

AVATAR MEHER BABA KI JAI ...  
**MEHER ERA YEAR 88**

25-2-1982 \*



**LOVE GREETINGS**  
OF  
A VERY HAPPY BABAFULL MEHER ERA YEAR 88

Avatar Meher Baba Andhra Centre,  
Rameraopeta, Kakinada-533 004.

# Avatar Meher Baba's Message

on the occasion of His

75th Birthday 25-2-69

To love me for what I may give you is not loving me at all. To sacrifice anything in my cause to gain something for yourself is like a blind man sacrificing his eyes for sight. I am the divine beloved worthy of being loved because I am Love. He who loves me because of this will be blessed with unlimited sight and will see me as I am.

MEHER BABA

1-704116



## **Namasmarana - Remembrance efficacy**

Beloved Avatar Meher Baba says that the Highest Divine Knowledge is attained through real Love and gave very clear instructions to us all on "How to Love God". Baba says that "There are so many amongst Baba lovers who are gems". There are very many who cannot Love Baba as He ought to be loved. Baba also says "the best judge as to whether you are 100% honest, and living upto what you preach is your own heart. One must live what one tells others to do, otherwise it can never impress them."

Baba also says that Remembrance and Namasmarana are useful at all times and in any situation. If we cannot love Baba as He ought to be loved we can at least remember Baba and try to remember His sacred instructions by repeating His Name as frequently as possible not less than 14 times at a time. The Spiritual advantage by such acts is both its simplicity and its efficacy.

A few of Baba's sayings during His Sahavas and Darsanas and at other times, are culled out and given below. They will enlighten us as to what to do and how best to proceed on the spiritual path. Ultimately such procedure will lead us all to Love God.

1. The best course for My lover is to remember Me whole heartedly as much as he can, and be remain happy. So try to love Me by remembering Me, and leave the rest to Me.

2. 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.

3. Think always of Me, whatever you may be doing; then gradually you will realise that it is I doing every thing through you.

4. The less you think of yourself and the more you think of Baba, the sooner the ego goes and Baba remains. When you --EGO-- go away entirely, I am one with you. So better think of me when you eat, sleep, see or hear. Enjoy all, don't discard any thing but think it is Baba.-Baba who enjoys, Baba who is eating.

5 The best is just to remember Me and forget every thing else, leave every thing to me. Try to remember, try to please Me, try to do as I wish. That is how you should live in the world, otherwise it is too complicated.

6. When you feel angry or have lustful thoughts, remember Baba at once ..... In that manner, you can prevent unwanted thoughts from turning into unwanted actions and thus eventually bring your heart to the purification required for Me to manifest therein. But it is not child's play to remember me constantly during your moments of excitement. If, inspite of being

very angry, you refrain from expressing anger, it is indeed a great achievement.

7. If at all you must worry, let it be how to remember Me constantly. This is worthwhile worry because it will bring about the end of worry. Think of Me more and more, and all your worries will disappear into <sup>the</sup> nothing they really are. My will works out to awaken you to this.

8. At times you feel 100% miserable. When every thing goes wrong the mind becomes helpless and has to rely on the heart. These are the moments when you resign to My will and rely solely on My help. When you leave your all to Me, I dare not neglect you and you get relief from your predicament.

9. Any time a person's thoughts turn truly to Me, I am truly with them.

10. Such mental contact with the Master is often as fruitful and effective as His Physical darshan. The inward repetition of such mental contacts, is like constructing a channel between Master and aspirant who becomes thereby the

recipient of the grace, love and light, which are constantly flowing from the Master inspite of the apparent distance between them. Thus, the help of the Master goes out not only to those who happen to be in his physical presence but also to others who establish mental contact with Him.

11. "Think of Me to such an extent that you see Me, however far away I may be.

12. Entrust your mind to Me, by remembering Me.....in your hearts as often as you can. Remember Me so often that your mind is at a loss to find other thoughts to feed on.

