



## BIOGRAPHICAL SKETCH

Meher Baba was born of Persian parents at Poona in 1894. His spiritual life began with his momentous visit to Hazrat Babazan, the Perfect Master, when he was seventeen and still a student at Deccan college. This meeting brought about a spiritual transformation of his consciousness

Thereafter, he met Sadguru Upasani Maharaj who helped him to come to normal consciousness. So in 1921, Meher Baba retaining his God consciousness, regained his normal knowledge of the world and became a **Perfect Master.**

From July 10th, 1925 Meher Baba began to observe SILENCE, which continues until this day for spiritual reasons. It is a prelude to his manifestation.

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# MEHER VANI

Published on the occasion of  
the 75 th Birthday of  
AVATAR MEHER BABA

BY PERMISSION FROM

ADI K. IRANI

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AVATAR MEHER BABA'S MESSAGE  
ON THE OCCASSION OF  
His 75th Birthday  
25th February 1969.

To Love Me for what I may  
give you is not Loving Me at all.  
To Sacrifice anything in My cause  
to Gain something for yourself is  
like a blind man sacrificing his eyes  
for sight. I am the Divine Beloved  
worthy of being loved because I am  
Love. He who loves Me because of  
this will be blessed with unlimited  
sight and will see Me as I am.

—MEHER BABA—

(Extract taken from the family letter  
of 26th January 1969)

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## INTRODUCTION

This is a bouquet of variegated flowers of Baba's Sayings culled from His writings, given at different times and places. It is not an uncommon experience, in my view, that when the big and bulky writings do not give a comprehensively vivid memory of ideas, Baba-Sayings, pithy and meaningful as they are, for their import, go deep down the reader's being as a much simpler application in life.

Simplicity is the key-word of Baba's utterances. Truth is the simplest of all, says Baba. The

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Highest Knowledge can be had in a flash provided the Grace of the Master is bestowed. To make ourselves worthy of receiving His Grace, let us strive to read and understand what He means, thereby giving ourselves an occasion to love Him and obey Him.

Ahmednagar,

Adi K. Irani

Jan. 29, 1963.

## DIVINITY

1. An individual, who is divine but not fully conscious of his divinity, is led into Divine Self-consciousness by meditation on a Perfect Master who is Divine and fully conscious of His divinity.
2. God-realised Masters always do exist of the physical as well as on other planes, but are not always known and seen physically. After cycles of years, when spirituality reaches its lowest ebb and materialism is at its highest point and at these critical periods when there is chaos and misery everywhere, the impersonal



aspect of Divinity assumes personality and the world sees the physical manifestation of the Avatar or Prophet.

3. Do not worry about anything, Keep thinking of Me constantly. I am the only One that exists, the only One that matters.

4. I am never born. I never die. Yet every moment I take birth and undergo death. The countless illusory births and deaths are necessary landmarks in the progression of man's consciousness to Truth - a prelude to the Real Death and the Real Birth. The Real Death is when one dies to self; and the Real Birth is when,



dying to self, one is born in God to live forever His Eternal Life consciously.

5. I tell you all with My Divine authority, that you and I are not "We" but "One". You unconsciously feel my Avatarhood within you; I consciously feel in you what each of you feel. Thus every one of us is Avatar, in the sense that everyone and everything is everyone and everything, at the same time, and for all time.
6. I am one with you on every level, but you know this only when your ego and intellect do not interfere. Then Baba appears as He is.

7. I am what I am, whether the world bows down to Me or turns against Me it does not matter. It is no one's fault !
8. God is everywhere and does everything,  
God is within you and knows everything.  
God is without you and sees everything.  
God is beyond you and IS everything.
9. As one who showers His spiritual bounty on all in measureless abundance. He is the Lord of the Universe.
10. As one who continuously bears the burden of all and helps others

through numberless spiritual difficulties. He is the Servant of the Universe.

11. Just as He is the Lord and Servant in one, He is also the Supreme lover and the matchless Beloved. The love which He gives or receives goes to free the soul from Ignorance.
12. The Call of Baba is God's Voice, The Order of Baba is God's Will, The Prasad of Baba is God's Substance.

The Darshan of Baba is God's Presence.

The Love of Baba is God's Grace, The Goal of Baba is God-Realization.

13. The universe has come out of God, God has not come out of the universe. Illusion has come out of Reality, Reality has not come out of illusion. God alone is Real; the universe by itself is Illusion.
14. If you were to receive through your hearing just a wave, a single vibration of that 'Aadi naad' (original sound), you would lose bodily consciousness. I am that Original Sound. The best and highest of music that you hear and enjoy is but the seventh shadow (shadow of a shadow, of a shadow, etc.) of that 'Aadi naad'. But while I am with you on your level I am pleased even with the seventh shadow.

15. Once you see Me and once if My Grace descends on you that very instant you and I are one. But for the Grace to reach you from Me is difficult; the vessel to receive it is not ready and it is full of other things. My Grace is eternally flowing.
16. There are many religions, temples and many religious practices and prayers which you and the people following them may know; but God appears indifferent to such practices and prayers and does not hear them for the reason that they are not from the heart.
17. God is not to be lured but is to be loved. God is not to be preached but is to be lived.



18. Any worship or obedience to any deity, Saint or Master eventually comes to Me, for I am the Source.
19. No amount of intellectual gymnastics could ever understand My ways or judge My Infinite State.
20. Baba is the Lord of the Universe and the saints are His children.
21. Pay heed when I say with My Divine authority, that the Oneness of Reality is so uncompromisingly unlimited and All-pervading that not only "We are One", but even this collective term of "We" has no place in the Infinite Indivisible Oneness.



## LOVE

1. I have only one message to give,  
and I repeat it age after age to  
one and all : Love God.

2. It is love for yourself that loses  
Me.

and it is love for me that finds  
Me.

Love Me above everything, for  
now while I am in your midst  
I am most easily found as I  
really am.

