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Jai Meher Baba

MEHER ERA YEAR 81
25-2-1975

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“ Do what I tell you, not what I do ”

*Best wishes for a Happy, Blessed and
Prosperous Year in Baba's Love and Service*

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Avatar Meher Baba Andhra Centre
Ramaraopeta, KAKINADA 533004

The New Life

This New Life is endless, and even after my physical death will be kept alive by those who live the life of complete renunciation of falsehood, lies, hatred, anger, greed and lust; and who, to accomplish all this, do no lustful actions, do no harm to any one, do no backbiting, do not seek material possessions, or power, who accept no homage, neither covet honour nor shun disgrace, and fear no one and nothing; by those who rely wholly and solely on God, and who love God purely for the sake of loving; who believe in the lovers of God and in the reality of Manifestation, and yet do not expect any spiritual or material reward: who do not let go the hand of Truth, and who, without being upset by calamities, bravely and wholeheartedly face all hardships, with 100% cheerfulness, and give no importance to cast, creed and religious ceremonies.

This New Life will live by itself eternally. even if there is no one to live it.

MEHER BABA

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Avatar Meher Baba ki Jai!

It gives us great joy in presenting this Anthology of a few Maxims and sayings of Avatar Meher Baba on His Sacred 81 st Birthday (25-2-75), to all those who love and obey Him with implicit faith and to those who would do so in future.

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Avatar Meher Baba came down to awaken us, through precepts and by His own example to the Spiritual path leading us to eternal happiness by giving us salvation and emancipation from all ignorance and bondage by realising our unity with Himself at the end of our whole life.

His messages, discourses, sermons, precepts and spiritual lore give us all facts about spirituality for us to implement the same in our daily life. He has bequeathed to us for all times the real way of life - 'A way of life' says Baba 'that will go on forever, long after I give up my body'.

He has given us courage, confidence, strength, patience, non-attachment, poise and understanding that life is a gift given by God to be spent in the service of the Highest of the High through love for Him and love for man with complete selflessness and sacrifice.

These immortal words of Baba invariably touch and enrich the human heart and man finally understands that he is but a part of 'Infinite absolute God'.

His words have the necessary dynamic power to transform our limited consciousness and mould our character.

He has enlightened the East and the West through His direct touch.

Although His messages are the same for the East and West, He insists that every one should follow the true spirit of His own tradition and religion. It means that He does not seek to Easternise Westerners or vice versa.

From the beginning Baba has declared that He has come not to teach but to Awaken. That is, He has come to give a genetal spiritual push to the whole humanity and lead those who come to Him towards light and truth individually and collectively in every phase of life.

Meher Baba has given us the way to realise Him through these words.

"My work is to lead others to reach the goal:

To live in the world and not of it, and to be in harmony with everything and every one."

"Because men have been deaf to the principles and precepts laid down by God in the past, in this Avataric form I observe silence. You have asked for and been given enough words. It is now time to live them. To get nearer and nearer to God you have to get farther away from 'I' 'My' and 'Mine'. You have not to renounce anything, but your own self. It is as simple as that, though found to be almost

impossible. You can renounce your limited self by My grace. I have come to release that grace."

'You have had enough of words, I have had enough of words. It is not through words I give what I have to give. In the silence of your perfect surrender, My love which is always silent can flow to you. It is you always to keep and share with those who seek Me.

'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 faiths and beliefs. You have not to give up your religion, but to give up clinging to the outer husk of mere rituals and ceremonies. To get to the fundamental core of Truth underlying all religions, reach beyond religion.'

'I have no new philosophy to offer. All that can be said has been said long ago in the Bhagavad-Gita, in the Bible, in the Quoran and in the teachings of Zoroaster. The Truth is one, and he that cares, can study the Road to God in every accepted scripture of humanity'.

'My job is to awaken the feeling of 'Godliness' in people. I am no new prophet but just an Awakener to the old Truths humanity is forgetting.'

‘My words can only echo the old Spiritual Truths, but it is My mystic power that will bring a new element to the world’s life.’

‘I belong to no religion. Every religion belongs to Me. My personal religion is My being the Ancient, Infinite One, and the religion I impart to all is Love for God, which is the Truth of all religions.’

‘This love can belong to all, high and low, rich and poor. Every one of every caste and creed, can love God. The One and Only God who resides equally in us all is approachable by each one of us through Love.’

‘Religion, like worship, must be from the heart if, instead of erecting Churches, Fire temples, Mandirs and Mosques, people were to establish the house of God in their hearts for the Beloved God to dwell there is supreme, My work will have been done”

‘If instead of mechanically performing ceremonies and rituals as age-old customs, people were to serve their fellow beings with the selflessness of love, taking God to be residing equally in one and all, and knowing that by so serving others they are serving Me, My work will have been fulfilled.’

'Do not make further conscious or unconscious accusation of those who do not want to come and see Me. Be unselfish, be unattached to result and give the work its own way, leave it free and do not make further schemes or plans than to let the work grow and have its way. Give Me full co-operation of your head and heart and imagination and see that you do it unself-consciously of its own reactions and unattached to its good or bad results. My ways of working cannot be measured, that are unfathomable and at the same time they are as clear and as unselfish as none can yet understand. My life has no end in mercy. My life has no end in grace. My life has no end in good result or nonresult - It is one huge scheme that I am working for the good of the whole show. The show is to self realise the one only Existence and that is God.

