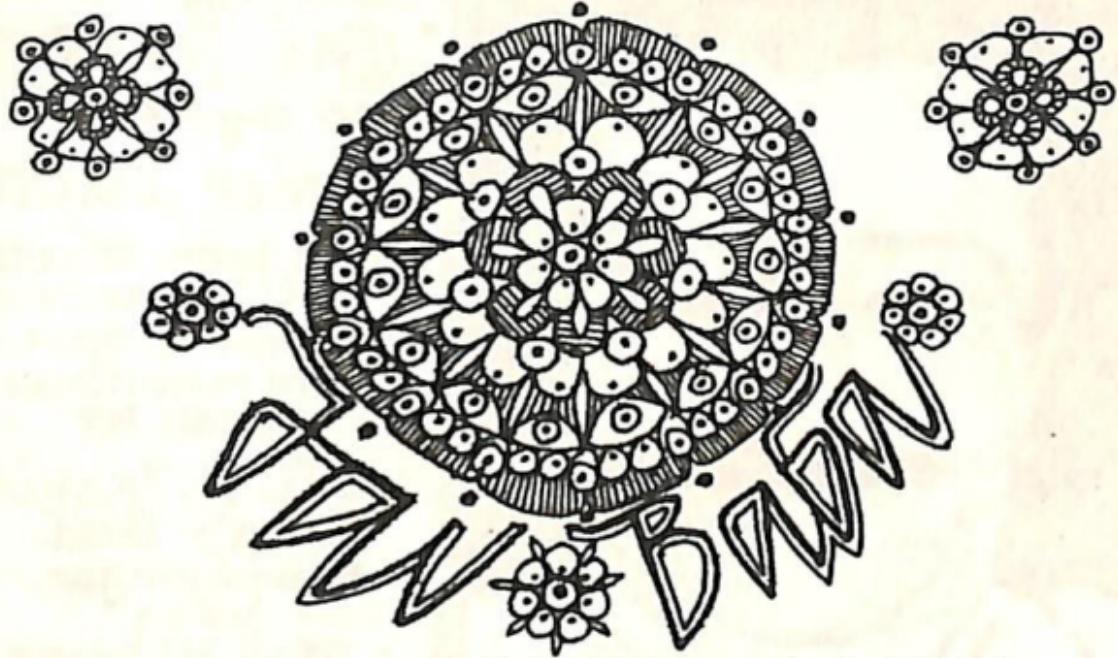


Sixty selected sayings
from Avatar Meher Baba

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from

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• *Jai Baba* •
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King's Road
Ahmednagar
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• SOLE LICENSEE •
published by J.C. Meyer
90 P.O. BOX 487
MYRTLE BEACH S.C.
PRINTED IN BELL BUCKLE, TENN. •

Dedicated to:

- ◎ "The Soul of souls"
- ◎ "The Source of Truth"
- ◎ "The Ocean of Love"
- ◎ "The Highest of the High"
- ◎ "The Lord of Lords"
- ◎ "The Ancient One"

◎ MEHER BABA ◎

©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 fidrm 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."

— Give up parrotry in all its aspects. Start practising whatever you truly feel to be true and justly to be just. Do not make a show of your faiths and beliefs. You have not to give up your religion, but to give up clinging to the outer husk of mere ritual and ceremonies. To get to the fundamental core of Truth underlying all religions, reach beyond religion.

— Love is essentially self-communicative; those who do not have it catch it from those who have it. Those who receive love from others cannot be its recipients with giving a response which, in itself, is the nature of Love. True Love is unconquerable and irresistible. It goes on gathering power and spreading itself until eventually it transforms everyone it touches."

— "My Message always has been and always will be of Divine Love. Let the world know it."