3. For you to bow down to Me, to  
perform My arti, to worship Me  
is not what I have come for  
amongst you. These are good  
for the Saints, Valis, Yogis.

I expect much more from you.  
I have come to receive your love  
from you and to bestow My Love  
on you.

4. I am the Ocean of Grace, but  
I am as hard as flint for you to  
draw the Grace out of Me. The  
flow of My Grace for you  
depends upon the intensity of  
your love to attract it towards  
yourself.
5. When one remains fully and  
completely resigned to the Divine  
will of God all service, sacrifice,  
solitude, seeking and surrender  
merely symbolize one's love for  
God.
6. Why is it so impossible to find  
God? It is because you are

looking for something you have never lost.

7. Love and understanding never condemn but seek to help and encourage. Men and women have departed from the custom and law of Truth and Goodness, but God never condemns us or turns us from His door. So we should not condemn even those who condemn us.

8. Those who do not dare to love Me, seek safety on the shores. You who have been loving Me, are swimming in this Divine Ocean. Love Me more and more till you get drowned in Me. Dive deep and you will gain the priceless pearl of Infinite Oneness.

9. Mere reading and intellectual understanding of books on spirituality will not help you much; it is only love that counts, and to have love, you have to cross the threshold of the intellect.
10. It has been said in volumes and volumes that everything except God is illusion. To realise this truth, what is needed is deep, sincere and honest love.' Then God manifests His Glory to you.
11. You have to be very particular about the purity of heart. You talk of love but it is not easy to love. You should love God in such a way that, apart from others not knowing about it, you yourself are not aware of it.

12. God cannot be discussed.  
God cannot be theorised.  
God cannot be argued about.  
God cannot be explained.  
God cannot be understood.  
God can only be lived by losing  
ourselves in Him through love.

13. Those who are united in Love,  
know no separation. Wherever  
I am, wherever you are, I am  
always with you.

14. God is Omnipresent and the one  
who calls out sincerely to Him  
never fails to be heard and to  
receive His help.

15. Love and the heart which holds  
love are of greater importance  
than questions of personal posi-



tion and prestige of those who choose to work in spreading love.

16. Love is a mighty force. It not only enables one to put the ideal of selfless service into practice but also transforms one into God.

17. With love, one can follow any of the Yogas most suitable to his or her temperament. It will enable an aspirant to follow the rigid principle underlying the spiritual path, and when and where necessary make him turn his back to the worldly pleasures for the sake of the union with the Beloved God.

18. Where there is love there is Oneness, and there can be no



question of any particular religion or caste or system, superiority or inferiority, touchability or untouchability.

19. The greatest work one can do for Baba is to live the life of love, humility, sincerity and selfless service, in which there is no trace of slightest hypocrisy.
20. Those who love Baba and tell of Baba's Love to others are His mandali. It won't make any difference whether they are near Baba or stay thousand miles away.
21. Compared with the essentials of the Path, the three most unimportant things are to garland

Me, to bow down to Me and to sing empty words of praise or perform an arti. They are not necessarily the signs of love for God.

22. You should live a normal life and just love Baba and not be attached to your living. Then you will have a curtain of Baba's love protecting you from the world.

23. If you love Me, let that love not be wasted by escaping through your lips in words. It is an insult to real love, if and when such love happens to be deliberately exhibited.

24. You do not have to renounce anything. You can lead a family

life and be in the world. You do your work or business and attend your service; attend parties, everything. But always do one thing. Constantly think, constantly try, to make others happy even at the cost of your own happiness. That is one of the ways of loving God.

25. Baba is the Soul of souls,  
The Beloved of Gods,  
The Life of His lovers  
And He is the Slave of His dear ones.

26. My message always has been and  
always will be Love Divine.  
When one whole-heartedly loves  
God, one eventually loses oneself

in the Divine Beloved and enters the Eternal Life of God.

27. Like a tree Love has branches; branches of whole-hearted devotion, perfect non-violence, perfect selfless service, self-denial, self-sacrifice, self-renunciation, self-annihilation and Truth.
28. Love as it is generally and commonly understood is but an attachment with selfish thought and motives involved.
29. Pure, real unadulterated love has in it not even a tinge of lust. Lust for sex, lust for power, lust for name, lust for fame, lust for self-comforts defile the purity of love.

30. When one truly loves God one longs for union with Him, and this supreme longing is based on the desire of giving up one's whole being to the Beloved.
31. Of all the forces that can overcome all difficulties is the force of love, because the greatest law of God is Love, which holds the key to all problems.
32. Love is dynamic in action and contagious in effect.
33. Pure love is matchless in majesty, it has no parallel in power and there is no darkness it cannot dispel. It is the undying flame that has set life aglow.



34. Love also means suffering and pain for one's self and happiness for others.
35. Love alone knows how to give without necessarily bargaining for a return.
36. Love for God, love for fellow beings, love for service and love for sacrifice; in short, love in any shape or form is the finest "give and take" in the world.
37. The light of love is not free from its fire of sacrifice. Like heat and light, love and sacrifice go hand in hand.
38. Love and coercion can never go together; Love has to spring spontaneously from within.



39. God does not listen to the language of the tongue which constitutes 'jap' (mental repetition), 'mantras' (verbal repetition), 'zikra' (either kind of repetition) and devotional songs. He does not listen to the language of the mind which constitutes meditation, concentration and thoughts about God. He only listens to the language of the heart which constitutes Love.

40. The most practical way for the common man to express the language of the heart, while attending to his daily life duties, is to speak lovingly, think lovingly and act lovingly towards all mankind, irrespective of caste

and creed, taking God to be present in each and every one.

41. When the Sun rises night is transformed into day. So when Love manifests the not knowing (ignorance) is turned into conscious knowing (knowledge).

42. The highest Divine knowledge is attained through Love (which has in it spiritual faculties, intuition, and inspiration) and is opposed to the intellectual faculty. It is Love that makes one transcend the domain of intellect and gain the state of complete self-annihilation. It is this state that ends in union with God.