'Why and how can one suffer when I am the ocean of Power, Knowledge and Bliss? God has Infinite Power, Infinite knowledge and Infinite bliss. The Avatar is God Himself Incarnate on earth as man. During his ministry as the Avatar He uses only Infinite Knowledge—He does not make use of His Infinite Power and Infinite Bliss— This is because God Incarnates

as man and goes through universal suffering and helplessness in order to emancipate mankind from its ignorance of suffering and helplessness. If the Avatar were to use his Infinite Power, how could He experience helplessness. If the Avatar were to use His Infinite Bliss how could He suffer? He therefore does not use either His Infinite Bliss or His Infinite Power. Such is His Infinite Love and Compassion for His creation. Jesus Christ who has Infinite Power let Himself become helpless and suffered the humiliation of letting the people spit on Him and jeer at Him. He suffered crucifixion, but even while on the cross he did not help himself from the power and bliss that were His. Instead He cried "Father, why hast thou forsake me" He said to himself of course, for He and the Father are One.

'Again and again, God takes human form to suffer for His creation. I am That One. Like you I have a body and mind and so I feel hunger and thirst etc., but I also have universal body & universal mind, and therefore your Individual suffering is as nothing compared to My Eternal Universal Suffering. I have Infinite Knowledge. I do not have to use My mind in order to know. I just know — I

use My Infinite Knowledge. But although I have Infinite Bliss and Infinite Power, I do not make use of them. If I were to make use of the bliss that is at My beck and call, how could My suffering be suffering? And of what benefit would it be to mankind? I also do not use My Infinite Power. If I were to use it how would I remain helpless. I remain infinitely helpless because while having infinite power at my command, I do not use It. I shall use it only when I break My silence. To give a universal spiritual awakening and when I drop this body I shall use My bliss for 700 years till my next advent."

There are several discourses and messages of Baba dictated and printed. Whatever is found in the scriptures of any religion is sure to be found in His discourses and Messages and what is not found in His sayings is not found elsewhere. He has inundated the world with spirituality and lofty spiritual teachings. Francis Brabazon of Australia a close disciple of Baba, said "Baba's words are like a heap of precious stones taken out of mine, but not yet cut and polished. Better a glean of light flow from uncut stones now, than the blaze from perfect gems later.

Time is not far off when disciples through renunciation and inner illumination will arise and wander forth from place to place at the cost of their comforts and happiness and interpret fearlessly, selflessly and patiently Baba's priceless and sacred messages of Love and Truth

with all simplicity, clarity and force to the eagerly waiting multitudes in all places of the world.

Baba's own directions for right action have been communicated by Him in the plainest and most unmistakable language. We have to 'unite the SPIRITUAL WITH THE MATERIAL' not leave them widely separated as we are doing now. The head and heart must be balanced. The head must calmly and patiently cooperate with heart and its wisdom and not to inhibit its love.

Time and again there has been in the West as well as in the East, some people, who imagined themselves as spiritual guides to seekers after Truth through perverted and false thinking by virtue of their material powers, study and sadhanas. Their expositions have not lasted long but ended in disallusionment, for Baba is the only One who is truly eternal and who can really dispel the darkness of ignorance of suffering and helplessness and arouse the highest ideals in men and touch the hearts of millions.

Now some people are coming forward to introduce their own personality cult asserting that they are possessing extraordinary powers to help humanity. Some stalwarts of Baba's work are now acting as emissaries of such people. They are openly canvassing and encouraging other Baba lovers to contact personally such aforesaid individuals before coming to hasty conclusions by spreading various stories of the so called mysterious experiences of such persons.

A true and seasoned Baba lover will never care for such alluring attractions, appeals and propaganda as Baba definitely warned us more than once to evade them

at all costs and not to get involved with such persons or in their affairs.

We should in no way mix up such things with Baba's Divinity. When Baba is the Highest of the High and the Ancient One and when we are experiencing His Love in so many ways, where is the necessity for us to go after other masters at all !

We must also remember the following sayings of Baba.

(i) "To entrust the development of our soul to the guidance of an imperfect Master (guru) is like making a mad man sit on our chest with sharp instrument in his hand".

(ii) "Once you open your wings to fly, you must fly straight like the swan. Do not flit from tree to tree like the sparrow, for many things will distract on the way, and the journey is long".

"The masses who try to attain the Truth by following rites and rituals are, as it were, in the good's train which is detained indefinitely at various stations. Those who sincerely and devoutly meditate on God or dedicate their lives to the service of humanity are, as it were in the ordinary train which stops, at every station according to the time table. But those who seek the company of the truth realised Master and carry out his orders in full surrenderance and faith, as it were, are in a special train which will take them to the goal in the shortest possible time without halts at intermediate stations.

Here we may mention that one Guru who had some following visited one of our centres in February, 1968.

He advised to introduce His prayers too along with the prayers dictated by Baba. This has gone to Baba's notice. The following is a beautiful elucidation given by Sri Adi in reply.

"Baba's Paravardigar prayer is all comprehensive. Whatever happens in the world, happens according to His plan. Human efforts to establish peace among mankind will be of no avail. The Avatar who among us (Baba recently explained that He is Kaliki Avatar, that is the Avatar who comes in Machine Age) has worked for redemption and salvation of mankind over a number of years in the complete silence and seclusion. His will will prevail. It is not necessary to introduce any extraneous subjects in the centres' regular programmes."

Baba once said during His tour in Andhra "Spontaneously dictated messages have different significance and the messages dictated before hand and printed have their own significance. When I dictate on the spot on the board that is different."

Previously many brochures, booklets and pamphlets with Baba sayings were printed and published by several centres and lovers. Now out of thousands of messages dictated spontaneously during His tours and darshan programmes we have culled out 81 messages to synchronise with His 81st Birthday and we share them with all those who love and obey Beloved Baba, and those who would do so for a bit of understanding and practice will surely rise us all to great heights of God-consciousness and can remove

all sorts of fears, worries and anxieties of this mundane life. Finally, we bring the following two important messages issued by Baba from His very deep and strict seclusion one on 15-5-68 and the other on 10-7-68 (i. e.,) just few months before dropping His physical body which penetrate into the deep recesses of one's heart and exhort us-poor and simple lambs not to be distracted by any howling wolves

15—5—68 :

“My lovers and workers should, within their conscience, abide by the laws of their country.