©Happiness and Bliss ©

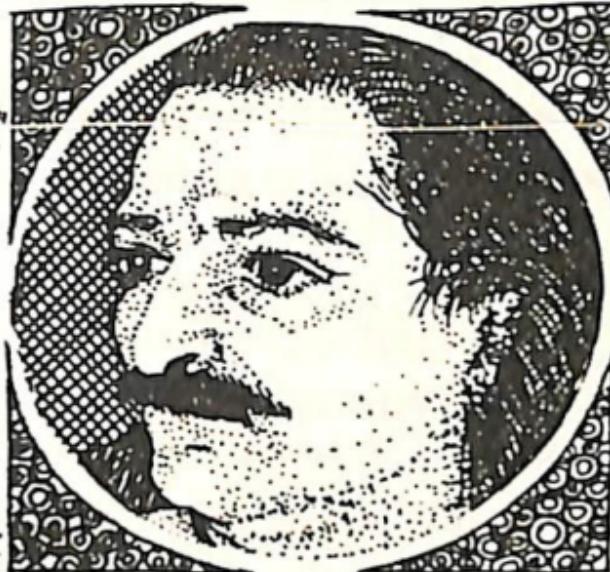
"If man wants the happiness he striving for, let him be more aggressive towards himself and more tolerant of others. This is no weakness or cowardice - it is the real strength of the brave. And if man wants to live eternally in bliss, let him live for God and be dead to his self."

"Trust God completely and He will solve all difficulties. Faithfully leave everything to Him and He will see to everything. Love God sincerely and He will reveal Himself... sacrifice everything at the Altar of this Supreme Love, you will realize the Beloved within you."

"If there is to be a resurrection of humanity, the heart of man will have to be unlocked so that a new love is born into it - a love which knows no corruption and is entirely free from individual or collective greed."

©

- "Mind keeps us continually dancing."
- "Instead of blood, let the love of God flow."
- "The unlimited freedom of the Truth-realized person is the only real and full freedom." ◎ "house of spiritual wisdom"
- "I belong to no religion. Every religion belongs to Me. My own personal religion is of My being the Ancient Infinite One and the religion I teach to all is of love for God."
- "The heart holds the key to the mystery of life."
- "Just do your best and leave to Me the rest."
- "God is for those who are not for themselves."
- "The mind is the treasure-house of learning but the heart is the treasure-house of spiritual wisdom."



◎ The Aim and Goal ◎

- ◎ "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 low desires,
dishonesty and hypocrisy.
- ◎ Then in the midst of activities
you will be God as He should
be loved : LOGING

"Keep your mind quiet, steady and firm. Do not submit to desires, but try to control them. One who cannot restrain his tongue cannot restrain his mind; one who cannot restrain his mind cannot restrain his action; one who cannot restrain his actions cannot restrain himself; and one who can-

-not restrain himself cannot attain his real
Infinite Self."

◎ Labor of Love ◎

"The source of Eternal Bliss is the Self in all. The cause of perpetual misery is the selfishness of all. As long as satisfaction is derived through selfish pursuits, misery will always exist. Only because of the Infinite Love and Mercy of God can man learn to realize, through the lessons of misery on earth, the inherent in him is the source of Infinite Bliss, and all suffering is his labor of love to unveil his own Infinite Self."

"Suffering is a sign of having realized God: suffering is God's gift to men... You are to become the dust at the feet of the Perfect Master, which means that you do not know your own self. You are nothing but dust. You are no longer your own."



"This New Life is endless
and even after my
physical death it will
be kept alive by those
who live the life of
complete renunciation
of falsehood, lies, hate,
anger, greed and
lust; and who, to
accomplish this, do no
back-biting, do not
seek material poss-
essions, or power, who
accept no homage,
neither convert honor
nor shun disgrace,
and fear no one,
and nothing...."

"Only Love is real."

◎ The Prayer of Repentance ◎

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; 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.

"One generally passes ^④ through three stages in the spiritual life. The first is burning enthusiasm, when the aspirant is infused with the keen desire of seeing and experiencing the unknown. The second is disappointment, the third Divine Bliss. The second stage, in which you are at present, is very long. Since you cannot escape from it, you must put up with it cheerfully. Don't leave me in any case."

"If understood, life is simply a jest;
If misunderstood, life becomes a pest.
Once overcome, life is ever at rest.
FOR pilgrims of the Path, life is a test.
When relinquished through Love,
Life is at its best."

