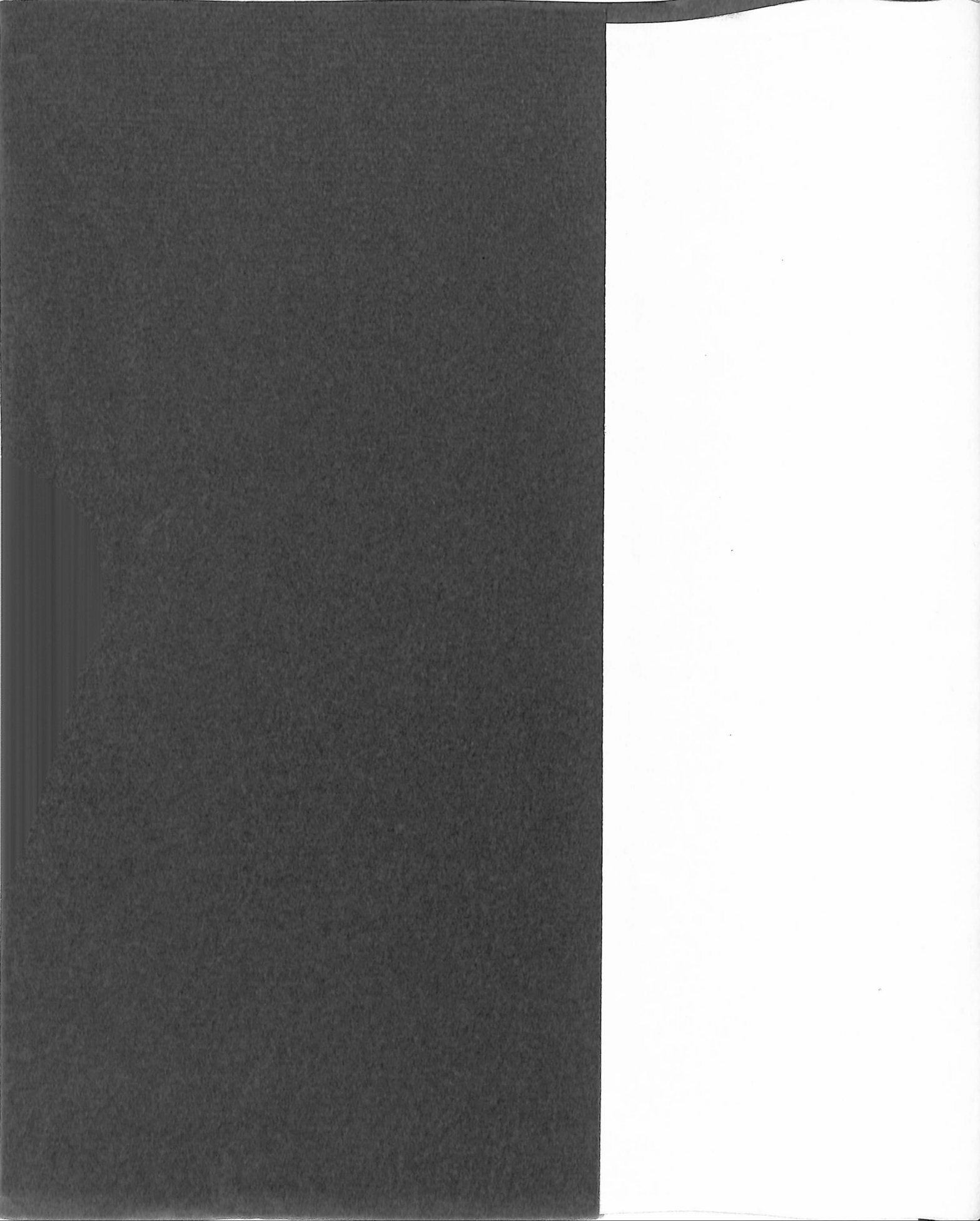


THE SPIRITUAL SCIENCE  
OF  
MEHER BABA





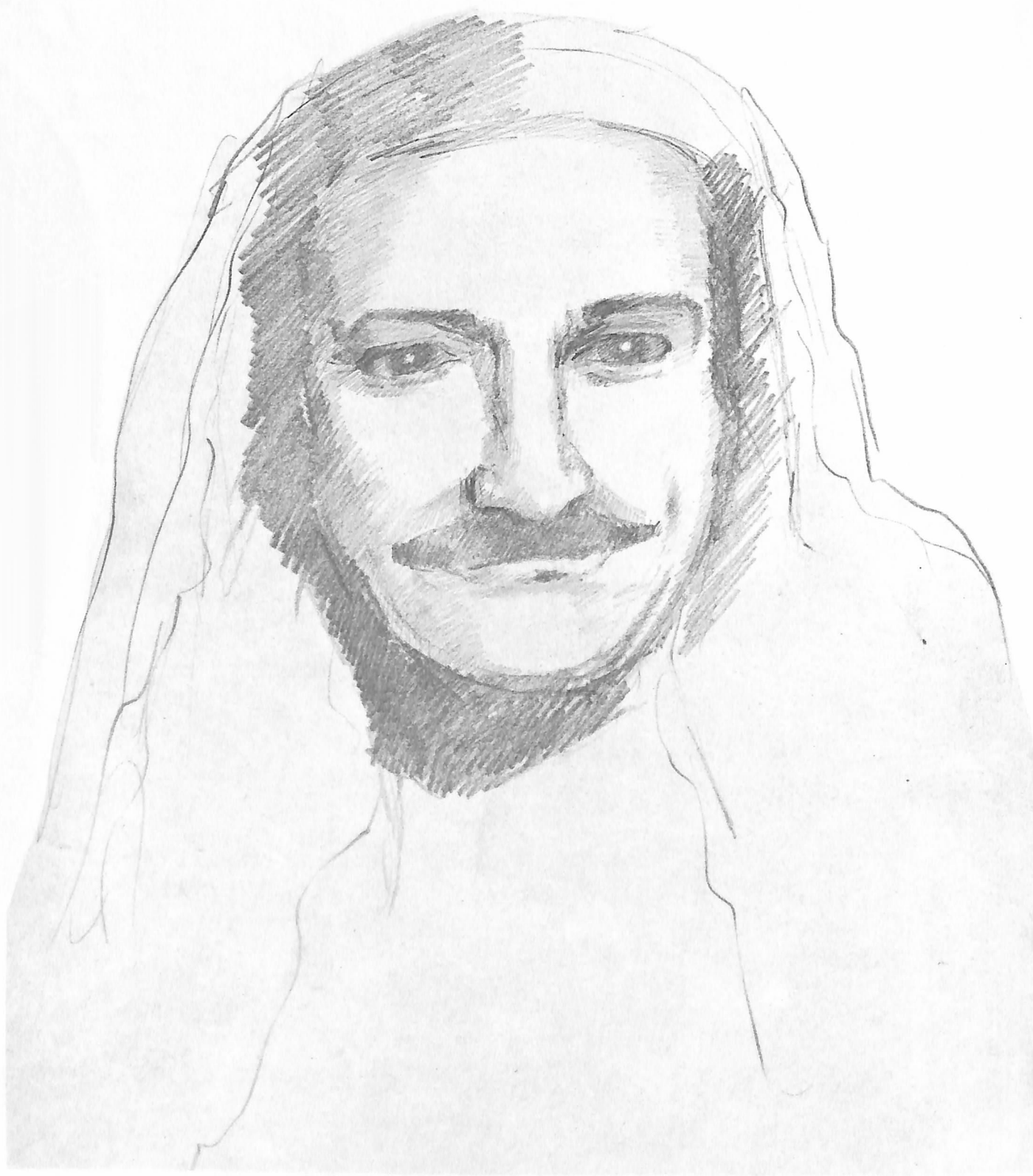
**The Spiritual Science of Meher BABA**

**by**

**Maud Kennedy**

My thanks are due  
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## Dedication

This book is dedicated to all the  
children of God, who are seeking  
the Truth in their hearts - and  
especially for Linda Fairbairn,  
Mary Kirkpatrick and Lucy Kennedy

"Thy Love is paramount in my heart  
And Thy perfection is my gauge."

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## Silent Prayer

Awake from sleep  
God is there  
Deep within  
Say a prayer.