My lovers and workers must never allow political motives, or their political views or their business interests to enter into their work of spreading my message of Love and Truth.

‘My lovers and workers should earn their livelihood as honestly as the times and conditions permit, and they must never contribute to my cause money that has not been earned according to the deepest level of their moral sense and judgement.’

10—7—68 :

‘It is very important for all His lovers, not to succumb to lust. Temptations are and will be great, but your love for Him should be greater. Remember Him whole heartedly, and rise swiftly from where you have fallen to march ahead in His Love and service.

‘It is equally important to beware at all times of persons who lead others into believing that they are saintly

and pious and profess supernatural powers.' However pious such persons appear to be, a Baba lover must never mix up such piety with the Divinity of the Avatar.

"A true Baba lover must remember the repeated warnings given to all Baba lovers time and again to stay away from persons who feel and assert that they are masters and saints and possess powers to help human beings. His lovers and workers should never get involved with such persons and affairs much less with perverted 'helpers of humanity' who have no reverence or regard for the perfect Masters and the Avatar of the Age. Beware of them who exploit spirituality to gain their selfish ends and dupe others in the name of Sadgurus and the Avatar.

"His lovers and workers should not get intimately involved with the family affairs of one another and they should not be emotionally upset by the personal affairs concerning any of their families. They should not let any personal affairs vitiate their relationship with one another or effect their efforts in the work they do for the cause of Truth.

"He wants His lovers and workers who are spreading His Message of Love to others, to share this love among themselves and to uphold the spirit of harmony and understanding in His Name. He wants them to be less aggressive towards others and less tolerant towards themselves, and above all He wants them to love Him wholeheartedly for He is the Ancient One who Loves them more than they can ever love themselves."

These latest messages are surely a code of conduct for Baba lovers. We have to do much introspection - Look

within - and try to put the golden messages in daily practice. Baba once said "To put these precepts into practice is not as easily done as would appear, though it is not impossible. But to live up to these precepts honestly and literally is as apparently impossible as it is to practice a living death in the midst of life".

Let us all be grateful that at least we are aware of what we must do.

Let us depart from our old selfish ways.

Let us journey from the illusory darkness to Heavenly Light.

Let us become vanguard of Baba's Love to give help and hope to others who are less fortunate than ourselves.

Let our lives be a living example of what we honestly expect from our fellow brethren.

Let us be content with the knowledge that Baba's Love will sustain us through all trials and tribulations.

Let us keep our minds pure and noble. May we be inspired by the Messages of our Beloved Bhagavan.

— J A I B A B A —

T. Dhanapathi Rao,

President - A. M. B. Andhra Centre.



BEA FEARS

(Spontaneously dictated Messages)

GOD.

1) You are convinced of God's Existence. God exists; therefore God is to be sought, seen, realised. Do not search for God outside of you. God can only be found within you, for His only abode is the heart. But you have filled the abode with millions of strangers and He cannot enter, for God is shy of strangers. So unless you strip your abode of the million of strangers you have filled it with, you cannot find God. What are these strangers? They are your age-old desires. Your million of wants. These are strangers to God, for in completeness in the form of wanting is fundamentally foreign to God who is All-Sufficient and wanting in nothing. His Omniscience and Omnipotence will not brook it. Honesty in your dealings will clean your heart of strangers. So push the tenants out of your abode that is His and you will see Him, find Him and realize Him.

2) God is not fooled by any outward show. He is completely deaf to the ceremonial prayers and ringing of church bells and chanting of Mantras. He is never taken in by such superficial veneer, never ensnared by such blandishments. Love alone can move Him. Love alone can conquer Him. Without that nothing is of any avail.

3) God is absolutely Independent. The only way to approach Him is through Love, through constant repetition of His name, and invocation of His mercy.

4) The creator (God) who is limitless, formless and unbounded is not bound to prove to His own creation that

He is the creator. It is for the creation to know, find and realise the creator.

When God, who, as I said, is Formless, has taken a form in the mortal human body, to awaken people when they need awakening few accept Him and whatever He says is laughed on. But the same God (whom a very few fortunates have realised) without form, is faithfully and convincingly accepted. As I have often said "This body is not really what I claim to be and these childish questions simply amuse Me."

5) A child's trust in its mother is complete, because it leaves all its worries to her. She has to take care of it. So, if we trust God and let Him worry for us, we live contented and happy.

II. A V A T A R.

6) The Avatar awakens contemporary humanity to a realisation of its spiritual nature, gives liberation to those who are ready, and quickens the life of the spirit in His time. Those who have the necessary courage and integrity can follow when they will.

7) The world is in a state of fear and perplexity, I know all the present and the future, and nothing can stop the work that I am here to do. Am I not the Avatar? The world will know it soon and will accept Me as such - Be calm, be steady and firm in your faith and love for Me. I can then use you as a channel for My work - the work of Divine Love for the upliftment of all humanity.

8) The God-man in the performance of His universal work, has infinite adaptability. For showing the way to divinity, the God-man may often play the role of a devotee of God, though He has obtained complete unity with God, in order that others should be able to know the way.

III. B A B A.

9) The world is against spirituality, and so against Me, as I have so often told you. Don't be hasty in forming opinions regarding My words and deeds. My words will prove to be true, but I alone know how, when and where. You will not understand them, because to understand mystical statements intuition is required.

10) Whatever I have said must and will come true. My words can never be in vain. When it appears otherwise it is due to your ignorance and lack of patience.

11) What the Divine will has decreed must and will happen, and if I am the Divine Personification you believe Me to be then the least thing I would do is to ever or avoid it.