• "If death has any value, it is to teach the individual the true art of life." •

- "God cannot be explained... God can only be lived." •
- "What is spirituality? Poise... that state of mind in which nothing excites you, nothing upsets you... thinking not of yourself but others." •
- "The ideal prayer to the Lord is nothing more than spontaneous praise of His Being. You praise Him, not in the spirit of bargain, but in the spirit of self-forgetfulness." •
- "I am the Ancient One, the One residing in every heart. Therefore, love others, make others happy, serve others even at discomfort to yourself; this is to Love Me." •
- "The life of the spirit does not consist in turning away from worldly spheres of existence, but in reclaiming them for the divine purpose which is to bring love, peace, happiness, beauty and spiritual perfection within the reach of everyone." •

- "...Goodness is the means by which the soul annihilates its own ignorance." •
- "You are Bliss itself; to make you aware of it, I come amongst you and suffer infinite agony." •
- "To have one eye glued on the enchanting pleasures of the flesh and with the other expect to see a spark of Eternal Bliss is not only impossible but the height of hypocrisy." •
- "When you are there-God is not." •
- "In thinking day and night[◎] of the Master, the disciple nearly achieves the ultimate objective, which is the aim of the diverse practices of meditation and concentration. By putting the work of the Master above his own personal needs, he achieves the aim thru complete renunciation." •
- "You and I are not we, but[◎] One." •
- "In the spiritual life there[◎] is no room for compromise." •
- "God is." •

◎

Jai Baba.



"I am the One who is
always lost and
found among man-
kind. It is your love
FOR YOURSELF that
loses me and it is
your love for Me
that finds Me. Love
Me above every-
thing, for now while
I am in your midsts
I am most easily
found as I really am."

"To drown all
sound in My
silence is to hearken
to my WORD of
WORDS."

"The most essential condition of spiritual advancement is lowering down of egoism to its minimum. It is most necessary for the aspirant to keep free from the idea "I do this, and I do that." He is (however) caught up in the dilemma that if he keeps inactive, he does nothing towards breaking through the prison of his ego-life; and, if he takes to a life of action, he (faces) the possibility of his ego being transferred to these new acts.

"To avoid inaction on the one hand and the pride of action on the other, it is necessary for the aspirant to construct a provisional and working ego which will be entirely subservient to the Master. Before beginning a thing, the aspirant thinks that it is not he who is doing it, - that it is the Master who is getting it done through him; and, after doing it, he does not tarry to claim the results of action or enjoy them; but becomes free of them by offering them to the Master. (Thus) he succeeds in creating a new ego which is a source of that confidence, feeling, enthusiasm and 'go' which true action must express..."

"In the hour of trial, let the thought of everyone be not for the limited self, but for others — not for the claims of the ego-life, but for the claims of the Divine Self which is equal in all. It is a mistake to ignore human suffering as merely a part of the illusory universe. Not by ignoring human suffering, but by treating it with Creative Love, is the Gateway opened for life Eternal; and not through callous indifference, but through active and selfless service, is secured the attainment of that Transcendental and illuminable Truth which is at the heart of the illusory universe."