Keep the silence  
Do not speak,  
He is here  
To find who seek.

Keep the silence  
Find the peace  
He is here  
Pain will cease.

spiritual science is based on Love

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## The Quest of the Holy Grail

Only the Perfect Master or the Avatar can give the right direction to human souls and only by His Grace is this possible. In the Middle Ages this was vaguely felt because of the recognition of real Saints and hence the story of The Quest of the Holy Grail.

The Lotus symbol and the Grail cup are the same shape - they are blending into one at this time. It is a shape which symbolises the human head, only it is open at the top to receive the gift of the Holy Spirit or the Water of Life. The Sufis talk about the Water of Life a great deal. These symbols and that of the Dove, hold the secret of the Divine destiny of man which is the purpose of our human existence on Earth - the search for the LIVING TRUTH - or spiritual rebirth.

The Perfect Master or the Avatar, who has Christ-consciousness can give us this re-birth or sanctified life through complete surrender and repentance. The spirit of the Quest is open to all - though to be ready when the opportunity occurs may take years and years of preparation and search.

Only the Divine Master can give us the pearl of great price, which is God-Realization; to consciously know that we are one with God. This is the message of the Sufi saints, Christian mystics and Hindu Masters.

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## SPIRITUAL SCIENCE

of  
MEHER BABA

When the Perfect One is born amongst men, the 'God-Man', the One that was expected — "when He comes all are blind to it. None can know about it." (BABA)

We are found totally unprepared. Blinded with self-seeking, self-aggrandisement or self-indulgence, or floundering in the darkness of ignorance and spiritual poverty. How can we recognise that the day has come at last? The long, long-awaited for is here to pick up the threads He laid down 1400 years ago — the unfinished work of Art, "MAN", has to be completed. We, the undeserving, the blemished and tarnished by careless living and false teachers, have discovered at last where we belong.

We wandered right off the Path and were floundering around in thick mud. How much sticks! How hard to get it off — the astonishing thing is that we should ever be able to get clean again.

The wonder of God's Compassion is the Avatar, who comes once again to show us the way forward. The Beloved of all hearts — again on Earth with us — living the life of an ordinary man in this century. Hidden for a long time because of our denseness.

The great wonder of His life amongst us, unknown to all except the five Perfect Masters, Babajan of Poona (a woman who lived to be 120), Upasni Maharaj, Narayan, Sai Baba, Tajuddin Baba of Nagpur.

One would suppose something so glorious could not remain hidden, especially when so many great souls began to be drawn towards Him. But God's ways are not man's ways. God works in mysterious ways.

Man looks for the obvious successes, such as wealth, outward beauty, power and strength and talent in the arts. He has not the wit to look for and recognise Perfection.

God's Love cannot be measured by man. Only those in a state of grace can guess at it, or innocent and pure, like children! How few were ready.

"He came all so still,  
As dew in April,  
That falleth on the flower." - (Old ballad)

He, the perfect child, brave and mischievous (like Krishna) was found one day by His mother, playing with a cobra. Fearless and gay - a real boy - strong, quick witted and alert, learning everything without effort. Playing marbles, flying kites, running along in the sun, late for school. Who could possibly guess that the Divine Lord of the Universe was hidden in the slight form of that twelve year old boy, Merwan Irani in Poona. But even as a boy He was distinctive - a leader, clear thinking - but no-one knew who He was, save the Five - till the day came when He became God-realized. This happened through the deliberate touch of a Perfect Master (Babajan) on His forehead. Then the inner eye was opened. At this time Merwan was eighteen - seven years later His disciples were calling HIM Meher BABA - the Compassionate FATHER. "He brings with Him a thick cloud of compassion, that bursts and gives a shower of compassion. All expect Him - men, winds, clouds, trees, all - but none sees Him, all are blind to Him - but He showers His Love and compassion on all beings and things."

Whenever men start to think well of themselves - to strive for power, money and comforts first and foremost, they start to drift. They drift and drift away from their own true nature, from their inmost divine Self and they begin to suffer.

Sometimes it all goes wrong and fails to please and suffering dogs them.

Then perhaps one day they awaken and wonder how it is that nothing satisfies - that everything has gone wrong or else it seems empty.