43. I belong to no religion. My religion is Love. Every heart is My temple. Although it is in love that you have built temples of stone, I am only in it when your love brings Me here.

44. Do not worry. Love Me more and more. Hold on to My daaman (garment). Whatever the trials and difficulties you may be passing through, you are sharing in My Universal Working and are fortunate to do so. The time is not far when I will reveal Myself and you will see Me as I am. My love to you each.

45. It is easy for you to love those whom you love, but to love those

whom you hate—that is something !

46. He who loves his Spiritual Master for the sake of love, ever intent on giving it and never desirous of receiving it, is a true lover.

47. Love is different from lust. In lust there is a reliance upon the object of sense and consequent spiritual subordination of the soul in relation to it.

48. Love puts the soul into direct and co-ordinate relation with the Reality which is behind the form.

49. In lust there is the accentuation of separateness and suffering; but

in love there is the feeling of unity and joy.

50. Lust is dissipation; Love is recreation.

51. Lust is a craving of the senses; love is the expression of the spirit.

52. Lust seeks fulfilment, but love experiences fulfilment.

53. In lust there is excitement; but in love there is tranquillity.

54. Pure love not only combines in itself the merits of all the disciplines but excels them in all its efficacy to lead the aspirant to his Goal.

55. Human love is for the many in the one and Divine Love is for the One in the many.



56. Human love tends to innumerable complications and tangles; but Divine Love leads to integration and freedom.
57. In human love the duality of the lover and the beloved persists; but in Divine Love the lover and the Beloved become One.
58. Human love in its personal and impersonal aspects is limited: but Divine Love, with its fusion of the personal and the impersonal aspects, is infinite in being and expression.
59. The Grace of the God-Man is like rain, which equally falls on all lands, irrespective of whether they are barren or fertile, but it

fructifies only in the lands which have been rendered fertile, through arduous and patient toiling.

60. Feelings and emotions are creations of the mind; love is the creation of the soul. The Ocean of Love can be attained by love; and by loving a Perfect Master you are loving the Ocean of Love.

61. Remember one thing. Do not associate Me with any miracles. I do not do any miracles. What greater miracle is there than the very creation itself. The path of love is quite different. In this path of love one must become like dust.

62. Millions of births are not suffi-

- cient to remove the veil that Grace and Love can lift in a flash. Otherwise it requires cycles and cycles of births.
63. You cannot bargain for love. No amount of penance, meditation, pooja, etc. can give that gift of Love. Once that gift comes from God it burns up all the veils of samskaras.
64. There is no separation in Love, and wherever I am under any condition of seclusion. I am always with you who love Me.
65. Spiritual Science, being based on Love alone, is full of apparent ups and downs, vagaries and contradictions which Love alone can face and overcome.

66. The only way to realize that you are eternally free and that you have no bindings is to love BABA whole-heartedly and to think of BABA constantly.
67. Love others as you would love yourself and all that is yours. Fortunate are they whose love is tested by misfortunes. Love demands that the lover sacrifices himself for the Beloved.

## OBEDIENCE

1. Unless you give up the breath of your desires and die to yourself, you cannot have the breath of real Life and live forever.
2. Obedience is greater than all spiritual experiences, but obedience for show is worse than no obedience.
3. The beginning of real love is obedience, and the highest aspect of this love which surpasses that of love itself, is the aspect which culminates into the perfect obedience or supreme resignation to the will and wish of the Beloved (God).



4. Obedience is more important than devotion even if it is done unwillingly, because gradually, in the process, duality vanishes. When you do what the Master says the responsibility falls on him whom you obey, even when you obey unwillingly.
5. There are a few among the purely intellectual who can establish a life of obedience to a Perfect Master, and fewer still who can maintain it.
6. The consciousness of those who leave their hold on all except their life of obedience to Me, shall transcend all limitations, including the limitation of the intellect.

## SURRENDER

1. If you want to know anything of God and to reach God, then catch hold of Baba's 'daaman' (garment). If you care for God and care for Love and if you have the desire for Union with God, then the only solution is to catch hold of Baba.
2. From ages past, I have been telling people to leave all and to come to Me. That alone is the way to liberation from all illusion.
3. When you feel angry or get lustful thoughts, at once remember Me whole-heartedly. Let My

name serve the purpose of a net around you so that like mosquitoes the thoughts may keep buzzing around you yet they will not be able to 'bite' you.

4. You can leave your mind to My care by remembering Me or repeating My name silently as often as you can.
5. I tell you with My Divine authority that whoever (anyone and everyone) takes My name on his lips at the time he or she breathes his or her last (drops his or her physical body) comes to Me. Therefore do not forget to remember Me at the time when you would be breathing your last.

6. Unless you take My name on your lips, remember Me from now on constantly and keep it continuously, you cannot remember Me and keep My name on your lips at the time you drop your body (breathe your last). Even if you take My name once a day with all your heart and soul, it is sufficient. You will thus ultimately come to Me.
7. The true lover is born only that moment when he dies for God.
8. Do not lose heart but keep Me in your heart and remember I am always with you.
9. How will you love God ? How should you love God ? Not

through meditation, not through so called prayers or other things. There are two ways to love God. One is to leave all and everything; this means to have nothing of your own, not even your body..... to renounce absolutely everything. Everything means not only your surroundings, but everything, including yourself. The second way to love God is to implicitly obey the Perfect Master (Sadguru).

10. Just as to garland Me, to bow down to Me and to sing my praises are comparatively the three most unimportant things, the three most essential things of prime importance for the path to God-Realization without any



possibility of a compromise about them are Love, Obedience and Surrender.

11. Love desires the will of the Beloved and seeks union with the Beloved. Obedience performs the will of the Beloved and seeks the pleasure of the Beloved; and surrender resigns to the will of the Beloved and seeks nothing.

12. Greater than love is obedience, and greater than obedience is surrender, and yet as words, the three can all be summed up again in one word, 'Love-Divine'.