©The Opposite Pulls ©

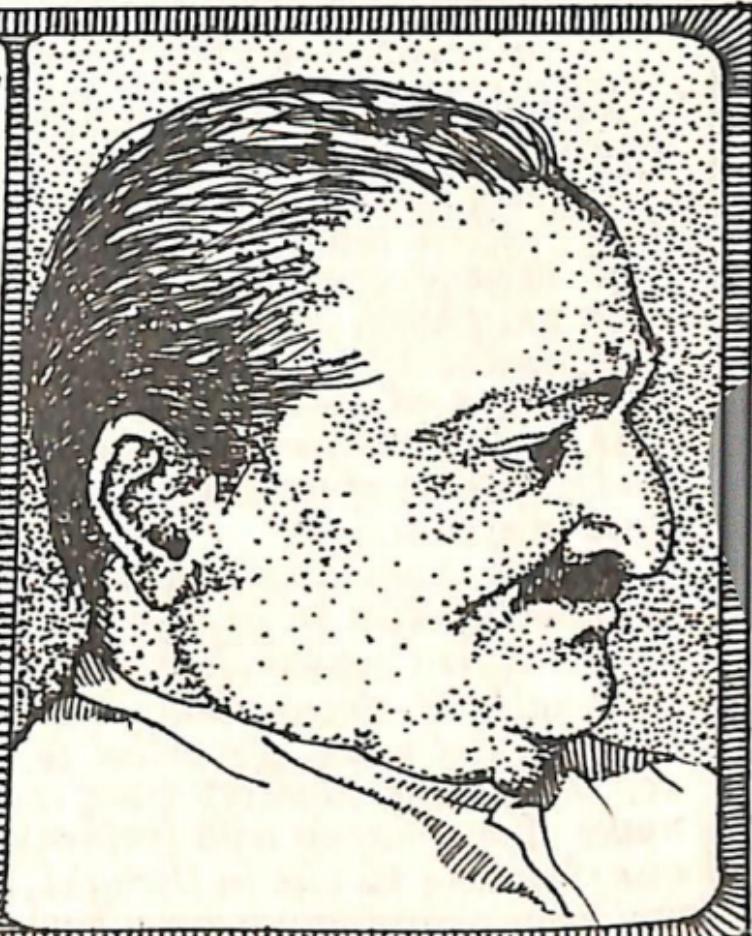
"Reality pulls you towards itself, and illusion pulls you towards itself.

"If you let go the pull of Reality, you get drowned in the ocean of illusion. So, through Love, let go the pull of illusion and become one with Reality."

• "...the Path to the summit of Truth is not strewn with roses. Deep-rooted attachments, in all their uncanny forms, must be courageously and ruthlessly plucked out, so that the crystal purity of the heart may reflect the unutterable sweetness of Divine Life. Selfishness in thought, emotion and action must be completely driven out so that there may be an retarded release of unimpeachable Divine Love. Not by seeking individual happiness OR safety, but by again and again offering one's life in the service of others is it possible to rise to the unsurpassed completeness of realized Truth. God is not to be sought by running away from life but by establishing unity with the One in the many. Purity, Love and Service are the watchwords of spiritual life." ◎

• "...Love and happiness are the only important things in life, and they are both absent in the dry and factual knowledge which is accessible to the intellect."

- "Dying in the ordinary sense means parting with the physical body, but dying in the real sense means Renunciation of low sense-desires."
- "If you want to be certain about the object of love before giving your love, it is only a form of calculating selfishness."
- "Pure love arises in the heart of the aspirant in response to the descent of Grace from the Master."



© The Seven Realities ©

1. The only Real Existence is of the One and only God, who is the Self in every (finite) self.
2. The only Real Love is the love for this infinity (God), which arouses intense longing to see, know, and become one with its truth - (God).
3. The only Real Sacrifice is that in which, in pursuance of this love, all things, body, mind, position, welfare, and even life itself, are sacrificed.
4. The only Real Renunciation is that which abandons, in the midst of worldly duties, all selfish thoughts and desires.
5. The only Real Knowledge is the knowledge that God is the inner dweller in good people and so-called bad, in saint and so-called sinner. This knowledge requires you to help all equally as circumstances demand, without expectation of reward, and when compelled to take part in a dispute, to act without the slightest trace of enmity or hatred; to try to make others happy with brotherly or sisterly feeling for each one; to harm no one in thought, word, or deed, not even

- those who harm you.
6. The only Real Control is the discipline of the senses from indulgence in low desires, which alone ensures absolute purity of character.
7. The only Real Surrender is that in which the poise is undisturbed by any adverse circumstance and amidst every kind of hardship you are resigned with perfect calm to the will of God."



• The sources from which these sayings come are:

- "God-Man" by C.B. Purdom.
- "Discourses Vol. I" by Meher Baba.
- "The Awakener" magazine.
- "Sparks from Meher Baba".

... and various other messages.

• FOR MORE INFORMATION WRITE TO:

THE MEHER CENTER • SUFISM REORIENTED
P.O. BOX 487-MYRTLE • 1290 SUTTER STREET •
(S.CAROLINA) BEACH 29577 • SAN FRANCISCO, CALIF. 94109



Lai Baha