Meher BABA tells us:

"The age of intellect has had its day. The greater age of the heart is at hand and the Master of Silence is its Avatar. He brings to mankind, at the moment of its deepest despair the divine certainty of redemption..."

"True Love is unconquerable and irresistible, it goes on gathering power and spreading itself, until eventually it ennobles everyone and everything it touches."

Meher BABA.

The new Holy Land is India, the land which has given us the Avatar, the Perfect Being - a land of saints, sadgurus, yogis, swamis, spiritual giants and mystics. It is also the old Holy Land

India has been inspired to improve her physical and material life by the scientific inventions of the West. Now we can return the compliment by being inspired to search for and discover and emulate the great Truths of spiritual life.

We can be pilgrims now - not just talk about religion but find out how to live, and what to live for.

The example is there, among the happy spiritually free people. BABA Himself is the supreme example of how to live, how to suffer, how to endure and remain cheerful and be completely detached.

The secret of all secrets is the art of detachment - it is the secret of a sense of humour. Only the detached can be truly free from jealousy, anger, covetousness, lust and back-biting.



~~Countess Nadia Tolstoy~~

The only thing to write and think about is the joy that is coming and is already here.

"The Master changes the character of men and spreads the divine contagion of Love around Him."  
(Countess Nadia Tolstoy)

A question BABA answered:

Question: "There have been and still are so many false Messiahs. How can we recognise the "true" Messiah?"

Answer: 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.

Through his divinity the true Messiah gradually attracts the world to Himself, and people come to know and feel that he is REAL. The knowledge and feeling of confidence in his words and works grow gradually into certainty and masses follow him, drawn by an irresistible force. A mirage attracts the thirsty, but soon it is discovered to be an illusion and not the life-giving water. A false Messiah may attract the attention of the people through outward appearances, by force of personality, or by intellectual dissertations about spirituality, but he cannot do that which the true Messiah can do, i.e. arouse the highest ideals in men and touch the hearts of millions."

## FINDING A PERFECT MASTER

Writing is one of the ways of communicating a new way of life, a new way of thinking and acting and being. Another way is the silent way, just to be in the presence of a person who is living this life. To work and play with them - or be in close contact with one who is truly happy and to feel the aura of Light they create wherever they go. The joy and peace, the silent praise and love poured out on all living things - these we can be aware of in nearness to a pure happy person.

Thoughts are so real they can be felt and normally spill out into speech or writing, but even if they are silent their influence will be far reaching. I used to think that knowledge meant book-learning but when I approached the ultimate knowledge which the Perfect Masters have, I discovered that knowledge really means "knowledge of God". (Ramakrishna)

For God is the root cause of everything and in fact there is no true knowledge without knowledge of God. ~~everything is based on God~~  
~~God is the~~

Those who seek, find.  
Baba tells us that if we could not find the Truth, it is because we have not searched in the right place for it.

It is very much like a treasure hunt in the garden we used to play at Easter time when we were children. We were given clues, often written in rhyme; these gave us a hint of where the next clue was and we raced from one to the next, until at last we each found a treasure - usually an Easter egg.  
BABA tells us that the hidden treasure is within us and the goal of life is God-realization.

An old Hindu saying is - "The three greatest blessings are -

1. to have a human body;

2. to have longing for God;

3. to have a Perfect Master.

Yet it is better still to have lived at the same time as the Avatar and to know Him. It is always the most important event in human history since He comes so rarely and when He comes it is the beginning of a new epoch. He is like a tidal-wave, sweeping away the old and bringing in the NEW.

"Reading about Perfect Masters such as Ramakrishna or St. Francis is not the same thing as discovering a Perfect Master living in our world at the same time.

When you discover this, at first it seems incredible, then it is a shock which develops into a thrill of hope and finally awakens real love in your heart.

Such a creative process does not go unrecognised by the Master Himself. This great power-house of Love, of Divine Love draws towards Himself all the empty hearts who stumble on to His path. Then they begin to feel His strength and joy pouring into them.

They begin not only to feel but to know about God - which immediately leads to acting in a new way, true to the inner Self.