13. The difference that counts in respect of one's capacity for love, does not lie in one's wit and

wisdom, but in one's readiness to lay down one's life completely for the Beloved and yet remain alive !

14. Wearing the yellow robe, begging for bread, visiting the holy places, do not necessarily prove sanyas or renunciation. The true sanyasin is he who has renounced his lower self and all wordly desires.

15. All those who surrender themselves in love to Me will see and adore and realize the Reality behind My form.

16. First and foremost your complete surrender should be to the God-Man in whom God reveals Him-

self in His Full Glory, His Infinite Power, His Unfathomable Knowledge, His Inexpressible Bliss, and His Eternal Existence.

17. The Perfect Master's invariable counsel is complete surrender to Him. Those few who do surrender their all-mind, body, possessions, so that with their complete surrender they also surrender consciously their own self to the Perfect Master; yet they have their very being left—conscious to commit actions activated now only by the dictates of the Master.

18. If you seek to live perpetually, then crave for the death of your

deceptive self at the hands of complete surrender to Me. This Yoga is the Essence of all Yogas in one !

19. Enjoy all, do't discard anything but think it is Baba-Baba who enjoys, Baba who is eating; it is Baba sleeping soundly. And when you wake up remember it is Baba getting up. Keep this one thought constantly with you.
20. God reveals Himself only to that mind which is entirely devoid of egoism and egotism.
21. Be content with your lot whether rich or poor, happy or miserable. Understand that God has designed it for your own good and be resigned to His will.

22. The things of lasting value for the Path are :

- 1) Divine Love.
- 2) Obedience to a Perfect Master.
- 3) Absolute, sincere and whole-hearted service to others.
- 4) True renunciation of wordly things leaving no room for thoughts other than God, the only Reality.

23. To completely surrender to My will, your heart must be pure and your mind empty of all thoughts.

24. Think of Me more and more and all your worries will dwindle into nothing for they are really nothing, and My will works out to awaken this in you and in all.



25. Do not worry about evil thoughts, lust etc. Let them come and go. Do worry so that you may not forget Me ! If you always remember Me nothing will touch you — harm you.
26. Approach Me with unflinching faith, love and devotion and with the longing to receive My Divine Love and Grace.
27. Complete surrender to the Perfect Master is in itself Freedom!
28. To love Me is to lose yourself in Me and to find Me as your own Self is to leave all your pleasures and pains to Me.
29. Real living is dying for God.

Live less for yourself and more for others.

One must die to one's own self to be able to live in all other selves.

One who dies for God lives forever.

30. Seek not to possess anything but surrender every thing. Serve others with the understanding that in them you are serving Me. Be resigned completely to My will and My Will will be yours. Let nothing shake your faith in Me and all your bindings will be shaken off.

## MIND & HEART

1. The mind is the treasure-house of learning but the heart is the treasure-house of spiritual wisdom.
2. Spiritual understanding is born of the harmony between the mind and the heart.
3. The prayer God hears is the prayer of the heart, that raising of the heart, that suffering of the heart, that is what God pays attention to.
4. It does not matter and certainly it is foolish to rely upon the usual religious practices and rituals

What matters is your heart, the prayer that arises from your heart; that is the prayer that Baba hears, God hears.

5. Mind stopped is God.  
Mind working is man.  
Mind slowed down is mast  
(God-absorbed)  
Mind working fast is mad.

6. Whatever that brings you nearer to the Path and suits you most is best for you if you could put it into practice whole-heartedly and naturally.

7. It is better not to worship if you cannot do so with your heart in it. Any mechanical prayer in a spirit of show or ceremony, be it

*kasti*, *namaz*, or *arti*, *puja*, etc., is all a *tamasha*, which creates greater bindings of a pretence to purity, be that for self-deception or in order to deceive others.

8. You can own a world without attachment so far as you do not allow yourself to be owned by any part of it through attachment.



## AVATAR - PERFECT MASTER & SADGURUS

1. I am the Ancient One; I am the Avatar of the age; I am the Ocean of Love.
2. Irrespective of doubts or convictions and for the Infinite Love I bear for one and all, I continue to come as the Avatar to be judged time and again by humanity in its ignorance in order to help man distinguish the Real from the false.
3. I am the One for whom mankind eagerly awaits.
4. I am not come to establish any cult, society or organisation nor even to establish a new religion.

The religion I shall give will teach of the knowledge of the One behind the many.

The Book that I shall make people read is the Book of the Heart, which holds the key to the mystery of life.

5. To Me saint and sinner, high and low, rich and poor, man and woman, young and old are all just the same, because I am in every one. None should hesitate to embrace Me and to meet Me with all love.

6. I am the Ancient One; not a leaf has the power to quiver without My wish; I am the One who knows everything about everyone.

7. I am the universal thief, I steal the hearts of all !
8. I am like a child playful, free, and I am also like an old man. I am soft as butter and hard as steel simultaneously.
9. I am nearer to you than your own breath. Remember Me, and I am with you, and My love will guide you.
10. Unless you give up the breath of your desires and die to yourself, you cannot have the breath of your Life and live forever.
11. I am always free, but when I come down amongst you I also get Myself bound. I remain eternally free in ME and infinitely

bound in you. I am eternally free in Reality and infinitely bound in Illusion.

12. My manifestation will embrace the religious, economic, social, and spiritual aspects of life. It will spiritualize all human activities in art, science, music, politics, and the drama. In the near future a great universal drama will be enacted, the theme of which will be pure love, selfless service. I will play the leading part in this world-awakening drama.

13. At the time of the manifestation of the Avatar the force of the general spiritual push given by the Avatar is so tremendous that

it creates quite a new awakening of consciousness. This, combined with the teachings and activities of the Avatar on the physical plane during the life in which He manifests Himself, is given outward form by His followers who call it a new religion.