12) The work I do, to fulfill all that is ordained, releases a tremendous force that stamps My Advent. When the infinite and changeless works through the finite and changing, the channels are necessarily varied and unlimited. The opposing forces created are tremendous, but also serve My work. In spite of the 'Dark cloud' facing Me, I do my work ceaselessly. Do not try to understand the method of My working. Do not worry or question. Just obey. For unquestioning obedience and 100% willingness to happily carry out My instructions and abide by My decision, help My work. Do not worry about their seeming contradictory or oscillating. I know what has to be done, I know how it is to be done. It is for you to do what I say. Do not be concerned with anything else.

13) In Me I am free, but in you I feel bound. In the Parabrahma (Beyond) state there is no binding; there is

absolute freedom, absolute Existence. What a sublime State it is! From that sub-lime state I have come to your level. Babajan often used to remark on my having come down from that exalted state to get myself bound here, quoting to me the Persian line - 'Having gained freedom, you have come back as prisoner (to free other)'.

14) I am not limited by this form. I use it like a garment to make myself visible to you, I communicate with you through words just fitted to your understanding. If I used the language of My own consciousness you would not know what I was talking about. Don't try to understand Me. My depth is unfathomable. Just love Me. I eternally enjoy the Christ State of Consciousness and when I speak I manifest My true Self; besides giving a general push to the whole world, I shall lead all those who come to Me towards Light and Truth.

15) I am God 100%. There is nothing besides Me. Therefore think only of Me and constantly repeat My name. If you were to drop your body this instant, this alone will be of use to you.

16 (i) To a question 'How to retain contact with Avatar constantly'

Baba explained "Do you feel constantly hungry? When you feel hungry, you take food and then you forget about the food. When you work hard you get hungry and so (work) for me in such a way that you feel hungry for Me, but sometimes thinking of Me, sometimes working for Me sometimes talking about Me, but not continually. If you go on eating continually you will get in-digestion. When you sleep say 'Baba, I entrust all that I did, thought or spoken, good and bad to you'. When you get up, say 'Baba - I now begin entrusting all to you'. This much

will be more than sufficient for Me. Say only twice a day for 5 minutes do that and make me responsible for all you do or think but whole-heartedly. Then you are free. Nothing can bind you but you must do it honestly. I am the ocean. I can accept both flowers, coconuts, and also filth. So throw everything in the ocean with all your heart. This is a great thing to be done whole heartedly. Otherwise it goes in a pool of water which gets filthy because of your own dirt.

16 (ii) The question is how to remember Me. The easiest and surest way is to do as I tell you. It will be somewhat of a task at first, as when you start to run you feel it too much ; but when you are in training, you feel it SAHAJ (Natural). At first you will have to do it deliberately, then it will become natural. There are four quarters of the day and there are four divisions in man's physical state : childhood, youth, maturity, old age. There are four quarters that Kabir calls the signposts. The first thing in the morning when you get up, before doing anything, think for one second of Baba. Baba is then worn by your soul : early in the morning dress your soul with Baba. At 12 noon, for one second do the same : do it again about 5 O'clock; when you retire do it also. I have never asked anyone to do this, not even the MANDALI. If you do it I will be always with you, and you will feel My company all the time. Do it for four seconds every day, then you will be in the world, yet Baba will be with you all the time. This is the beginning of SAHAJ DHYAN.

17) It is My way of working. I draw you to Me, and I push you away, then I draw you close and push you farther away, until, at last, I draw you so close that you become one with Me forever.

18) The world needs awakening and not verbal instructions. It needs the freedom and amplitude of Divine Life and not the superficiality of mechanised pompous forms. It needs Love and not display of Power. There is no power greater than Love. There is a hidden treasure of ineffable fulfilment and plenitude in all. It is covered by the 'Sanskritic Ego' and ignorance, removing which, the treasure can be possessed. My mission is to help you to inherit this hidden Treasure of the self, and those who earnestly seek it have My blessing.

19) It has been possible through love for men to become God and when God becomes man, it is due to this Love for His beings. If people were to ask me 'have you seen God' I would reply what else is there to see. If they were to ask me 'are you God' I would reply who else could I be. If they were to ask me 'are you Avatar' I would reply what else have I taken the human form. So the only message I could ever give and however been giving is 'LOVE GOD', and you will find yourself is nothing but God.

20) You do not know Me. You have not seen Me. I am not this body which you see. I am not what you hear. Physical existence is not God. God is in everything, everywhere, all the time. Your body also is not you. Even if a leg or an arm is cut off, you will still feel within you that you are whole. As a child, as a boy, as you are now and as you will be, you have been changing and will go on changing. Yet you continue to feel your same self, neither more or less. Your very existence continues unchanged. In spite of the oft repeated gaps during deep sleep, you do not feel any break in the continuity of this existence at the moment of your regain-

ing perceptibility. Why is it I am God and you are not God? It is because I am conscious that I am God, and you are not "

21) I come down to your level to draw you upto mine. I use Maya (illusion) to bring you out of Maya. Feelings and emotions are the creation of the mind, love the creation of the soul.

22) Ocean contains everything. Water, dirt, nectar and everything dissolves in the Ocean. I am the Ocean. Nobody is debarred from coming to Me and helping himself to the endless expanse of love; but how much of the ocean you can take with you, depends on the receptacle you bring. If it is a cup, you can only take a cupful, if a pail, only a pailful. But once in a long while there comes the true hero, the gaint in love that can gulp the ocean itself.

23) Man realizing God is like a drop of water swallowing the ocean - no less. When after the kiss from Babajan I know that I was the ocean, I did not want to come back to the ordinary 'drop' consciousness from that Blissful State where I alone was. But despite my resistance, the five Perfect Masters kept 'pulling me down' to ordinary consciousness for My destined manifestation as Avatar: and in the excruciating agony I went through during this tussle. I used to knock my forehead on a stone in my room at home, during the nine months, before Upaseen Maharaj brought me down to normal consciousness. Much blood was flowed from my head on to that stone which is still in the room as it was then, and which will be worshipped universally in year's to come.

