

The Explosion  
of Joy



# The Explosion of Joy

found  
through meditation

by M. K.

1967

dedication

Eternal Beauty of Meher Baba  
Live in my heart

1-700310

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## EACH MORNING

Each morning first thing we can step into limitless Light. We can leave the muddled impressions of worldly matters and enter the circle of Light.

We may look at a picture of the Beloved God or look within ourselves with eyes shut. For an hour each morning we can live in the circle of Light.

"Speak to Him thou  
for He hears,  
and spirit with spirit can meet.  
Nearer is He than breathing,  
Closer than hands and feet."

To call the Beloved's Name, to speak to Him, we are then lifted up to a raised consciousness.

It is beyond words.

Love enters your heart because you love the Beloved, who is God and therefore eternally at the heart of all life.

We can just fly to Him on wings of Love.

Each day more power and love comes into our hearts. In this manner we grow strong; by practising the Presence, we overcome the small self. The ego is transcended.

The finite mind that troubles us is put down temporarily, is given a rest.

Say, "I am part of the Infinite and the Infinite God is within me." M. B.

It is regular habits of the search for Truth which help us. Even the first fumbblings for a spiritual life can be recorded and gradually, step by step, we can lift ourselves out of the mire. We are lifted up into the Light by our own efforts. It is the search and making the effort which help us.

He is within us, He has said.

The One Soul permeates all creation. The Perfect Ones know it so well. They say, "I am One with you, One with God. I and God are One."

It is the small mind of man which makes divisions, which separates the sheep from the goats; which judges others and sets itself up as separate and alone.

Each day find stillness at the heart's core and become part of the Divine SELF who is always sleeping within us, waiting to be recognised.

Maud Kennedy  
1967

## MEDITATION

Be calm, be quiet,  
Be still ;  
Empty of thought,  
Without desires,  
We await Your will.

In the night,  
In the day,  
Each hour beauty speaks  
a word of God.  
We await Your will.

Alone and silent  
The body sleeps  
The spirit soars  
To-wards the Light  
We await Your will.

## SIT STILL

Sit still each day  
And think about Baba  
The Father of us all.  
When we think of Baba  
Everything else dwindles,  
Dwindles into nothingness.  
Our busy life is nothing.  
He is everything.

The immensity of His Love,  
Humility and power,  
The length of His silence,  
The breadth of His understanding,  
The depth of His suffering,  
The joy of His humour.  
O the quiet Friend,  
He is everything.





The mystics are the ever  
free, speaking a language  
that no sane man understands.

Happy to be free, to laugh,  
to weep, to dance, to sing ;  
to go their own way.

Happy to love God and carry  
Him about as light as a  
feather on their hearts.

## SONG

Baba forgave me,  
Baba gave me peace and joy  
Each day.  
Baba is not far,  
He is ever near,  
Baba is God.  
He is my Beloved.  
How can I live  
Without my dear ONE?

## KNOWING

May we all come to know  
Baba and to love Him.  
Joy, through knowing Baba,  
Peace, through knowing Baba,  
Strength, through obeying Baba,  
Oneness, through loving Baba,  
Who is the Beloved of us all.

## PRAYER

Meher Baba  
Father and Friend,  
God of mercy  
Live in my heart.  
Speak through my mouth,  
Use my hands and feet  
To move for Thee  
And do Thy will.  
Guide me to Thy feet  
Where I am safe,  
Empty of self,  
Praising God.

## THE LOTUS FLOWER

May we all find Baba in  
our hearts and nothing else.  
Beloved, if you occupy our  
hearts we lack nothing.  
Our desires melt away.  
Material things lose their  
power over us.  
The world is ever a nag,  
a conspirator to drag us  
away from You, but we grow  
daily stronger, by  
keeping You ever in our  
minds, King of our hearts,  
the Perfect LOTUS FLOWER.

## TRAVEL

You I take with me,  
You I leave here,  
And You are everywhere,  
I nowhere alone.

Empty me of myself,  
O Lord,  
That I may be filled  
with Thy Love.

## NO OTHER

You are the Light and the Truth,  
no other !

You are the Truth in our hearts,  
no other !

You are all we have, no other,  
no other !

You are everything worthy  
to be loved.

O Baba, without You there is  
nought to love.

## WORSHIP

Holy and Divine FATHER,  
We worship and adore Thee.  
Thou art God!  
Nothing but God.  
You pour out Love,  
Divine Love on us all,  
The unworthy children of Light.  
How can we worship Thee aright?  
We kneel before Thee  
In silent adoration,  
Thou the Merciful  
Giver of Light.



## AN OFFERING

In the centre of my mind  
I place Him,  
My Beloved Lord.

I offer my mind to Thee.  
I ask Thee to sweep it clean  
Of all that is false and low.

I offer my mind to Thee,  
O Meher!  
Accept my Arti.

## SONG

O my Lord of Love,  
Thou Infinite Perfection,  
O my Lord of Love,  
Thou art within me.  
I feel myself flowing out  
To-wards Infinite Light.  
Thou, Thou, Thou art  
The Giver of Light.  
Light pours out from  
                                  Thy Presence.  
Thou art the Lord of Life.  
O King, who reigns supreme  
In all loving hearts,  
Pure hearts who know Thee  
Breathe in Thy Love,  
The pure ESSENCE of LIFE.  
O Baba, Thou art  
my very heart-beat.