14. The elimination of self-interest, even granting a sincere desire on the part of the individual to accomplish it, is not easy and is never completely achieved except by the aid of a Perfect Master who has the power to convey Truth at will. For self-interest springs from a false idea of the true nature of the Self, and this idea must be eradicated and the Truth experienced.



15. I am not here just for crowds.  
I am here for the individuals  
dispersed among the crowds who  
silently adore Me.

16. Age after age history repeats  
itself when men and women in  
their ignorance, limitations and  
pride sit in judgment over the  
God - incarnated Man who  
declares his Godhood, and  
condemn Him for uttering the  
Truth they cannot understand.  
He is indifferent to abuse and  
persecution; for in His true  
compassion He understands in  
His continuous experience of  
Reality He knows and in His  
Infinite Mercy He forgives.

17. The feeling and inspiration for

things sublime and the Divine Love are imparted by a real Messiah to anyone who comes in contact with Him. A false Messiah cannot do this.

18. God is absolutely Independent and the universe is entirely dependent upon God. Yet when the Perfect Masters effect the descent of God on earth as the Avatar they make Reality and illusion interdependent each upon the other. And thus it is that His Infinite Mercy and unbounded Love are eternally drawn upon by those who are immersed in illusion.

19. The Master serves the whole universe out of the finality of

His infinite consciousness and those who serve the Master and obey Him also have their share in His universal work.

20. The Avatar who has to take upon Himself the burdens of the world to absorb them must necessarily have physical reactions, and He consequently suffers physically like an ordinary human being.

21. Only a Perfect Master who is the veritable incarnation of Divinity can awaken in an individual the fire of Divine Love which consumes in its flames the lesser desires of the body, mind and world.

22. Contact with a Perfect Master is never equally available to all at all times.
23. God as God alone is not consciously man; and man as man alone is not consciously God. The God-Man is consciously God as well as man.
24. When God-Man chooses to help a person He can through His Grace take the aspirant to the seventh plane in one second, though in that one second the person has to traverse all the intermediate planes !
25. The continued succession of the God-Man on earth is a perpetual blessing to mankind helping it

onwards in its struggle through darkness of ignorance.

26. Between God and the Universe Infinite Mercy and unbounded Love act as a prominent link which is eternally made use of by men who become God (Sadgurus, Perfect Masters or Qutubs) and by God who becomes Man (Avatar, Christ, Rasool).

27. The five Perfect Masters are the five Men of their age, who not only become God, but after achieving God-Realization, they also come down to ordinary normal consciousness of man and thus they simultaneously have God consciousness, plus mental, subtle and gross consciousness.



The World is never without the five Man-God.

28. The Perfect Masters are not always necessarily recognised in the world as such. They too meet with opposition and have to share the persecution born of ignorance on the part of the masses.
29. The Divine truths are most easily grasped and assimilated when they are directly passed on to the aspirant by a living Perfect Master.
30. Personal communications of the Perfect Master have in them a powerful efficacy which can never belong to the information

received by the aspirant through other sources.

31. The Messiah can arouse the highest ideals in men and touch the hearts of millions.

32. In the God-Man, God reveals Himself in all his Glory with His Infinite Power, Knowledge and Bliss.

33. The more the attachment to a Perfect Master (Sadguru) the greater the chances of attaining the perfect state of non-attachment.

34. When one loves a Perfect Master one longs to serve Him, to surrender to His will, to obey Him whole-heartedly.

35. Everyone who voluntarily or involuntarily comes into the orbit of the activities of the Perfect Master, becomes in some way, the recipient of a spiritual push.
36. In the performance of His universal work the God-Man has infinite adaptability.
37. The God-Man is not attached to any one method of helping others; He does not follow rules or precedents but is the Law unto Himself.
38. To show the way to Divinity, the Sadguru often plays the role of a devotee of God though He has attained complete Unity with God.

39. Sadgurus are not only super-conscious but also creation-conscious.
40. What I am, what I was and what I will be as the Ancient One is always due to the five Perfect Masters.
41. Sai Baba, Upasani Maharaj, Babajan, Tajuddin Baba and Narayan Maharaj are the five Perfect Masters of this age for Me.
42. The aspirant who enlists in the service of the Perfect Master may be compared to the broom with which the Perfect Master cleanses the world of its impurities.

43. It is only through the active intervention of the Perfect Master that the 'spiritual diseases' can be cured.

44. Recurring contact with the Perfect Master is most necessary throughout the process of spiritual advancement.

45. The Perfect Master helps the seeker in His own unfathomable ways, which have no parallel with the ways of the world.



## SILENCE

1. For ages I have been giving in silence My silent Message of Love. You ask Me for a message from my silence. But silent are the words of My silence. Silent is love, and the Lover loves My silence, and silently adores Me in My silence.
2. Although I appear to be silent, I speak through you all. I am ever silent and everlastingly speaking, but time has come when soon I will break this apparent silence and then those who love Me will see My Real Self.

3. God has been everlastingly working in silence unobserved, unheard, except by those who experience His Infinite Silence. If My Silence cannot speak, of what avail would be speeches made by the tongue ?
4. If you were to ask me why I do not talk, I would say, mostly for three reasons. Firstly, I feel that through you all I am talking eternally. Secondly, to relieve the boredom of talking incessantly through your forms, I keep silence in My personal physical form. And thirdly, because all talk in itself is idle talk. Lectures, messages, statements, discourses of any kind spiritual or otherwise; imparted through

utterances or writings is just idle talk when not acted upon or lived up to.

5. If you were to ask Me when I will break My silence I would say, when I feel like uttering the only real Word that was given in the beginningless beginning; as that Word alone is worth uttering.

6. The Word that I will give out will go to the world as from God, not as from a philosopher : it will go straight to the heart. With the dawn of realization of Unity of all life, hatred and dissension will come to an end. There will be unfaltering love and unfailing understanding and

men shall be united in an inviolable brotherhood based on the realized Oneness of God.