24) Only *Dnyana* (self knowledge) can make you, realize that I as God am nearer to your soul than what you

are to your little self. Nearest to your vision are your eyes, with which you see everything around you. Yes, the eyes, that are instrumental in seeing everything do not see themselves. You have to hold a mirror before you in order to see your eyes. Thus to see your inner self you have to hold the mirror of *Dnyana* before you and only Baba can give you that mirror.

25) I alone Am. Remember Me whole heartedly Repeat My name constantly. I am with you. I am in each heart but I am sleeping there. It is my old, old habit. In order to awaken me, you should always call out to Me, saying, Baba - Baba - Baba - continuously. Then I who am in your heart, will not find any pleasure in remaining asleep. Let alone sleep, I shall not find time even to doze.

26) My actions however trivial, have their reverberations outside. My feeding and clothing the people means the economic betterment of the world, my silence is the unspeakable tangle in which the world is involved today. The breaking of My silence will unlock the gates of peace and plenty once again.

27) This is my last Sahavas and tomorrow (25-2-58) will be last birthday celebration. It might also mean that even my body may drop. but I will ever live in you, all my lovers.

28) Desires and longings are the root cause of all suffering. The only real Desire is to see God, and the only Real Longing is to become One with God.

The Real Desire and longing frees one from the bondage of birth and death. Other desires and longings bind one with ignorance.

To desire the Real Desire and to long for the Real longing you need My Grace, and you cannot have that until you surrender all other desires and longings to Me. Your love for Me will help you to surrender these desires and longings, and My Love for you will help you to desire the Real Desires and long for the Real Longing which are by My grace.

29) Every one of you, man or woman, of any caste or creed has equal right to attain Divinity and external renunciation is not at all necessary. Every one, man or woman, whilst attending to all duties in every day walk of life can attain to Divine Father-hood and universal Mother-hood; through honest love for God. I can say with Divine Authority that I experience eternally and consciously and continually being one with you all and one in you all. Any worship or obeisance done to any diety, animate or inanimate, to any saint, Master, Yogi, advanced soul, eventually come to Me.

IV. DO AS I SAY

30) The less you think of yourself and the more you think of Baba, the sooner the ego goes and Baba remains; When your 'ego' - goes away entirely, I am one with you. So bit by bit, you have to go. Today your nose, tomorrow your ear, then your eyes, your hands, everything! So better think of Me when you eat, sleep or hear. Enjoy all, don'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.

If you do wrong, then think Baba is doing wrong. If you get a pain think it is Baba having a pain. If you do

all this sincerely, you will know something. Try to forget yourself and do all for Baba.

Better than this and safer is to merge in my orders, do as I say - obey instantly. Try even if you cannot. It is not disobedience if you cannot, but you must try. Do not say I cannot say 'I will try'. If I say fly, well try, do not say I cannot.

31) What I have to say to you is for all who love me and persevere in trying to obey Me.

V. SERVICE.

32) Selfless service is accomplished when there is not the slightest thought of reward or result and when there is complete disregard of ones own comfort or convenience or the possibility of being misunderstood.

33) You can also love Me, by rendering selfless service to all humanity. The term of 'Self-less service' has been so commonly used that the purpose is lost in the very mentioning it. You serve others only when you do it even at the cost of your happiness and in your mind even the thought of having served does not exist. When you serve your fellowbeings with self-lessness you serve God but this self-lessness is so loosely used that the very purpose in its use is lost. Self-less service means it has to be so natural than even the thought that you have served has to be absent.

VI. LOVE.

34) My message is, Love God to such an extent that you become God. That love is gift from God. One of the means by which it can also be won is selfless service,

but the selfless service should be so sublime that you should not even have a thought that you are serving. Truth has to be experienced, and for that one has to go beyond mind, which is so difficult that it is just about impossible you can love God. You can see God. He is not anywhere outside but right within you. So you must seek Him within conviction through understanding is possible (by reading and contemplation etc.) but conviction by sight is the real conviction. After that, some rare one can achieve conviction by actual becoming (i. e.) realising God. What I say is not mere words of intellect but of experience. They are not words coming from the mind, but from the experience of the Beyond. I am the One, the only One, and experience Myself One in all. When I break My silence, the world will come to know who I am. As a rule, in the past it has been the lot of posterity to know who the Avatar was. But in this unique Avatar advent the world will know while Avatar is, while Baba is yet on earth.

35) Let your life itself be My message of Love and Truth to others. God does not listen to the language of the tongue. God does not listen to the language of the mind. God listens only to the language of the heart which is Love.

36) In this apparent helplessness I declare anew that everything except God is illusion and that the only way to be united with this self of all selves is love, sacrifice and unreserved and honest resignation to the Beloved's Will. I am the self in all. I am the ultimate Goal. So love Me with all your honesty and being.

37) Even more important than the Sadhanas of knowledge or action is Bhakti or Love. Love is its own excuse for being. It is complete in itself and does not need to be supplemented by anything. There is no Sadhana greater than Love, there is no law higher than Love, and there is no goal which is beyond Love, for Love in it's divine state becomes infinite.

38) It is easy to Love Baba if Baba bestows health, wife, money, fame, influence etc. When Baba withdraws all these and when there is 'Nash' of these things from Baba and to remain stead fast and to still Love Baba that is indeed a miracle of Baba.

39) By offering pure unadulterated Love to any one and anything, you will be loving Me and let Me assure you on Divine authority that we are all one. Being rich or poor literate or illiterate, of high caste or low caste, need no interference with your loving God.- Our supreme Beloved. I give you all my blessings for the understanding that by loving God in any form, any way will make you externally free.

