

The Seven Steps to Real Life



Existence
Love
Sacrifice
Renunciation
Knowledge
Control
&
Surrender

SURRENDER
CONTROL
KNOWLEDGE
RENUNCIATION
SACRIFICE
LOVE
EXISTENCE

by

MEHER BABA



The Seven Realities

The Era of Spiritual Awakening that Meher Baba brings about, gives no importance to creed, dogma, caste-systems, and the performance of religious ceremonies and rites, but to the UNDERSTANDING of the following seven Realities :

1. The only REAL EXISTENCE is that 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

an 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, even 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 the individual, amidst every kind of hardship, is resigned with perfect calm to the will of God.

—Meher Baba

AVATAR MEHER BABA POONA CENTRE

Weekly get-together of Meher Baba lovers is held at our centre every Monday between 7 and 8-30 p. m.

The Centre is open to all seekers of Truth and Lovers of God.

“We are all ONE in God’s Love”.

Books and literature on and by Meher Baba in *English, Marathi, Hindi, Gujarathi, Persian, Urdu, Sindhi, Bengali and Telugu* are for sale at the Centre.

A library section is maintained which gives books and periodicals to its members, who regularly attend the Centre’s said Monday meetings.

K. K. Ramakrishnan,
Secretary.

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