Each day as one reads on, one also feels happier, one sees with a clearer vision. Each day some old question is answered, some old worry is knocked off. This, of course, is Faith - Faith in the Beloved who knows all. In the same way the disciples loved JESUS." BABA

Enthusiasm for Life leads one on towards spiritual freedom and happiness.

The mystics are the ever-free, using a language of their own poetry -  
Happy to be free, to laugh, to weep, to dance or sing - to go their own  
way. Happy to love the Perfect ONE and carry Him about as light as an  
feather in their hearts. To keep Beloved BABA in our hearts, using  
all our powers of imagination to visualize Him and His wonderful life and  
to remember Him with love and gratitude, this is to advance along the  
path towards God-realization. What joy it is to know the Perfect ONE  
is a shaft of Light in our dark confused world. To think of Him brings  
calmness and certainty of the goodness of God. In contemplation of the  
Beloved we are raised up and lifted out of the limited small self and  
become part of the Divine Self, who is always sleeping within our hearts,  
waiting to be recognised.

"Under all circumstances hold fast to My undying Love and you will live  
in Me for ever."

When at last it dawns on us that He is God in human form - it is not hard  
to love Him.

"Gently, gently the new way opens up. Nothing worth while can be  
hurried or rushed - you cannot rush the unfolding of a flower any more  
than you can force the unfolding of a soul into the New. Nature cannot  
be hurried - so it is with the evolution of each soul in the process of  
growth along the spiritual path.

Every seed of Love planted within a heart may lie dormant for a long  
time but when the right conditions surround it, it cannot fail to  
generate and grow and flower and flourish. Seek always to create the  
right conditions. Do your part." From "God Spoke to Me" by Elixer.

"You can never enjoy this world aright until the sea itself floweth in  
your veins - till you are clothed by the heavens and crowned by the stars.  
Until you realize that you are the sole heir of the whole universe and

more than so, that there are men in it who are sole heirs to the whole universe as well as you, until you can delight in God as a miser delights in gold; you can never enjoy the universe."

(Thomas Traherne, 16th century poet)

"The true understanding of love is in the growth of consciousness of many of its various aspects, as they open out to tender, loving hearts that receive and respond and are ever eager to pass it on lovingly to others who need it. Love is above all, and always triumphs."

BABA once said - "The God-Man has universal body and universal mind, and is not subject to instincts, emotions and imagination." "All love eventually comes to Him.

"Some people are outraged because He does not fit their preconceived pattern of a Master. They forget that a Master does not follow patterns - he breaks them."

The Universal Presence of the Infinite Self, which is everywhere present, we learn to become aware of and to commune with.

The more self-centred you are, the more you miss of the infinite variety of soul in everything.

"My message to all people is that they should let their God-self shine forth."

BABA is going to have ONE WORLD UNDER GOD.

"When you start to fly, fly straight like a swan, -  
do not flit from tree to tree like a sparrow,  
or many things will distract you on the way.  
And the journey is long."



"Spiritual freedom is freedom from all wanting. When the soul breaks asunder the shackles of wanting it is emancipated from bondage to body, mind and ego. This freedom brings realization of the unity of all life and puts an end to all doubts and worries....."

"To love one soul is like adding its life to your own; your life is as it were multiplied and you virtually live in two centres."

"If you love the whole world, you vicariously live in the whole world...."

"The vast vision of the truth cannot be limited by any creed, dogma or sect."

One who hears

the music of God in his heart

such wonderful music,

for it is the original music -

loses his bodily consciousness

and sees God everywhere.

"The New Life which is based on spiritual understanding is an affirmation of the Truth; it is not something which belongs to Utopian concepts but is completely practical....."

Men will accept the guidance which comes from Divine Authority, for only the out-pouring of Divine Love can bring about spiritual awakening."

Meher BABA

Meher BABA says:

"You eternally were and will be. You have had innumerable forms as man and woman, beautiful and ugly, rich and poor and here you are 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 more 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.

"If you have rock-like faith and flame-like love for God, nothing in this world will affect you. Misery will not trouble you. Flattery will not touch you. Happiness will not humour you. Such faith and love will help you to rise above the imaginery phenomenon and make you understand that God alone is real.