40) There are times when outward expression of God-love may amount to heroism, but to make at any time a mere show of ones' love for God for the sake of show, amounts to an insult to God.

VII. MEDITATION.

41) 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: One is to leave all and everything. That means to have nothing of your own, not even your body to renounce absolutely every-

thing. Everything means not only your surroundings but everything, including yourself.

The second thing is something great. There you don't have to renounce anything. You can lead a family life, be in the world do your work or business, attend your services attend theaters 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 the second way of loving God.

42) Meditation is one of the ways which lead the aspirant to the Divine Path. For those who are in contact with a God realised Master, meditation is unnecessary. It is enough for them to be under his guidance and to have love for him.

43) Meditation is neither devotion nor love, Meditation means mental pursuit in pinning down the object of ones thoughts before ones mental eye.

44) There are various retreats where meditation classes are held and different but set techniques of meditation are observed, which, if followed faithfully and for a long time result in slight occult experience such as seeing flashes of light, colours, even visions etc. These occult experiences by themselves are nothing, are in the domain of illusion, and not only have no direct bearing on the incomparable reality of God realisation, but can actually become a hinderance and obstruction to the aspirants path to God.

The direct path to God is the path of Love. Love is not derived from meditation. It has nothing to do with it. Love is a grace of God. One in many have it, and it is

all sufficient. Love does not depend on anything but itself. Love without meditation is enough—meditation without Love is not. That is why Sadgurus or Perfect-Masters do not set meditation for their disciples as a necessary rotation. Rather, they stress the aspect of love and selfless service. The masters of the path, on the other hand, not having reached the goal themselves, advocate meditation to the aspirants following them.

VIII. Y O G A.

45) What do you mean by 'yoga' and what do you aspire to attain through it? There is only one true 'yoga' and that is 'you go'. I know of no other yoga than "you go". The meaning of yoga is simple as that. You are your own curtain and only when you (the limited self) go, can you (the unlimited Real self) come. But the problem is how will you go. The only solution is Love. When 'you go' (or annihilated) through love for God the beloved 'you come' emerge as you really are.

46) The greatest obstacles that be set the path and obstruct the progress are those various powers that develop within simultaneously with the practice of and progress in yoga. The aspirants are allured by these powers, and even if a few do not make use of these, their enchantment is too great for them to make any progress further and they are stuck up while others who are unable to resist the temptation make use of these powers with the most disastrous results, and they fall miserably on the lower ladders of evolution. It is why the aid and guidance of a guru (Perfect Master) is always necessary for all the aspirants for spiritual progress.

IX. M A Y A.

47) God is not to be found in the skies or in the caves of Himalayas. God is in the heart of each one. Once your heart is clean, God will shine out in it. But it is not easy to clean one's heart. It is like diving deep into a sea of fire!— To love Me is to lose yourself. Hence, where you are God is not, and where God is, you are not. It is easy to become good but very difficult to become God. To love God is not easy. The easy path is to hold fast to My DAAMAN. Throw all your burden of sanskaras at My feet by complete surrender to Me. I am the ocean and can absorb all your burden, but in fact there is no such thing as burden. It is all imagination a play of Maya. Maya has been compared to ring-worn infection. The more you scratch, the more you want to scratch and the more miserable you become. Even so the more you indulge in Maya, the more you want to get involved in it and become all the more miserable.

48) These days 'Maya' the principle of ignorance^{v2} in full play and tries to oppose My work. So particularly those who live near me must remain very watchful. knowing My love for you, maya awaits the opportunity. to use your weaknesses. The moment you neglect my instruction, maya's purpose is served. I have to put up a big fight with MAYA not to destroy it but to make you aware of its nothingness. The moment you fail to obey Me implicitly, it tightens its grip over you and you fail to carry out the duties as assigned to you. This adds to my suffering.

X. HONESTY & GOODNESS.

49) Infinite Honesty and infinite goodness are also His main aspects.

Goodness means where there is no thought of self. About God's aspect of honesty, it means you serve others and make them happy even at the cost of your own happiness. Honesty demands that no show, no fuss is made of your service and you treat others as you treat your dear ones.

50) One penny, one pie extracted in my name without true basis is dishonesty. If you want to make people love Me, show them that you really love Me. Don't merely make them read my books and messages but live such a life of sacrifice for Me that they may automatically love Me.

XI. SAINTS & MASTERS.

51) You should under no circumstances contact any spiritual teacher or master, Easterner or Westerner. Remember the way is slippery. Guard yourself against 'posing'. The hypocrite deceives himself and others. The sin that God does not forget is hypocrisy, and even though I am the ocean of compassion, I feel nauseated by the hypocritical saints and masters that now flourish everywhere like poisonous mushrooms.

52) Baba's reply to a question 'How can we recognise the true Master?

'A mirage attracts the thirsty but soon it is discovered to be an illusion and not the life giving water. A false 'Master' 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 Master can do (i. e.) arouse the highest ideals in men and touch the heart of millions.

53) Only the Sadgurus and the Avatar have the right to allow others to bow down to them. They are the Ocean of love and mercy and are free from all bindings. If one on the spiritual path, allow others to bow down to him, he takes upon himself the burden of others and unknowingly creates many more bindings for himself, who is already bound by his own sanskaras. For example, if you continue to excrete and piddle in a puddle it will stink unbearably; but if you do so in an ocean, the ocean would be least affected. It has got the capacity to absorb anything and everything, good or bad and nothing pure or dirty can affect it in any way.

54) If anyone confers greatness on you and begin to worship you and garland you, you know yourself that you do not deserve it. At the outset you are tempted to accept this greatness which makes you feel happy. But your conscience will be constantly pricking you and you will be always in a state of anxiety about future developments. You will be frequently in a fix whether to accept or reject the greatness which is thrust on you.