13. The remedy for all ills is to remember Me constantly and whole-heartedly ..... You will come to remember Me whole-heartedly as you remember yourself less and less.

14. You being with Me is immaterial. It is My being with you that matters. So keep Me with you always.

15. Think of Me..... Try to think of Me if you cannot do so.

16. Make Me your constant companion. Think of Me more than you think of your own self. The more you think of Me the more you will realise My love for you.

17. Concentrate your mind on the repetition alone and breathe regularly while doing so. Inhale and exhale the breath slowly and repeat the name of God as you breathe. Let other thoughts come -- They will come -- but always, strive to drive them away..... Keep the mind cool and steady. Once you have gained a liking for this exercise, you will never drop it but find a secret pleasure in the duty.

18. Let Baba's name serve as a net around you so that your thoughts, like mosquitoes, may keep buzzing around you and yet not sting you.

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

20. I am God 100%. So there is nothing besides Me. Therefore think only of Me and constantly repeat My Name.

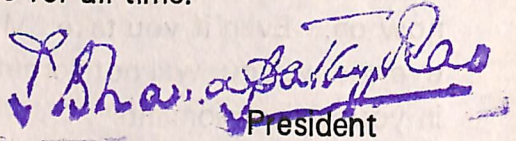


21. I say with My Divine authority to each and all that whosoever takes My name at the time of breathing his last comes to me: So do not forget to remember Me in your last moments Unless you start remembering Me from now on, it will be difficult to remember Me when your end approaches. You should start practising from now on. Even if you take My name only once every day, you will not forget to remember Me in your dying moments.

22. Repetition silently of the Name of God should be done with heart and soul. Think of one thing only--God--Let the Name of the Lord alone be on your lips, but if in spite of all efforts your mind wanders, don't give up -- continue to try to concentrate upon Him, and you will see My True Form and many other Wonders.

23. I am in every body's heart, but I am sleeping there. It is my old, old habit. In order to awaken Me, you should always call out to Me and say 'Baba--Baba--Baba.....' continuously. Then I, who am asleep in your heart, will not find any pleasure in remaining asleep. Let alone sleep, I shall not find time even to doze.....

I shall slowly be awakened in your heart by hearing your constant call ..... your taking My name constantly. Once I am awake, in your heart, you too would awake, and remain awake for all time. Therefore repeat My Name constantly and awake Me in your hearts so that you become awake for all time.



President

A. M. B. A. C.

Meherazad  
14th October, 1981.

## WARNING BELL RINGS ON

Not a year has passed since the ringing of the bell of Baba's warning by Eruch's circular letter of November 25th 1980. Even though the warning is still ringing in our ears a fresh harvest of so-called saints, perfect masters and even avatars continues to crop up. Recently right in Baba's Mandali-Hall at Meherazad a westerner from the States announced in all seriousness in the presence of the mandali that he is Meher Baba and that his consort is Mehera. The mandali's reaction was, "How ridiculous! How could such a one even be a Baba-lover!" They also want to remind all Baba-lovers again of Beloved Baba's frequent warnings to STAY AWAY from anyone claiming a spiritual status. Baba told His mandali and lovers that people would appear making such claims and now the truth of His words is becoming clearer.

—Meherazad mandali

## **HUMILITY DISARMS ANTAGONISM**

For real spiritual service the disciple has to be prepared for all eventualities. In his work for God he must learn to adjust himself to all types of circumstances—favourable or otherwise. Others may pay no heed to him or may treat him with contempt or slander, but that should not mar his understanding or sincerity. He should remain un-moved by all this and resist the onslaught of wordly opposition with true humility. When met with aggression he should be like the football that is kicked, for the very kicking raises it aloft and propels it onward till the goal is reached.

For the disciple, failure lies in betraying the Truth, not in accepting worldly abuse. Unwavering loyalty to the Truth of his search leads him on to the higher sphere of the unlimited divine life or real fulfillment. True humility is strength, not weakness. It disarms antagonism and ultimately conquers it.

—MEHER BABA