"Just as God is Infinite, imagination is also infinite and all that has come out of imagination which is called the shadow of God, is likewise infinite. We can imagine anything and everything ad infinitum.

"Science as it is understood today, deals with energy and matter. This material science is in the domain of the mind, but there is also spiritual science, which deals with the beyond-mind state. Material and spiritual science can both yield proofs - material science by bringing results through the intellect. Spiritual science through Love. When Love is fully experienced, the source of spiritual science which is God the Infinite, is realised and all else is then discovered to be just illusory phenomena.

"Spiritual science being based on love is beyond systematical mental understanding. It is full of apparent contradictions and vagaries which love alone can face and overcome. Whereas material science

enhances the ego-life, spiritual science annihilates it.

"The aim of life is to love God.

The goal of life is to become one with God.

To do this you have not to renounce the world, but to renounce the low desires, dishonesty and hypocrisy. Then in the midst of activities you will be loving God as He should be loved....

"God alone is real and the goal of life is to be united with Him through love.

"The whole of evolution, in fact, is an evolution from unconscious divinity to conscious divinity." He has told us to repeat His Name as often as we can which helps to purify our minds and keep them steady.

"True clarity of thought is the fruit of a pure and tranquil mind."

Through many lives, awakening each time to a new body, a new opportunity to grow - until we become perfect as the Buddha or Christ. "Nothing is perfect but GOD" and the Perfect Master who is ONE with GOD, i.e. fully conscious of GOD within.

"All the great religions are different ways of finding God and give a direction to human beings which leads them to love for God."

Meher BABA has synchronised all these into one clear message for modern man. He has given it to us on all levels of understanding. No-one is ignored or forgotten. His teaching and His Divine Love is absolutely Universal and Perfect.

"It is for love that the whole universe sprang into existence and it is for the sake of Love that it is kept going."

Meher BABA

## Morning

Not everyone can wake early, when all the world is still, but it is the best time to pray or meditate.

Each time I open my eyes and find the light of day has already come and hear the birds singing, I feel ashamed. "Those little birds are praising God already!" is my first thought. The pattern of our thoughts becomes the pattern of our lives.

First thing, when we open our eyes, before any small thought can start wheedling its way into our minds, cry the name of God. Whatever name we like best. We can throw our minds at the feet of the Beloved and say "Yours!" BABA is God, what have we to fear? All shadow thoughts then recede. We can thank God for this new day on earth and for all the peace and joy in it. Wherever we are we can always rejoice in the thought "God is with me" and we can say -

"Whatever happens is for the best.  
Whatever will happen is for the best."

Because good can be squeezed out of every situation. To know and love the Perfect One is the greatest joy on earth. At night in deep sleep, we lose consciousness and literally return to God. To the impersonal God, the pure Essence of Being; then we swing back to our waking state and our limited mind takes over. At all times God is within us and is more vital to our life than our own breath - though we may not know it. Therefore we are like infants swinging in the arms of God, not yet fully awake.

The Avatar or God in human form is always an awakener, a manifestation of Truth or the Real world.

Consciously or unconsciously everyone is waiting for God - and God is waiting for us.

The Avatar is the Eternal Light of this world. His Light never dims. He keeps returning to lighten and enlighten us when it grows dark and heavy, when men have forgotten God. You only have to look at Him to feel confident of the future.

"Why run after the sparrows when you can rest on a swan's back."

These are BABA's words.

"Accept my rhythm.

Come in tune with it without reservations.

It will lift you above yourself.

Your inmost self is crying for help.

My rhythm of Truth shall redeem you.

It will open your heart.

It will give you new Love.

It will initiate you in the scientific order of spiritual thought.

I am the LIGHT, producing order in everyone.

I am the Divine Will in each and all.

I have descended into the world to serve you.

I can make man become what he cannot achieve by himself.

You need me."

"The sense of undivided loyalty to the Master is made possible by the right understanding of what the Master is and what He stands for....."

A disciple should, from the very beginning, realise that the Master only requires that the disciple should realise his own higher Self. In fact the Master symbolises this Higher Self and is none other than this very Higher Self which is the same one reality in all .....

The Master in His utter impersonality and unhampered divinity is so complete that he has nothing to desire for himself and in relation to the disciple all that He requires is that he should reconstitute himself in the light of the Highest Truth."