7. When I will break My Silence it will be for only one Divine Word, and it will be the Word of words or the Manifestation of Truth. This word will be heard by the heart, and not merely by the mind. It will go home to you and bring to you the Awakening.

8. When I say that My Manifestation is connected with the breaking of My Silence, people should not expect an outpouring of verbosity. I will utter the Word of words that will irresistibly impart to those who are ripe the

state of 'I-am-God', Anal Haq or  
Aham Brahma Asmi.

9. ....I feel very happy to hear  
music. It reminds Me of the  
First Song that was sung ages ago  
and that Song produced this  
phenomenon called the Universe.  
God will make Me soon break  
My Silence and that first original  
Song will be sung again and the  
world will realize that God alone  
is real and that everyone is  
eternally one with God.

10. When I break My Silence, the  
greatest miracle of all times will  
happen. Be worthy to receive  
Divine Grace and for that get  
prepared from now to receive it.



11. ....My Word of words will touch the hearts of mankind and this divine touch will instil in man a feeling of oneness of all fellow beings. This feeling will supersede the tendency of separateness and rule over the hearts of all, driving away hatred, jealousy and greed that breed suffering, and happiness will reign.

12. Ages and ages back one great miracle I had performed and the whole illusion of this creation came out of Me. Another such miracle I will perform and it will be at the time of breaking of My Silence. That will be My first and last real miracle in this present Incarnation.

13. I am like a lion — but at the moment a caged lion. Those who recognize Me feel the strength of My power but only in a small degree. When I will break My Silence, I will uncage Myself; and then you will know My Divine strength !

14. When the tongue is silent, the mind speaks;

When the mind is silent, the heart sings;

When the heart stops singing, Soul begins to experience its original Self.

In deep sleep, tongue, mind and heart are silent.

And one is unconscious.

If one can go into deep sleep and remain awake

One has it; one becomes what one originally was and eternally is—God.

15. When I break My Silence, I intend to reveal the One Supreme Self which is in all. This accomplished, the idea of the self as a limited separate entity will disappear, and with it will vanish self-interest; co-operation will replace competition, certainty will replace fear, generosity will replace greed. Exploitation will disappear.
16. The benefits that shall accrue to different nations and countries when I bring about the spiritual

upheaval will be largely determined by the amount of energy each possesses. The greater the energy—however misapplied—the greater the response.

17. When I will break My Silence, there will be many proofs of My spiritual power, and of My ability to bestow Illumination. People will then realize that Truth, which is the source of all love and existence, rules supreme in all departments of life.
18. When the God-Man speaks, Truth is more powerfully manifested than when He uses either sight or touch to convey it. For that reason the Avatar sometimes observes a period of silence

lasting several years, breaking it to speak only when He wishes to manifest the Divine Will, and world-wide transformation of consciousness then takes place.

19. For nearly thirty-eight years no word has passed My lips. Yet I am never silent. I speak eternally. The voice that is heard deep within the soul is My voice — the voice of inspiration, of intuition, of guidance.



## REALIZATION

1. I would like you to bear in mind that you do not approach Me with the thought of any worldly gain. Come to Me to receive Love. Also remember that whosoever forms friendship with Me loses everything, even the self. Then I give God-realisation.
2. God can be realised only when your love for God so strangles you that you cannot live without Him.
3. You must always remember that only thing worth remembering is to forget everything else and to remember Me in order to be able

to love Me and then find Me as your own Self.

4. Lover of God cannot remain alive without God, just as an ordinary man cannot live without breath; he is then transformed into the Beloved and thus man becomes God.
5. The problem of Self-realization, which includes all the petty problems of the world and humanity put together, remains unsolved for ages until a Perfect Master takes up that mission and helps suffering humanity — humanity struggling in the meshes of Maya to be out of it.
6. The last and the highest state of understanding results from the

merging of the soul into the limitless Ocean of Knowledge, Bliss and Power. One who has himself attained this state can enable thousands to attain Perfection.

7. The purpose of life is to realize God within yourselves. This can be done even while attending to your wordly duties. In the everyday walk of life and amidst intense activities you should feel detached and dedicate your doings to your Beloved God.

8. A life of prayer is ever essential. Atman(soul) can be obtained only through the Atman (soul) itself, which is the object of prayer, the desire and the fulfilment.

9. Karma Yoga, Dnyan Yoga, Raja Yoga and Bhakti Yoga serve the purpose of being prominent sign-posts on the path of truths directing the seeker towards the Goal of Eternal Existence. But the hold of life fed by actions is so tight on the aspirant that even with the help of these inspiring sign-posts he fails to be guided in the right direction. As long as the "Self" is bound by actions the aspirant, or even the pilgrim on the path towards Truth, is sure to go astray through self-deception.
10. The happiness of saints is derivative; but the happiness of God-realized is self-grounded.

11. The happiness of the saints comes into existence due to the increasing installations of Divine Grace, but the Bliss of the God-realized merely IS.
12. The God-Man knows the Truth. He is conscious of the true nature of God as well as the true nature of creation.
13. As God, the God-Man sees all souls as His own; He sees himself in everything and His universal mind includes all minds in its scope.
14. How can you earn God-hood? You can earn livelihood with the sweat of your brow and you can earn God-hood with the blood of your heart.



15. Unless you become like dust you cannot realize God ! But first you have to become like stone, for you cannot become dust right away. What is needed is to retain human consciousness and becomes as stone and then wear yourself to dust at the feet of the Perfect Master.
16. You have a long, long way up to the Summit of Self-realisation; while trying to reach that goal even rishis and munis (Saints and Sages) are apt to fall through expression of egotism,
17. So many seek, but rarely one finds Me.
18. God-realization is the very goal of all creation.

19. All that is noble, beautiful and lovely, all that is great and good and inspiring in the universe is just an infinitesimal fraction of the Glory of God-realization.

20. Love for the Perfect Master flowers into God-realization, merging the soul into Oversoul; while obedience to the Perfect Master begets Power, to help the world and its people.