## FOR YOUTH

O Baba Beloved!  
Bless all the young generation,  
Seekers of truth and beauty.  
May they become aware  
of Baba's Divine Love,  
in wave upon wave  
enveloping them,  
filling their hearts with joy.  
May love of honesty,  
compassion and right thinking  
flood their whole being.  
May knowledge of Baba  
give peace to all.  
May they enter His  
LIGHT.

## BURST OF JOY

O Baba Beloved,  
In Your beauty we live,  
We who are nothing  
Become great in the thought of You.  
We try to understand  
Your suffering for us,  
But You flood our hearts with bliss  
And each time we fail.

But one day God's Light  
Will break through  
And the world will awake,  
A great shout will go up  
From every dark corner,  
Hearts will burst with joy  
and cry "Baba! Meher Baba!"  
And lay their heads at your feet.

## LOVE

Love is above all,  
Greater than all,  
Sweeter than all,  
All in all.

Divine Love is all-pervading.  
Wave upon wave of Love  
enters us,  
covers us like a shower  
of bliss,  
until we are submerged  
and drowned in  
Love for Baba.

## LIGHT AND LOVE

O holy sacred Light,  
Light of Baba's Love,  
Shine on the world.  
Light of Love and peace,  
Pure holy Light,  
Shining from His Presence.  
Light of Baba's Love,  
illumine our hearts  
and raise us up  
to be men and women  
worthy of God.

It is the wonder of wonders,  
The joy of joys,  
The holy of holies,  
when we open our hearts  
like flowers in the sun  
of Baba's Love.

He will renew and sanctify,  
Empty and purify  
the mind laid bare.  
If we surrender our lives  
to Him,  
our cups will be filled  
to overflowing,  
filled silently  
with Baba's Love.

## THE KING'S SMILE

I am a beggar at Your door  
and ask a boon.

I stand waiting outside  
for You to turn Your head  
and smile.

O glorious God!

Where You walk is Heaven,  
people follow You and talk  
but You are silent.

You are not indifferent  
to the beggars at Your door  
who are waiting.

You came so soon to help us  
and we were late,  
lingering too long  
in the muddy ways of the world.



How poor we are and thirsty,  
Now we want a drink  
of pure water  
at the fountain of Love,  
to wash our bodies clean,  
our minds to offer as a cup.  
" Harken beggars,  
Now it is Baba who speaks  
The WORD! "

## GRIEF AND GLORY

The life is passing  
And I have not seen my God.  
O where can I find Him?  
Where will He appear,  
within or without?

Will He put His arms around me,  
Once, just once?  
May I put my arms around Him,  
Once, just once?  
May I kiss His hands and feet  
just once?  
It is enough,  
for He is God, the only Beloved.

## THE ROCK

Peace and joy,  
Love and laughter,  
all stem from the Beloved  
who dwells in our hearts.  
He is there unseen,  
our inspiration.  
He is the immovable  
rock on which we build.  
He is Love,  
He is joy,  
He is peace,  
We have become a thread  
in the hem of His garment.

## POEM OF THE BELOVED

I have found the Divine Beloved,  
The INFINITE DIVINE LOVER,  
The only ONE worthy to be loved.  
At His lightening touch  
My heart becomes a flame,  
He sets the soul on fire,  
Thinking becomes pure feeling,  
My whole being rises  
Into realms of purest Love.  
Stammering words of praise  
"Thou, Thou, Thou art God!"  
Praise and prayers  
come and go.  
I receive wave upon wave of joy.  
It is the bliss of the soul.



## SILENT VOICE

The voice of Love is calling me,  
The beauty of Love is drawing me,  
Beyond and out of myself,  
Closer and closer to Thee,  
The feeling of Love is lifting me  
away from the world.

The rising tide is taking me  
Far out to sea  
Beyond knowing, beyond caring,  
into the life of Love.

Opening the prison door  
I hear the silent voice of Love.  
I know nothing  
but only that I love You  
and You are God  
the only Beloved.

## REST

Rest in the Heart of God  
In a state of bliss ;  
Here we float,  
here we truly live,  
living the life of Love.  
God's Love breathing thru us  
Into us and out of us,  
Limitlessly.  
We breathe Love in,  
We breathe Love out,  
in a state of ecstasy.  
Rest  
in the Heart of God.

## PRAYER

I am ashamed to come before Thee,  
In Thy PERFECT BEAUTY  
THOU ART GOD.

We are little children, who  
must humbly learn to love,  
and kneel at Thy Feet  
worshipping Thy Divine Beauty,  
The LOVE FORCE,  
whose power and energy  
and JOY is ours when  
we ask for it and surrender  
our will to THY WILL.



## PRAYER

May the rising generation  
rise triumphant in THY LOVE,  
with Meher Baba's name  
resounding in every heart ;  
May they overcome the ego  
and conquer the world  
with LOVE.

May courage, honesty, purity  
fill every young receptive heart —  
in an explosion of JOY.

## HYMN TO MEHER BABA

He is the power and glory of the sun.  
He is the lonely beauty of the moon.  
His words of wisdom are circling  
the world  
like the stars in brightness.  
He has the levelling quality of water  
And the rich depth of earth  
But His Love is the air we breathe.

Thy will be done  
Thy Name be honoured  
Thy words be heard  
Thy Love be shared  
Thy Truth be lived  
Thy bliss be known  
Thy glory be seen  
Thy peace be kept  
32 Everywhere .