Once you accept this conferred greatness it becomes very difficult for you to get out of the situation. After a time, even the pricks of conscience cease troubling you, for you get used to them. Then it becomes an addiction and you cannot do without it. You then pose as a real saint. This posing will cause you to take additional

innumerable births; so why pose as a saint without inner experience.

XII. BALA YOGIS.

55) My love and Blessings to all real Balayogis in the world who are God's beloved children and only genuine highly advanced Yogis can know My real state. In such a small age, these boys to be Yogi-like they are, make me feel proud. My only concern is that this should not be exploited to make these beloved of Mine, (Bala Yogis) entangled in superficialities because now in the West, just like breaking other records, people have started breaking record of fasting and Yogas. It was circulated that one Westerner was encased in a glass-case for 45 days without food, water or air. This record was broken by another 60 days wallam. He also sat in a bottle shaped glass case, did not drink or eat or had air. But these Balayogis seems to be genuine till now and if genuine I bow down to all who are genuine lovers of God. 'I am the slave of my lovers'. So be honest and don't be led astray, remembering that 'all that glitters is not gold'. There are some so called Yogis and Gurus, who send Blessings even to Me through letters.

XIII. SPIRITUALITY.

56) Spirituality must make man more humane. It is a positive attitude of realising all that is good and noble and beautiful in man. It does not require the renunciation of worldly activities or the avoiding of duties and responsibilities. It only requires that while performing the worldly activities or discharging the responsibilities

arising from the specific place and position of the individual, the inner spirit remain free from the burden of desires.

57) Spirituality means dying to ones'self and becoming absolutely insignificant as dust at the feet of the Perfect Master. To become as dust means to become as nothing. It means to die while continuing to live.

XIV. RELIGION.

58) Follow any religion you like, but follow its innermost spirit. Do not make a mock of it by adopting the conventional husk of religion and-ignoring the underlying Truth.

59) The ceremonies, such as reading aloud from the scriptures, audible repetitions of the various Names of God, and other supplications made to God from time to time by Me and for Me are and should all be carried out with the greatest possible sincerity, humility and devotion. From the highest to the lowest, religious symbols and rituals of Shariat (the external side of every religion) are all dry as dust when performed in the spirit of mere drill or just for show, still these must be performed properly. Although all the religions practices are like A. B. C. for the Life Divine, when you do them for Me and on My behalf, you must do so with utmost sincerity and surrender.

XV. LOOK WITHIN.

60) However far man may flying himself into outer space, even if he were to succeed in reaching the farther

most object in the universe, man will not change. Wherever he goes, he will remain what he is. It is when man travels within himself, that he experiences a matamorphosis of his self. It is this journey that matters for the infinite Treasure - God - within man and not to be found any where outside himself. The infinite Treasure is within you. The only draw back to your realising it is that you do not seek it within you. You look without. This has been your habit for endless lives since your apparent birth in the beginningless Beyond. The moment you get up from sleep, you start looking outside you! When you are on the path you begin to look within you and see some sparks of the Treasure, but these are just reflections from the real Treasere. The Perfect Master has the key that opens the last gate which hold this Treasure from you. To aspire to this infinite Treasure is in a way sheer madness, and it has to be that degree of madness which remains unaffected by the most alluring of pleasures or the most painful of sorrows! The infinity compassionate look— (nazar)—of the Perfect Master can awaken such 'madness' in you. And for this to happen, you have to live in complete obedience to the Master, in complete resignation to His Will. It makes no difference whether you are physically near or away from Him.

61) Mind has become used to see only out-wardly. For ages, it has concentrated on outer things. It has lost itself in a maze of eternal cause and effects. That is why mind is limited. It sees only the externals. If the mind were to be turned inward, - if it could see only a little within - it would behold the limitless One Itself.

62) When mind soars in pursuit of the things

concerned in space, it pursues emptiness, but when man dives deep within himself, he experiences the fullness of Existence.

XVI. SCHOOLS

63) Schools help sincere students to equip themselves with knowledge and to become worthy citizens of society. And those students are wise who take full advantage of educational institutions and their facilities. But this knowledge is not the be-all and end-all of learning. And there comes a time when one longs to recall the source of knowledge. The journey to this source can only be undertaken when one learns to love in all simplicity and honesty the One whom the pride of intellect veils.

XVII. CENTRES.

64) I said that for Me, there is no need for centres for different places, nor different groups with different heads or names. I would like to emphasize that whoever wants to work absolutely, needs a central office and group of workers who can function from that central office. There is always a need for a group to have a centre. There should be cooperation, harmony and the group-heads should not try to win over other members from one office to another. Why? What for? When all work for Baba! There should be harmony, co-operation. I would like you all to belong to certain group. Why? Because you can co-operate and tell others about Me and share your thoughts. You learn much more than when you remain by yourself. When you listen, exchange thoughts, prayers, My presence is there. Where there are five collected together Parameswar is there, I am there. If you are talking of Me having Love for Me, then there I am.

XVIII. WORKERS.

65) Engage yourselves in spreading My message of Love and trying your utmost to live the life you ask others to live. You must live what you say, otherwise the best thing would be to keep your mouth shut. There can be no compromise. My lovers should be 100% honest in spreading My message of Love and Truth. Don't let any hypocrisy enter into it, or the thing will be spoilt. If you travel about to do My work and cannot afford to do so by jet plane or train or car or even a bullock cart, then go about on foot. But whatever work you do for Baba, do it honestly. Don't think you are doing the work. It is done by God's will.

66) The selected workers should be those who do real work. Work should be done as work; otherwise it would be no work at all.