21. Once God-realization is attained reincarnation is impossible. The only exception to this rule is the Avatar Himself.

22. Hearing is not equal to understanding; understanding is not equal to conception; conception

is not equal to perception; perception is not equal to conviction; conviction is not equal to experience; and experience is not equal to becoming God-realised. To realise God is to become God. That you eternally *are* but you know not.

## GENERAL

1. Miracles, whether performed by Perfect Master or by Yogis, are mere illusions in comparison with the everlasting Truth, and are not more real than the shadows of this world.
2. Spirit communication is the experience of the semi-subtle by the physical senses in the conscious state. It is not a sign of advancement on the divine path and has nothing to do with its goal (Gnosis).
3. Pain and evil are real only in the sense in which dreams are real. Considered absolutely, only God

is real, all other things including pain and evil are unreal.

4. The only Real Renunciation is that which abandons, even in the midst of wordly duties, all selfish thoughts and desires.
5. It is praise-worthy to be a genuine Sanyasin (Spiritual Pilgrim), but honest householders are far better than hypocritical sadhus.
6. Wordly-minded priests, though they may mutter prayers throughout the day and may perform this and that ceremony, can confer no spiritual benefits on any one. Poison trees may be watered with nectar, but they will not produce edible fruits.



7. Never think that by helping another you have put him under any obligation to you. On the contrary, believe that the recipient of your generosity gives you an opportunity to serve yourself.
8. To live the life which is inspired and illumined by the spiritual ideal, as embodied in the Perfect Master, is the culmination of all the forms of personal meditation.
9. Always remember that ceremonies cover Me, but pure worship reveals Me.
10. I repeat and emphasise that in My continuous and eternal experience of Reality no diffe-

rence exists between the worldly rich and the poor. But if ever such a question of difference between opulence and poverty were to exist for Me, I would deem him really poor who, possessing worldly riches, possesses not the wealth of Love for God. And I would know him truly rich who, owning nothing, possesses the priceless treasure of his Love for God. His is the poverty that kings envy, and that makes even the King of kings his slave.

Know, therefore, that in the eyes of God, the only difference between the rich and poor is not of wealth and poverty, but in

the degree of intensity and sincerity in the longing for God.

11. Be pure and simple, and love all because all are One. Live a sincere life; be natural and be honest with yourself.

12. Real Happiness lies in oneness. Wherever there is duality there is trouble.

13. In everything you do, put your mind to it and then forget it, but do not be attached to it.

14. Do not get angry but be pleased with him who backbites you, for he thereby renders service to you by diminishing the load of your Samskaras; and also pity

him, for thereby he makes his own load of Samskaras more burdensome.

15. Don't criticise; the habit of criticising our fellow-beings is a bad one. At the back of it often lies self-righteousness, conceit, a false sense of superiority; sometimes it indicates envy or a desire for retaliation.

16. Willing participation in the work of the Perfect Master not only raises the value of service, but creates best opportunities for spiritual enlightenment.

16. In importance, service originating in the instructions of the Perfect Master is second only to the

service rendered by the Master himself.

18. You eternally were and will be. You have had innumerable forms as man and woman, beautiful and ugly, strong and weak, rich and poor, and here you are again with another form. Till you gain spiritual freedom you will be invested with many such forms. So why seek temporary relief which has, in its wake, binding? Ask God not for money, fame, power, health, or children but for his Grace of Love which will lead you to eternal Bliss and Freedom.

19. Nobody suffers in vain for true freedom is spiritual freedom and



suffering is a ladder towards it. Men unknowingly suffer for God and God knowingly suffers for men.

20. I can forgive and I have come to forgive. Forgiveness is the highest thing for those who are forgiven.
21. Although it takes a lot of time to build a stack of hay, the whole of it can be burnt in no time by a single lighted match. Likewise, irrespective of the amount of accumulated dirt, the refuge of sins, Divine forgiveness burns them away in no time.
22. Take Baba with you and Baba will be with you always. If you

cannot take Baba with you don't be afraid. I will come with you and be always with you.

23. Desire for nothing except desirelessness.

Hope for nothing except to rise above all hopes.

Want nothing and you will have everything.

24. Real happiness lies in making others happy.

The real desire is that which leads you to become Perfect in order to make others become Perfect.

25. An intellectual giant, not invested with the spark of love and not having the guidance of a Perfect

Master, can never have knowledge of the spiritual path

26. Be bound by freedom. Be attached to freedom ; that means, have desires—but be their master and not their slave.

27. Everyone is an atheist till he finds God by actual experience.

28. It is not what the world thinks of you that matters, but what God knows about you that matters.

29. Destiny means the Divine Will guiding the lines of sin and virtue experienced by the soul from the beginning of its evolution till its end in realisation of the "Self"

30. He who seeks God intellectually, is infinitely better than a person who is merely a sceptic.
31. He is the greatest hypocrite who himself being a hypocrite asks others not to be a hypocrite.
32. The highest state of consciousness is latent in all. The Son of God is in every man, but He has to be manifested.
33. No general rule or process can be laid down for the attainment of the Ultimate Reality.
34. Any work done in the name of God is a good work; but it must be done sincerely, honestly, without taking any pride in it.

35. Some like work, some like play,  
but when you do it for Me, then  
it is the same. This is Vedant in  
a nutshell.
36. True sanctity does not lie in the  
cold walls of the temples but in  
the warmth of living beings who  
fill the environment with the  
fire of their devotion.
37. Any moment you feel you are  
getting excited, remember Me  
and you can at once turn that  
moment into laughter.
38. Be angry with none but your own  
weakness.  
Hate none but your lustful self.  
Be greedy to own more and more  
wealth of tolerance and justice.



Let your temptation be to tempt  
Me with your love in order to  
receive My Grace.

Wage war against your desires  
and God-hood will be your  
victory.

39. Never think that you get dreams  
from Me or through My inter-  
vention. I have come amongst  
you to awaken you from illusion  
and not to add dreams to the  
dream of life. You are already  
dreaming since you were born.

