, life becomes a wondrous journey to uncover that inner Self.

TO CHANGE FROM COMPLEX TO SIMPLE

Many of us want to change patterns of behaviour that seem to be deeply ingrained in our being. It is not always easy to let them go, because impressions from past experiences create coverings in us like the layers of a silkworm’s cocoon, keeping us stuck in the old patterns. We develop feelings of comfort and misery, joy and sorrow, shame and guilt. We like the ‘good’ feelings and dislike the ‘bad’ feelings. As a result we have desires, fears, habits and expectations that pull us in certain directions in life. We strive to be happy by satisfying desires and removing pain and misery, and so we become more and more dependent on external comfort and pleasure.

A spiritual practice can remove all this, allowing us to change by letting go of our patterns and tendencies. We become simpler and lighter. Desires, fears, habits and expectations are reduced: the fewer the desires, the fewer the miseries. In a spiritual practice we remove the past impressions so that we are free to move forward.

Spirituality brings lasting and meaningful change, through inner transformation. As we change, the universe changes around us.

We do this while living a family life, in a worldly existence; a life filled with love for all around us. We naturally support our families, provide for our children’s education and look after their necessities and wants, troubles and sickness. A household life and career are very compatible with spirituality if we give everything its due attention.

TO CREATE A BALANCED LIFE

‘As a bird needs two wings to fly, so a human being needs the two wings of existence, the spiritual and the material, to lead a natural and harmonious life. If either is neglected for the other, such a life becomes unnatural and the result cannot be what we desire it to be.’ – CHARIJJI

No amount of material wealth, education, success and pleasure can provide total satisfaction in life because, when attention is given only to the worldly aspects of life, there is an imbalance. Balance is restored by integrating a spiritual practice

into daily life, so that attention is given to both the material and the spiritual wings.

TO FIND TRUE HAPPINESS AND LOVE

‘Happiness is the natural inner condition that you will reach when you have removed all unnecessary things.’ – CHARIJJI

Real joy, happiness and peace come from within, and can be found through the spiritual practice of meditation. Joy is the quality of the inner Self, and so is nurtured in spirituality. Other qualities of the heart are also nurtured – courage, hope, faith, wonder, compassion, tolerance and, most of all, universal love.

In the great religious and spiritual traditions of the world, it is acknowledged that God is love, and further that God resides in the heart of the human being. By following a spiritual practice, we have the possibility to experience universal love, the divine essence, within our own heart.

TO REACH THE HIGHEST GOAL

In any human endeavour, we fix our thought on the goal we want to attain; otherwise we remain short of the mark. We meditate on that we wish to become. The spiritual goal is defined as complete oneness with God. As a result, we meditate on the divinity within our heart.

Without support and guidance, however, the goal may still be unattainable. A firm will, as well as the necessary support provided by an experienced

teacher who knows the path to be followed, allows us to reach the highest goal in this life.

A capable teacher or guide is invaluable in any pursuit. It is no different in spirituality. A spiritual teacher is known also as a guru or Master and is there to guide and serve us. Spirituality is like climbing a mountain. In the beginning it is very easy, but if you are trying for the highest peaks the path becomes more and more difficult. A mountaineer has a guide because the guide knows the way.

‘The need for the Master is definitely a paramount one because without a Master I don’t think we can achieve anything. Why? ... There can be changes. So as ways change, as maps change, and as ways of evolution change, as people change, the ways have to change themselves... Masters come mainly to modify ways to suit present conditions of civilisation, present conditions of life and, most important of all, to make or remake systems to suit the conditions of living that exist today.’ – CHARIJJI

TO UNITE HUMANITY

The spiritual journey is an inner journey of the heart. All of the founders of the world’s religions, the great prophets and spiritual masters, embraced the oneness of all beings and the universality of God. The spiritual approach brings together people of all cultures and all religions. If widely practised, spirituality can bring about human integration, harmony and peace.