I cannot tolerate egoism and hypocrisy. He who works for Me, does not oblige Me for he works for his own-self. Real workers are those who in addition to giving help to their leaders, disregard the faults of their leaders and co-workers. In such cases the workers themselves become leaders and yet remain sincere workers too. If my workers follow this advice and co-operate with their leaders and co-workers, understanding that it is I who have entrusted the responsibility to the group-heads then your Baba's work would be done.

67) The substance of all these instructions is this :- To make others follow My instructions, you must set an example yourself and through your own example, you must spread My love and My message and make others

follow Me, so that through your own example, others may be led to follow your example.

If, however, you yourself cannot follow My instructions, implicitly and honestly, while conveying them to others, atleast tell them frankly and admit that you yourself cannot follow them but that you are only relaying My Messages and instructions.

68) I am constantly eyeing your obedience to Me, because it is futile to have love from the whole world in the absence of the required degree of obedience from you.

XIX. MANIFESTATION.

69) As the time for My manifestation draws close, it will draw in more people to Me and My message will go out to more and more people and spread round the world. Among the many who will recognize My Divinity, will be leaders and prominent personalities who will join my followers, in publicly declaring My message of Love and Truth.

XX. GENERAL.

70) To speak well is good. To think well is better. Above all to live well is best.

71) Our fault finders and criticisers are our well-wishers and our back-biters are our best friends, because they afford us the opportunity to remove our shortcomings if we have them, and cultivate tolerance and forgiveness if we have them not.

72) When sometimes even lustful and sexual thoughts enter and disturb your mind, do not be worried, nor try

to curb them. Do not put them into action but let them pass off unheeded.

73) The point I wish to drive home is that it is never too late to obey Me, that you should obey Me to the end, that you should obey Me with a courage undaunted by any disaster and above all else, you should obey Me when I stand face to face with the drak cloud.

74) There will be a howling wolf distracting His poor and simple lambs donning the robes of sanctity and assuming the roles of saints, yogis etc. Beloved Baba exhorts His loved ones to beware of such fakirs and fakes for they will abound on the face of the Earth ever more and like mush-rooms spring up unseen.

75) Neither praise nor blame should distract you from the path of your duty.

XXI. D A A M A N.

76) I suffer physically and mentally. My physical suffering can be seen. My mental suffering is much more intense than the physical, and is due to the anti-God element that is at its height, and the universal prevalence of hypocrisy. Specially to those who profess themselves to be saints and spiritual personalities. I suffer spiritually because although in Me I am free, in you I see and feel Myself bound by your ignorance; and so I suffer infinitely. In no previous Avataric period have I disclosed these secrets, because the time was not ripe for it then. At present science has advanced by leaps and bounds, and anti-God element is at its maximum; why then should not spirituality also be at its maximum. Blessed is he who holds fast to My daaman.

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

78) Where the kite goes, its tail goes, as long as it sticks to the kite. So long as you keep your grip tight (daaman) it matters little whether you are a saint or sinner.

79) Keep your hold on my daaman even if heaven and earth become one. Don't worry about conflicting thoughts, but keep constant vigilance over your grip of my daaman, do not let your grip relax at any time.

80) I want you to know that I will definitely break my silence; and I want you to cling to my 'Daaman' till the very end, irrespective of whether I speak or not. I am the Highest of the High and want you to love me not for any spiritual or material gain, nor for the impending breaking of My silence and My manifestation, but I want to love me for Myself as being God in human form.

I want you to remain undisturbed and unshaken by the force of life's currents for whatever the circumstances will be so created that they will try to drift you away from me. This is the reason why I have repeatedly stressed, that the time has come when I want you all to cling to my 'daaman' with both hands in case the grip of one hand is lost, your other will serve in good stead.

XXII. T O M B.

81) Taking the Sahavasees up Meherabad hill Baba said 'when I leave this body, it will have its rest in the Tomb on this Hill. After 70 Years this Hill will turn into a place of world pilgrimage, where lovers of God, philosophers and celebrities will come to pay homage to the Tomb. How fortunate you all are that you are here in my living presence and that you could come up the Hill with me. Those of you who have not seen the Tomb before should go there and see it and pay respects (1) With a firm resolve that you will try your best to give happiness to others at the cost of your own and (2) that you will LOVE ME with all your heart. Having made this resolve, try to follow up these two things honestly.

— Jai Meher Baba —



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Bonala Venkateswarlu

Secretary, A. M. B. A. C.

Important Dates and Events in Baba's Life



- 25-2-1894 Baba's Birth
- 10-7-1925 Baba Silence Begins
- 24-5-1952 First Major auto accident to Baba in U. S. A
- 7-9-1953 Declaration of the Highest of the High
- 30-9-1954 Final declaration
- 7-10-1954 Discarding alphabet Board
- 2-12-1956 2nd Car accident to Baba in India
- 1-4 Nov. 62 East and West Gathering
- 31-1-1969 12-15 p.m. Mahanirvan.



CALENDAR

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|-------------------|-----|-----|-----|-----|-----|-----|-----|
| 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 7 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 5 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 29 | 30 | 31 | | | | |
| JUNE | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| SEP DEC | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| APR JUL | Tue | Wed | Thu | Fri | Sat | Sun | Mon |
| JAN OCT | Wed | Thu | Fri | Sat | Sun | Mon | Tue |
| MAY | Thu | Fri | Sat | Sun | Mon | Tue | Wed |
| AUG | Fri | Sat | Sun | Mon | Tue | Wed | Thu |
| FEB MAR NOV | Sat | Sun | Mon | Tue | Wed | Thu | Fri |

Your Gift of Obedience

Let your heart be pure. Do not act outwardly what are not inwardly. Be absolutely honest. God is Infinite Honesty.

Do not pose as being pious, because God is everywhere. God cannot be fooled - so why pose as something you are not?

I do not want anything else from you but the gift of your obedience. Give me that and you will free yourself from the bondage of ignorance.

MEHER BABA

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