BABA.

A medieval Sufi saint said:

"Without right guidance man is less than an animal.  
Without right guidance man labours in vain."

Hakim Sanai.



The purpose of life is to realize God within ourselves. This can be done even whilst attending to our worldly duties. In the everyday walks of life and amidst intense activities, we should feel detached and dedicate our doings to our Beloved God.....

Not through worldly wisdom but by diving deep to the innermost is it possible to be united with God, who is at once the Lover and the Beloved. For this union, one must summon the necessary courage to rise beyond the illusory world of sense perception; consciousness loaded with attachments gets pinned to the sense-world of duality. But when consciousness is illumined by the Truth, it reveals God as everything and it experiences one uninterrupted and endless continuity of bliss, love, power and understanding."

God is in art, in literature, in music and the highest type of dancing and acting.

God is omnipresent, and the one who calls out sincerely to HIM never fails to be heard and to receive His help."

Meher BABA

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## All the Great Avatars

Came Zoroaster, ruler and priest  
Blazing the torch of Truth -  
You were the greatest.

Came Prince Rama, the fighter,  
Perfect King in exile,  
And Sita, patient and loving -  
You were the greatest.

Came Krishna, the flute-player,  
Friend of Arjuna, bringer  
of pure innocent merriment  
and words of the Gita -  
You were the greatest.

Came Gautama Lord Buddha,  
the serene incarnation  
desireless and blissful -  
You were the greatest.

Came Jesus the Christ, crucified,  
healer of men and Beloved Lord -  
You were the greatest.

Came Mahomed, ruler of men  
and lover of woman,  
the Sufi of Sufis -  
You were the greatest.

Came Meher BABA, the Compassionate Father  
The Silent Beloved.  
Of all the great Avatars  
You were the greatest.

All the Great Avatars

Came Doraster, ruler and priest  
Blazing the torch of Truth -  
You were the greatest.

Came Prince Rama, the fighter,  
Perfect King in exile,  
And Sita, patient and loving -  
You were the greatest.

Came Krishna, the flute-player,  
Friend of Arjuna, bringer  
Of pure innocent meritment  
and words of the Gita -  
You were the greatest.

Came Gautama Lord Buddha,  
the serene incarnation  
of gentleness and blissful -  
You were the greatest.

Came Jesus the Christ, crucified,  
Savior of men and Beloved Lord -  
You were the greatest.

Came Mahomed, ruler of men  
and lover of woman,  
the Seal of Allah -  
You were the greatest.

Came Mohar RABA, the Compassionate Father  
The Silent Beloved.  
Of all the Great Avatars  
You were the greatest.

## His Name

When He who was expected came,  
So quietly, mysteriously born;  
Not knowing who He was amongst us  
Until the sign was given;  
The flowering GOD with lotus brow -  
Merwan was His name.

In every sphere, on every plane  
His forerunners went before Him to prepare  
Babajan, Sai Baba, Tajudin, Narayan  
And great Upasni Maharaj waited at Sakori -  
Then the moment came.

The God-flower opened in His heart -  
The pain of knowing who He was  
And the bliss - a man apart;  
The Christ, the Buddha in one flame,  
Impersonal, divine, beloved.

The prayers of men were answered  
When He who was expected came.  
The moon had risen, the Sun itself,  
The Light shone all around.  
Then step by step His work began  
With clear intent and certain tread  
His suffering bliss, the Truth found.

Now dear disciples came -  
The heroes who could live with Him;  
Quick to obey, quick to feel,  
Ready to lose the world and self  
And listen to the WORD of God.  
With just one glance,  
One gesture or command  
They recognised their Master  
Meher BABA is His Name.

His Name

When He who was expected came,  
So quietly, mysteriously born;  
Not knowing who He was amongst us  
Until the sign was given;  
The flowering GOD with lotus brow -  
Nor was His name.

In every sphere, on every plane  
His followers went before Him to prepare  
Lakshmi, Sri Baba, Tattva, Narayan  
And great Upanishad waited at Sakshi -  
Then the moment came.

The God-flower opened in His heart -  
The pain of knowing who He was  
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