40. A self-imposed fast if not  
observed out of a sense of obe-  
dience or out of love for Truth  
often makes your mind to see if  
it is time to break it, and thus a

clock becomes the object of your fast ! Such actions tighten more than loosen the bindings of impressions (Samskaras).

41. The best way of cleansing the heart is by leading a normal worldly life. That would help you to live in the midst of your day-to-day duties, responsibilities, likes and dislikes etc. All these can become the very means for the purification of your heart.
42. One of the finest things to do is Seva in the sense of service for the sake of service to others and for others, without any tinge of motive of 'me', 'mine' about it.



## HOW TO LOVE GOD

“To love God in the most practical way is to love our fellow beings. If we feel for others in the same way as we feel for our own dear ones, we love God.

“If, instead of seeing faults in others, we look within ourselves, we are loving God.

“If, instead of robbing others to help ourselves, we rob ourselves to help others, we are loving God.

“If we suffer in the sufferings of others and feel happy in the happiness of others, we are loving God.

"If, instead of worrying over our own misfortunes, we think of ourselves more fortunate than many many others, we are loving God.

"If we endure our lot with patience and contentment, accepting it as His Will, we are loving God.

"If we understand and feel that the greatest act of devotion and worship to God is not to hurt or harm any of His beings, we are loving God.

"To love God as He ought to be loved, we must live for God and die for God, knowing that the goal of life is to Love God, and find Him as our own self."

—MEHER BABA

## MY WISH

The lover has to keep the wish of the Beloved.

My wish for My lovers is as follows :

1. Do not shirk your responsibilities.
2. Attend faithfully to your worldly duties, but always keep at the back of your mind that all this is Baba's.
3. When you feel happy, think : "Baba wants me to be happy."  
When you suffer, think : "Baba wants me to suffer."
4. Be resigned to every situation, and



think honestly and sincerely :  
“Baba has placed me in this  
situation.”

5. With the understanding that Baba is in everyone, try to help and serve others.
6. I say with my Divine Authority to each and all that whosoever takes My name at the time of breathing his or her last, comes to Me.

So, do not forget to remember Me in your last moments.

Unless you start remembering Me from now on, it is very difficult to remember Me when your end approaches. You should start practising from now.

Even if you take My name  
only once every day, you will not  
forget to remember Me in your  
dying moment.

— MEHER BABA

# PRAYER

*dictated by*

AVATAR MEHER BABA

O PARVARDIGAR. the Preserver  
and Protector of All !

You are without Beginning, and  
without End ;

Non-dual, beyond comparison ;  
and none can measure You.

You are without colour, with-  
out expression, without form, and  
without attributes.

You are unlimited and unfatho-  
mable, beyond imagination and con-  
ception ; eternal and imperishable.

You are indivisible ; and none  
can see You but with eyes Divine.

You always were, You always  
are and You always will be ;

You are everywhere, You are  
in everything ; and You are also  
beyond everywhere and beyond  
everything.

You are in the firmament and  
in the depths, You are manifest and  
unmanifest ; on all planes, and beyond  
all planes.

You are in the three worlds,  
and also beyond the three worlds ;

You are imperceptible and  
independent.

You are the Creator, the Lord of Lords, the Knower of all minds and hearts ; You are Omnipotent and Omnipresent.

You are Knowledge Infinite, Power Infinite, and Bliss Infinite.

You are the Ocean of Knowledge, All-Knowing, Infinitely-Knowing ; the Knower of the past, the present and the future ; and You are Knowledge itself.

You are All merciful and eternally benevolent.

You are the Soul of souls, the One with infinite attributes ;

You are the Trinity of Truth, Knowledge and Bliss.



You are the Source of Truth ;  
the Ocean of Love.

You are the Ancient One, the  
**HIGHEST OF THE HIGH** ; You  
are Prabhu and Parameshwar ; You  
are the Beyond-God, and the Beyond-  
Beyond-God also ; You are Para-  
brahma ; Paramatma ; Allah ; Elahi ;  
Yezdan ; Ahuramazda ; God Almighty ;  
and God the Beloved.

You are named **EZAD** ; i.e., the  
Only One worthy of worship.



## REPENTANCE & PRAYER FOR FORGIVENESS

OM PARABRAHMA - PARA -  
MATMA, Ya-Yazdan, Ya-Allah,  
O God, Father in Heaven !

We repent, O God most merciful, for all our sins, for every thought that was false or unjust or unclean for every word spoken that ought not to have been spoken, and for every deed done that ought not to have been done.

We repent for every deed and word and thought inspired by selfishness, and for every deed and word and thought inspired by hatred.

We repent most specially for every lustful thought, and every lustful action ; for every lie ; for all hypocrisy ; for every promise given but not fulfilled, and for all slander and backbiting.

Most specially also, we repent for every action that has brought ruin to others, for every word and deed that has given others pain, and for every wish that pain should befall others.

In your unbounded mercy, we ask you to forgive us, O God, for all these sins committed by us, and to forgive us for our constant failures to think and speak and act according to your Will.



**Prayer For  
Baba's Lovers & Mandali**

[ dictated by MEHER BABA ]

Beloved God, help us all to love you  
more and more.

and more and more and still yet  
more,

till we become worthy of Union with  
you ;

and help us all to hold 'fast to Baba's  
*daaman* till the very end



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One of the important characteristics of Meher Baba's life is that he frequently retires into seclusion and observes long fasts. These periods of seclusion are periods of intensive spiritual working on the higher planes of cosmic consciousness for the good of all humanity.

His disciples to-day are of many nationalities, classes and creeds, for the Truth underlying every religion is the emblem of Meher Baba's teaching.

It is sufficient to be in his (Meher Baba's) presence to know the Truth. He does not need to speak; he has the power of Truth in him.

What Meher Baba is, people must discover for themselves. His authority must convince without argument. He must be recognised by the heart.

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